

3K Race Route

🏠 / 3K Race Info

Below is a map of the intended race route – please refer to the orange route marked on the map below.



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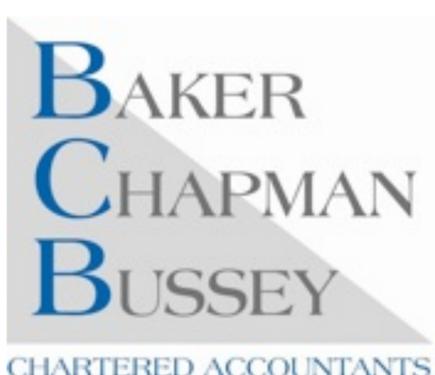


THE 3K RACE SPONSORS



FJG Foundation

The FJG Foundation has been set up for the benefit of and to support local charitable and worthy causes. The Foundation relies on various funding initiatives to be able to fulfil its objectives



Baker Chapman & Bussey

Baker Chapman & Bussey is an Essex based firm of accountants focused on delivering results for our clients through first class tax and financial management.



DIRECTIONS

From the South; Postcode: CO7 6DE

Dedham is on the Essex/ Suffolk border, about 50mins drive up A12 from the M25. Drive past all exits to Colchester. After Shell garage on left, take 3rd exit (including exit immediately after Shell garage), sign-posted Dedham and Stratford St. Mary (B1029). Turn R immediately on coming off A12, past church and R at T-junction. Continue 1 mile to bridge over river Stour. Most parking is available here, on the left past the mill. If this is full, continue into the village, turn L and follow road round to Parsons Field (3rd road on L). There is further parking up this road, and at the Primary School at the end of the cul-de-sac.

From the North; Postcode: CO7 6DE

Dedham is about 1hr 15mins drive from Cambridge down A14. At Copdock Interchange at Ipswich, turn R down A12 towards London.

After 10 mins driving, take next exit after East Bergholt, sign-posted Dedham. Turn L off A12 and continue 1 mile across the River Stour into Dedham. Parking is on L after mill, or turn L in Dedham village, follow road round and take 3rd L into Parsons Field. Parking is available at Primary school at the end on L.

Car Parking: There are two available areas set aside for car parking. The village car park on Mill Lane and Dedham Primary School next to Parsons Field.

Note: The 10k run starts opposite Parsons Field, not on the playing field. This avoids congestion with the Fun Run. At 10.55am the race organisers will lead the 10k runners to the start.

"Dedham is situated in the heart of Constable Country. 'The Haywain', one of John Constables' most famous paintings, was painted at Flatford Mill which is a 20min walk along the picturesque river Stour from Dedham. There are rowing boats available for hire and several cafes and pubs serving refreshments.

Also, BBQ, refreshments and entertainments on the playing field"

SPONSORS OF THE DEDHAM RUN

A big thanks to all our sponsors, without you none of this is possible.

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LATEST NEWS



Runner Spotlight: Richard Heath

As part of our series of runner profiles, today we cast a spotlight on Richard Heath, aged 42 he runs for the Colchester Harriers club. Learn more about in our Q&A below: Name: Richard Heath Age: 42 Sex: M Club: Colchester Harriers

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Message from our lead sponsor - Fiducia Wealth Management

Fiducia Wealth Management are proud to Sponsor the Dedham Run As a business it is not often that you are presented with the opportunity to get involved with a worthwhile cause so near to your offices. We therefore are delighted to be the first headline...

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