

MALLARD CAKE DASH

Westwood Lakes
Five House Lane
Boston
PE21 7JA



**MALLARD CAKE DASH
9TH NOVEMBER 2025**

prepared by :
Trident Sports Events

INTRODUCTION

Welcome to the 2025 Mallard Cake Dash! 🍰

We're so excited to see you join us at Westwood Lakes for another unforgettable day of running, community, and (of course) cake! Whether you're chasing a PB or just out for the fun, this event is all about enjoying the experience.

Inside this pack you'll find everything you need to know – from where to park to how to claim your post-run cake. Please take a few minutes to read through and get race-day ready!

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.

As always, we're proud to work with local partners like the Boston Woods Trust to keep our events community-focused and environmentally conscious

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.

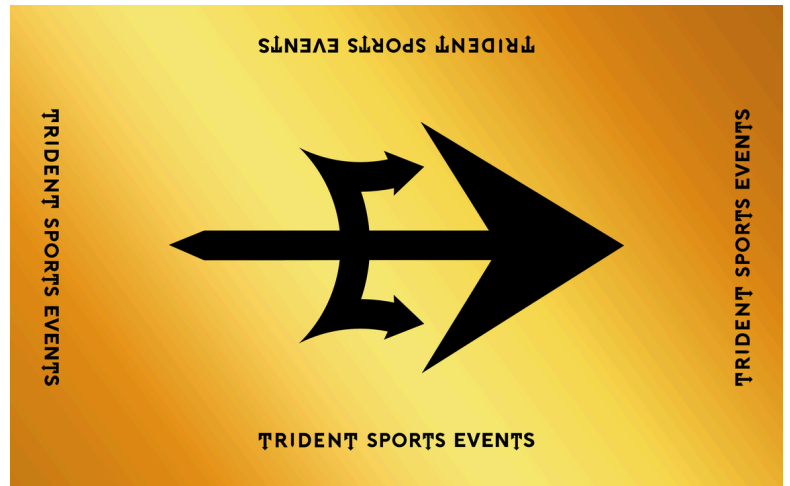
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COURSE SIGNAGE

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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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 9th 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.

9.53am 1 minutes silence observed for Remembrance Sunday.

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

10:00am 10KM START.

10:15am 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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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.

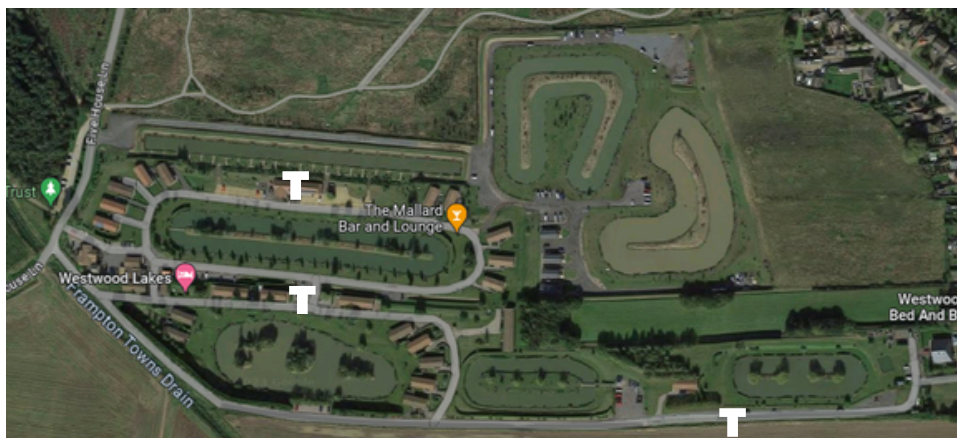
Give your name, **we will ask you to verify your emergency contact details for our medical team.**

You will be given 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.

We will have a bag drop, however the car parking is very close so we encourage runners to keep their bags in cars where possible.

TOILETS

Portaloo's will be located the other side of The Mallard 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 (we have got more toilets this year)
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 the success of pacers for the 10k race at this the 2024 Mallard Cake Dash we are happy to announce they have returned!

We will have pacers from 40mins-75mins, They will be wearing Gold Pacer T-shirts with the time they will be running to displayed on the front and the back.



MEET THE PACERS

40 mins - Dan Clarke

45 mins - James Harrison

50 mins - Michael O'Conner

55 mins - Nick Parker

60 mins - Neil Beckingham

65 mins - Charlie Noble

70 mins - Emma Chapman

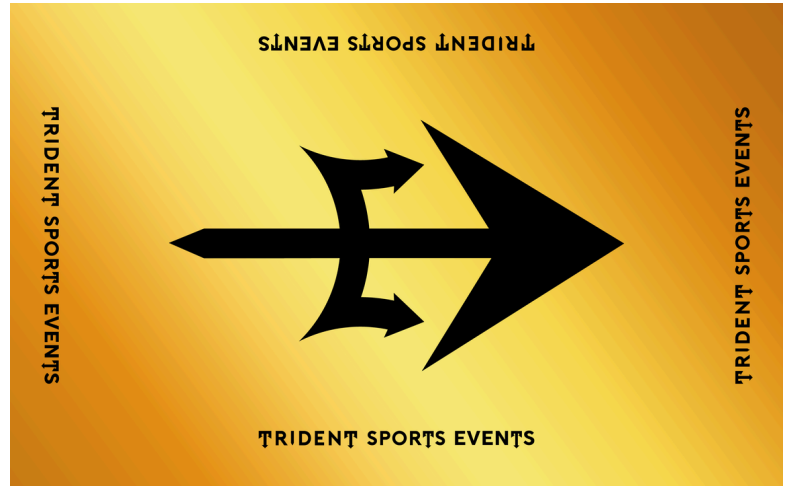
75 mins - Jason McGlade

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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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FREE FINISH PHOTOS

Smile for the camera! All Mallard Cake Dash 2025 participants will receive a free, high-quality finish line photo to download and share after the race.

Our photographers will also be out on the course to capture the day! — so keep that medal and cake ready for the perfect shot!

You'll receive an email once the full gallery is live.
Tag your photos with #MallardCakeDash and #TeamTrident to be featured on our socials.

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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MERCHANDISE

 Trident Merchandise – On Sale Race Day!

We'll have our full range of Trident Sports Events merchandise available to buy from the Bag Drop Tent before and after your run.

From technical t-shirts and hoodies to sleek water bottles and accessories – we've got something for every athlete!

 Good selection of stock and sizes on the day

 Can't find your size? Don't worry – we'll take your order and deliver direct

 Browse the full range anytime at www.tridentsportsevents.co.uk/shop

WANT TO GET INVOLVED?

 Want to Get Involved?

We're always looking for friendly faces to join our team of volunteers or pace groups at future Trident events!

Volunteers help make our races possible – and it's a fantastic way to give back, cheer others on, and earn free race entries.

If you're interested, email us at volunteer@tridentsportsevents.co.uk or talk to one of our team members on the day.

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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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**TRIDENT
SPORTS
EVENTS**

BOSTON SANTA RUN

£8⁵⁰



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2025**

@tridentsportsevents