



16th LOWESTOFT SCORES RACE

BRITAINS MOST EASTERLY HILL RACE

4.75miles (approx) including 409 Steps

Licence No: **2011-102463**



promoting active lifestyles

W.V.A.C

SUNDAY, 11th SEPTEMBER 2011 at 2.00pm

ALSO JUNIOR RACE (Age Range 10 to 15 years)

All proceeds to 'Ashley School Athletics Appeal'

Lowestoft Score's Race

Route:

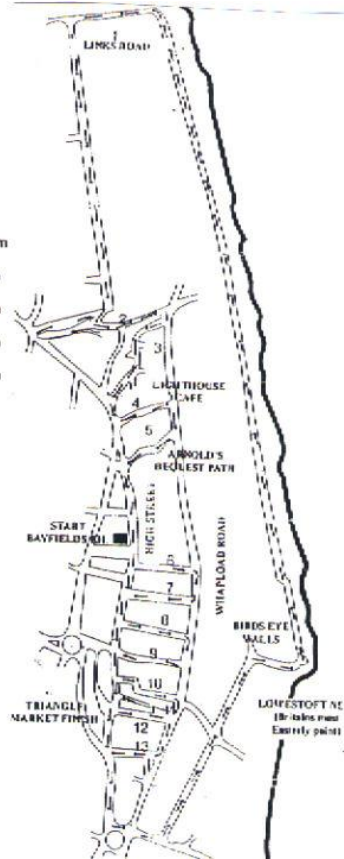
A fairly level course from the High Street down to the sea wall, and along to Links Road. Followed by:

- | | |
|---------------------------|----------------|
| 1. Links Road | Steep climb |
| 2. Ravine | Descent |
| 3. Sparrow's Nest Park | 38 steps up |
| 4. Lighthouse Score | 109 steps down |
| 5. Arnolds Bequest | Steep climb |
| 6. Mariners Score | 53 steps down |
| 7. Crown Score | 48 steps up |
| 8. Martin's Score | 42 steps down |
| 9. Rant Score | Climb |
| 10. Wilce Score | 58 steps down |
| 11. Walsters Score | 36 steps up |
| 12. Spurgeon Score | 15 steps down |
| 13. Herring Fishing Score | Climb |

Total:

409 steps

4.75miles (approx)



PLEASE NOTE: This is a hilly race with steps and is therefore not suitable for wheelchairs

ENTRY FORMS AVAILABLE FROM:

Waveney District Council Town Hall Reception (High Street) & Marina Customer Service Centre (next to the Marina Theatre) or telephone Claire Henwood on 01502 523010, or

www.waveneyvalley.org

or apply online at www.runnersworld.co.uk (small fee applies)

For further information, contact Claire Henwood @ claire.henwood@waveney.gov.uk or 01502 523010

Sponsored by: Birds Eye

Supported by: Active Waveney Sports Partnership,

Waveney Valley Athletic Club & Christchurch

