

## CROSS COUNTRY - The Suffolk Winter League 2016-2017

Race 4: 19<sup>th</sup> February 2017, Bury St Edmunds – 10.45am start (meet at 9.45am)

This next race of the series will be at **Nowton Park, Bury St Edmunds IP29 5BD**, with the Junior race starting at 10.45am and the Senior race starting at 11.15am.

The hosts, St Edmund Pacers, are once again including an **U11s fun run** that will start immediately after the Junior race and will be around 800 metres. Please arrive early enough to register your U11s

Nowton Park is a nice parkland course suitable for spikes and will be approx 5 miles for seniors and 2 miles for the junior race. As usual, 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.

