

**WAVENEY VALLEY ATHLETIC CLUB**

**SUFFOLK WINTER LEAGUE FIXTURE**

**FRITTON LAKE COUNTRY WORLD.**

**NR31 9HA**

**No entrance fee to the park is required.**

**Please note that no dogs are allowed in the park.**

***Directions:***

Fritton Lake is situated on the A143 just after St. Olaves village.  
The park entrance is well signposted.

**If travelling from Bury St. Edmunds** just take the A143 (sign posted Gt. Yarmouth) Stay on this road until passing through the village of St. Olaves. The park entrance is well signed. The entrance is on the right.

If travelling from the A12 access the A143 either from the A144 through Halesworth to Bungay (the same route you take to get to Broome) and stay on the A143 (signposted Gt. Yarmouth until passing through the village of St. Olaves. The park entrance is signposted. The entrance is on the right.

Alternatively you could turn left after Blythburgh onto the A145 to Beccles. Then follow signs to the A146 (Norwich). Stay briefly on this road until the roundabout then turn right onto A143 (signposted Gt. Yarmouth) Stay on the A143 until passing through the village of St. Olaves. The park entrance is signposted. The entrance is on the right.

**Description of course:**

**Seniors:** 1 large lap of approx 5.8 miles. Mixed underfoot terrain of woodland paths/tracks, fields. **Spikes not recommended.** Multi terrain shoes would be the best option because of some hard surfaces on parts of the course,

**Juniors:** 1 lap of approx 2 miles. **Spikes not recommended.**