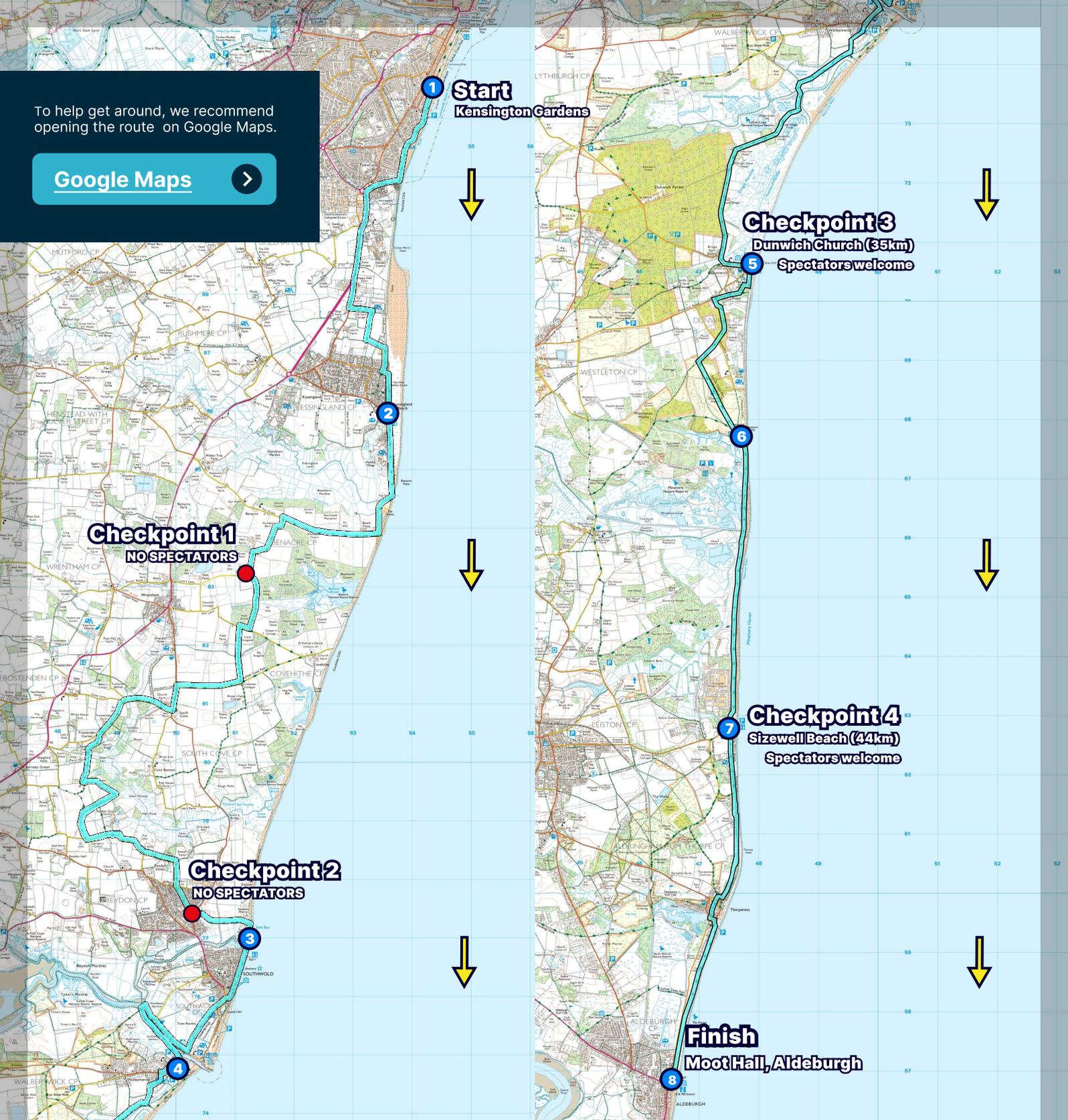


To help get around, we recommend opening the route on Google Maps.

Google Maps



Spectator Guide

A selection of easy places to see the runners during the race.

- 1 Kensington Gardens, NR33 0HY (Start)**
Spectators are very welcome at the start. Park at Pakefield Road Car Park.
- 2 Kessingland, NR33 7RU (8km)**
A great first location to see your runner on the course. Park at the Beach Car Park and walk down.
FIRST RUNNER - 09:05 | LAST - 10:00
- 3 Southwold Pier, IP18 6LT (24.5km)**
Plenty of parking here and only a short walk into Southwold for a coffee or lunch.
FIRST RUNNER - 10:15 | LAST - 12:55
- 4 Walberswick Common, IP18 6TJ (29km)**
A lovely place to see the runners through, lots to do here and some nice cafes and pubs in the village.
FIRST RUNNER - 10:35 | LAST - 13:45
- 5 Dunwich Beach, IP17 3EN (35km)**
Park at Dunwich Beach and walk into the village to see your runner at CP3 Dunwich Church
FIRST RUNNER - 11:00 | LAST - 14:45
- 6 National Trust - Dunwich Heath, IP17 3DJ (39km)**
Free parking for National Trust members. A lovely place for a walk while you're there.
FIRST RUNNER - 11:15 | LAST - 15:30
- 7 Sizewell Beach, IP16 4UH (44km)**
The last checkpoint for the runners before they finish in Aldeburgh. Nice place for a cuppa tea and a beach stroll.
FIRST RUNNER - 11:40 | LAST - 16:30
- 8 Moot Hall, Aldeburgh, IP15 5DS (50km)**
The finish is outside Moot Hall (Aldeburgh Museum). Park at Thorpe Road Car Park and walk South.
FIRST RUNNER - 12:00 | LAST - 17:30