

MALLARD CAKE DASH

Westwood Lakes
Five House Lane
Boston
PE21 7JA



**MALLARD CAKE DASH
10TH NOVEMBER 2024**

prepared by :
Trident Sports Events

INTRODUCTION

Your race is nearly here!

This race pack has everything you need to know; from how to get there to finding your result. Please take some time to get familiar with the details now to ensure you have a brilliant day!

If you have any questions before then, that aren't answered here, there are details on how to get in touch at the end of this pack.

We always love hearing your training stories, session highlights and generally enjoy keeping in touch with our community so please continue to connect with other runners on social media in the run up to the event using #TridentSportsEvents and tagging us @TridentSportsEvents.

We have a wide range of social media channels (Facebook Page/Group, Instagram YouTube etc), there is also lots of information on our website. If you want to stay in touch why not fill in our contact form at the bottom of every page on the website and you will then be part of our mailing list.

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EVENT SCHEDULE

Here's your at-a-glance schedule for race day. Remember to leave plenty of time to ensure a stress-free build up to your race.

Race numbers are to be collected on the morning of the race at the registration tents outside The Mallard restaurant. These will be split according to surname please look for the signs.

Sunday 10th November

8:30am Car parks open

8:45am Race HQ open - number pick-up, toilets etc.

9:45am Registration closes, Meet in front of The Mallard for pre-race brief.

9:55am V Fitness Warm Up at start line.

9:59am 1 minutes silence observed for Remembrance Sunday.

10:00am 10KM START.

10:10am 5KM START.

Presentations (Top 3 Overall)

11:30am (Inside The Mallard)

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GETTING TO WESTWOOD LAKES

By Car

Please plan your journey carefully and check the Highways Agency tools for planned closures, roadworks or expected traffic. Trident Sports Events also encourage you to car share where possible to limit the environmental impact of our events.

Please access Westwood Lakes from **WEST END ROAD** not Fen Road. This is due to our road closure on Five House Lane

On approach, follow the Black/Gold signs directing you to the parking, where our big flags will be to show you the entrance to the car park along with the parking marshals.

PARKING

We have secured ample free parking at the event however, to ensure we get everyone on site in a safe manner, we will have parking attendants on site directing you where to park. Please follow their directions and park accordingly. It is strongly recommended to car share where possible.

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REGISTRATION

On arrival at Westwood Lakes make your way to 'The Mallard' which is our event HQ. Outside there will be 2 registration tents. These will be divided based on surname, please pay attention to the signs to make sure you get the right desk.

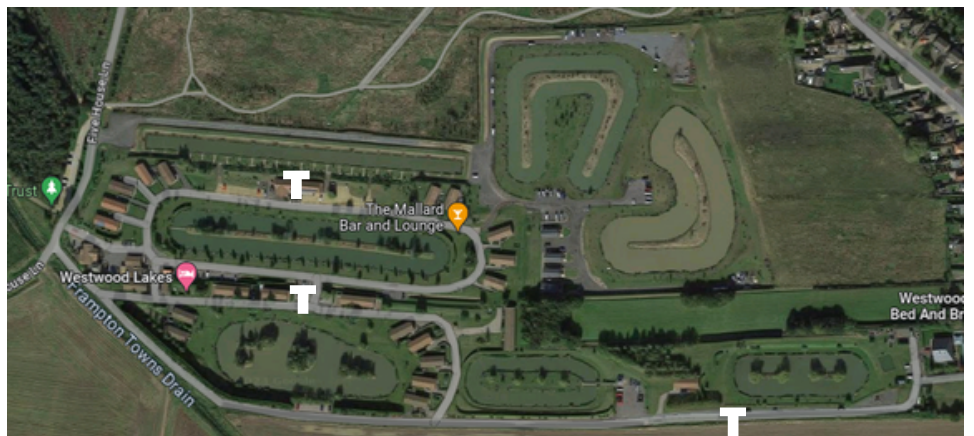
Give your name, **we will ask you to verify your emergency contact details for our medical team.**

In the pack you will find your race number, safety pins and a token for your free cake and drink post race. Please attach your number to the front of the shirt you'll be running in. Your number must be visible at all times during the race.

The gold and black numbers are for 10KM run and the 5KM run have the white and red numbers.

TOILETS

Portaloo's will be located next to the registration tent and also there are portaloo's dotted all around the lakes (see map below 'T') that can be used.



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START PROCEDURE

1. Ensure your race number is visible from the front
2. Use the toilets for last time before you run
3. Get ready to race and check you have everything you need
4. **ALL** Runners need to be outside The Mallard for 9:45am ready for the starter's brief!
5. Once you get to the start line you will find a target finish time and the relevant pacer to help group people of similar ability. Please position yourself accordingly.
6. Once you are at the start line and the V Fitness warmup has been completed you will be under starter's control.
7. With our event taking place on Remembrance Day we will be observing 1 minutes silence before the start of the 10K race.

COURSE MAPS

All routes are outlined below. If you want to look at them in more detail or download as a .gpx please head to

www.tridentsportsevents.co.uk/mallardcakedash-courses

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10 KM

Starting from The Mallard runners will weave through the lakes as they make their way off site. As you come out of the site you will head right and then right again into Jenny's Wood. Taking an anti-clockwise route around the woods you then cross the road into Westgate Woods, once again taking an anti-clockwise direction.

As you come to the end of the loop through Westgate woods there will be an aid station as you will be approaching half way, please ensure all rubbish is thrown in the big rubbish bags provided. You now head right again along the road which will be closed to traffic. Straight over the crossroads, which are traffic managed you continue on Silvertoft Lane until the turn point where you will retrace your route.

