

# **“On Footse” Top100**

## **Race Instructions:**

### **Date and Place:**

The event is being held at the Cambridge University Athletics Track, Wilberforce Road, Cambridge CB3 0EQ on Sunday 26 June 2011

### **Directions to the Track:**

From M11, exit at Junction 12 towards Cambridge. Turn into Grange Road at first set of traffic lights (about 2 miles from motorway). Turn left into Adams Road, after 800 yards, Cambridge University Athletics Track is at the end of Adams Road on the left.

If approaching via Madingley Road, there is no entry from Wilberforce Road. Follow Grange Road, turn right into Clarkson Road and then left into Wilberforce Road. You will see the Athletics Track on your right.

There is plenty of free parking at the Athletics Track.

### **Registration:**

Registration will take place at the Track in the Pavilion at the ground floor Reception area. Registration will open at 9.15 am and close at around 10am but we will be flexible if you are late so don't worry. You will be given numbers, details of your heat etc.

Numbers pinned on back and front of running tops. Numbers and pins will be handed out at registration.

### **Event Format:**

The first heat will get under way with Charles Hewitson firing the starting pistol. There will be a number of heats each with between six and eight runners. There will be around 20 minutes between heats. All runners will be professionally timed.

After the heats are completed the fastest ten runners from the heats will contest in the final. We expect the final to take place around 12.30pm.

Runners may wear trainers or running shoes.

Four times round the 400 metre track – adjusting to allow for an exact mile.

### **Race Commentary:**

Race commentary will be given by **Karl Bates** who is currently working as a Match Summariser for Barnet Football club. Karl has also been working at the David Beckham Academy.

## **Facilities and refreshments:**

The Pavilion has excellent facilities including changing rooms, showers and toilets on the ground floor. On the first floor there is a tea/coffee room serving from 10.00am together with fully licensed bar for use by runners and their supporters, which will be open from 11.00am. The balcony overlooks the track and is an excellent viewing spot for supporters to watch the action and cheer their runners.

There will be a Bar-B-Q during and after the event. You and your supporters are invited to stay and enjoy the food and drinks after the finals. Charges for food and drink will be modest.

## **Prizes:**

All runners will receive a medal and bottle of water. There will be shields for the fastest male and fastest female along with other medals for various winners of other categories and these will be presented by the new President of Cam-mind, Charles Hewitson LLB. The presentations will take place immediately after the final is completed.

## **Charity:**

The event is to raise money for **Cam-mind**

### **Cam-mind**

Cam-mind is the longest established mental health charity in Cambridge, supporting local people with mental health problems since 1908. We are based in Chesterton Road, Cambridge, and run a wide range of community-based projects and services which are designed to empower people experiencing mental health problems to get back to an active life within their community.

## **Pledges**

You have all made your pledges to raise at least £100.00 so please get these sent in to:  
On –Footse Top 100, 1 Oakfield Place, Old Station Road, Newmarket, Suffolk CB8 8GA – made payable to Cam-mind.

## **Contact information:**

For any further information please contact Wendy on 01638 661820 or 07712 189300 or via e-mail – [wendy@wvnmarketing.co.uk](mailto:wendy@wvnmarketing.co.uk)