

## Course Details

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The venue for this year's event is Holbecks Farm, Hadleigh, IP7 5PF which is located just on the outskirts of the town. There are two events taking place, a senior race for competitors of 18+ years run on a fairly hilly course over a distance of approx. 5 miles, mainly on public footpaths and privately owned bridleways and tracks of which competitors will have to run twice in order to complete the race distance. A junior race for younger competitors between the age of 8 – 17 years with a course distance of about 1 mile run mainly within the confines of the farm on public footpaths and marked field routes. This has proven to be a very popular event for Hadleigh Hares in the cross country calendar during the past years and has been well attended by all club league members. Free parking and toilet facilities will be available on the morning of the event, with refreshments being served and race results announced following the completion of the race.

## Directions to Hadleigh, Suffolk

The start of the Hadleigh Cross Country event is close to the **Hadleigh United Football Ground, Tinkers Lane, IP7 5NG**. **The field we have used for parking is currently suitable for parking however please keep an eye on Hadleigh Hares and NESS League Facebook pages for parking updates.** If the field is out of use for parking then please use one of the local car parks in Magdalen Road (behind Co-op) Hadleigh, but please allow yourself time to walk to the race facilities which should take no more than 10-15 minutes. There is also a car park in Bridge Street which was formally used by Babergh District Council and is also about a 10-15 minutes' walk along The River Walk (see highlighted route opposite).

## From Ipswich

- Join the A1071 heading towards Hadleigh
- Continue on A1071 for approx 7 miles
- Turn left onto Lady Lane B1070
- After approx 0.5 miles turn left at the second mini roundabout into the high street.
- After about 400 yard turn right into Duke Street
- Car park just over bridge on right

## From Colchester

- Join the A12 heading towards Ipswich
- Turn left onto B1070 signposted Hadleigh
- Continue on B1070 for approx 4 miles
- Continue through Benton Street to T junction
- Continue straight into the high Street.
- Turn second left into Duke Street.
- Car park just over bridge on right.

## From Bury St Edmunds

## HADLEIGH HARES -NESS CROSS COUNTRY RACES 18TH FEBRUARY 2024

- Join the A134 heading towards Sudbury
- Turn left onto A1141
- Continue on A1141 for approx 13 miles
- Turn left onto A1071 for approx 200m
- Turn next right onto Gallows Hill B1070
- Continue on B1070 into the High Street
- Turn fourth right into Duke Street.
- Car park just over bridge on right.

### Road safety

Whilst the main road outside the football ground is not very busy on a Sunday morning, please be careful when returning to the Football Club. All young children are to be accompanied when crossing the road.

### Competitor conduct

Competitors and spectators are reminded that they share the Football Ground, parks and the roads with other pedestrians and car users who may not be fully aware of the event. We ask that you treat both members of the public including other road users, marshals, other competitors, event officials and venue staff with respect. Any use of profanity or aggression towards any other parties will result in immediate disqualification from the event. Please try to remain courteous on the road even if other road users may not offer you the same respect.

**PLEASE ALSO REMEMBER NOT TO RUN ON ANY PRIVATELY OWNED FIELDS OFF THE RUNNING ROUTE. PLEASE LISTEN TO OUR MARSHALS INSTURCTIONS AND STICK TO THE EDGE OF LAND.**



### Event facilities

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#### Changing facilities

Male and female toilets are available, but we respectfully request that you do not use these facilities for changing.

**Please ensure that you do not enter the main Club House wearing muddy / wet trainers.**

#### Refreshments

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The Football Club tea / burger bar will be open before, during and after the race (serving hot and cold drinks, sweets and hot food).

### **Race start & finish**

The Hadleigh Cross Country Senior race and the junior cross country race both start in the same field adjacent to the car park.

**The junior race starts at 10:00 prompt, and the senior race at 10:45.**

Following completion of the races the results will be announced in the Football Club. In order that the race results can be processed as quickly as possible, can all results be placed in the box provided at the finish line as soon as possible following the race.

### **Payment details**

Please can club entry monies be paid online to the following account:

Account: North Essex and Suffolk Cross Country League

Sortcode: 30-99-50

Account number: 60695760

Fees for each club will be confirmed alongside the results and will be £4 per senior runner (juniors free)

### **And finally**

The Hadleigh Hares committee would like to wish you well with your race and hope you have a safe and enjoyable event. Please feel free to e-mail us comments, criticisms and suggestions – we are always looking for ways to improve our events.

**[e-mail: races@hadleigh-hares.co.uk](mailto:races@hadleigh-hares.co.uk)**

**[web site: www.hadleigh-hares.co.uk](http://www.hadleigh-hares.co.uk)**

# Hadleigh Hares AC Cross Country Routes

