

CROSS COUNTRY - The Suffolk Winter League 2007-2008

Race 3: 18th November 2007 Bungay (Broome Heath)

Different HQ for 2007: Ditchingham Village Hall (see below)

Race starts at 11am (**Meet at 10am**)

Directions: From Woodbridge on A12 - turn left onto A144 through Halesworth and then through Bungay Town onto the A143.

From Ipswich on A14 - take A140 turnoff (to Norwich) - turn right onto A143 (to Great Yarmouth). Follow A143 to Bungay, across Clay's roundabout, then turn **left** at "Chicken" roundabout (a local name – you

can't miss the chickens that live on it!) and take the first right into

Loddon Road. Go straight across the crossroads and **Ditchingham**

Village Hall and car park is on the right. There is footpath access to

Broome Heath from the car park. Course is mainly grass and footpaths,

and should be a maximum of 5 miles for seniors and 2.5 miles for juniors.

It's 7 men and 3 women to score in the senior race, so we need a good

turnout to do well. There's no charge for juniors **but it's £3 for seniors.**

Club vests must be worn



