

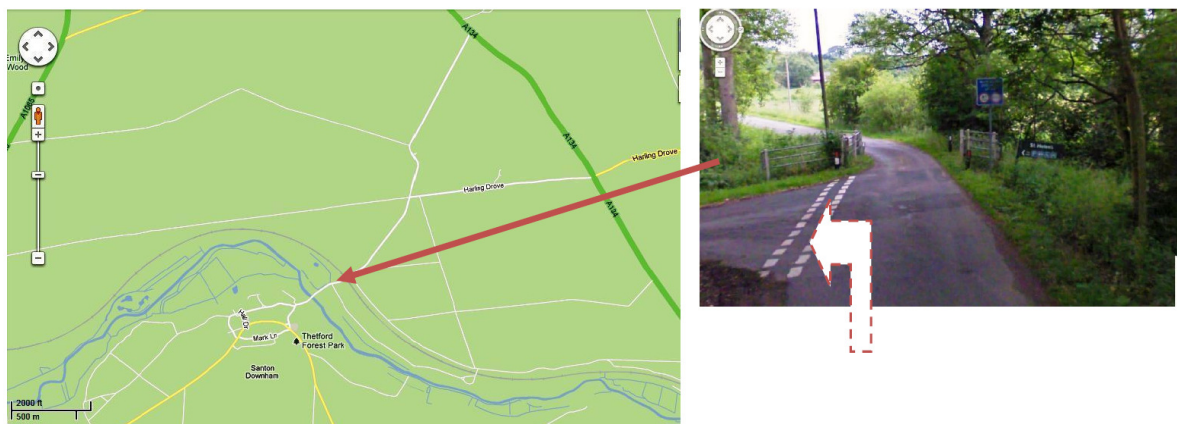


## Mud and Mayhem 10k Trail Race 16<sup>th</sup> March 2014

The Race will be located at St.Helen's picnic site, Santon Downham. The Forestry Commission recommend that you access the St Helen's picnic area from the A134 Munford to Thetford road. Follow signs for East of England office.



After crossing the railway (and before the bridge over the river) take the turning on the left signposted to St Helen's picnic site. If approaching from the other direction, continue through Santon Downham past the East of England offices on your right and turn left after crossing the narrow river bridge.



**Arrival and Parking**

Parking is available on the area around and beyond the toilet block. All parking is within sight of the race village so please follow the directions of race marshals so that we can best utilize the space available. **PLEASE DO NOT PARK ON THE ACCESS ROAD TO THE RACE AREA.**

**Race Briefing**

A race Briefing will be held at approximately 11:05.

Please note that there is an off road Duathlon which sets off at 11:00. **DO NOT** join the wrong start !!

**Water and hot drinks**

Water and sports drinks will be available at the bridge at the end of lap1.

**Registration**

Competitors will be able to register between 08:30 & 11:00.

**Race numbers**

At registration you will receive one number to be pinned to the front of your running top