Cattle Creep…A Little Further 2021

Athlete Information Pack

11th April 2021

Welcome

Launched in 2020, the Cattle Creep...A Little Further is a 10-mile event taking in the beautiful countryside just north of Milton Keynes. After a last-minute change to the route last year due to flooding, we have designed a brand-new route for you all to follow! But worry not, the Cattle Creep will still be making an appearance!

This year's event will take place on Sunday 11th April 2021.

Event Location

Wolverton Stonehouse, 12 Stratford Road Wolverton, Milton Keynes MK12 5NZ

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: Cofferidge 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

Event Day Timings

All race packs will be posted to athletes prior to the event. There will be no on the day registration.

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.

Bag Drop

There will be no bag drop at the event.

Toilets

Portaloos will be available at the event village.

Race Start

Start times: 09:00 -

Start times (waves) will be every 10 minutes and we will have marshals at the venue to direct you to the start line. Please arrive at least 10 minutes before your wave time so we can get you to the start line as quickly and safely as possible.

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. You will not be able to move waves.

Route

Our brand-new route is below:

https://www.google.com/maps/d/u/2/viewer?mid=1sc1IWo7kXmwoNpJpCAYTeT5Sui0qe17q&ll=52.0551947674311%2C-0.8025386297460635&z=14

Water Stations

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 and a refill point available at 7km. We will not provide bottles/cups of water.

COVID-19 Measures and Competitor Welfare

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.
- Registration will be closed and everything you need will be sent to you prior to the event.
- 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

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 – Acute Ambulance Medical Services.

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.

Spectators

We ask that you attend the event alone and we discourage spectators from attending. Should COVID-19 regulations become lessened by the event date we will review the discouragement of spectators.

Medals

Medals will be handed to you by one of our marshals (who will be wearing appropriate PPE) when you cross the finish line.

Prizes

Prizes will be awarded to the first 3 male and female finishers and will be sent out after the event.

Departure

When leaving the venue please be cautious of runners who may still be finishing and ensure you do not disrupt their race.

Once you've finished your race, why not stop at the Wolverton Stonehouse for some great food and other refreshments? Make sure you book in advance though as they may be busy!

We hope you really enjoy the Cattle Creep…A Little Further. If you have any feedback after the race or questions before, then please get in touch to: info@big-cow.com.

We look forward to seeing you on the day.