England Masters Inter-area XC Challenge

Incorporating the Eastern Masters XC Championships

Dear Athlete,

Thank you for entering the England Masters Inter-area XC Challenge incorporating the Eastern Masters XC Championships at Nowton Park, Bury St Edmunds.

**General Points**

The event address is: Bury Road, Nowton, Bury St Edmunds, Suffolk, IP29 5LU.

**If travelling by car**

If travelling from the A14, please take exit 44. Nowton Park is 1.5 miles south from this junction.

Please use the competitors parking area which will be clearly marked upon arrival to Nowton Park.

**If arriving by train**

It is a 2.5 mile walk from the station.

**Refreshments**

There will be a mobile catering van on-site. There is also a café in the park.

**Collecting Numbers**

Numbers can be collected from 11am from the registration tent which will be situated near to the café.

**Course**

The course is suitable for trail shoes or spikes. The ground is in good condition and is mainly on grass, woodland trail and parkland. There is a course map attached to this email.

**Race Times**

Race 1: Women 35+ and Men 65+ at 1pm (6km)

Race 2: Men 35-64 at 2pm (8km)

**Presentations**

All presentations will be made ASAP after the finish of the men’s race at 2pm.