

Essex Cross Country League R1

hosted by

Thurrock Harriers AC

Saturday 15th October 2022

Langdon Hills Country Park, One-Tree-Hill, SS17 9NH

Thurrock Harriers AC look forward to hosting and seeing you all at the first Essex Cross Country League race event of the 2022/23 season.

There will be no U11's race.

Essex League Timetable:

10:30	Under 13 Girls and Under 13 Boys	3k
11:00	Under 15 Girls and Under 15 Boys	4k
11:30	Under 17/20 Women	5k
12:00	Under 17 Men and Senior/Veteran Women	6k
12:45	Senior/Veteran Men (including U20 Men)	8.2k

Notes for this fixture:

1. The Essex League races will follow the same routes as previous years. These will be posted at the venue.
2. **Parking** at the venue is always difficult with the restricted width access. Please be patient and follow the parking marshals instructions. We are again hoping to use the large field at the venue. The Park Ranger has advised, however, we will not be able to use the field if it becomes too wet following any prolonged rainfall. If the field becomes unavailable to us, parking at the venue will be very limited and you will have to use suitable surround roads. Hopefully the weather will be kind and do look out for any updates on parking via the Essex XC league Facebook page. **Please do car share where possible.**
3. There are limited toilet facilities but no changing facilities at the site.

Directions

The venue is at Langdon Hills Country Park, One-Tree-Hill, Post Code SS17 9NH.

From the A13 Five Bells Roundabout head for the B1420 Corringham.

The country park is sign posted at a roundabout (By the Eastern Garage) about half a mile along the B1420.

Turn right at the roundabout and head up One-Tree-Hill to the venue which is on the left.

Bernard Johnson
Thurrock Harriers AC