



### CHILDREN'S Fun Run RACE DETAILS on Sunday 18<sup>th</sup> September

We are offering 2 races, age groups will be 8 -10 inclusive in race1 and 11 – 13 inclusive in race2. Both races will start and finish at the Triathlon finish line and will not be on any roads, competitors will head north towards Thorpeness on the beachside path that runs upto and past the shell, turn round at the manned half-way point and then head back to the finish line. The distance for the younger group will be 2km and the distance for the older group will be 3km. The races will start and 1200hrs and 1230hrs respectively, there will be a competitors briefing 10 mins before the start of each race. Please arrive by 11.30 and wait at the Triathlon finish line to be included.

Entry will be FREE and there will be a finisher's medal for all those who complete the race. There will also be medals for 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> in each race and include 1<sup>st</sup> place Girl also.

Open to all local and visiting children, sponsored by Suffolk Coast District Council "Enabling Communities".