



www.waveneyvalley.org



Lowestoft Scores Race 2022 RACE INFORMATION SHEET



Sunday 28th August 2022, 14:30 start (Juniors 14:35)
Under UKA Rules, Licence No: 2022-44034

Race numbers are to be collected from race HQ from 13:00 on the day.

We would like to welcome you to the 25th Lowestoft Scores Race, with huge thanks to our sponsors Lowestoft Town Council, Birds Eye, and Molecular-UK.

- Parking:** Parking in pay and display in Whapload Road and Dukes Head Street, Lowestoft. Some free parking on Whapload Road – check restrictions.
- Registration:** 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 changing/shower facilities available.
Please complete Emergency Contact details on reverse of number
- Toilets:** These are at race HQ and the Triangle.
- 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. Minor changes from previous years due to works at The Ravine bridge will be signposted clearly (senior race).
- Drinks:** There is a water station just past the half way point on the senior course, and water will be provided at the finish. We encourage competitors to reduce waste by leaving a labelled drinks bottle in the crates at the finish (you'll pass this on the way to the start).
- Headphones:** In accordance with UKA rules, headphones (including bone-conducting) are not permitted.
- 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 at <https://www.totalracetiming.co.uk/raceresults/359> 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.
- Photography:** Photographs are being taken on course and at the finish line, full details of how to view them will be in the post-race email.
- Prizes:** Medals awarded at the finish, Please collect a commemorative T-shirt from race HQ after the race (if ordered).
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+, male and female team (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