

WAVENEY VALLEY ATHLETIC CLUB

TURKEY TROT 10 MILE ROAD RACE

Sunday 13th December 2009

RACE INFORMATION SHEET

Licence No: 2009-100315

Certificate of Course Accuracy No. SEAA 05/106

Race numbers are to be collected from race HQ from 10:00 on the day.

Directions:

If approaching on A146: from the roundabout at Morrison's turn into Beccles. Turn right at mini-roundabout by railway station. Turn left at traffic lights. Follow road down. DO NOT turn right at "Y" junction. Turn right at traffic lights into Peddars Lane. Straight over next traffic lights. After about 300m turn left into Ringsfield Road opposite town sign. School and sports centre are about 300m on left.

If approaching on A12: at Blythburgh, turn at sign to Beccles. Keep going into Beccles past M&H factory over railway line, past Butchers Arms and cemetery. About 200m past Butchers Arms, take second left (care first left is very close) into Ashmans Road. At top turn left and school and sports centre are on immediate left.

Parking: Limited parking in sports centre and High School – please follow instructions given by marshals and arrive in good time.

Race HQ: Beccles Sports Centre, Ringsfield Road, Beccles, NR34 9PF.

Facilities: Changing, toilets, showers, refreshments.

Start: 11:00 on Ringsfield Road a short walk from sports centre.

Course: Slightly undulating, rural and picturesque on country roads.

Finish: In the grounds of the High School. Please stay in order after crossing the finish line. PLEASE DO NOT ASK TIMEKEEPERS OR RECORDERS FOR YOUR TIME OR POSITION. These will be made available as soon as possible after the race. Results will also be published on www.waveneyvalley.org after the race.

Prizes: Will be awarded at race HQ as soon as possible after the race. 1st, 2nd, 3rd Male and Female, regardless of category (Christmas vouchers). First male and female vet 40+, 45+, 50+, 55+, 60+, 65+ (Christmas vouchers). Christmas Fayre to all finishers. £50 for winner if course record broken (male course record 52:15, female course record 1:00:10).

Race helpline: 01502 567980 (David Pimlott) or E: davidandsally@talktalk.net.

**IN CASE OF SEVERE WEATHER ON RACE DAY PLEASE
REFER TO WWW.WAVENEYVALLEY.ORG TO CONFIRM
RACE GOING AHEAD**