

Dear Runner,

MUDDY DUCK 10K AND 3K FUN RUN RACE DIRECTIONS

Parking Suggestion: Morrison Store

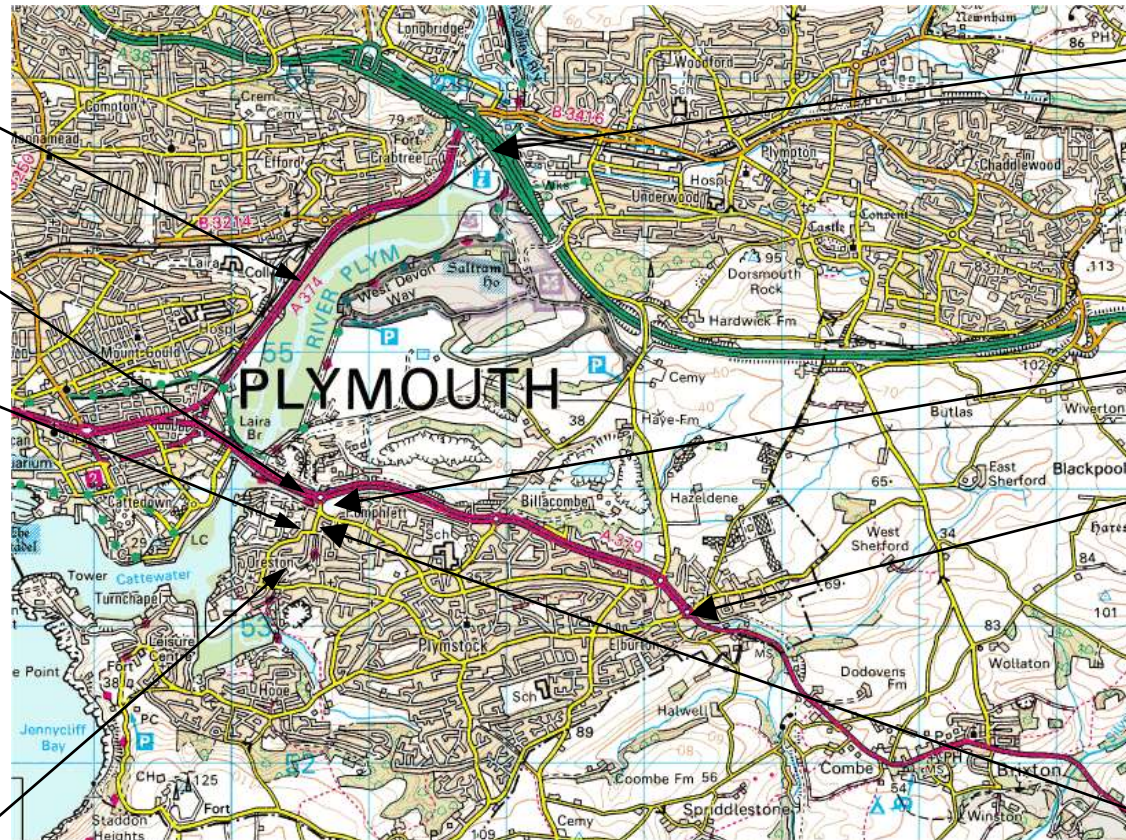
PL9 7JY

Approach from the West:

Along Exeter Street or A38/Enbankment A374. Follow signs for A379 Kingsbridge. Cross over Laira Bridge and turn right at first roundabout signed Plymstock. Take 1st exit on next roundabout and park in Morrison Car Park.

Come back to the roundabout on foot and go up the hill opposite and after 100m on the left, follow the signs on the old railway line (cycle path) to the School.

Oreston Academy
School and Race
HQ in field to rear of School



Approach from the East:

Along A38 take the turn off signed City Centre A374. Stay in left hand lane on Embankment and follow signs for A379 Kingsbridge. Go over Laira Bridge. Turn right at first roundabout signed Plymstock. Take 1st exit on next roundabout and park in Morrison Car Park.

Along A379 to Plymouth City Centre to Morrison roundabout. Turn left and then first exit at the next roundabout and park in Morrison Car park.

Come back to the roundabout on foot and go up the hill opposite and after 100m on the left, follow the signs on the old railway line (cycle path) to the School.

Alternative Parking can be found on the small roads around the school. Please respect Residents parking.

Remember: The Fun Run starts at 5:15pm and the Muddy Duck 10k Race starts at 6pm.

There will be a manned Baggage Area near Registration. Toilets will be signposted. All members of Plymstock Road Runners and all our helpers hope that you have an enjoyable and safe race. If you have any queries, please raise them with the Race Director before race day or on the night.

Not affiliated to a club? Visit www.plymstockroadrunners.co.uk for more information about joining our club.