

## CROSS COUNTRY - The Suffolk Winter League 2014-15

Race 1 – Sunday 26<sup>th</sup> October 2014 - Framlingham (near the Castle). **Meet at 09.45am**

Race HQ for Race 1 will be at the **Framlingham Sports Club** (on the B1120) **Badingham Road, Framlingham IP13 9HS**. The races start a few minutes walk away at the **Castle Meadow**. The **Junior** race is one loop of the Senior course (approx 1.5 miles) and will start at **10.40am**. The **Senior** race is 3 loops of the course with lots of ups and downs (approx 4.5 miles) and starts at **11.00am**. The course and conditions are best suited to spikes as Framlingham can get very muddy if it's been raining. This is the course that everyone seems to either love or hate!

It's 7 men and 3 women to score in the Senior races so we need a good turnout to do well. The Junior race is 3 to score.

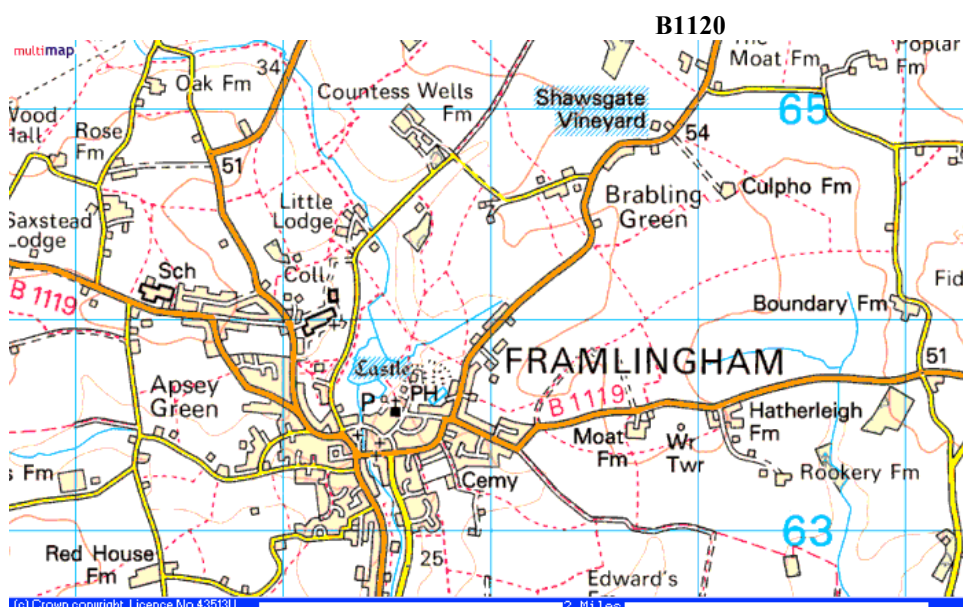
**Club vests must be worn.**

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

*Please note that as well as the usual Senior and Junior races, Framlingham Flyers also put on a fun run for younger children (Under 11's – no minimum age). This is approx 800 metres and will take place entirely on the Castle Meadow where the main race starts and finishes and will start at approx 10.42am, so if you have any little ones that would like to have a run, please bring them along.*

**Please note that due to limited parking, the organisers ask that you please car-share wherever possible.** It will make things much easier for both the organisers and for you as competitors. Your support on this matter would be much appreciated.

As usual, homemade cakes and hot drinks will be available both before and after the races.



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