

CROSS COUNTRY - The Suffolk Winter League 2016-17

Race 2: 4th December 2016 – Sutton Memorial Hall, Post Office Lane, Sutton, Nr Woodbridge IP12 3JQ (will be signposted from the A12)

Junior race starts at 11.00am; Senior race starts at 11.15am (**Meet at 10am**)

The Woodbridge race is from **Sutton Memorial Hall** – approx 3 miles from Woodbridge. The Memorial Hall is on the southern edge of Sutton village – leave the A12 at the Orford roundabout (1st Woodbridge roundabout if coming from the North; 3rd if coming from the South), taking the A1152 East down the hill to the Melton traffic lights. Straight on over the level crossing to the mini roundabout, fork right on the Bawdsey/Shottisham Road (B1083) to Woodbridge Road/Old Post Office Lane junction, Sutton, following the **Runner** signs.

Due to limited parking space, please car-share wherever possible.

The senior race is approximately 4.7 miles and is a single lap course over some sandy, undulating heath land. The junior race is approximately 2.1 miles and is a shortened single lap version of the senior course. The start is a 7-10 minute walk from the Hall but is mostly on road – ideal for a warm up jog/walk but not ideal for spikes, so it might be best to put on your spikes once you get to the start. The finish for both races is on the field next to the Hall. There is good space for changing in the hall, along with other facilities, but there are no showers. Refreshments will be available within the hall.

As usual, it's 7 men and 3 women to score in the senior races so we need a good turnout to do well. **Club vests must be worn.** Check <http://www.ipswich-harriers.co.uk/> for results.