

## NEWMARKET 5K

Yet again the 5k will be held on the **Rowley Mile Racecourse** which is easy to find as it is just off the A1304, see below for various directions. For Sat Nav the best postcode is that of the racecourse conference centre which is CB8 0TF

### If travelling from London:

M11 exit at Junction 9 for the A11

Exit at A1304 for Newmarket

Travel along the A1304 for approximately 4 miles

The Rowley Mile Racecourse and Conference Centre is straight over the first roundabout, following the road signposted, Newmarket town centre, after travelling for just over one mile, take the first turning on the left.

### If travelling from Cambridge:

A14 towards Newmarket

Exit at the A1303 Stow-cum-Quy turning.

Travel along the A1303 for approximately 6 miles.

The Rowley Mile Racecourse and Conference Centre is straight over the first roundabout, following the road signposted, Newmarket town centre, after travelling for just over one mile, take the first turning on the left.

### If travelling from Norwich via A11:

From the Barton Mills roundabout follow the A11 for 9 miles

Exit the A11 at the A1304 slip road

Travel along the A1304 for approximately 2 miles

At the first roundabout (with the clock tower) go straight over and travel along Newmarket's high street.

For the Rowley Mile Racecourse and Conference Centre take a right hand turn when signposted to do so.

### If travelling from Ipswich via A14:

Follow A14 for Newmarket

Exit at the B1506

Travel along the B1506 for approximately 4 miles.

At the traffic signals, bear left onto the A1304

Travel along the A1304 for approximately 1 mile.

At the first roundabout (with the clock tower) go straight over and travel along Newmarket's high street.

For the Rowley Mile Racecourse and Conference Centre take a right hand turn when signposted to do so.

Rowley Mile Racecourse  
Follow blue arrows →

London A11 (A11) (M11)  
Six Mile Bottom A1304

Haverhill (B1061)  
Horseracing Museum  
National Stud  
Clare B1063 Moulton  
Long Stay  
Exning (B1103)  
Short Stay  
Thetford A1304 (A11)  
Bury St Edmunds (B1506) (A14)  
Leisure centre Superstore

NEWMARKET ROWLEY MILE



Newmarket A1304  
Rowley Mile Racecourse and Conference Centre  
Horseracing Museum (M)  
July Racecourse  
National Stud  
Cambridge (A14)  
Bottisham A1303  
Stetchworth Woodditton

CLOCK TOWER ROUNDABOUT  
A142 TO A14, ELY  
A1304 TO A11, THETFORD  
A142  
A1304  
A1101  
Moulton Rd  
OLD STATION  
NEWMARKET STATION  
ALL SAINTS RD  
PARADE  
THE AVENUE  
PAIDOCK  
CROCKINGHOLM  
WADDEN LODGE  
BARBARA STRADBROKE AVE  
DULLINGHAM RD B1061  
Newmarket Town Centre  
Horseracing Museum  
Hospital No A & E  
Rowley Mile Racecourse & Conference Centre

Haverhill (B1061)  
Horseracing Museum  
Exning (B1103)  
Short Stay  
Clare B1063 Moulton  
Long Stay  
Ely A142  
Cambridge (A14)  
Leisure centre

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Thetford  
Mildenhall  
Bury St Edmunds  
Newmarket  
Cambridge  
Haverhill  
Long Melford  
Sudbury  
Royston  
Ely  
A10  
A11  
A14  
A1303  
A1304  
A1096  
A1096  
A1096