

CATTLE CREEP... A LITTLE FURTHER

Race Briefing

- Brand new 1 lap route

Last year our route suffered some serious flooding and so to avoid a last-minute change to the route, we have come up with a brand new one. This route is only 1-lap and you can check it out here:

<https://www.google.com/maps/d/u/0/viewer?mid=1K3dbm0jBNuAyw5NBwgflNH5WKSbgEVcL&ll=52.05589687752071%2C-0.8148668499999978&z=14>

You will be following black on yellow signs and the course is also well marshalled.

- COVID-19 measures in place

We have introduced many COVID-19 measures to make sure the event is as safe as possible. These measures include staggered starts every 10 minutes rather than mass starts, hand sanitising stations, refill stations rather than water stations and social distancing measures.

- Watermill Lane Car Park

Unfortunately, we have had to move our finish line and event venue from the Wolverton House to the Watermill Lane Car Park. It's right next door and easily visible from Stratford Road, but we'll make sure to sign-post it too so you can find us on the day.

- Start Line

The start line is just opposite to Watermill Lane. We'll have marshals directing you safely to the start from the event venue, although if you've received your race pack already, you can head straight there.

Please arrive promptly for your wave and you can begin straight away in a rolling start. Our race director will be at the start line if you have any questions on the day too.

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- No bag drop

We will not have a bag drop at the event. Please leave all your belongings in your vehicle.

- Be careful of other people on the route.

You don't necessarily have right of way so please be mindful of those around you. Cover your face with a mask or buff or simply turn away if you're running past any vulnerable individuals.

- Headphones

Please don't wear headphones as there are some sections of road crossings. You can wear bone conduction headphones if you have them.

- Water stations

We don't have water stations; we have re-fill stations instead. You can re-fill your vessel at the 7km refill station or at the end of the race. If you forget your water bottle, Mike from Really Awesome Coffee will be able to provide either hot or cold drinks.

- Cattle Creep tunnel

The Cattle Creep tunnel is very low so make sure that you 'mind your head' as you pass – keep your hands on your head and duck as you pass through.

We'll have marshals and medics either end of the tunnel and they may hold you at one end if there are walkers passing through the other way. They'll also be making sure that social distancing is taking place and so you may have to wait a few seconds after the runner in front of you before entering the tunnel.

You can always bring a mask with you too and run with it at various points in the course

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- Parking

As aforementioned, the Wolverton House will not be open for public use and this includes the car park – so please do not park there! Watermill Lane will also be out of use.

There is ample parking in Stony Stratford.

Also, be careful of other runners if you're passing the venue and be careful of cars if you're approaching the finish line.

- If you drop out let us know.

- Race packs

Most of you should have received your race pack by now, although if it doesn't arrive by Sunday then please collect a replacement on the day.

If you're coming to the venue for any reason (apart from finishing the race of course), please wear a face mask.

- Virtual event

This is a virtual race briefing for a PHYSICAL event. This is not to be confused with our Cattle Creep Virtual run. If you think you might be entered into the physical event but are not sure, then please get in touch to find out. Entry into the virtual event will not grant you access to run in our physical event.