

Heritage Coast run – 10k and half marathon courses

Sunday 30th April 2023: First start @ 9am

The Ogilvie Pavilion, Thorpeness IP16 4FD
What Three Words - occupiers.oldest.prestige

Thank you for entering the heritage coast run. We hope the following instructions will make the day go safely, smoothly, and enjoyably.

Registration – open between **7.30am & 8.30am** – each event (10k/half/dogrunners) will have a desk so please attend the right desk.

Race numbers & timing chips – please collect these from registration, ensure they match numbers, complete the **medical and emergency contact details** on the reverse of your provided race number and then ensure that the number is securely fixed and visible to **your front** and your provided timing chip is securely fixed to **your shoelaces**.

As the course is mainly off road and some stretches are remote we encourage having a phone with you and also having the what3words app installed for accurate location identification if required. If there is a serious incident or accident then directly call the emergency services, if less serious call the organiser on 07802 795770.

The run course is mainly an out and back route (see separate map) and is held mainly on the sandy tracks & seafront paths **NO HEADPHONES ALLOWED**, keep left unless directed otherwise by signs or marshalls.

Water stations – the main station will be alongside the Sizewell road just before the Vulcan Arms, all runners will pass this each way. There will be a smaller bottle station at the furthest north end of the half marathon course.

Toilets – there are public toilets at Sizewell and Dunwich Heath.

Half marathon run (no dogs) – starts @ 9am – follow the course markings to Sizewell (be careful on road crossings) passing both powerstations (and the turnaround at 5k for the 10k runners) continuing to head north, use the coast path and stay off the shingle ridge at all times please, then continue upto the white Coastguard Cottages and onto Dunwich Heath National Trust land where there is a small clockwise loop around the heath before heading back south using the beach paths to Sizewell and head back to Thorpeness

10k run (not dogs) – starts @ 9.10am – Follow the 10k course (ignore the dog diversion), be careful on roads and crossings, just north of Sizewell B you reach the turnaround point at 5k and head back to the start/finish.

DogRunners 10k run – starts @ 9.20am – dogs **MUST** be kept on **LEADS** at **ALL** times, only **ONE** dog per runner, stop to pick up anything dropped by you or your dog! Follow the course using the dog diversion (shown on the map) at Dower House and in front of Sizewell hall on the coastal path and head past Sizewell A & B where you reach the turnaround point at 5k and head back to the start/finish.

10k Walkers will start after the above.

FINISH - Make sure your number is facing forward, cross the line to register your finish chip time, then please remove & return your timing chip, receive your medal and have a well-deserved drink & rest.

Awards Presentation – Event winners will be presented near the pavilion as soon as possible after the race at approx noon, please enjoy refreshments and the atmosphere before and after!

Main Charity supported – Knodishall Cancer Research Group who are also running the refreshments.

We are grateful to the Rotary club for their support in the handover, and to Hamish Ogilvie for use of the Pavilion and access to the grounds and to the RSPB and National Trust for course access.

Thankyou to all Sponsors, helpers and marshalls.

Best Regards,
Matt Dye - Race Director
Tel 07802 795770

Email info@heritagecoastevents.org.uk
www.heritagecoastevents.org.uk

- Free Parking & Toilets onsite
- Diss event photography onsite and on the course
- Hot & cold refreshments available on site all day, licenced bar open.
- Results link - <https://www.racetimeresult.co.uk/heritage-coast-run2>