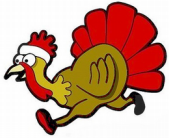


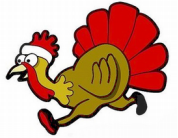


[www.waveneyvalley.org](http://www.waveneyvalley.org)

## TURKEY TROT 2019 RACE INFORMATION SHEET



Sunday 8<sup>th</sup> December 2019, 11:00 am start  
Race HQ: Sir John Leman School, Ringsfield Road, Beccles, NR34 9PF  
Under UKA rules, licence No: 2019-39200  
Certificate of course accuracy No: SEAA 18/584



### Race HQ

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

Race numbers 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 is the same as last year. 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 finish 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. Please remain in the school car park until marshals direct you to the start so that traffic can pass.

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 we are proud to host the prizegiving for the Ryan's Suffolk Grand Prix. Prizes will be awarded as close to 13:30 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](mailto:timothyjearl@gmail.com) or 07764 494693.

IN CASE OF SEVERE WEATHER ON RACE DAY PLEASE CHECK EMAIL OR REFER TO <http://www.waveneyvalley.org/turkey-trot> TO CONFIRM IF RACE GOING AHEAD.



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