



## Athlete Information Pack

The Cattle Creep 10k returns in 2021. A fantastic 10k riverside run through the less well-known parkland of north Milton Keynes. The route uses the old Cattle Creep to take you under the Grand Union Canal to the parkland on the other side. A great mid-week summer run!

### Event Details

This year's Cattle Creep 10k will take place on **Thursday 17th June 2021** at **Wolverton Stonehouse, Stratford Road, Milton Keynes, MK12 5NZ**

Start times (waves) will be every 15 minutes and 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. You will be called to the start line 5 minutes before 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

Anyone who registered before Monday 7<sup>th</sup> June 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

The course is well marked with black on yellow signage. We also have marshals handy to direct you!

[https://www.google.com/maps/d/u/0/viewer?mid=1Jc9DF\\_OoRX0kqcL6xWHJwFFW\\_JvKokTO&ll=52.06682058851545%2C-0.8199009999999984&z=15](https://www.google.com/maps/d/u/0/viewer?mid=1Jc9DF_OoRX0kqcL6xWHJwFFW_JvKokTO&ll=52.06682058851545%2C-0.8199009999999984&z=15)

## 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.
- **No water stations will be available**, it is up to you to bring your own bottles and sweets.
- No mass starts

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/>

## 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.

## 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

### 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.

### Spectators

Spectators are discouraged from attending the event.

### Waste and Litter Management

We will provide litter bins as 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

Prizes will be posted out to the 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> Male and Female in the event.

### Finisher Goodies

All finishers will need to collect their eco-friendly medal from the finishers tent upon completion of the event.

### Wolverton Stonehouse Pub

If you'd like to stop at the pub for a bite to eat after the race, then please get in touch first to book a table with them.