

# **SOUTHEND ON SEA ATHLETICS CLUB**

## **SATURDAY 15 November 2008 – APEX CORNER HOCKLEY**

It is our turn to host the Essex Cross Country League

The timetable is as follows:

<b>Time(Approx)</b>	<b>Age Group</b>	<b>Distance</b>
12.00	Under 13 Girls	3k
12.20	Under 13 Boys	3.5k
12.40	Under 15 Girls	4k
13.00	Under 15 Boys	4.5k
13.20	Under 17/20 Women	4.5k
13.40	Under 17 Men/Sen Women	7k
14.00	Senior Men	8.5k

### **A few important notes for this fixture**

- **Please note – try and leave and much time as you can to get to the race – whichever angle you approach Hockley there is a lot of traffic.**
- There is **NO PARKING** or **TOILET FACILITIES** at the site of the event. There is plenty of parking at Greensward College where there are also changing facilities and refreshments. The directions on the back of this sheet reflect this.
- There is about a 5min walk to the course which is sign posted
- The results as far as I am aware will be collated at Greensward College. Please can you appoint someone from your club to take the disks and forms back to the college after each race
- **SAT NAV - SS5 5HG**

**Mike Jeffery**  
**Cross Country Secretary**  
**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 (Greensward Lane).

The college is approximately 300 yards past the bridge on the left hand side. Take first entrance for main car park

## 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).

The college is approximately 300 yards past the bridge on the left hand side. Take first entrance for main car park

## 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.

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

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

The college is approximately 300 yards past the bridge on the left hand side. Take first entrance for main car park

## By train

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

After leaving the station turn right then left into Greensward Lane

The college is about 300 yards on the left