

# Chelmsford Athletics Club

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RE-Essex Cross Country League on Saturday the 29th of October at Hylands Park, Chelmsford

Dear All

Please find attached the details for the Essex League meeting on Saturday the 29<sup>th</sup> of October 2016. Entrance to Hylands Park is via the A414 Writtle By-Pass ( also known as Greenbury Way on some maps ) where there is car park access to the right, parking can sometimes be difficult for the later races, I will send out details of alternate parking in the week prior to the race along with a course map. The nearest postcode for Sat-Nav users is CM1 3RL which is approximately 300m from the Writtle entrance. There are loo's next to the car park about 100 m from the start/ finish area, unfortunately there are no changing facilities. The start and finish areas are just beyond the children's play area.

Refreshments are available from the cafe "Mauro's" which is also about 100 m from the start/finish area. The food and drink's here are available at commercial prices.

We will be using the same course as two years ago ( subject to the park owner's amendments, if any ) with one or two small changes where trees have fallen and a path through the woods has been blocked by the owners. A course map will be sent out in the week prior to the race.

We have been asked by the park owners to request that young runners do not use the wooden playground area if they are wearing spikes, as spikes damage the wooden surface, they are of course free to play on the playground with ordinary shoes if they wish to do so, preferably after their race !!!

There will be an under 11 and an under 9 race the start times are U9 Girls 9.15am and U9 boys 9.30am. race distance approx. 1000m. Under 11 girls start at 9.45 and under 11 boys at 10.00am. race distance approx 1600 m You can enter this through the C S A C ( Chelmsford Sports and Athletics Centre ) web site ( £4 ) or you can enter on the day ( £5 ), if you are entering on the day please get there and early, about 30-40mins in case there is a queue it will be easier for all if you pre enter. These races have to start on time. Please do not try and enter this race through Chelmsford Athletics Club it can only be entered through C S A C.

The start times and distances for the Essex League races are as follows;

U13 Girls and Boys	10.30am	3.2K	2 small laps
U15 Girls and Boys	11.00am	3.2K	1 small lap and 1 medium lap
U17/20 Women	11.30am	4.9K	1 small lap and 1 large lap
Senior Women/U17 Men	12:00pm	6.2K	2 large laps
Senior Men	12.45pm	8.1K	1 small lap and 2 large laps

Stephen Williams  
Cross-Country Secretary  
Chelmsford Athletic Club