

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.

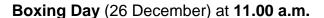
13 June at 7.30 p.m.

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.



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 or e-mail pitsearc@googlemail.com



