

PITSEA RUNNING CLUB
SOUTH ESSEX CROSS COUNTRY LEAGUE

Round 3 - ONE TREE HILL

Run under UK Athletics Rules

Permit No. 2307

Sunday 13th January 2019 10 a.m.

Venue: Langdon Hills Country Park, One Tree Hill, Corringham SS17 9NH

Course: The course is one lap approx. 4.5 miles on gravel and mud paths.

Parking: **Parking is very limited due to not being able to use the overflow car park at this time of year and it is essential to car share** where possible and arrive in plenty of time for the start. Toilets are by the upper car park.

Entry fee: The entry fee is £2.00 and should be handed to your team manager before the race.

Identification: All runners to wear club letters and colours, and all participants must be over 17 years of age on the day of the race.

Refreshments: Hot drinks and cakes will be provided near the upper car park after the race.

Result sheets: Please hand result sheets into office at back of toilet block.

Presentation: The presentation will take place shortly after the race as soon as score sheets are handed in and have been checked.

Enjoy the race!

Val Sinclair and Peter Flannigan