



THRIFT GREEN TROTTERS

THE BRENTWOOD CENTRE, DODDINGHURST ROAD, BRENTWOOD, ESSEX

SOUTH ESSEX CROSS COUNTRY LEAGUE DIVISIONS 1 AND 2

**ROUND 1 – AT THORNDON COUNTRY PARK SOUTH
ON SUNDAY 25 OCTOBER 2015**

**HELD UNDER UK:ATHLETICS RULES
CROSS COUNTRY PERMIT REGISTRATION NO. 68:15**

THE VENUE is on the A128 approximately 500 metres north of the “Halfway House” roundabout at the junction with the A127. Look for the brown Country Park signpost. See the access map.

CAR PARKING is adjacent to the start area. Please ensure that the parking bay nearest to the South Pavilion is kept clear for emergency vehicles and parking for disabled members of the public. Parking meters are in operation and are enforced. The charge has increased and car registration number is required, so allow extra time for parking. **Please car share.** This will help as there are now 12 Clubs in the League.

THE RACE is a single lap course, which will be marked by cones, posts, tape and marshalled. The distance is 7.5 kilometres (say 4.6 miles) and is suitable for spikes or rubber studs, but there are some sections with stone chippings. For safety reasons some small variations to the course as shown on the route map may be required on the day. Just follow the markers and the Marshals’ instructions.

The race starts at 10.00 am and is open to all league club members from 17 years upwards. “Named” second claim runners only are also eligible. All legitimate runners **MUST** wear club vests or club colours and display the allocated club letter on the front of their vest.

ENTRY FEE is £2.00 per runner.

TOILETS are located in the South Pavilion but there are no additional changing rooms.

REFRESHMENTS All runners will receive a voucher that will entitle them to a hot drink of tea or coffee at the cafeteria in the South Pavilion. Cakes will be available for all runners. Normal cash sales for spectators are available at the Cafeteria.

SCORING

Division One: Barking, Benfleet, Billericay, East Essex, Thrift Green, TriSport Epping
7 men (including 2 vets) and 3 ladies (including 1 vet) to score

Division Two: Castle Point, Dagenham, Havering, Leigh Striders, Pitsea, Rochford
6 men (including 2 vets) and 3 ladies (including 1 vet) to score

ADMIN Entry fees, discs and score sheets to be brought to the desk located at the Pavilion.
Please submit SCORE SHEET A as soon as it is completed.

For the sake of keeping the finishing process simple, please do not allow underage or guest runners to run as part of the race.

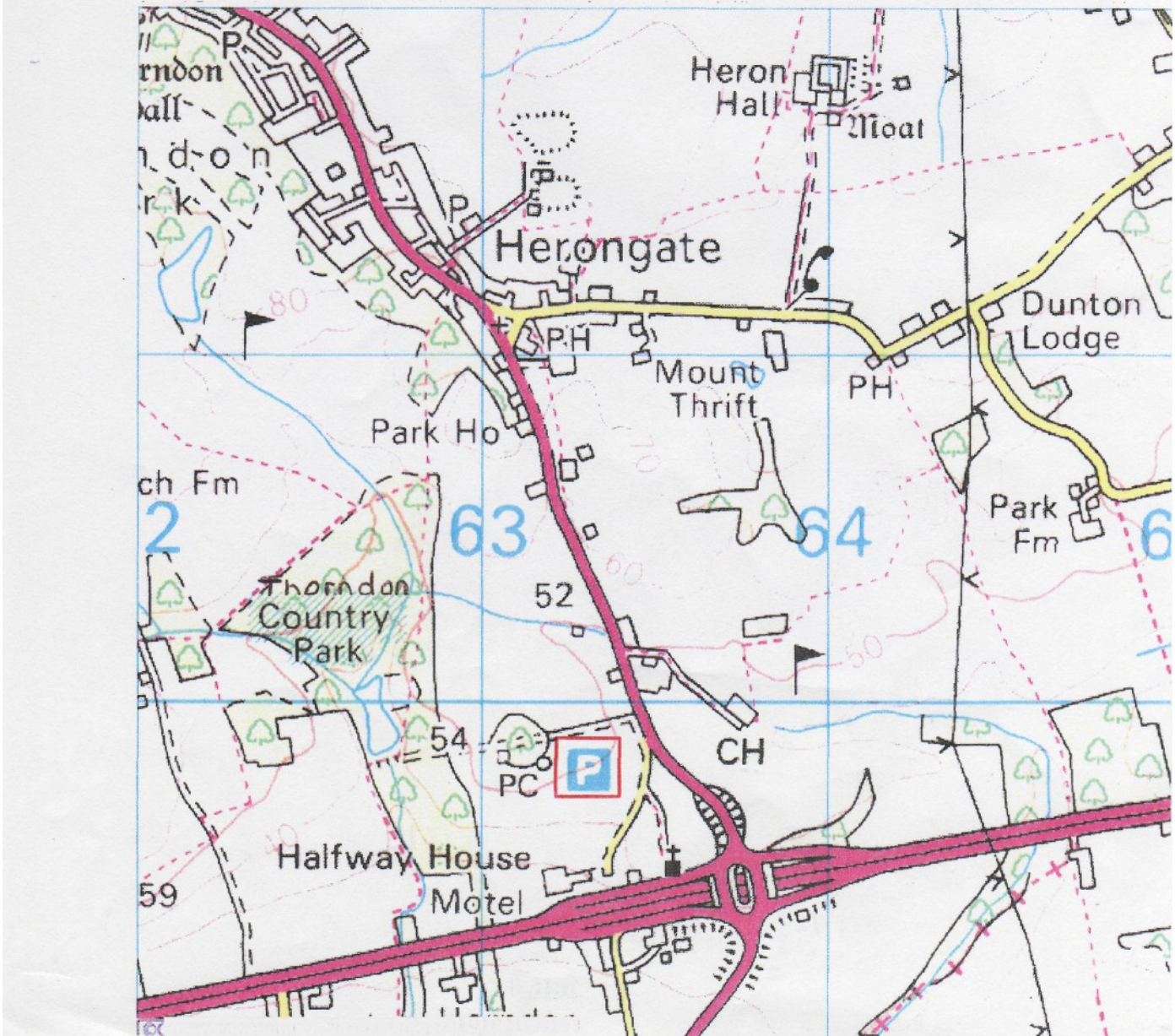
MORE INFORMATION If any further information is needed, please ring Ken Bench on 01277 217752.

