

## WOODBIDGE CROSS COUNTRY FINAL INFORMATION

- Sutton Heath has a large community that live in the area of Race HQ and we all must be respectful and mindful that not everyone is involved in the event.
- With that in mind, when you enter the parking areas please flash your headlights so that the car park marshall knows that you are a competitor and not a local resident. The marshall can then guide you to the appropriate parking areas.
- Parking is at a premium so please car share where possible.
- If you are transporting a team gazebo please let the marshall know then you can park at the Team campsite.
- On arrival, team captains should go to the Community Hall and look for the Registration table, there Paul Wiggins will give you your team envelope.
- There are hot drinks available in the Community Hall prior to the races priced 50p.
- Cakes and hot drinks are available after the race at £1 per cake.
- This is a cash only facility.
- When crossing the road to the start please keep to the left hand side of the road, the marshalls will guide you.
- The courses are sandy with puddles, spikes are not required as the ground is relatively hard and some puddles have been filled in with bricks.
- Finally, a huge thank you to 23 Para Engr Regt and the Broxhall Estate for enabling this event to take place.
- I look forward to seeing you all, it's been a while.

Mike Ward  
Race Director  
07841054582