As you approach the lakes runners will turn right back into Westgate Lakes to the finish line.

5 KM

Heading through Westwood Lakes site, runners will weave through the lakes and off site. Turn right and then right again into Jenny's Wood. Running around the outside of the Woods in an anti-clockwise direction once back to the Wood's entry point you cross over the road into Westgate Woods.

Runners follow the pathway all around the perimeter again anti-clockwise. Once you have done a full lap you will cross the road back into Westgate Lakes to the finish line.

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PACERS

After listening to your feedback we have decided to trial pacers for the 10k race at this years Mallard Cake Dash!

We will have pacers from 40mins-70mins, They will be wearing Gold Pacer Tshirts with the time they will be running to displayed on the front and the back.



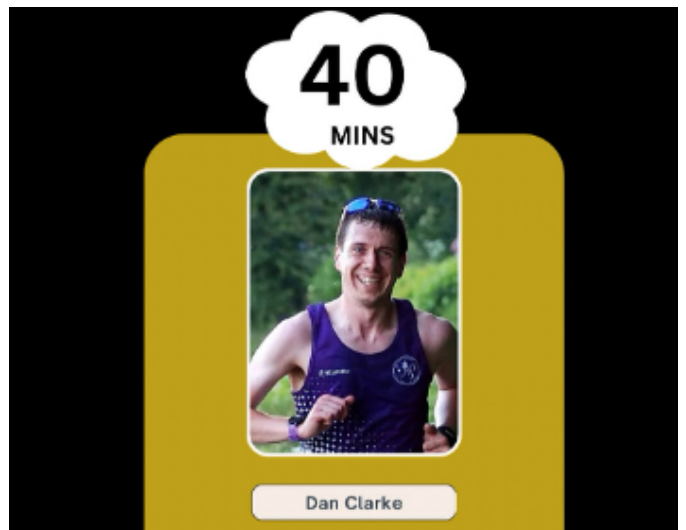
MEET THE PACERS



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MEET THE PACERS



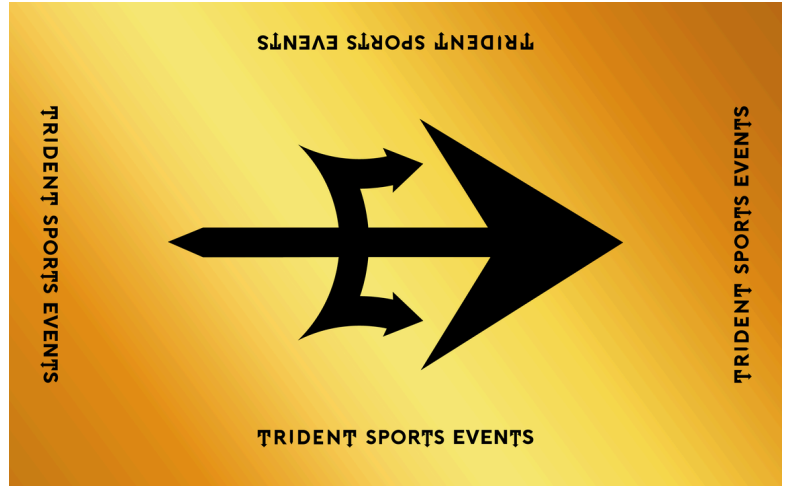
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COURSE SIGNAGE

10KM will follow the black and gold signage as seen below:



5KM will follow the white and red signage as seen below:



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SELF CARE / MEDICAL SUPPORT

Our fantastic Team Trident marshals will be on hand to help you stay on route throughout and keep you safe. It is important that you listen to their direction at all times. They are there to help you have a fast but safe race. They are easily identified by the bright orange Hi-Viz jackets.

If you feel unwell or feel a niggle is becoming an injury, stop and speak to the nearest marshal. No matter where you are on the course we will get help out to you. We also have a professional medical team on site who are readily available to support if needed.

RESULTS

Our race timing partner is provided by Sublime Timing, this means the results will be available on their site virtually immediately and you will receive an email with your result shortly after.

You can access this through the website www.sublimetiming.com/.

We aim to have the link to the results live on our website before the end of the day.

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PHOTOS

On the day we will have a professional photographer on site to capture the day! We will also have an automatic finish line camera in operation and these photos will be available to download for free shortly after the event.

Links to this will be sent out in your post run email.

POST RACE

After you have finished your run, medals will be available at the finish line along with water.

Once you have recovered you can make your way back to The Mallard armed with your token (found in the registration pack) to claim the cake and free drink.

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CHARITY BRAND PARTNERS



The Boston Woods Trust



The Boston Woods Trust is a local independent charitable trust established in 2001.

We have long term plans to develop woodland around Boston for the benefit of all which is important for:

- Health and wellbeing of people
- Increased biodiversity
- Combating climate change
- Creating sustainable woodland
- In the long term grow sustainable timber.

It is down to their kindness this run was possible.

www.bostonwoods.co.uk

CONTACT US

No matter how big or small the question we are always here to help. Always worth a visit to our website as it has most of our information on it.

www.tridentsportsevents.co.uk

If Instagram is more your thing then click [here](#) to go straight to our profile and keep up to date.

Finally, we also have an active Facebook Page and Community Group which are ideal to find any information you need and chat to like minded individuals.

The Page can be found by clicking [here](#)

The Community group can be found [here](#)

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