

CROSS COUNTRY - The Suffolk Winter League 2017-18

Race 5 - Sunday 11th March 2018 – Fritton Lake Outdoor Centre, Church Lane,
Fritton NR31 9HA (hosted by Bungay Black Dog RC)
Races start at 10.45am (**Meet at 9.45am**)

Fritton Lake Outdoor Centre is on the A143 between Beccles and Great Yarmouth. Stay on the A143 (signposted to Gt Yarmouth) passing through St Olaves, and the park entrance is well signed with the entrance on the right.

Please follow the yellow "runner" signs to the car park.

Do not park at the Fritton Arms PH.

There is no parking charge this year but please car share where possible.

Facilities: No changing/showering facilities available.

The Junior race starts at **10.45am** and is approx 2.4 miles.

The Senior race starts at **11.15am** and is approx 4.5 miles

Sorry – no Under 11 race at this venue

As usual, it's 7 men and 3 women to score in the senior race 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.