

Aldeburgh SPROUT SPRINT or SAUNTER 5k
Sunday 22nd December 2024: Start @ 10.00am
Register from 8.30am until 9.30am at HQ MOOT HALL

Dear Sprouter,

Thank you for entering our charity event. We hope the following instructions will make the day go safely, smoothly and FUN for all of you and your supporters as we raise funds for local charities.

On the Day Arrival important information

visit **registration beside the Moot Hall** to collect **your run number** (worn on front of shirt or attached to run belt worn on front), safety pins will be supplied. **There is no chip timing on this event** so please use your smart watches to record your time.

PARKING

There are some street parking nearby but can get quite busy, the council website has further parking information for the town - [Car Parking Information – Aldeburgh Town Council](#)

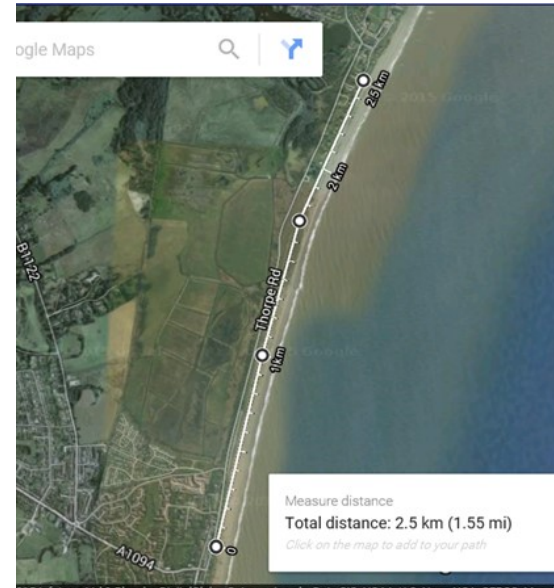
TOILETS – use the public ones opposite the Moot Hall

RUN - NO HEADPHONES ALLOWED - The run will be an out and back route and will be held entirely on the seafront paths off road between the HQ and Thorpeness beach front (some sand and stones for part of the course), no runner should be on the road or need to cross the road. The course will be marked & marshalled, run on the left side and heading north to the turnaround point at Thorpeness then show the marshalls your running number before heading back to the finish in Aldeburgh at the Moot Hall on crag path.

NO DRINKS ARE PROVIDED ON THE COURSE

Awards Presentation – Awards (including fancy dress) will be presented near the moot hall as soon as possible after the race, approx. 11am, please stay around and enjoy the charity fund raising refreshments (mulled wine, mince pies, hot drinks, cakes etc) and the festive party atmosphere before and after !

Best Regards,
The Heritage Coast Events team
www.heritagecoastevents.org.uk
www.facebook.com/aldeburghtriathlon



Course Map

