

ESSEX CROSS COUNTRY LEAGUE R2
Hosted by
SOUTHEND-ON-SEA ATHLETICS CLUB
SATURDAY 25th NOVEMBER 2017
APEX CORNER, HOCKLEY

It is our turn to host the Essex Cross Country League

The timetable is as follows:

Time (Approx)	Age Group	Distance
10.30	Under 13 Girls and Under 13 Boys	3k
11.00	Under 15 Girls and Under 15 Boys	4k
11.30	Under 17/20 Women	5k
12.00	Under 17 Men/Sen Women	6k
12.45	Senior Men including 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.
- The results as far as I am aware will be collated in Chris Akehurst's camper van which will be parked at the site
- **SAT NAV - SS5 5AU**

Mike Jeffery
Cross Country Secretary
Southend AC
07796 174574

DIRECTIONS

From M25

Leave M25 at Junction 29. Join A127 in direction of Basildon and Southend.

Stay on A127 until Rayleigh Weir Junction, ignoring any signs for Hockley. Take slip road left, A129 towards Rayleigh. Stay on this road through Rayleigh town centre, following signs for Hockley. At traffic lights at top of High Street (Church on left), go straight on.

Follow this road for 2-3 miles, going straight ahead at 3 mini roundabouts.

At next mini roundabout (Spa Public House facing), take first left.

Follow the road past the shops, under railway bridge

Turn left at the traffic lights past Hockley railway station and follow the road (Plumberow Avenue) for approximately 500-600 yards. The gate to the venue is on the left and quite narrow and it is not entirely obvious. One clue – if you go past the two shops – you have gone too far.

From A13

A13 towards Southend, past Basildon, Pitsea.

At Sadlers Farm Roundabout (multi roundabout), follow signs for A130, Chelmsford. (Left at first mini roundabout, straight on at next, left at third mini roundabout).

At next junction (with A127), take third exit, A127 towards Southend.

Take slip road left at next junction (Rayleigh Weir). A129 towards Rayleigh. Stay on this road through Rayleigh town centre, following signs for Hockley. At traffic lights at top of High Street (Church on left), go straight on.

Follow this road for 2-3 miles, going straight ahead at 3 mini roundabouts.

At next mini roundabout (Spa Public House facing), take first left.

Follow the road past the shops, under railway bridge (Greensward Lane).

Turn left at the traffic lights past Hockley railway station and follow the road (Plumberow Avenue) for approximately 500-600 yards. The gate to the venue is on the left and quite narrow and it is not entirely obvious. One clue – if you go past the two shops – you have gone too far.

From Chelmsford and points eastward

A12 towards Colchester & Chelmsford or from Chelmsford head along the A1114 Southend Road to the junction with A12/A130

Follow signs for A130 Basildon and Southend.

Continue for 9 miles approx and as you pass over the A127 keep to the left hand lane to filter onto A1245 and then At next junction (with A127), take third exit, A127 towards Southend.

Take slip road left at next junction (Rayleigh Weir). A129 towards Rayleigh. Stay on this road through Rayleigh town centre, following signs for Hockley. At traffic lights at top of High Street (Church on left), go straight on.

Follow this road for 2-3 miles, going straight ahead at 3 mini roundabouts.

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Follow the road past the shops, under railway bridge (Greensward Lane).

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By train

From London - Liverpool Street - take the Southend bound train to Hockley

After leaving the station turn left and follow the road (Plumberow Avenue) for approximately 500-600 yards. The gate to the venue is on the left and quite narrow and it is not entirely obvious. One clue – if you go past the two shops – you have gone too far.