



www.waveneyvalley.org



Lowestoft Scores Race 2019 RACE INFORMATION SHEET



Sunday 25th August 2019, 14:30 start (Juniors 14:35)
Under UKA Rules, Licence No: 2019-38621

Race numbers and chips are to be collected from race HQ from 13:00 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.

Please complete Emergency Contact details on reverse of number

Toilets: These are at race HQ and the Triangle. The Old Blue Anchor pub on the way to the start has also kindly allowed us to use their toilets, please be respectful of customers.

Start: 14:30 (14:35 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 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/131> 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 15:45. Seniors: 1st, 2nd, 3rd 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: 1st, 2nd and 3rd boy and girl 9-12 and 13-15.

Race helpline: For any further information, see <http://www.waveneyvalley.org/scores-race/> or contact Tim Earl by email at timothyjearl@gmail.com or on 07764 494693