

Dear Competitor,

Thank you for your entry to the Stowmarket Striders Scenic 7 2018, we look forward to welcoming you on Sunday 12th November.

Please collect your race number from race headquarters on the day between 8am and 9am.

Please complete emergency contacts and any medical details on the reverse of your race number. Your chip number will be embedded into the back of your race number so please ensure that this is carefully attached to the front of your running vest with safety pins which will be provided.

Numbers will be sorted by surname order, so simply look for the banding that matches your surname and queue accordingly.

DATE OF RACE:	Sunday 11th November
VENUE:	Mid Suffolk Leisure Centre, Gainsborough Road, Stowmarket IP14 1LH
START TIME:	9.30 am
CAR PARKING:	At Stowmarket High School. Please park as directed by the marshals
CHANGING / TOILETS	Available in the Leisure Centre
POLICE REQUEST:	Run on the left hand side of the road unless told otherwise.
RISK ASSESSMENT:	Please refer to race folder
Licence Number:	tba
Certificate of course accuracy:	SEAA 13/250
Race Director:	Chris Gladwell - 07792 660073 – racedirector@stowmarketstriders.org.uk

Please note the use of **AUDIO EQUIPMENT AND EARPHONES** seriously inhibits the user's ability to hear traffic approaching from behind and clearly hear instructions from race marshals. The use of all such equipment is therefore not permitted, anyone found doing so may be disqualified.

WARM UP AREA

The warm up area is on the Stowmarket High School playing fields behind the Leisure Centre. Runners will be directed to this area and there will be signs to the start from the fields.

RACE START

The race starts on Onehouse Road, in front of the High School however, all runners should assemble in the High school car park before the race, NOT on Onehouse Road. When all the runners are assembled you will be led onto the road to the start by race marshals. This will minimise disruption to traffic and the chances of accidents between runners and cars.

PLEASE NOTE: For safety reasons the course will close at 11.30am. Anyone still on the course after this time may be running without the support of marshals.

TRAVEL DIRECTIONS:

From Ipswich - Leave the A14 at Junction 50. Turn left at the roundabout then straight over the next roundabout and down the dual-carriageway. Turn right at the traffic lights. At the next roundabout, take the 3rd exit along Gipping Way. Turn left at the second set of traffic lights (by Barnards Volkswagen). Straight over the next lights, pass the Recreation Ground on your right, then turn right onto Onehouse Road then take the third right into Gainsborough Road to the Leisure Centre.

From Bury St Edmunds – Leave the A14 at Junction 49 (Stowmarket A1308, Haughley and Wetherden). At the roundabout take the second exit marked A1308 Stowmarket. Follow this road for half a mile, under the A14 and at the roundabout turn right. 50 metres after the roundabout bear left

into Chilton Way. At the end of this road turn left into Onehouse Road and then next left into Gainsborough Road to the Leisure Centre.

On departure: Please follow the signed route from the race to avoid Remembrance Day parades in the town centre.

The Information Desk will be in the main sports hall.

FROM ALL STOWMARKET STRIDERS HAVE AN ENJOYABLE RUN