

# **BENFLEET RUNNING CLUB.**

Web site: [www.benfleetrunningclub.com](http://www.benfleetrunningclub.com)

## **SOUTH ESSEX CROSS COUNTRY LEAGUE**

### **Round 3 – Hadleigh Country Park**

**Run under UK Athletics Rules**

**Permit no; 190/15**

**Sunday 6<sup>th</sup> December 2015. 10.00.a.m.**

**Venue.** Hadleigh Country Park, SS7 2PP.

The course is one lap of approx. 4 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.** If you pre-register your details using the link below, and the Car Registration Number you will be using on the day, you will get discounted parking of £ 2.80 per car for the duration of the event. Users not pre-registering will have to pay "on the day" fees of £3.00 for 2 hours, £4.50 for 3 hours or £6.00 for the day.

<http://www.benfleetrunningclub.co.uk/cross-country-parking>

We suggest you car share wherever possible to minimise cost and ease congestion in the car park and arrive in plenty of time for the start.

**Please 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 letters and colours, 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.

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

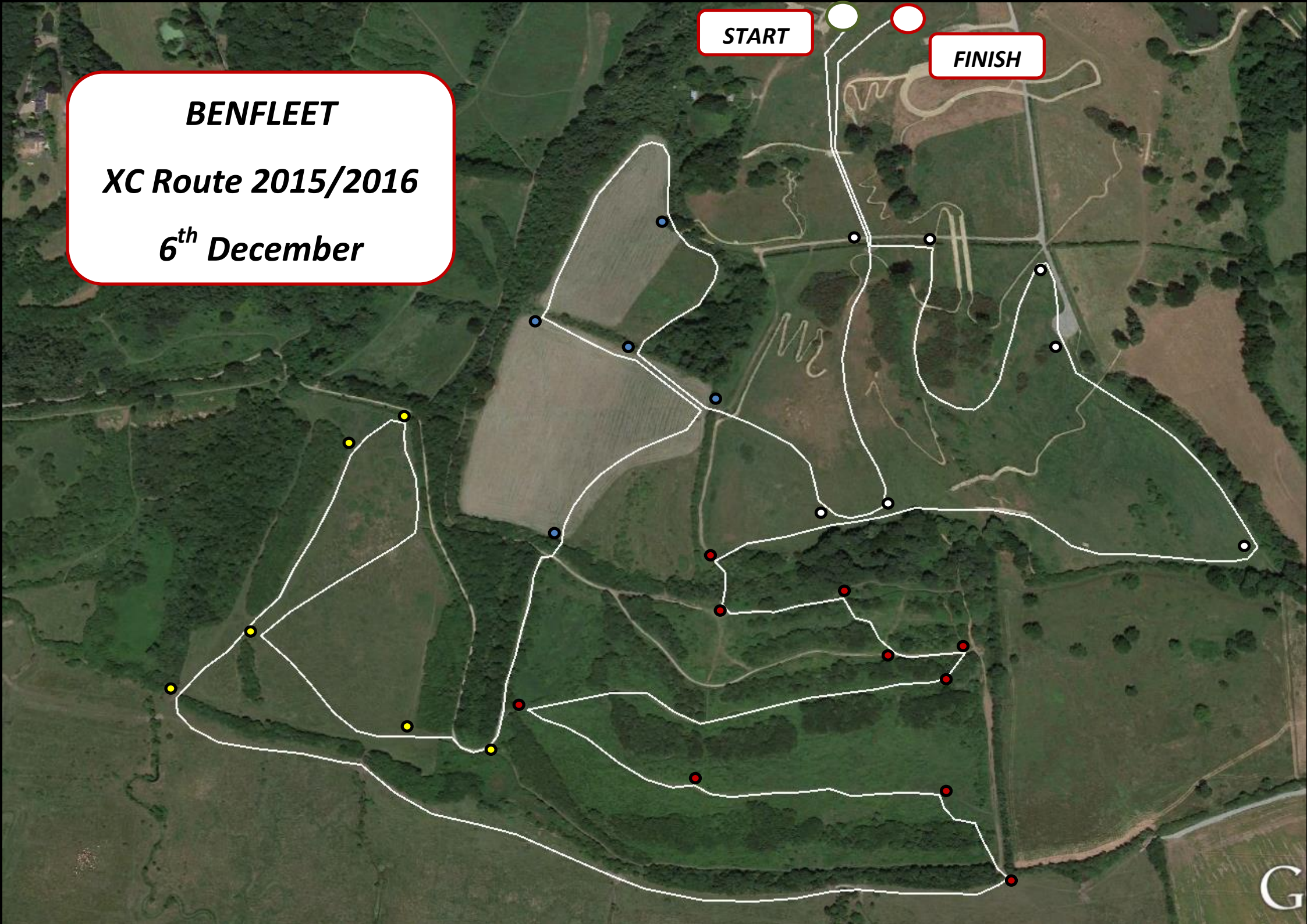
**Enjoy the race!**

**Ian Pike**

**START**

**FINISH**

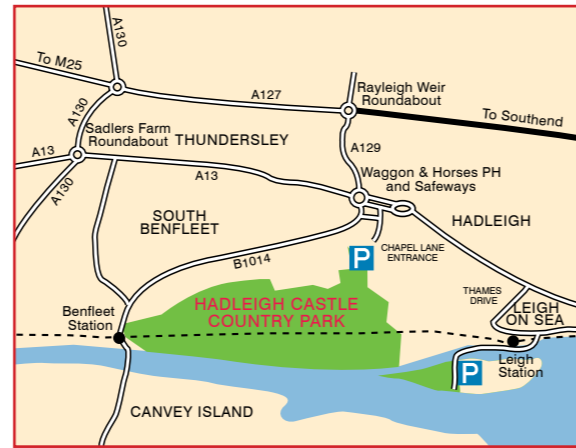
**BENFLEET**  
**XC Route 2015/2016**  
**6<sup>th</sup> December**



# Hadleigh Castle Country Park



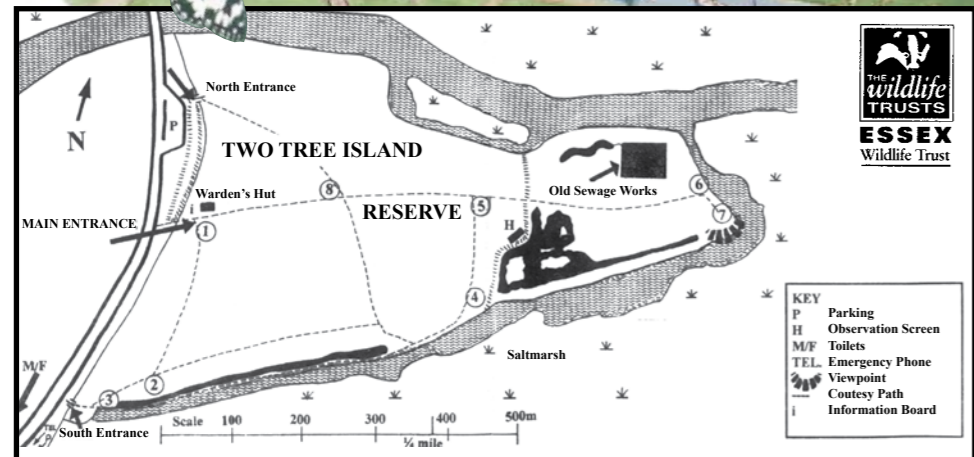
**Healthy Life Essex**  
[www.HealthyLifeEssex.co.uk](http://www.HealthyLifeEssex.co.uk)



The Roundhouse

### KEY

- ..... Public footpath
- ..... Path
- ..... Horse & cycle ride
- Cycleway
- ..... Public bridleway
- P** Parking
- PA** Picnic Area
- i** Information
- WC** Toilets with disabled access
- PH** Public House
- V** Viewpoint
- R** Refreshments
- RB** Rare Breeds Centre



Hadleigh Castle Country Park is jointly owned by Essex County Council, Southend-on-Sea Borough Council and Castle Point Borough Council. It is managed by Essex County Council Ranger Service.

Two Tree Island Nature Reserve is managed by the Essex Wildlife Trust on behalf of Southend-on-Sea Borough Council