Ken Bench
TGT Race Secretary

AFFILIATED TO: England Athletics SEAA ExAA

FOUNDER MEMBERS: ALF OVERY JOHN HAYMAN BRIAN CARTER

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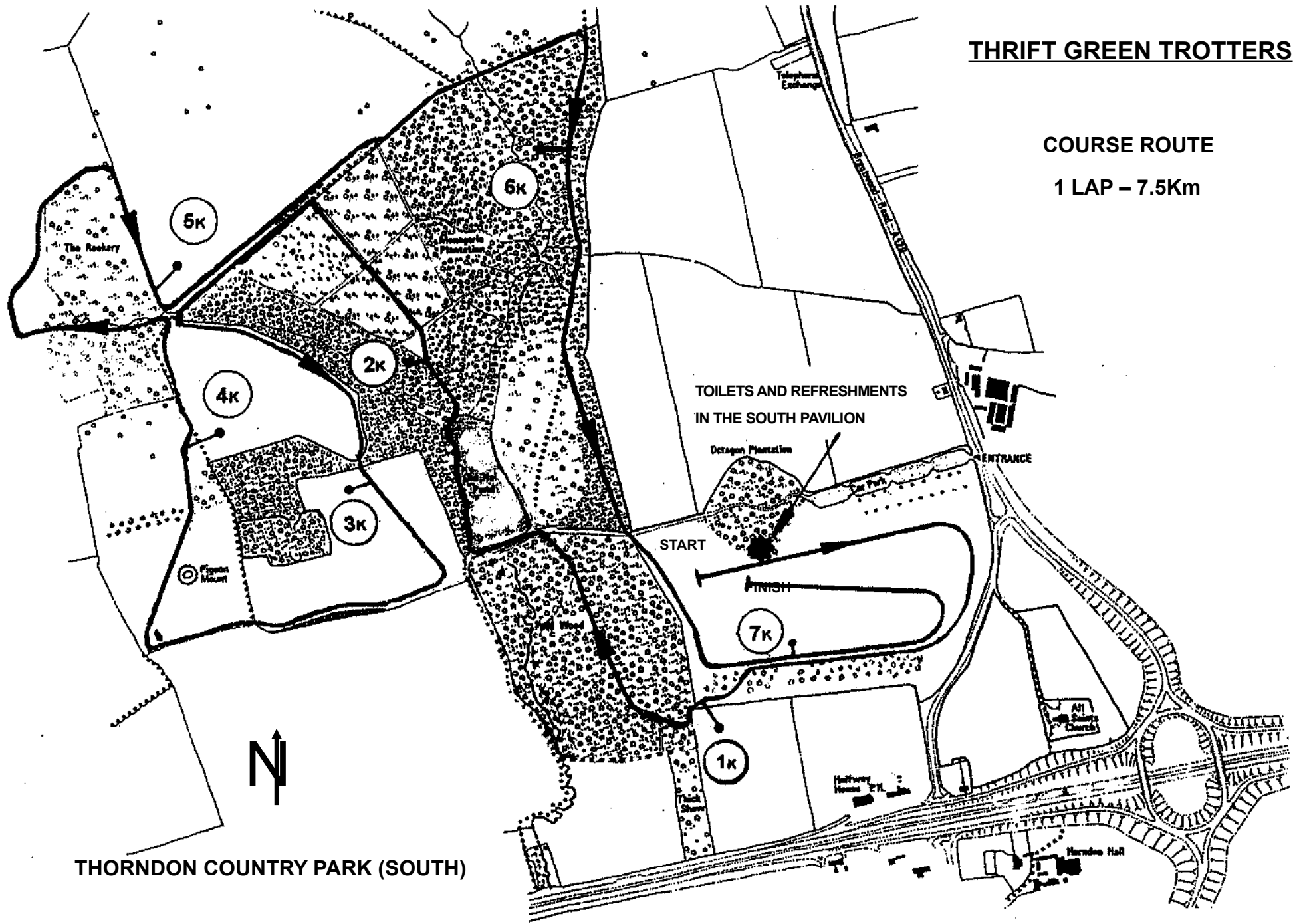


Location Maps for Thorndon Country Park (South)

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COURSE ROUTE

1 LAP - 7.5Km



THORNDON COUNTRY PARK (SOUTH)