



ATHLETES IMPORTANT INFORMATION!

TRAVEL PROBLEMS

There are road works along the **A422 from Junction 13** of the M1 which may cause you delays as you approach the town. Please allow for this.

There are roadworks on the **A428 Goldington Road** that runs along the top of Bedford. Please allow extra time for this.

We cannot hold events for you but if you are unlikely to arrive before your Event Report time closes but are close enough and will definitely arrive for your event please call **07507 853112** and we will try to assist you. **NO GUARANTEES!**

ACCOMODATION UPDATE

NB: Accommodation in Bedford and the surrounding areas is very tight. We have a few extra beds available on a first come first serve basis at the Park Inn (formerly the Moat). Please call me on 01234 822868 urgently if you need to book this as places are very limited. Prices are Single £47.00, Twin / Double £37.00 (if sharing) per person per night, Bed & Breakfast.

COACH ACCREDITATION (with Athlete(s) competing)

PRE-REGISTER - by going to www.big2009.net and following the Coach Accreditation Link. You / they will need to give Coaches name, email address, coach licence number and athletes competing. On arrival Coaches will need to produce their Licence at the Coach Accreditation Desk. A list of Pre-Registered Coaches will be available at the Coach Accreditation Desk.

FAILURE TO PRE REGISTER - For Coaches with Licence please enter via the Athletes Entrance and go to the Coach Accreditation Desk. Athlete's Coaches names will be on a list at the desk. Failure to pre-register will incur a £1 admin fee for Coach Accreditation even if they have an athlete competing and produce their UKA Licence.

NO LICENCE!! Please go directly to the Spectator Entrance and purchase a ticket at the full price of £5.

N.B. All staff have been told that there are no exceptions to this rule. Any queries will need to be referred to me (Carol Jackson) AFTER the day.

PHYSIO / MASSAGE

This will be provided by the meeting – if you wish to bring your personal / group physio with you they will need to pay the normal ticket price and set up outside as space is very limited in the warm up area.