



# **PITSEA RUNNING CLUB CROWN TO CROWN 5k RACE**

**WESTLEY HEIGHTS COUNTRY PARK  
Rear of "The Crown" (Miller & Carter Restaurant),  
High Road, Langdon Hills, Basildon, Essex, SS16 6HU**

Measured 5k route - mainly on bridleways

## **2018 Dates:**

**Good Friday (30 March) at 11.00 a.m.**

**Evening races on the second Wednesday of each month (except September\*)  
as follows:**

9 May at 7.30 p.m.

13 June at 7.30 p.m.

11 July at 7.30 p.m.

8 August at 7.30 p.m.



**"Run for a Child" charity race for bccs (Brentwood Catholic Children's Society):**

**\* 5 September at 7.00 p.m.**



**Boxing Day (26 December) at 11.00 a.m.**

*Please arrive early to Register  
Results available later on website*

### Course Records:

15:25 Adam Hickey (August 2013)

18:01 Jessica Judd (December 2015)

Entry fee - **£2.00** (17 and under free) - Entries on the day only

All standards welcome, but a parent/guardian must accompany and run with children under 12  
Toilets available, but no showers or changing facilities

*Start and finish at Westley Heights Country Park: **please do not park in The Crown car park.**  
The route takes runners onto Lee Chapel Lane and into the Essex Wildlife Trusts' Willow Park.  
A loop round the reserve, back to Lee Chapel Lane and then to the finish in the Country Park.*

*Spikes are not suitable due to a short section of tarmac.*

Held under UKAthletics rules: TRA Permits Applied for.

Full details at [www.pitsearunningclub.org.uk](http://www.pitsearunningclub.org.uk) or e-mail [pitsearc@googlemail.com](mailto:pitsearc@googlemail.com)

