

Saffron Striders RC

KEVIN HENRY 5K LEAGUE RACE 4

5Km Distance

Thursday 7th July 2016 at 7.30pm

Races held under UKA rules, UKA Cross Country Permit number 38:16

- Venue** Carver Barracks Airfield, Wimbish, Saffron Walden, Essex. CB10 2YA
(Located between Newport and Debden villages, Elder Street)
There are toilets and limited changing at a Sports Pavilion near the start/finish area.
The location is a decommissioned airfield next to the Carver Barracks Army HQ, the airfield has it's own separate entrance.
- Parking** Parking is available within the airfield site, through a metal gated entrance, which will be signed with Saffron Striders markers – note this is about 200m away from the main Army Barracks entrance.
The gates will be opened from 18:30 onwards.
- Race details** One lap of a largely flat course with markers at the Km points, concrete and tarmac surface, some potholes and loose stones in places.
Start and finish at the same location, finish funnel will be to the right of the start line on the grass area.
The route starts on the main runway facing north; turns right onto the second runway and then left onto a perimeter road of the airfield at about the 1Km point.
The remaining 4Km will be on this road until re-joining the main runway to the finish.
- 5Km race starting at 7.30pm. Please wear your club vest.
Normal briefing at start line, a horn or whistle will warn you to move to the start.
- Directions** Follow directions on map below, post code CB10 2YA.
(Route map has marshal points in large font, Km markers are the small numbers!)

KH 5K League Race 4 Saffron Striders

Directions to Carver Barracks Airfield and 5Km Race Route

