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# Lowestoft Scores Race 2017 RACE INFORMATION SHEET



Sunday 9<sup>th</sup> September 2018, 2pm start (Juniors 2.05pm)  
Under UKA Rules, Licence No: 2018-31819

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

**NOTE:** In accordance with UKA rules, iPods, MP3 players etc are not permitted. If you are seen using headphones during the race you will be disqualified and not credited with a finishing time in the official results.

**Parking:** Parking in pay and display in Whapload Road, Lowestoft and Dukes Head Street, Lowestoft. Some free parking on Whapload Road - check restrictions.

**Race HQ:** 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 available.

**Toilets:** These are at race HQ and in the Triangle. Two pubs on the way to the start (The Old Blue Anchor and The Triangle) have also kindly allowed us to use their toilets, please be respectful of customers.

**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 just past the half way point on the senior course.

**Finish:** Triangle Market, High Street, Lowestoft. Please stay in order after crossing the finish line. PLEASE DO NOT ASK TIMEKEEPERS FOR YOUR TIME OR POSITION. These will be made available as soon as possible after the race. Results will also be published at <https://www.totalracetiming.co.uk/raceresults/70> after the race.

**First Aid** St John 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:** Please collect a commemorative T-shirt from race HQ after the race.

Prizes will be awarded at race HQ as soon as possible after the race, we hope at 15:15.  
Seniors: 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> Male and Female, regardless of category. First male and female vet 40+, 45+, 50+, 55+, 60+, 65+, 70+ also male and female team prizes for both affiliated Clubs and works/social teams (first 3 to score).  
Juniors: 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> boy and girl 9-12 and 13-15.

**Race helpline:** For any further information contact Tim Earl by email at [timothyjearl@gmail.com](mailto:timothyjearl@gmail.com) or on 07764 494693