

Welcome to the Suffolk Coastal Path 50K

Thanks for entering, we're looking forward to seeing you on race day.

The key details are all listed within this document, if you have any questions please email us at hello@runawayracing.com.

[Race website](#) >



1. Overview

The race takes place on **Saturday 12th September 2026**, starting at 08:30AM.

The event follows a linear route, starting from Kensington Gardens in Lowestoft and finishing at Moot Hall in Aldeburgh.

We are very excited for the 5th edition of the event and would like to thank all those supporting the run, including: **Lowestoft Town Council, Aldeburgh Town Council, National Trust at Dunwich Heath, RSPB Minsmere & Suffolk Lowland Search & Rescue.**

Start Location

Kensington Gardens,
Kensington Rd, Lowestoft NR33 0HY

[Google Maps](#) >

Finish Location

Moot Hall, Market Cross Pl,
Aldeburgh IP15 5DS

[Google Maps](#) >

2. Getting there & getting home

The event follows a linear route with the start and finish in different locations.

If you are not getting dropped off/picked up, we recommend booking our coach transfer service, which takes runners from the finish to the start, both before or after the race - see more details below.

Registration & start location

Kensington Gardens,
Kensington Rd, Lowestoft NR33 0HY

[View on Google Maps](#) >

Toilets - There will be plenty of portaloos located at the start, plus public loos within the new Jubilee Parade building.

Friday 11th Sept

Registration will be open between
17:30-19:00.

Race Day

Pre-race registration is available between **07:00-08:15**. If you are not using the coach service, please ensure you are registered before 07:45 to avoid long queues.

Parking



Near the start

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

[View on Google Maps](#) >



Near the finish

Thorpe Road Car Park,
IP16 4NR

[View on Google Maps](#) >



Coach Transfer

Pre-race (limited spaces)

Pickup Location & Parking
Thorpe Road Car Park, IP16 4NR
(next to The Scallop)

Departure Time - 0700

You can board the coach between 0645-0700
Please do not arrive after 7am!

There are multiple coaches, each will leave once it is full, the first coach will likely depart closer to 0645.

Post-race

Pickup Location
Moot Hall, Aldebury
(directly next to the finish)

Departure Time - 1700

This coach will depart at 5pm, and therefore is only suitable for runners finishing the race 8.5 hours or less.

[Buy Coach Transfer](#)

The coach transfer is only for those that have pre-booked a space - To check this, please [visit our website](#) and scroll down to the 'entrants' section.



Bag Drop

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

Please limit the size of this bag, it should not be any larger than a standard backpack.

3. Event timings



Start Itinerary

0700	Coach Transfers depart Aldeburgh
0700	Registration opens in Lowestoft
0745	Coaches arrive in Lowestoft
0815	Registration closes
0820	Safety briefing
0830	Race Start



On-route Cutoffs

In order to complete the run within the 9-hour time limit, you must depart the following checkpoint locations by the times listed below.

CP1 - Benacre (13.7km) - 11:00
CP2 - Reydon (22.6km) - 12:35
CP3 - Dunwich (34.4km) - 14:45
CP4 - Sizewell (43.5km) - 16:15
Finish Line - 17:30 (9 hours)

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 access to 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 are **four checkpoints** on the route, these will contain a mixture of fluids and nutrition, such as:

Drinks - Water, Coke, Precision Hydration electrolyte mix
Fuel - Precision Hydration Gels & Chews, flapjacks, sweets, fruit, crisps, sandwiches (CP2 onwards) + much more

CP1 - Kessingland (13.7km)

CP2 - Reydon (22.6km)

CP3 - Dunwich (34.4km)

CP4 - Sizewell (43.5km)

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

- Fully charged mobile phone (emergency number saved - 07874 947339)
- Route map on watch/phone
- Refillable water/hydration system - 0.5L min (1L recommended)
- Soft/collapsible cup
- Light jacket or emergency blanket
- Cash or bank card
- Hat/gloves (cold weather only)
- Sun hat (hot weather only)



Emergency info

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

07874 947339

We do not allow the following on route:



No Canicross

No Pacers

Trail running shoes are not mandatory. The perfect shoe for this race tends to be a light/cushioned trail running shoe. A road shoe is permitted, however we wouldn't recommend anything with a very large stack height (super shoes), this will not be suitable for the more rugged sections of trail.



Supporting a runner

Crewing a runner **is permitted** at certain locations along the route.

Official checkpoints

Crewing/spectating is not allowed at the first three checkpoints due to limited space and parking.

CP1 - Benacre - Crewing not permitted
CP2 - Reydon - Crewing not permitted
CP3 - Dunwich - Crewing not permitted.

CP4 - Sizewell Beach - Crewing is permitted

Suggested Crew Locations (outside of CPs)

Southwold Pier (24km)
Walberswick Common (28.8km)
National Trust - Dunwich Heath (38.6km)

Always park responsibly and do not leave any litter behind.

[Spectators Guide](#) >

6. Post Race



Results

Live results are available during the race and will be updated with split times and finish results as you pass each timing point
runawayracing.com/results



Photos

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

