

FRAMLINGHAM

FLYERS

RICKY PEACHER FRIDAY 5 ROAD RACE

9th JUNE 2023

Thank you for your entry to Framlingham's "Ricky Peacher Friday 5". We're looking forward to welcoming you to our event.
Here's some useful information:

Race HQ: Framlingham Sports Club, Badingham Road, Framlingham, IP13 9HS.

The main Sports Club driveway will not be in use on the evening as it forms part of the course - we will use an alternative entrance which will be clearly signed and marshalled. Please note that **NO DOGS** are allowed on the Sports Club playing field.

Entries: The online entry system will be available up until 6.30pm on the night of the race. We will not have a cash payment facility.

Time: The 5 mile race will start at **7.30pm**.

The race will start from Pageant Place, Framlingham, IP13 9BX. This is easily accessed from Race HQ and is approx. 5 mins walk away. We will request that all runners congregate on the adjoining Pageant Field before being called to the start. Please refrain from warming up on the roads as they remain open to traffic at all times.

Race Numbers: These will be available for collection at Race HQ from 6pm. You must complete the medical questionnaire on the reverse of your number before attaching to the **FRONT** of your race t-shirt/vest.

Chip Timing: The senior race and junior runs will be chip-timed- your timing chip will be attached to your race number bib.

Junior Runs: There will also be two supporting Junior Runs. All U9's (school year 4 and below) will run a course of approximately **1km**. This will take place entirely on the field where the run starts and will start at **6.45pm**.

All those in school years 5 and above will run approx. **2.5km** with a small section on the road. This run will start at **7pm**. There will be age group prizes for U15, U13, U11 and U9. All finishers will receive a medal.

Facilities: There will be ample parking at the Sports Club. However, if you are able to car-share, please do so.

Toilets and changing facilities will be available at Race HQ. Hot and cold refreshments will also be available with a BBQ van and Licensed Bar available for you to enjoy after the race.

Important Rule: Please note that the use of any form of audio device with headphones during the race will lead to disqualification. The race will be held on roads that remain open to traffic so it's vital that you are able to hear instructions from race marshals. This is for your own safety.

Baggage: Please could you leave baggage in your vehicle. Parking is 30secs from Race HQ.

Friday 5 Series: Our race is the 3rd in this year's series of 'Friday 5's'. There are races to follow at Bury St Edmunds, Stowmarket and Great Bentley.

Please visit the series website for more information: <https://friday5series.com/>

I very much look forward to welcoming you to our race. Please don't hesitate to get in touch if you have any further questions.

Flyers are looking forward to welcoming you all!

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