



# 53rd Sutton Park Gates Run

## Wednesday 26<sup>th</sup> June 2019

**Directions:** Town Gate, Sutton Park. O/S SP115963 sheet 139. B73 6BU.  
Parking inside Town Gate just beyond the playground.

**Course:** Starting near Town Gate you have to visit the other six main gates in the Park and return to Town Gate. Distance is about eight miles. Choose your own route. A map will be available if needed. A mix of park road and footpath running. This year we will be timing runners electronically using an SI card. These will be available to hire for £1.

**Starts:** Start times from 17.30 to 19.30 hrs. It is not a head-to-head race, so you can start any time between 17.30 and 19.30hrs. You will be timed and given a certificate showing your time.

**Certificates:** Certificates for all finishers, and a special one for under the hour. Also free special car sticker to all finishers. Can you beat your age? A few people have completed the distance in fewer minutes than years of age, could you do it?

Individual competition for each gender and age group, and also for fastest father/son, mother /son, father/daughter, mother/daughter.

**Cost:** £6 adult  
£3 child or student  
£6 parent / child together  
£1 SI card hire  
Entry on day only

**Orienteering:** There will also be standard yellow, orange and green orienteering courses.

**Organiser:** Mick Sadler [mick\\_sadler@yahoo.co.uk](mailto:mick_sadler@yahoo.co.uk) 07999 383194

Check on [www.coboc.org.uk](http://www.coboc.org.uk) for last-minute changes before travelling and for local orienteering events.