

# PITSEA RUNNING CLUB and THURROCK HARRIERS

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## ESSEX CROSS COUNTRY LEAGUE (Run under UK Athletics Rules) Permit no **One Tree Hill**

Saturday October 10<sup>th</sup> 2009 – 12.00 mid-day

**Venue:** One Tree Hill Country Park. One Tree Hill, Langdon Hills, Basildon, Essex. Leave the A 13 at the junction with A176 Five Bells.

**Parking:** Limited parking on two sites. Please car share if possible. Both car parks have easy access to the start and finish. **PLEASE PARK AS DIRECTED BY MARSHALLS**

**Course:** Distance 8.6 Km, consisting of two laps. Course suitable for studs or spikes.

*Care is needed on the course, as it can be very slippery when wet. There are also exposed and hidden tree roots. Please take responsibility for your own safety.*

**Toilets:** Located in upper car park. No changing facilities

**Results:** Please present your Team results and position discs to officials in the Warden's hut, behind the refreshment area, immediately after the finish, to ensure that the results can be displayed promptly.

**Identification:** All runners to wear club colours.

**Refreshments:** will be provided after the race in the upper car park area.

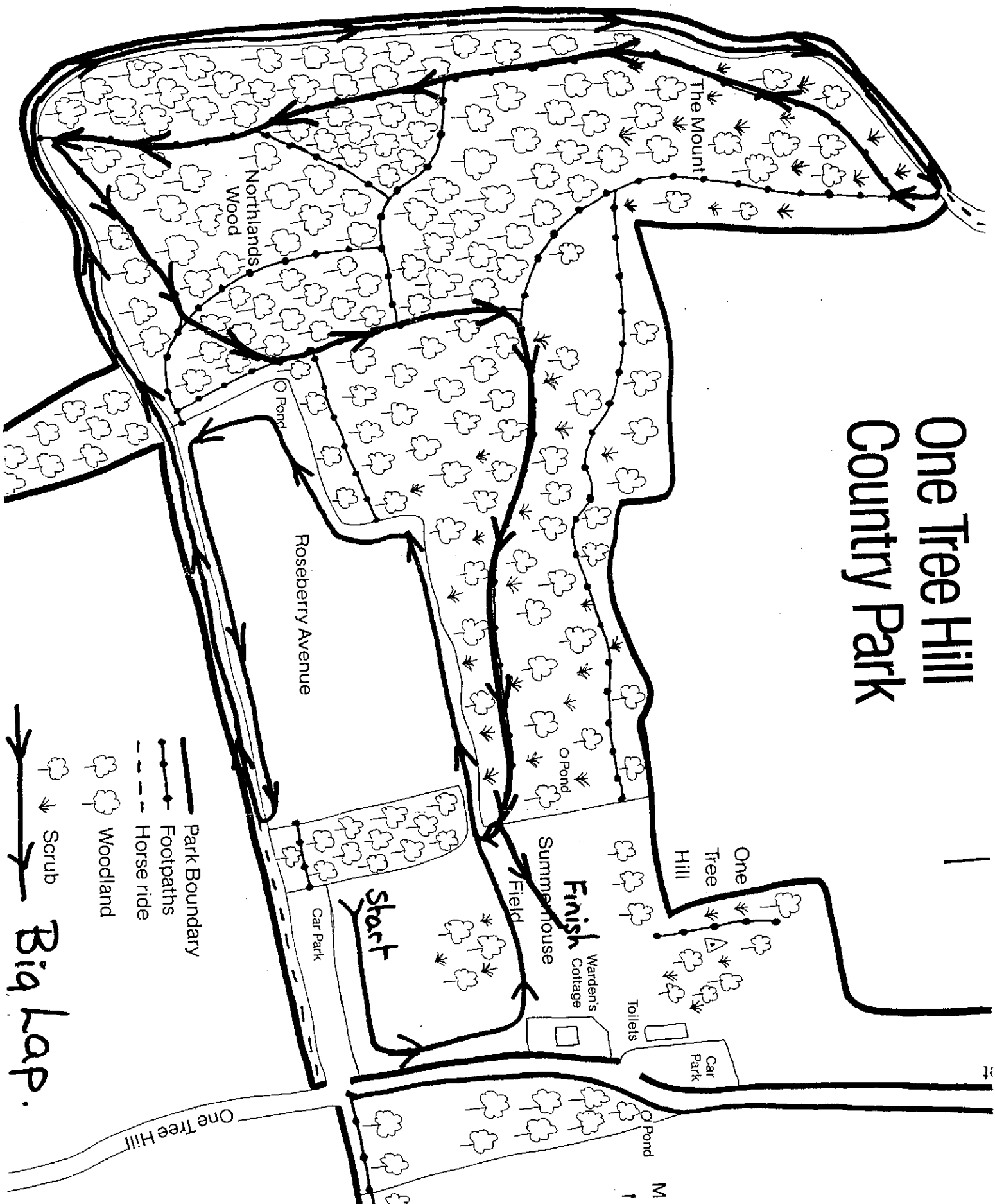
**Note:** *We would be grateful if you could remind your runners not to warm down over the course as some pathways are very narrow and runners who are still on the course could be impeded.*

# Essex Cross Country League

One Tree Hill 10<sup>th</sup> October 2009

12.00 U/13 Girls	3k I small lap
12.20 U/13 Boys	3k I small lap
12.40 U/15 Girls	4.3k I large lap
13.00 U/15 Boys	4.3k I large lap
13.20 U/17/20 Women	4.8k 2 laps of meadow + 1 large lap
13.40 U/17 Men and Senior Women	7.3k 1 large lap + 1 small lap
14.00 Senior Men	8.6k 2 large laps

# One Tree Hill Country Park



- Park Boundary
- Footpaths
- Horse ride
- Woodland
- Scrub

**Big Lap.**

