

Why not come and run with the Fern Hoppers?

We meet every Tuesday at 19:00, Thursdays at 18:30, or on Sundays at 09:00, at the Brandon Leisure Centre.

We are a friendly, socialable club consisting of members of varying ability and ages.

As we are based from Brandon Leisure Centre, we have the luxury of the Thetford Forest right on our doorstep, so most of our club runs are off-road and on peaceful forest trails.

If you are a beginner, or an experienced runner looking to improve, why not come along and give us a try, we can offer advice on training at every level from our members who have a wealth of experience from fun runs to marathons.

But don't get the wrong impression...we're not too serious, we often have a social evening at the local curry establishment for example, our main objective is to enjoy ourselves and to pass on our enthusiasm for running to others.

We don't have many club rules, but our club philosophy is simple - Run and have fun.

Further details can be obtained from:-
Ian Cooper - 07796 274605

Or visit our website

www.bfh.org.uk



Proudly Present

The 13th

WIBBLY WOBBLY LOG JOG



When Friday 7th August 2009

Start 19:30

Where The Events Field
Nr Mayday Farm
B1106 Brandon / Elveden Road



See our web site at

www.bfh.org.uk

Permit Number - ARC 09/154

Held under  Rules

Dear Runner

Thank you for entering this year's "Wibbly Wobbly Log Jog", we hope you will enjoy the event, and come back and see us again next year. Please carefully read all the race instructions listed overleaf.

HOW TO GET TO THE RACE HQ

From Swaffham on the A1065 - On entering Brandon go straight over the railway crossing into town, turn left at the traffic lights then immediately right. Proceed on the Bury Road, B1106, out of Brandon, past Brandon Country Park on the right. Track 10 can be found 1.3 miles on the left. Proceed along this track where you will be directed to the car park.

From Thetford on the B1107 - On entering Brandon take the first left onto Green Road and follow for approx 1 mile until you reach a T junction. Turn left onto the Bury Road, B1106, out of Brandon, past Brandon Country Park on the right. Track 10 can be found 1.3 miles on the left. Proceed along this track where you will be directed to the car park.

From Mildenhall on the A1065 - On entering Brandon proceed until you see Tesco on the right and a BP service station by a set of traffic lights. Turn right at these traffic lights onto Rattlers Road. Go to the top of Rattlers Road and turn right onto the Bury Road, B1106. Continue out of Brandon, past Brandon Country Park on the right. Track 10 can be found 1.3 miles on the left. Proceed along this track where you will be directed to the car park.

From Bury St Edmunds on the B1106 - At the Elveden crossroads with the A11, proceed straight over towards Brandon and past Center Parcs on the left. Continue on this road for approximately 3 miles until you see track 10 on your right. Proceed along this track where you will be directed to the car park.

For Sat-Nav users - The nearest postcode is IP27 0SS

HOW TO GET TO BRANDON LEISURE CENTRE

Leave the race car park area, the way you entered, back to the B1106. Turn right towards Brandon. Continue past Brandon Country Park on the left. On entering Brandon, take the first left into Rattlers Road. Continue until reaching a set of traffic lights. Go straight at these traffic lights into Church Road. Brandon Leisure Centre is approx 200m on the right hand side.

PRE RACE

- Please remember that there are no changing or toilet facilities at the race site, so please come prepared. Toilet, changing, shower and bar facilities are however available, pre and post race, at the Brandon Leisure Centre, directions listed above.

- No race numbers will be sent out in the post.
- Please collect your race number and t-shirt from the "Information Tent", BEFORE the start of the race.
- Please allow plenty of time to collect your number/t-shirt.
- Please come prepared for all weather conditions, hot or cold! Remember we are in a forest environment, so also bring some insect repellent. Please be aware of, or know about "ticks" & "Lyme Disease". Some good information can be found at, www.lymediseaseaction.org.uk/ticks.htm.

RACE TIME

- Please wear your race number on the front of your running top, so that the timekeepers can easily see your number.
- The course is not suitable for runners with accompanying dogs or cycles.
- The course is not suitable for spikes.
- Please follow the race marshals instructions at all times.
- If you pick up an injury, or are unable to complete the race for whatever reason, please do not try to walk the remainder of the course, please go back to, or continue forward to the next race marshal, who will be able to help. Do not try to make your own way back to the start/finish or car park, you may get lost.
- On crossing the finish line, please continue, in your finishing order, all the way along the finish funnel, where there will be water waiting for you at the end.

POST RACE

- There are no prizes but all runners receive a T-shirt
- Results should be available on the club website, mid morning the following day
- Any comments or suggestions about the race, good or bad, please e-mail phil@bfh.org.uk