



TURKEY TROT 2015 RACE INFORMATION SHEET

Sunday 13th December 2015, 11:00 am start

Race HQ: Beccles Sports Centre, Beccles, NR34 9PF

Under UKA rules, licence No: 2015-1390

Certificate of course accuracy No: SEAA 13/360

Race numbers are to be collected from race HQ from 9.30am on the day.

NOTE: iPods, MP3 players etc – for safety reasons the use of these devices is prohibited during this race. We need you to be alert and aware of everything that is going on around you at all times. If you are seen using any headphones during the race you will be disqualified and not credited with a finishing time in the official result.

Directions if approaching on A146:

From the roundabout at Morrisons turn into Beccles. Turn right at the mini-roundabout by railway station. Turn left at traffic lights. Follow road down. DO NOT turn right at 'Y' junction. Turn right at traffic lights into Peddars Lane. Straight over next traffic lights. After about 300m turn left into Ringsfield Road opposite town sign. Sports Centre about 300m on left.

If approaching on A12:

At Blythburgh turn at sign to Beccles. Keep going into Beccles past M&H factory over railway line. About 200m past Butchers Arms, take 2nd left (care first left is very close) into Ashman's Road. At top, turn left and Sports Centre is on immediate left.

Parking: Very limited parking in Sports Centre and High School grounds. Roadside parking on Ringsfield Road (north of Ashman's Road) and Ashman's Road and adjoining roads – please be considerate to residents and arrive in good time.

Race HQ: Beccles Sports Centre, Ringsfield Road, Beccles, NR34 9PF. Open from 9:30am

Facilities: Changing and showers, toilets, refreshments

Start: 11:00am on Ringsfield Road – a short walk from Sports Centre. Competitors must be at the start line promptly for the start.

Course: Slightly undulating, rural and picturesque and country roads

Finish: As last year, on the grassed playing field opposite Beccles Sports Centre. Please stay in order after crossing the finishing 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 be published on www.waveneyvalley.org after the race.

Medical: First Aid provided by St Johns Ambulance

Prizes: Will be awarded at Race HQ as soon as possible after the race. **There will be a prize for best fancy dress**, as well as for 1st, 2nd, 3rd male and female, 1st male and female 40+, 45+, 50+, 55+, 60+ and 65+, male and female team prizes, Christmas fayre to all finishers and £50 for winner if course record broken.

Contact: For more information contact Tim Earl by email at timothyjearl@gmail.com or 07764 494693.

IN CASE OF SEVERE WEATHER ON RACE DAY PLEASE REFER TO WWW.WAVENEYVALLEY.ORG TO CONFIRM IF RACE GOING AHEAD.

