



HI Runners presents the first race of the 2025 Summer 5k Series, sponsored by

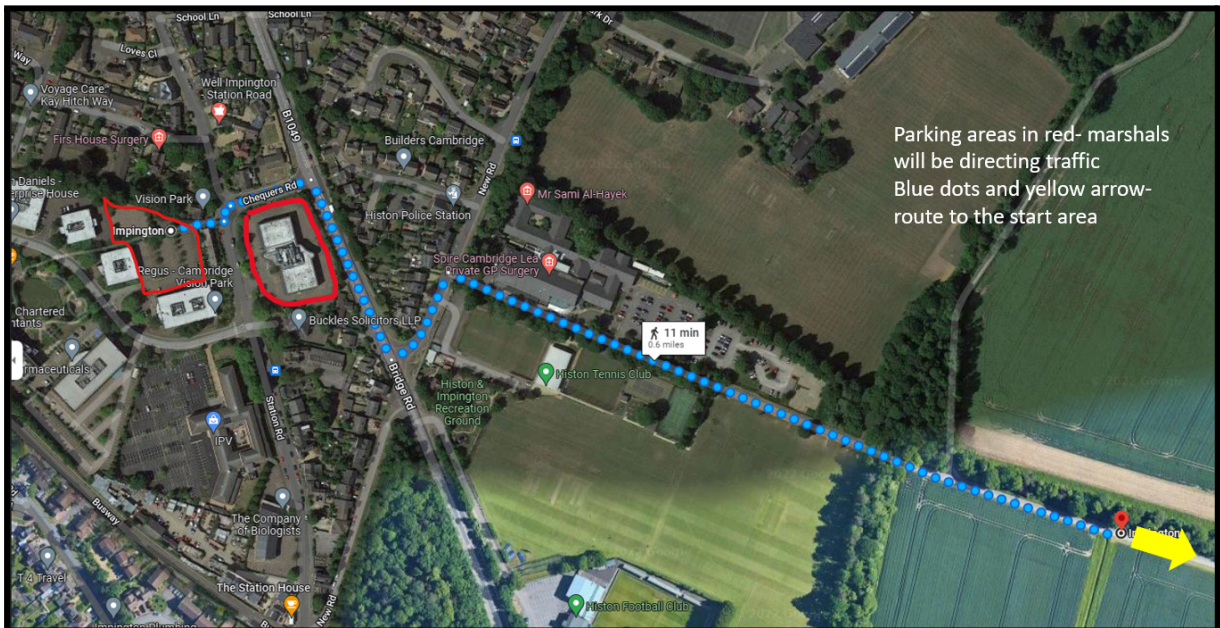
Turners and Arkwright & Co.

Thursday 24<sup>th</sup> April 2025, 19:00

EA licence number: 29049

**Venue:** Chivers Farm, behind Spire Hospital, 30 New Road, Impington, CB24 9EL

Flags can be placed on the hard standing next to Station Road Garage, near the start.



**Parking:** Available from 18:00 at 2 locations on Vision Park-

1. Nuclera Ltd., One Vision Park, Station Rd, Impington, Cambridge CB24 9NP
2. Endurance House, Chivers Way, Histon, Cambridge CB24 9ZR

There will be signposting to both locations and marshals directing traffic. Please leave at least 15 mins to walk to the start line from the car parks.

Please car share if you can to reduce traffic in the local area.

No parking at Impington Rec or Spire Hospital and **no cars to be driven to the start area or anywhere along the road leading up to the farm.**

**Facilities:** Portaloos will be located close to the start area near Station Road Garage.

Please do not use toilets at the Rec or at the hospital.

Water will be provided at the finish- there will be some paper cups but please bring your own water bottle if possible.

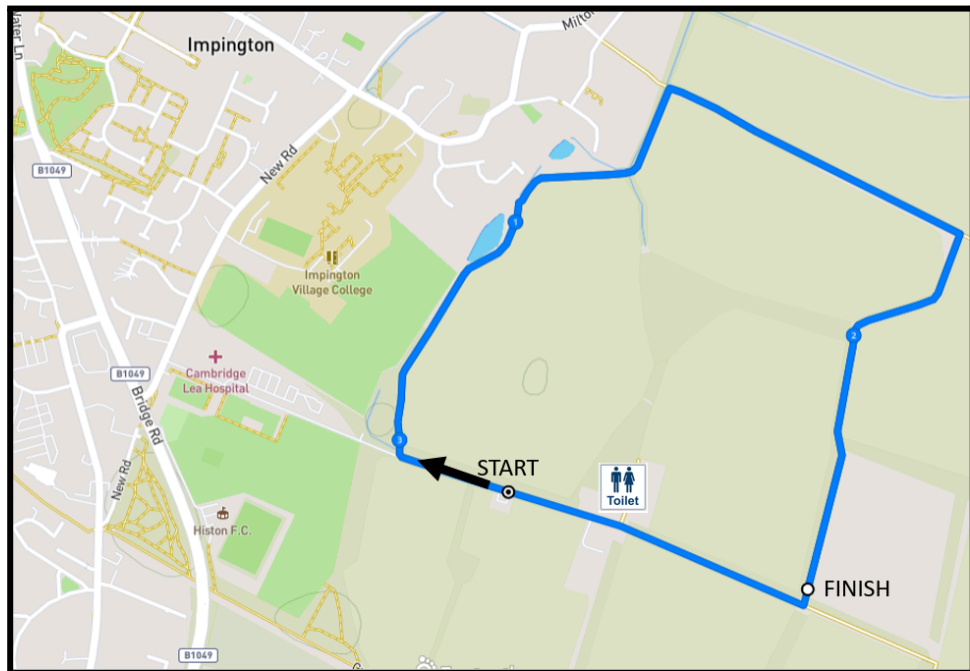
First Aid will be on site.

**Race details:** The course is a flat, 2 lap clockwise 5 km route with km markers.

Marshals will be present at critical points around the course.

The course is mixed terrain but mostly concrete track. It is uneven in some parts and there may be some debris on route.

A horn or whistle will warn you of when to move to the start for a race briefing.



**When you have finished:**

Stay in order as you enter the finishing funnel to help with timing.

Please stay until the end of the race to cheer others on if you can.

After the race join us at a pub in Histon, for a social drink!