



Saint Edmund Pacers

Tarpley 10/20



26th February 2012

A ten and twenty mile road race under UKA Rules
Licence No's: 2012-103154 & 2012-103155

Thank you for entering the Tarpley 10/20 mile race. The race is named in honour of Bert Tarpley, one of our founder members and club coach who sadly passed away.

The race consists of a choice of a ten or twenty mile single lap course. The race is an ideal tester for the start of the Spring marathon season.

Your race number should be attached to the front of your vest and be visible at all times during the race especially at the finish. If you are unable to run please do not be tempted to give your number to anyone else.

Each race is limited to 500 runners, minimum ages are 16 for the ten mile and 18 for the twenty mile race. Entries will NOT be available on the day. Please collect your number from the race HQ in the school gym on the day.

It is the responsibility of the runner to be fit to compete on the day of the race. If you have any medical issues which you think may put you at risk when running or for advice see <http://www.runnersmedicalresource.com/>

The Venue.

The venue for the race is Beyton Middle School near Bury St. Edmunds (See directions). Car parking is available near the venue, please follow the marshal's directions. There are toilet, changing, shower and baggage facilities within the school. Refreshments will also be available.

The Start.

The 20 mile race will start at 10:30 from within the school grounds while the 10 mile race will start at 11:00 from just outside the school in Church Road.

The Course.

The race is along scenic country lanes passing first through the village of Hessett, shortly before the four mile mark the twenty mile runners will leave the course and travel a ten mile loop through Felsham, Thorpe Green, Thorpe Merieux and Brettenham joining the ten mile course again at the same point they left it where you will travel through Gedding and Drinkstone before arriving back to the finish at Beyton Middle School.

There are two water stations on the ten mile course and four on the 20. Please throw your used cups into the road after the water stops where we can clear them up, if they end up over hedges or in fields it will be difficult to return the area to the condition we found it in.

Each junction should be marshalled, arrows on a yellow background will be used to mark the course, please follow the directions of the marshals and keep left at all times. The roads are lightly used but are not traffic free.

Please note that you use of personal audio devices with ear phones are not permitted during the race.



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The Finish.

Please try to keep moving once you have crossed the finish line and remain in finishing order. Awards will

Refreshments and a drinks station will also be located at the finish together with medical assistance should it be required.

We wish you a good race from all at the Saint Edmund Pacers. Results will be available after the race from www.pacers.org.uk

Please check the web-site on the day before the event, if we have really bad weather or in the unlikely event that we suffer some other catastrophe where we would have to cancel the race we will put a notice on the web-site as soon as we know.

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

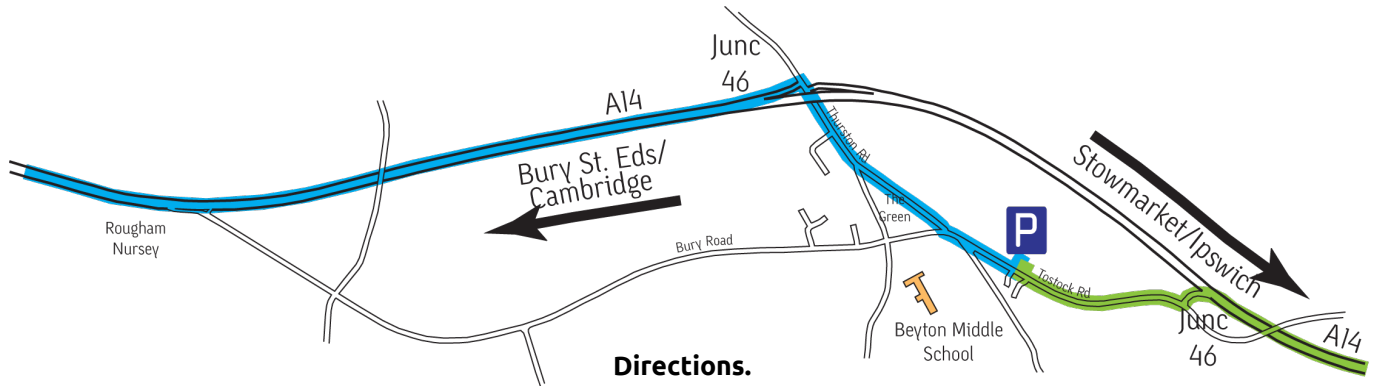
- First three finishers Male and Female Open.
- First Male & Female Junior (under 18 for the the mile race only).
- First Male Vet 40, 45, 50, 55, 60 & 65.
- First Female Vet 35, 40, 45, 50, 55, 60 & 65.
- First Male & Female Unattached.
- First Male & Female Team (3 to score)

Note that the competition is open to second claim members.

