

CROSS COUNTRY - The Suffolk Winter League 2016-17

Race 5 - Sunday 5th March 2017 - Fritton Lake Country Park, NR31 9HA
Races start at 10.45am (**Meet at 9.45am**)

Fritton Lake Country Park is on the A143 between Beccles and Great Yarmouth. Stay on the A143 (signposted to Gt Yarmouth) passing through St Olaves, and the park entrance is well signed with the entrance on the right.

Please note that there will be charge of £2 per car to park, so please car share where possible.

The Junior race starts at **10.45am** and is approx 2.4 miles.

The Senior race starts at **11.15am** and is approx 4.5 miles

As usual, it's 7 men and 3 women to score in the senior race so we need a good turnout to do well. The junior race is 3 to score.

Club vests must be worn.

Check <http://www.ipswich-harriers.co.uk/> for results.