



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.

[Visit website](#) ➔

1. How to get there

Please note that this event follows a linear route and the start and finish are in different locations.



Registration & start location

**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](#) ➔



Coach Transfer

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

[View on Google Maps](#) ➔



Parking at the start

**Pakefield Road Car Park
50 Pakefield Rd, Lowestoft NR33 0HX**

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



Bag Drop

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.

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 |



On-route Cutoffs

In order to complete the run in the 9-hour time limit, 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.

- CP1 - Kessingland (6.8km) - 0945
- CP2 - Reydon (21.8km) - 1225
- CP3 - Dunwich (34.1km) - 1440
- CP4 - Sizewell (43km) - 1615

4. Route information



Route details

Our route is **50km** with **~120m** of elevation gain.

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

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

[Route Downloads](#) ➔

Important note - The route is open to the public, please be respectful to all trail users and be careful not to drop any litter.



Following the route

The route will be **signposted** and **marshalled** throughout. An example of our signage is below.



Checkpoints

There is **four checkpoints** on the route, these will contain a mixture of fluids and nutrition, such as:

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

- CP1 - Kessingland (6.8km)
- CP2 - Reydon (21.8km)
- CP3 - Dunwich (34.1km)
- CP4 - Sizewell (43km)

*This is a cupless race!
If you would like to take on fluids at the aid station you will need a soft cup or bottle.*



5. During the race



Mandatory kit

You must carry the following items at all times

- Mobile Phone
- GPX of the route on your phone or watch
- Wind or waterproof jacket
- Refillable water/hydration system (0.5L min)
- Cash or bank card



Emergency info

To contact the event director or medical team in an emergency, please use the following phone number:

07874 947339

6. Post Race



Spectators welcome

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)



Results

Live results are available immediately after the race at runawayadventures.com



Photos

A selection of race photos will be available for free download 24-48 hours after the event.

