



ATHLETES IMPORTANT INFORMATION!

TRAVEL UPDATE

NB The M1 is very busy on occasions through the road works between Jtn 6A and Jtn 11. Allow extra time for your journey. We suggest you use the A1 as an alternative route from the South East.

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 **07932 643979** 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 £45.00, Twin / Double £35.00 (if sharing) per person per night, Bed & Breakfast

COACHES ACCREDITATION

Please remind your coach that he / she will need to bring their UKA Coaches Licence with them to get free Coach Accreditation. Otherwise they will be charged the full entry cost.

For Coach Accreditation with Licence please enter via the Athletes Entrance and go to the Coach Accreditation Desk. Athletes Coaches names will be on a list at the desk.

No Licence! Please go directly to the Spectator Entrance and purchase a ticket.

N.B. All staff have been told that there are no exceptions to this rule. Any queries will need to be referred to me 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 tight in the warm up area.