



- 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 – Wilde Score – 60 Steps down
- 11 – Malsters Score – 36 Steps up
- 12 – Spurgeon Score – 15 Steps down
- 13 – Hering Fishery Score – Climb

401 Steps
4.75miles

- START Starting Line
- Finish Line
- First Aid
- Water Station

Multi terrain race in accordance with UK athletics rules



19th LOWESTOFT SCORES RACE



BRITAINS MOST EASTERLY HILL RACE

4.75miles (approx) including 401 Steps - Licence No: 2014/10364

SUNDAY, 14th SEPTEMBER 2014 at 2.00pm

ALSO JUNIOR RACE (Age Range 9 to 15 years)

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 www.waveneyvalley.org or apply online at www.runbritain.com (small fee applies) For further information, contact Bill Kingaby at billkingaby@yahoo.co.uk or alternatively on 01502 566659

Sponsored by: Birds Eye
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