

## Welcome to the Suffolk Coastal Path 50K

Thanks for entering, we are really 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](mailto:hello@runawayracing.com).

[hello@runawayracing.com](mailto:hello@runawayracing.com)

[Race website](#) >



### 1. Overview

The race takes place on **Saturday 14th September 2024**, 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 3rd 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 to the start

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

You have the choice of parking/getting dropped of at the start, or parking at the finish and using our coach transfer service (pre-booking essential).

#### Registration & start location

**Kensington Gardens,  
Kensington Rd, Lowestoft NR33 0HY**

**Friday 13th Sept**  
Registration will be open between 7-8pm.

#### Race Day

Pre-race registration is available between 7-8am. If you are not using the coach service, please ensure you are registered before 07:45 to avoid long queues.

[View on Google Maps](#) >

#### Coach Transfer

For those using the coach transfer service the details are as follows:

**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 four coaches in total, each will leave once it is full, the first coach will likely depart closer to 0645.

[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.

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 Transfer departs Aldeburgh
0700	Registration opens in Lowestoft
0745	Coach arrives in Lowestoft
0800	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 - Kessingland (13km) - 10:50**
- CP2 - Reydon (23km) - 12:40**
- CP3 - Dunwich (35km) - 14:50**
- CP4 - Sizewell (44km) - 16:25**

### 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.**

#### 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

- CP1 - Kessingland (13km)**
- CP2 - Reydon (23km)**
- CP3 - Dunwich (35km)**
- CP4 - Sizewell (44km)**

#### Following the route

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



**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 + paper map (provided)
- 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)

*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 please do not wear anything with a very large stack height (super shoes), this will not be suitable for the more rugged sections of trail.*

#### 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**

#### Supporting a runner

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

#### Official checkpoints

**CP1 - Benacre - Crewing not permitted**  
**CP2 - Reydon - Crewing not permitted**

**CP3 - Dunwich Church - Crewing is permitted.**  
(parking at Dunwich Beach)

**CP4 - Sizewell Beach - Crewing is permitted.**

#### Suggested Crew Locations (outside of CPs)

- Southwold Pier (24km)**
- Walberswick Common (29km)**
- National Trust - Dunwich Heath (39km)**

Always park responsibly and do not leave any litter behind.

### 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](http://runawayracing.com/results)

#### Photos

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

