

SOUTH ESSEX CROSS COUNTRY LEAGUE
Round 4 – Thorndon Country Park South(Brentwood)
Sunday 10th Februray 2019 at 10.00.a.m.

Open to all club members 17+

Venue



Thorndon Country Park South, CM13 3LL

Parking

We will be marshalling parking on the day to make the maximum use of the area, and dependant on the weather the overflow may be opened but would only direct 4x4 vehicles on to this. Please remember cash for the parking tickets, which are purchased from machines on site.

Entry Fee

£2 entry fee near the start line from 9am (just look out for the East Essex feather flag).

Identification

For anyone new to this event, club colours must be worn & we will supply you with the club letter 'T' to attach to your front.

Refreshments

The usual canteen on site has been closed for service but will be open for tea and cakes after the race provided by BRC, but refreshments for spectators both before and during the race will not be available due to the closure. We do hope this doesn't stop the supporters in their tracks however and we still see the usual level of noise and activity for the start and finish of the race.

Presentation.

Please ensure these are completed and handed back in as soon as possible after the end of the race with all tags. We have an extremely quick turnaround for the tags and getting them back on to the hooks in order as the following race is the next weekend.

Details

I hope you are as excited about the long-anticipated return of the Thorndon fixture on the 10th Feb for Brentwood Running Club as we are.

Please note the course is the mostly the same as previous years and there will be significant markings along the ground for exposed tree roots and some small holes that have shown up but have been in the worst areas filled in with Gravel by the park Wardens. We will be running the course and marking out on the Saturday before and have the option of a small diversion for one part of the home stretch if we think the original route is too dangerous, which will take all runners round and back on to the main course.

We will have 18 marshalling points through the race at all of the key turns so with this and the course markings we hope it would be very hard for any wrong turns en route

Above all we hope you and your runners all enjoy the race

Nick Knight

Race Director