

## Ipswich Jaffa NESS XC League Fixture

### **When and where?**

Sunday 27<sup>th</sup> October 2024. Ipswich High School, Woolverstone, IP9 1AZ. Junior approx. 1 mile race @ 10am. Senior approx. 5-mile race @ 10:45am.

### **Car Parking**

Car parking will be located on the grass field on the first left as you go up the drive to the school. Marshals will be there to guide and park you in. Like all races, car sharing is encouraged for both the benefit of the environment and as the car park space is limited.

### **Junior Race**

The Junior Race will follow an approx. 1 mile – 2km loop. This will follow the same loop as the Senior race except will remain within the back field and main field. This race will start at 10am promptly.

### **Junior Course Map (black outline):**



### **Senior Race**

The junior race will be two approx. 2.5-mile loops. (shown further below). This race will start promptly at 10:45am.

Please note some of this course does crossover a public footpath so be respectful of anyone on the course. The course is most suitable for trail shoes and mud will be very rare. The course however is twisty, technical and has a few “little” sharp inclines. Around the car park field you will enter through a narrow gate opening and exit by climbing over a style, please ensure that everyone gets over safely and whilst this is a race there are plenty of overtaking opportunities elsewhere on the course!

### **Refreshments**

We will have a member organised cake sale on site so please bring your coins (and notes!) to make a donation towards our club annual charity donation. This will be cakes & treats only, if you want a post-run cuppa we recommend bring a flask.

## Toilets

We will have 3 single Portalooos and 1 accessible Portaloo on site for the race. There are no other toilet or changing facilities so please be respectful of the grounds we've hired by not going in the bushes!

## Senior Course Map:



## Results & Score sheets

Score sheets are to be handed in to the gazebo near the start/finish area. Each club will be provided with a plastic wallet, please place finishing tokens and your score sheets in the wallet. Results will be announced as soon as possible after the end of the race.