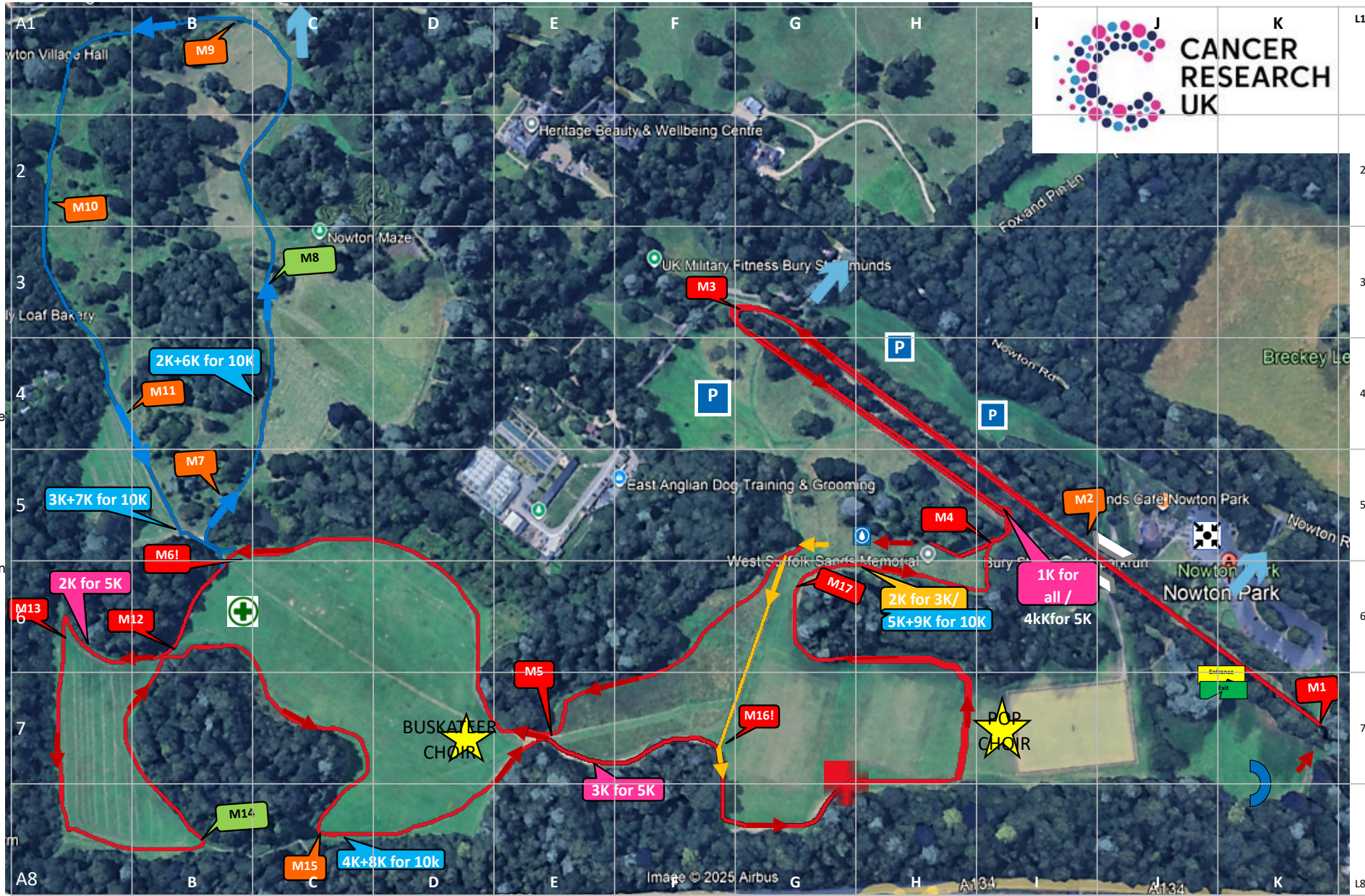


















**Bury St Edmunds  
3k / 5k / 10k  
Race For Life  
Course Map**

Sun 7<sup>th</sup> June 2026  
Nowton Park / 11am  
Shannon Taylor



-  Start / Finish
-  5k (and 10k)
-  10k only
-  3k Split
-  Emergency Blue Route
-  Parking
-  Rendezvous Point
-  First Aid / Water station on course
-  First Aid / Water station on course
-  Choir
-  K markers
-  Participant entrance and exit
-  Entrance and exit
-  Bridge
-  Marshal's - Red/Amber/Green priority
-  Marshal's - Red/Amber/Green priority

Bury St Edmunds

Emergency Blue Routes and Meeting point- W3W

**Exit 1** – Automatic Gates, best exit from the event site.

**Exit 2** – Gates to be manually unlocked by grounds keeper on event day morning. Also Pax car park entrance.

**Exit 3** – CM to check this is unlocked on set up, for use of ambulance only. Best exit for 10k only route

