Subject: Essex Cross Country League Match 1 this Saturday
Message from Billy Green October 13, 2022 18:37
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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.

If you need to respond to this email please do not reply but contact Billy Green separately