

**RUN
OR
CYCLE
CO.UK**

**ROC
24
RUNNING
SUFFOLK 2019**



SITE MAP

- | | | |
|-------------------|--------------------|---------------------------------|
| 1. ROC Start | 5. Hudson Strait | 9. The Bends |
| 2. Easterly Point | 6. Lakeside | 10. AgeUK Suffolk Water Station |
| 3. Campers Corner | 7. Westerly Point | 11. Go Gallagher Hairpin |
| 4. DNA PT Corner | 8. The Iron Bridge | 12. SimpleClick Home Straight |

A. Race Village & Registration
B. Fire Assembly Point
C. Changing / WC
D. First Aid Station
E. Camping

F. Caravans / Campervans
G. BBQ Zone
H. Main Entrance / Exit
I. Sunday Exit Only
J. ROC Parking