

SAINT EDMUND PACERS present the

BURY 5

FIVE MILE MIXED TERRAIN RACE 6 JUNE 2008
Under UK:A Rules Permit No: 10514

Thank you for entering the Glasswells World of Furniture Bury 5.

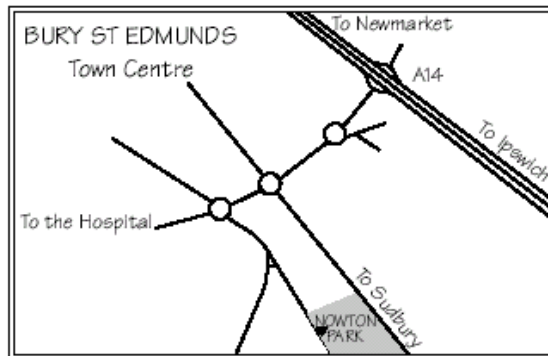
We enclose your race number, which should be attached to the front of your vest and should be visible at all times during the race and especially at the finish. Please do not fold or alter the number in any way. If you are unable to run please do not be tempted to give your number to anyone else.

THE VENUE

The venue for the race is Nowton Park, Nowton Road, Bury St Edmunds.

Car Parking is available within the grounds.

There are limited toilet facilities within the park but there are NO changing rooms. Please come changed and ready to run. Please do not use the toilets as changing rooms.



THE START

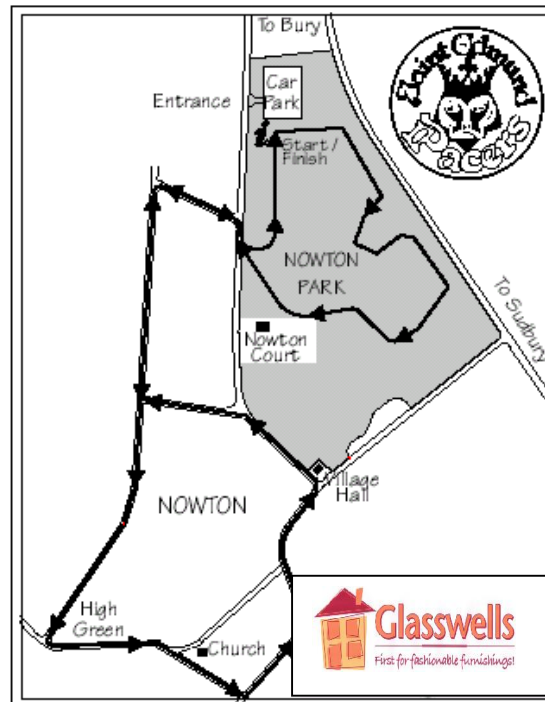
The race start is located alongside the car park. The race will start at 7.30pm sharp.

THE COURSE

After an initial circuit of the park, followed by country lanes taking you around Nowton, the course returns you to Nowton Road and with the park almost in sight you will be directed left down Cooper Lane to return to the park by the same route as you left it. Once inside the park again all that is left is the fast finish down the beautiful avenue of trees.

IMPORTANT

A section of the course from High Green is over private land. We have permission to run here for the duration of the race only. Please do not use this section of the course for warming up or down as this could put the future of the race in jeopardy.



THE FINISH

The finish is located at the end of the avenue. Please try to keep moving once you have crossed the line and remain in finishing order. You will be presented with your race t-shirt at the end of the finishing funnel. A drinks station will also be located here together with medical assistance should it be required.

THE FUN RUN

There will be a childrens' Fun Run starting before the main race at 7pm. This will start and finish in the same place as the main race but will not leave the park.

Entries for the Fun Run will only be accepted on the night with an entry fee of just £2.00.

POST RACE REFRESHMENTS

Once you have finished the race you will be able to enjoy a beer or other light refreshment as well as hot food.

AWARDS

Awards will be presented as soon as possible after the race in the following categories:

MALE & FEMALE

- First three finishers Male & Female Open
- First Male & Female Junior (under 18)
- First Male Vet 40,45,50,55 & 60
- First Female Vet 35,40,45 & 50
- First Male & Female Unattached
- First Team Male & Female (3 to score)

As part of the 'Friday Night Five' Series race your results will also count towards the overall awards.

RESULTS

A copy of results can be obtained by paying 50p at the information desk, envelopes provided. Alternatively full results will be available at the 'Pacers' web site:

www.pacers.org.uk