The road is being resurfaced in sections of the first four miles, ignore the Road Closed signs, the contractors will be leaving the road in a safe condition to run on but will not be able to remove the road closure and diversion signs.



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Directions.
Note that there are two junctions numbered as 46 as one is on the West bound side of the A14 and the other on the East bound side.

From Ipswich: (Green Route)

Leave the A14 at junction 46 (be aware that this junction has a short exit before a very sharp bend). At the T junction turn right and follow Bury Rd for about ¼ mile. The car park will be on your right before the Bear Inn public house.

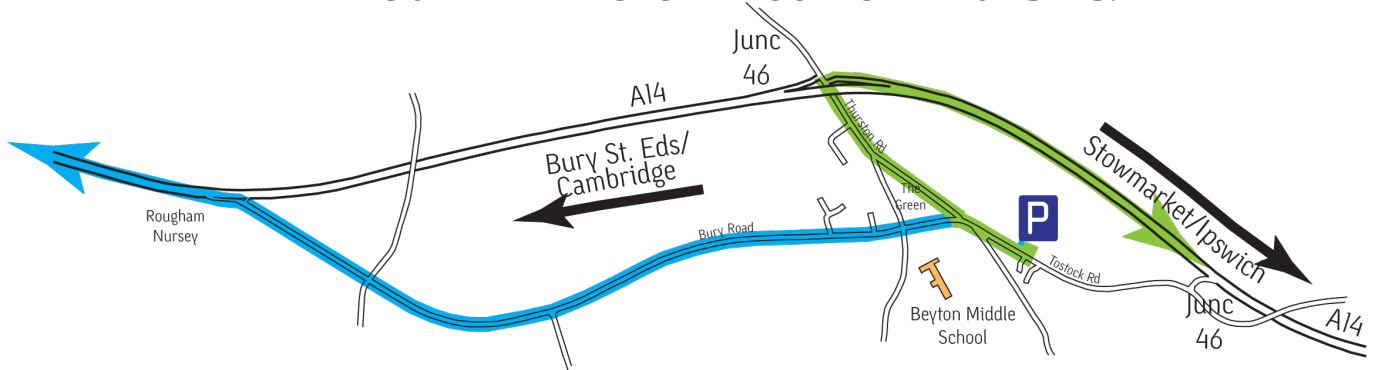
From Cambridge: (Blue Route)

Leave the A14 at junction 46 and turn right at the T junction you will enter the village via Thurston Rd, at the junction with Bury Rd turn left, the car park will be on your left just beyond the Bear Inn public house.

Postcode for satnav: **IP30 9AG**

Note: The official car park is large enough for everyone and very close to the start/finish area. To avoid unnecessary disturbance to the village would all visitors please use the official car park.

PARKING ON THE VILLAGE GREEN IS STRICTLY PROHIBITED.

