

BENFLEET RUNNING CLUB.

Web site: www.benfleetrunningclub.com

SOUTH ESSEX CROSS COUNTRY LEAGUE

Round 5 – Hadleigh Country Park

Run under UK Athletics Rules

Sunday 8th March 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.

<http://www.hadleighcountrypark.co.uk>

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

Parking. The car park is pay and display with a charge of £2.30. **We suggest you share cars wherever possible to minimise cost and ease congestion in the car park.**

Toilets. Available in the car park, adjacent to the Rangers Hut.

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. Please present your discs immediately after you finish to ensure the results can be announced promptly.

Refreshments. Hot drinks will be provided after the race from the Rangers Hut in the car park and cakes will be available next to the hut.

Presentation. Will take place near the Rangers Hut in the car park 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.

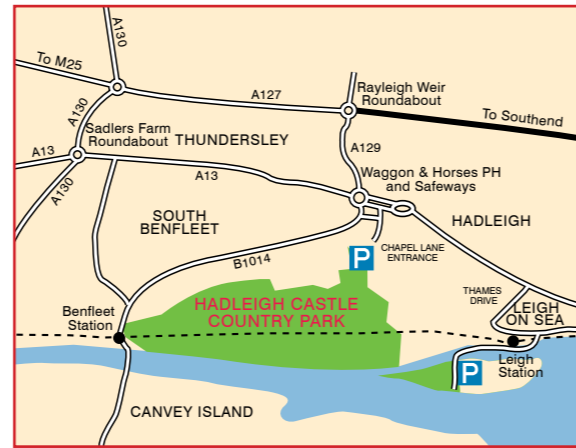
Enjoy the race!

Ian Pike

Hadleigh Castle Country Park



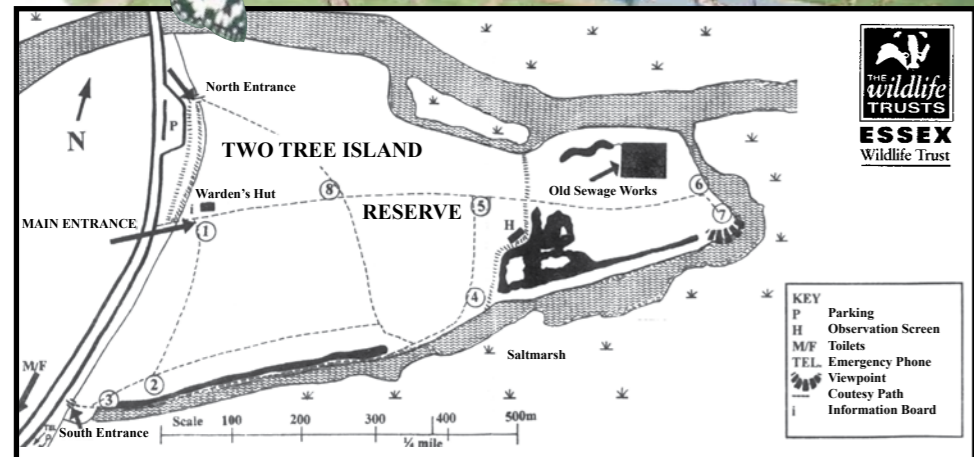
Healthy Life Essex
www.HealthyLifeEssex.co.uk



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

BENFLEET
XC Route 2015

START

FINISH

