

Start	Parking	Emergency RVP
Finish	3K Markers	Blue Route
Obstacles	5K/10K Markers	Artic Parking
Marshal with Radio	Medical on Course	Water Station on Course
Choir	Split Points	

Address: Trinity Park	Title: Ipswich Bumper Day	Date Reviewed 13/10/2025
Event Date Sun 21 st June 2026	Times: 10am / 11am/ 12+12:15 12:45 – 13:45	Event Manager: Shannon Taylor

