



# Athlete Information Pack

Celebrate Halloween in style with the Cattle Creepy 10k - a night run around the beautiful parkland north of Milton Keynes.

The route uses the old Cattle Creep (mind your head!) to take you under the Grand Union Canal to the parkland on the other side. Being in October, it will be dark, so will not only be a test of endurance, but test of your nerve running in the dark!

Fancy Dress is encouraged but not compulsory!!

## Race Briefing

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The route has changed due to flooding on course.

- There will be 1 lap to complete, however, there is a **small loop** on the course which you will complete **twice**.
- After you turn left past the Galleon pub you will be directed right towards the Ouse Valley Park. We will have a marshal within the park to direct you **right** and this is when the loop will start.
- Just before you reach the Cattle Creep you will see a marshal and they will direct you **left** so you may begin your second loop.
- The **second time** you see the marshal before the Cattle Creep you will continue **straight on** heading through the creep and back towards the finish line.

Please see the route here:

[https://www.google.com/maps/d/u/1/viewer?mid=1-GLQhYn6En5PsazFeOfLSyDPDWiK8\\_e6&ll=52.06684558284747%2C-0.827135000000011&z=15](https://www.google.com/maps/d/u/1/viewer?mid=1-GLQhYn6En5PsazFeOfLSyDPDWiK8_e6&ll=52.06684558284747%2C-0.827135000000011&z=15)

- Head torches / chest torches **ARE COMPULSORY**. If you arrive without a torch unfortunately you will not be able to run.

# Event Details

This year's Cattle Creepy 10k will take place on **Thursday 29<sup>th</sup> October 2020** at **Wolverton Stonehouse, Stratford Road, Milton Keynes, MK12 5NZ**

**Start times: 1730 - 1900**

Start times (waves) will be every 10 minutes and we will call you to the start line 5 minutes before your wave. You will be released from the start area one at a time to ensure there is sufficient distance between yourself and the person in front. Please do not arrive late to your wave.

There is limited parking at the venue, so we do encourage you to park in the nearby car parks:

1. Car Park 1: Watermill Lane car park, Wolverton, Milton Keynes MK12 5NZ
2. Car Park 2: Stony Stratford Nature Reserve car park, Queen Eleanor St, Stony Stratford, Milton Keynes MK11 1DB
3. Car Park 3: The Cock car park, 52°03'28. 0°51'11.7"W, N 8th St, Stony Stratford, Milton Keynes MK11 1EJ
4. Car Park 4: Ostlers Lane Car Park, 52°03'36. 0°51'07.3"W, N 8th St, Stony Stratford, Milton Keynes MK11 1PW
5. Car Park 5: Market Square Car Park, 52°03'22. 0°51'13., 4"N N 9th St, Stony Stratford, Milton Keynes MK11 1BE
6. Car Park 6: Cofferridge Close Car Park, 1 Market Square, Stony Stratford, Milton Keynes MK11 1BE
7. Car Park 7: Hawkins Close Car Park, Hawkins Close, Stony Stratford, Milton Keynes MK11 1LT

## *Registration*

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Anyone who registered before Monday 26<sup>th</sup> October will have their race packs posted to them. Any participants who registered after this will need to collect their pack on the day.

There will be a tent at the event venue where athletes can pick up race packs that did not arrive in the post. Please get in touch before event day if your pack has not arrived.

## *Routes*

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The route has changed due to flooding on the course. Please make yourself familiar with the new route!

The course is well marked with reflective signs and glow sticks to guide the way. We also have marshals handy to direct you!

[https://www.google.com/maps/d/u/1/viewer?mid=1-GLQhYn6En5PsazFeOfLSyDPDWiK8\\_e6&ll=52.06684558284747%2C-0.827135000000011&z=15](https://www.google.com/maps/d/u/1/viewer?mid=1-GLQhYn6En5PsazFeOfLSyDPDWiK8_e6&ll=52.06684558284747%2C-0.827135000000011&z=15)

## *COVID-19 Measures and Competitor Welfare*

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COVID-19 measures will be implemented throughout the entire event to keep the spread of the virus to a minimum.

- Sanitisation zones will be available for use at the event venue.
- All spectators and staff will be required to wear appropriate PPE.
- **No water stations will be available**, it is up to you to bring your own bottles and sweets.

If you have been displaying symptoms of COVID-19 or do not feel well, please do not attend the event and let us know.

Please see the NHS information on COVID -19 here:  
<https://www.nhs.uk/conditions/coronavirus-covid-19/>

Spectators are discouraged from attending the event.

## *First Aid and Emergencies*

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For all issues with participants or spectators, whether it is an emergency or not, please contact Race HQ through one of our marshals or crew members.

Our Event Director will take care of contacting relatives and paperwork regarding the incident.

Medical cover provided by: AAMS.

### Personal Medical details

The rear of your race bib is printed with space for you to fill out any pre-existing medical conditions, please fill it in. It will allow our medical team to provide you with the correct treatment as quickly as possible.

### Lost or Found Children

All marshals and crew will be fully briefed on how to deal with these situations.

If you, as a member of the public get into a situation of finding a child without a parent or guardian, or yourself have lost a child, please contact the nearest member of the Big Cow team who will assist you with your needs.

## *Helpful Information*

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### Water Station

All participants are encouraged to bring their own water to the event and carry it with them throughout the race.

There will be water available at the venue, there will be no water stations on route.

## Waste and Litter Management

We will provide litter bins at the venue, please use them to dispose of any litter. If you use energy bars or gels on course, please take them with you and dispose of them properly.

## Toilet Facilities

Portaloos will be provided at the race venue.

## Timing and results

Results Base, our official timing partner will be supplying the finish times for this event. All times will be uploaded to the Results Base website, there will be no ticket printer at the event.

## Prizes

There will be no prizes for this event.

## Finisher Goodies

All finishers will need to collect a medal from the finishers tent upon completion of the event.