

PITSEA RUNNING CLUB
SOUTH ESSEX CROSS COUNTRY LEAGUE

Round 3 - ONE TREE HILL

Run under UK Athletics Rules

Permit No. 1367_1367

Sunday 18th February 2018 10 a.m.

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

Dry Street is closed between Nethermayne A176 and One Tree Hill. Access is either from the B1420 (5 Bells Roundabout) or the B1007 near the Harvester Crown Public House.

Course: The course is one lap, distance approx: 4.5 miles

Parking: **Parking is very limited 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.

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

