

WELCOME TO THE 22ND RUNNING OF THE



BENFLEET 15 -2012

Under UK Athletics Rules :Permit No 2012-103023

HADLEIGH COUNTRY PARK, CHAPEL LANE, HADLEIGH, ESSEX SS7 2PP-10.30AM

PLEASE NOTE THE CHANGE OF RACE HQ.

WE APOLOGISE FOR ANY INCONVENIENCE BUT DUE TO BUILDING WORK AT CASTLE VIEW SCHOOL WE ARE UNABLE TO USE THESE FACILITIES THIS YEAR. THE ROUTE OF THE RUN WILL STILL BE BASICALLY THE SAME COURSE WITH A SLIGHT VARIATION AT THE START AND FINISH.

PLEASE BEAR WITH US IN OUR UNFAMILIAR SURROUNDINGS. WE ARE SURE YOU WILL STILL ENJOY OUR EVENT.

PLEASE BE AWARE OF ANY PARKING CHARGES THAT MAY BE APPLICABLE IN THE COUNTRY PARK.

BENFLEET RC WILL NOT BE RESPONSIBLE FOR ANY FINES OR PENALTY TICKETS INCURRED.

THERE ARE NO SHOWER FACILITIES AVAILABLE THIS YEAR AND TOILETS WILL BE THE PORTALOO TYPE, SO PLEASE GIVE YOURSELF TIME TO QUEUE BEFORE YOU RUN!

THERE WILL STILL BE AMPLE REFRESHMENTS AVAILABLE TO ALL COMPETITORS.

BAG DROP AREA AVAILABLE. NEAREST RAILWAY STATION-LEIGH-ON –SEA ON FENCHURCH ST LINE.

ST JOHNS AMBULANCE WILL BE IN ATTENDANCE ON THE DAY. RESULTS WILL BE AVAILABLE ON THE BENFLEET WEBSITE THE SAME EVENING, AND WILL APPEAR IN THE SOUTHEND EVENING ECHO DURING THE WEEK.

WE ARE LIMITED TO AN ABSOLUTE MAXIMUM OF 500 ENTRANTS FOR THIS YEAR, AND THERE WILL BE NO ENTRIES AVAILABLE ON THE DAY.

PRIZE LIST

Male 1st, 2nd, 3rd overall. Senior 40-49, 50-59, 60+

Female 1st, 2nd, 3rd overall. Senior 35-44, 45-54, 55+

Team Prizes First 3 finishers from each club

DIRECTIONS TO NEW VENUE.

FROM LONDON M25 -FOLLOW A13(LONDON ROAD).PAST BASILDON,ACROSS SADLERS FARM TOWARDS HADLEIGH - TOWARDS SOUTHEND.PAST BUS STATION AT VIC HOUSE CORNER,HADLEIGH.GO AROUND ONE WAY SYSTEM AT HADLEIGH AND HEAD BACK TOWARDS THUNDERSLEY. CHAPEL LANE IS ON LEFT AFTER TRAFFIC LIGHTS WITH NEW ROAD. FROM LONDON A127-TURN OFF AT A130 SIGNPOSTED TOWARDS CANVEY.TAKE 1ST LEFT AT SADDLERS FARM AND FOLLOW IN AS ABOVE. VENUE WILL BE SIGNPOSTED BY BENFLEET RC TO GUIDE YOU IN.

PREVIOUS WINNERS

2011	C.Bloomfield (1:28:0)	J.Allen (1:46:26)
2010	C. Sellens (1:29:18)	E.Barnes (1:45:02)
2009	C.Bloomfield (1:31:27)	C.Thurgood (1:47:54)
2008	C.Bloomfield (1:26:05)	T.Curl (1:49:46)
2007	G.Deacon (1:30:19)	W.King (1:43:27)
2006	C.Bloomfield (1:28:08)	E.Hawker (1:39:42)
2005	G.Deacon (1:28:53)	J.Cobby (1:53:07)
2004	J.Seamark (1:36:02)	L.Thompson (1:53:21)
2003	A.Broughton (1:35:31)	S.Stradling (1:50:48)
2002	S.Mcdonald (1:33:24)	L.Thompson (1:54:57)
2001	P.Prosser (1:33:05)	J.Cobby (1:56:41)
2000	S.Kigo (1:30:54)	K.Mitchell (1:55:12)

Course record:A.KOIKA (1.22.17) 1996

Number of finishers

2011-(650) 2010-(627) record 2009-(424) 2008-(465) 2007-(461) 2002-(291)

THANKS TO OUR SPONSORS

