

CROSS COUNTRY - The Suffolk Winter League 2012-13

Race 4: 17th February 2013 Bungay (Race HQ is at **Ditchingham Village Hall, Loddon Road, Ditchingham, Bungay NR35 2QN**).

Junior Race starts at 10.45am, Senior Race starts at 11.00am (**Meet at 9.45am**).

Directions: From **Woodbridge** on A12 - turn left onto A144 through Halesworth and then through Bungay Town onto the A143.

From **Ipswich** on A14 - take A140 turnoff (to Norwich) - turn right onto A143 (to Great Yarmouth). Follow A143 until you reach Bungay, go across Clay's roundabout, then turn **left** at the next roundabout (known locally as "chicken" roundabout) and then take the first right into **Loddon Road**. Go straight across the crossroads and **Ditchingham Village Hall** is on the right. Parking will be at the green area known as The Dip opposite the village stores (100 yards from race HQ).

The course is mainly grass and footpaths, and will be approx 6 miles for Seniors and 2 miles for Juniors. However, there is a section of concrete access road on the course. Those who wear spikes are advised to run on the grass adjacent to the road at this point. Some of the course is a trifle damp. You are advised to bring a change of socks and trainers. Please remove wet/muddy footwear before entering the hall.

It's 7 men and 3 women to score in the Senior race, so we need a good turnout to do well. **Club vests must be worn.**

Check <http://www.ipswich-harriers.co.uk/> for results

