

Suffolk Coastal Path 50K

Saturday 9th September 2023, 0830 Lowestoft to Aldeburgh



Welcome to the Suffolk Coastal Path 50K Thank you for entering. In this document you will find the key

details you need to know ahead of race day. Additional information and resources are available on our website.



Please note that this event follows a linear route and the start

1. How to get there

and finish are in different locations.



Lowestoft Volunteer Lifeguard Corps Huts,

Lowestoft Beach

This is located on the seafront at sea level,

directly next to the 'Sunrise at Zaks' cafe. There are toilets directly next to the start.

View on Google Maps





Parking at the start

£4 via RingGo - Location 4439 The registration and start is a 500m walk from

Pakefield Road Car Park 50 Pakefield Rd, Lowestoft NR33 OHX

this car park.

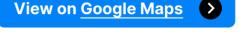


This allows runners to park near the finish and take a

coach to the start. There is limited space and booking is essential. **Pickup Location**

Thorpe Road Car Park, IP16 4NR

Departure Time - 0700 You can board the coach between 0645-0700





A bag drop will be available at the start. All bags will be transported to the finish.

The bag drop is located at the end Kensington Road - Up the stairs from registration.

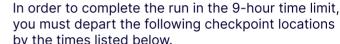
On-route Cutoffs

3. Event timings

Start Itinerary

0700 Coach Transfer departs Aldeburgh

0715	Registration opens in Lowestoft
0745	Coach arrives in Lowestoft
0810	Registration & bag drop closes
0815	Safety briefing
0830	Race Start



you must depart the following checkpoint locations by the times listed below.

If the start time is delayed the cutoffs are also extended by the same amount.

CP2 - Reydon (21.8km) - 1225 **CP3 - Dunwich (34.1km) - 1440**

CP4 - Sizewell (43km) - 1615

CP1 - Kessingland (6.8km) - 0945

Following the route The route will be signposted and marshalled Our route is **50km** with **~120m** of elevation gain.

4. Route information

The route is available to download as a GPX or via Garmin, OS Maps & Google.

Route Downloads

Route details

You must have the route on your phone or watch as a back up to our signage.

Important note - The route is open to the public, please be respectful to all trail users

and be careful not to drop any litter.

mixture of fluids and nutrition, such as:





throughout. An example of our signage is below.



WRONG WAY

Drinks - Water, Coke, electrolyte mix Fuel - Gels, flapjacks, sweets, fruit, crisps

CP4 - Sizewell (43km)

CP1 - Kessingland (6.8km)

Checkpoints

CP2 - Reydon (21.8km) CP3 - Dunwich (34.1km)

There is four checkpoints on the route, these will contain a

Mobile Phone

a soft cup or bottle.

This is a cupless race!

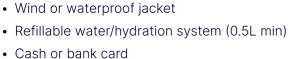
take on fluids at the aid station you will need

If you would like to



in an emergency, please use the following • GPX of the route on your phone or watch

5. During the race



Mandatory kit

You must carry the following items at all times



Emergency info

To contact the event director or medical team

phone number:

07874 947339

6. Post Race



There are loads of places for friends and family to park and see you along the route.

Southwold Pier (23.5km)

Walberswick Common (28km) National Trust - Dunwich Heath (38km)

Sizewell Beach (43km) Moot Hall, Aldeburgh - Finish (50K)



Live results are available immediately after the

race at runawayadventures.com



A selection of race photos will be available for

free download 24-48 hours after the event.