

BENFLEET RUNNING CLUB

Web site: www.benfleetrunningclub.com

SOUTH ESSEX CROSS COUNTRY LEAGUE

Round 1 – Hadleigh Country Park

Run under UK Athletics Rules

Permit no; 173/17

Sunday 19th November 2017 at 10.00.a.m.

Venue. Hadleigh Country Park, SS7 2PP.

The course is one lap of 6.1km/3.8 miles, and runs close to parts of the Olympic Mountain Bike Course. It does include small gravel sections in places however spikes are still suitable to wear.

Access. Entry to the park is via Chapel Lane which is off the A13 in Hadleigh. Just follow the brown road signs down to the car park.

Parking. Each vehicle entering the car park will be charged £2 (which is what we have negotiated with Hadleigh Country Park) therefore we strongly suggest you car share wherever possible to minimise cost, ease congestion in the car park, and arrive in plenty of time for the start.

Please have the correct money ready (£2) for collection as you enter the car park as this will speed up the process.

DO NOT try to park in the road (Chapel Lane), use the car park.

Entry Fee. The entry fee is **£2.00**, and should be handed to your team manager before the race.

Identification. All runners to wear club colours and letters, and all participants must be over 17 years of age on the day of the race.

Refreshments. Hot drinks and cakes will be provided after the race.

Presentation. Will take place shortly after the race as soon as score sheets are handed in and have been checked. Team sheets should be handed in near the refreshments and will be clearly signed.

For any additional information please feel free to call me on 07805 700491.

Enjoy the race!

Ian Pike

BENFLEET
XC Route
19th November 2017

START

FINISH

