

Heritage Coast run – 10k and half marathon courses

Sunday 5th May 2024: 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 specific desk each to register at.

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. For any serious incident or accident directly call the emergency services, if less serious call the organiser on 07802 795770. First aid will be present at Sizewell, Dunwich and the HQ.

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 at Sizewell just behind the Tea hut on the beach course, all runners will pass this each way and dogs will also have water here. There will be a smaller bottle station at the furthest north end of the half marathon course, water will be provided at the finish.

Toilets – there are public toilets at Sizewell and Dunwich Heath, also at the start/finish outside and in the pavillion.

Half marathon run (no dogs) – starts @ 9am – follow the course markings to Sizewell (be careful on road crossings) passing both powerstations (and continue past 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 again on the same course using the beach paths to Sizewell and head back to Thorpeness. Be careful on Dunwich heath as there are some exposed tree roots and we are not allowed to mark them up.

10k run (not dogs) – starts @ 9.10am – Follow the 10k course (ignore the dog diversion), be careful on all road crossings at Sizewell. When on the beach course just north of the Sizewell B power station you reach the turnaround point at 5k and head back to the start/finish the same way as you came.

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 along past the caravan park and head past Sizewell A & B where you reach the turnaround point at 5k and head back to the start/finish. Water on the course and finish for runners and dogs.

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 (1st male & female, teams and vets winners per event) 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! Also a junior prize also for the 10k event.

Main Charity supported – Knodishall Cancer Research Group who are also running the refreshments so please also support that on the day.

We are very grateful to all our friends as Marshall and helpers and to Hamish Ogilvie for use of the Pavilion and access to the grounds and to the RSPB and National Trust for course access, and to Ron Geater for load of the Marquee and BBQ.

Thankyou to all Sponsors.

Best Regards,
 Matt Dye - Race Director
 Tel 07802 795770
 Email info@heritagecoastevents.org.uk
www.heritagecoastevents.org.uk

- Free Parking & Toilets onsite
- Chip timing
- Hot & cold refreshments available on site all day
- Licenced bar open.
- Results link - <https://www.racetimeresult.co.uk/heritage-coast-run3>

HERITAGE COAST RUN MAP

- KEY**
- Start and finish
 - half marathon
 - 10k
 - 'Lonicross'
 - W water
 - T toilet
 - FA first aid

