



Lowestoft Scores Race 2015 RACE INFORMATION SHEET



Sunday 13th September 2015, 2pm start (Junior's 2.05pm)

Race HQ: Christchurch Hall, Herring Fishery Score, Lowestoft, NR32 1XE
Under UKA Rules, Licence No: 2015-20210

Race numbers are to be collected from race HQ from 12:30pm on the day.

- Parking:** Parking in pay and display in Whapload Road, Lowestoft and Dukes Head Street, Lowestoft.
- Race HQ:** **Race Registration, Post Race Presentations and T-Shirts** - Christchurch Hall, Herring Fishery Score, Lowestoft, NR32 1XE.
There will be an unmanned area for left baggage, there are also toilets and refreshments available. There are no showers.
- Facilities:** As above, further toilets at Triangle Market Place.
- Start:** 2pm (2.05pm Juniors) on High Street, Lowestoft, near junction with Mariners Street, a 10 minute walk from HQ.
- Course:** 4.75 miles with 13 challenging hills and 401 steps. Junior race 1.4 miles and 254 steps.
There is a water station at the half way point of the senior race.
- Finish:** Triangle Market, High Street, Lowestoft. Please stay in order after crossing the finish line. PLEASE DO NOT ASK TIMEKEEPERS OR RECORDERS FOR YOUR TIME OR POSITION. These will be made available as soon as possible after the race. Results will also be published on www.waveneyvalley.org after the race.
- First Aid** St Johns Ambulance personnel will be present at start/finish and on course. If you develop or witness a medical problem, contact the nearest marshal and prompt assistance will arrive. Please remember to complete your details on the reverse of your race number!
- Prizes:** Will be awarded at race HQ as soon as possible after the race. Spot prizes. 1st, 2nd, 3rd Male and Female, regardless of category. First male and female vet 40+, 45+, 50+, 55+, 60+, 65+, also male and female team prizes for both affiliated Clubs and works/social teams (first 3 to score). 1st, 2nd and 3rd boy and girl 9-12 and 13-15.
- Race helpline:** For more information contact Tim Earl by email at timothyjearl@gmail.com or on 07764 494693.

