

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 racecourse conference centre which is CB8 0TF. Toilets are available (shown on map) approx. 800m from start line

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

