

CROSS COUNTRY - The Suffolk Winter League 2015-2016

Race 3 – **17th January 2016**, Stowmarket – 10.45am start (**meet at 9.45am**)

This race will be held at **Haughley Park, Stowmarket IP14 3JY**, with Juniors starting at 10.45am (meet at 9.45am) and Seniors starting at 11.00am.

Directions: At the new stretch of A14 at the Haughley Straights, follow the signs for **A1308 Haughley**, then stay on the **old** A14 road past the Little Chef restaurant/services, following the signs for **Haughley Park (ignoring** the right-hand turns for Haughley, Elmswell and Wetherden). 2½ miles after leaving the new A14 turnoff for Haughley, you will find the entrance to Haughley Park on your left.

This is a nice parkland course and features woodland, dips, logs and fields suitable for spikes and should be around 8km for seniors (2 lap course) and 3km for the juniors (1 lap course). **Club vests must be worn.**

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