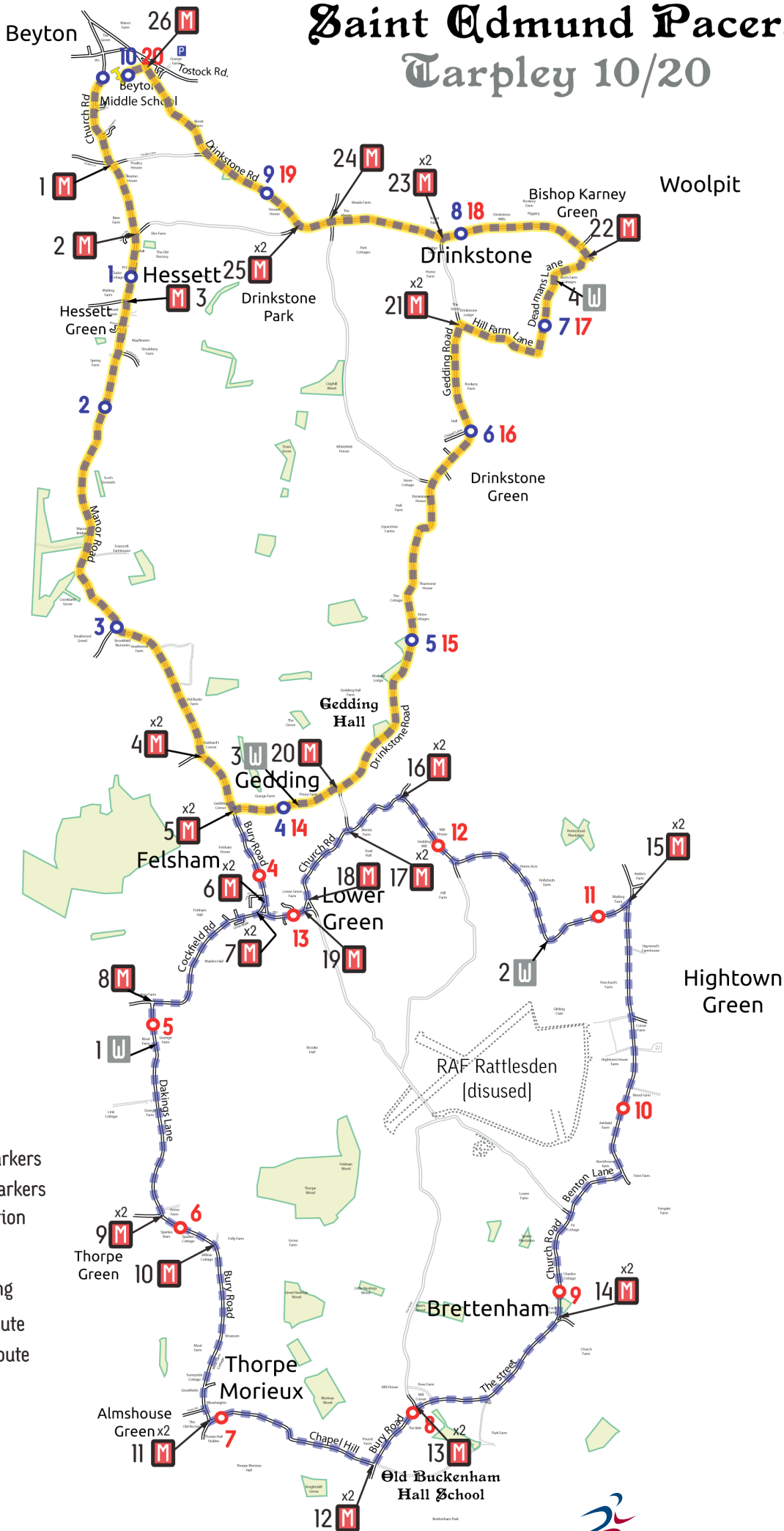


When you leave the venue you can not join the A14 to travel West to Bury St. Edmunds or Cambridge (Blue Route), you'll need to travel along Bury Road and join the A14 West at the next junction up at Rougham.

To go back to Stowmarket or Ipswich (Green Route) you need to turn Right out of the car park then take the next right along Thurston Road, you'll go underneath the A14 and take the next Right to join the A14 East.

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-  10 Mile Markers
-  20 Mile Markers
-  Water Station
-  Marshal
-  Car Parking
-  10 Mile Route
-  20 Mile Route



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www.pacers.org.uk



The Saint Edmund Pacers are a running club based at the West Suffolk Athletics Track in Bury St. Edmunds. The club caters for all ages and abilities from plodders to sprinters. Some compete in local and national events and the club puts on two roads races and a cross-country event each year.

We meet at the track on Monday and Wednesday evenings at 18:30 where we have a coach who can help with any training issues. If you are interested in joining a friendly running club with like minded people come and see what we do.

Sponsors

The Saint Edmund Pacers would like to thank the follow sponsors. Without their generous support it would not be possible to put this race on.



<http://www.greeneking.co.uk>



<http://www.moretonhallvets.co.uk/>



<http://www.acleisure.com/bury-st-edmunds.html>