

BILLERICAY STRIDERS RUNNING CLUB.

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Affiliated to SEAA, Essex AAA.

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SOUTH ESSEX CROSS COUNTRY LEAGUE

Round 5 – Weald Country Park.

Sunday 17th February, 2019. 10.00.a.m.

The Venue. Weald Country Park. One lap of 7K, marked by flags and tape and marshalled where necessary. A Map of the Course will be available to view at the Barn in the Belvedere Car Park.

Access. The nearest main road is the old A12 (Brook Street) from which Country Park signs direct you to Weald Park Road.

Parking. All Car Parks are now pay and display. However, we have reached agreement with the Park, to charge a £2-00 per Car fee, for all Runners. Please pay the Marshal at whichever Entrance you choose and they will issue you a Ticket for display on your Dashboard. Failure to do so, could result in a full payment liability, at the regular rates. **We suggest you share cars wherever possible to minimise cost and also congestion in the car parks.** In very wet weather it is possible that one or more Car Parks could be closed. **We request that all participants in this event use the Visitors' Centre or Belvedere Car Parks if possible, although the Cricket Pitch Car Park should also be available.** Please note that the sloping section within the Cricket Pitch Car Park, is only really suitable for 4 wheel drive vehicles.

Toilets. Are available in all Car Park's.

Entry Fee. The entry fee for each race is **£2.00** per athlete and this, together with your declarations, should be presented to the organiser at the open barn.

Identification. All runners to wear club letters and colours, and all participants must be over 17 years of age. Please present your place discs and Team Score Sheets, immediately after you finish, to ensure the results can be announced and subsequent presentation of trophies, as soon as possible.

We recommend that you run in spikes or studs, as there will certainly be some muddy areas on the course!

Refreshments. Will be provided in the open barn at the Belvedere Car Park, where presentations will also take place.

For any additional information please call Keith Walker on 01268 710912.

Run under UK Athletics rules. Permit No. 15:19

Best wishes, and enjoy your run. Keith Walker, Billericay Striders Running Club.

South Essex Cross Country League