

PITSEA RUNNING CLUB
SOUTH ESSEX CROSS COUNTRY LEAGUE

Round 3 – ONE TREE HILL

Run under UK Athletics Rules

Permit no: 212.15

Sunday 24th January 2016 10 a.m.

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

The course is two laps, distance approx: 8.5 k.

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 after the race.*

Presentation. *Will take place shortly after the race as soon as score sheets are handed in and have been checked.*

Enjoy the race!

Peter Flannigan and Val Sinclair