

Essex Cross Country League - Round 1

Saturday 27th October 2018

Apex Corner

Hockley

SS5 5AU (Nearest SatNav Postcode)

Hosted by Southend-on-Sea Athletics Club

The timetable is as follows:

Time	Age Group	Distance
10.30:	U13 Girls & U13 Boys	3k
11.00:	U15 Girls & U15 Boys	4k
11.30:	U17 Women & U20 Women	5k
12.00:	U17 Men & Senior Women	6k
12.45:	Senior Men & U20 Men	8.8k

A few important notes for this fixture

- Please note – try and leave as much time as you can to get to the race – whichever angle you approach hockley there is a lot of traffic.
- There will not be an under 11's race
- There is limited parking at the venue itself and you may need to park in the surrounding roads. Please park considerately and car share where possible. Note the school (greensward college) is now unavailable for parking.
- There will be limited toilet facilities but not changing facilities at the site.
- The results will be collated in Chris Akehurst's camper van which will be parked at the site
- Nearest SatNav Postcode - SS5 5AU