

Benfleet Juniors Running Club

1 mile and 2.5 mile Junior Runs

Sunday 24th January 2010

Castle View School, Meppel Avenue, Canvey Island, Essex. SS8 9RZ

2.5 mile run - Start 9.00am

1 mile run – Start 9.30am

Although the majority of the course is off road, we do not recommend spikes.

<u>Car parking ?</u>	:	Ample	<u>Water Stations ?</u>	at Finish
<u>Changing facilities ?</u>	:	Yes and showers		
<u>Refreshments ?</u>	:	Loads-hot and cold.	<u>Trains ?</u>	Benfleet/ Fenchurch Street
<u>Nearest buses ?</u>	:	Outside Benfleet Station.		
<u>Local hotels ?</u>	:	Oysterfleet Hotel. Tel 01268 777555		
<u>Results ?</u>	:	Full results for 2.5 mile race will be on our website, and in Southend Echo.		

Medals to all Junior finishers in both races.

Winner, and 2nd and 3rd trophies for Girls, and Boys in both races. Overall Boy and Girl winner trophies.

Trophies will be given out in the finish area.

We will have a Lost Children area within the main school hall, and also a filter area after the finish funnel-area where you can collect your children after the race. Please advise them to stay there until you collect them.

The course begins behind the school, on grassy fields. There is a short stretch of the Canvey Sea Wall, which is gravel/grass, for both runs. You will then return along the lower, grassy path and back into the school grounds.

Adults - You are welcome to run with your children, and we recommend it if they are under 10. ENJOY !

For more information about Benfleet Juniors Running Club please visit www.BenfleetRunningClub.com/juniors

From M25- Essex

Junc 29, onto A127, past Basildon for approx 16 miles. Turn onto A130 towards Canvey. Over Saddlers Farm onto Canvey, past Waterside Leisure Centre and follow signposts to school.

Any problems on day, call Karl on 07885837324. Have a great run!