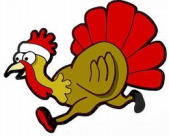


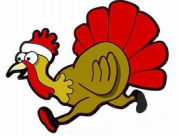


www.waveneyvalley.org

TURKEY TROT 2018 RACE INFORMATION SHEET



Sunday 9th December 2018, 11:00 am start
Race HQ: Sir John Leman School, Ringsfield Road, Beccles, NR34 9PF
Under UKA rules, licence No: 2018-33486
Certificate of course accuracy No: SEAA 18/584



Race HQ

Sir John Leman School, Ringsfield Road, Beccles, NR34 9PF.

Race numbers and chips are to be collected from race HQ from 9.30am on the day. Registration, toilets and refreshments are in the school. Changing and showers are in the adjacent Sports Centre. Please use the field opposite for warming up before the race.

Please car share if possible. There is limited parking in Sports Centre and High School grounds and 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. Please do not park on Ringsfield Road South of the School, as this is part of the race route

Race

The course has been re-measured for 2018 with minor changes to the start, finish and turn-around point. It is a slightly undulating, rural and picturesque loop on country roads with two water stations on the route. Medical support on route and at the inish is provided by St John Ambulance - please contact a marshal if you need assistance.

The start is on Ringsfield Road outside the school at 11:00. Competitors must be at the start line promptly for the start. The finish is on the school field – please do not distract the timekeepers, all results will be available on <http://totalracetiming.co.uk/> after the race.

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.

Please advise supporters to avoid driving on the course during the race to avoid congestion

Prizes

This year the race is a Suffolk Championship race, and so there will be a combined prizegiving for the race and County Championships. Prizes will be awarded as close to 13:00 as possible at Race HQ. There is an extensive prize list, including prizes for festive fancy dress (please ensure this is appropriate for the weather conditions). Please do stay behind to collect your prizes and support the winners – hot drinks and cakes will be available while waiting in the canteen area.

There is a £50 prize for the winner if beating the the course record (Male: 52:15, Female 1:00:10).

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 CHECK EMAIL OR REFER TO
WWW.WAVENEYVALLEY.ORG TO CONFIRM IF RACE GOING AHEAD.



BRITISH
ATHLETICS

