



# **PITSEA RUNNING CLUB CROWN TO CROWN 5k RACE**

**WESTLEY HEIGHTS COUNTRY PARK  
Rear of The Harvester (The Crown) Public House,  
High Road, Langdon Hills, Basildon, Essex, SS16 6HU**

Measured 5k route - mainly on bridleways

## **2010 Dates:**

**Good Friday (2 April) at 11.00 am**

**Evening races** on the **second Wednesday** of each month (except September\*) as follows:

12 May at 7.30 p.m.

9 June at 7.30 p.m.

14 July at 7.30 p.m.

11 August at 7.30 p.m.

\* **1 September at 7.00 p.m.**

**Boxing Day (26 December) at 11.00 a.m.**

**PLUS: "Run for a Child" charity race for Childcare over same course on  
SUNDAY 21 FEBRUARY 2010 at 11.00 a.m.**

Results available on website

\* *New course for 2010!!* \*

Entry fee - £1.00 (entries on the day only)

(All standards welcome. A parent/guardian must accompany and run with children)

Toilets but no showers or changing available

The start and finish is at the Westley Heights Country Park located at the rear of the Harvester (Crown) Public House, Langdon Hills. The route takes runners out of the Country Park onto Lee Chapel Lane and into the Essex Wildlife Trusts' Willow Park. A loop round the reserve brings you back to Lee Chapel Lane and then to the finish in the Country Park. Spikes are not suitable due to a section on tarmac roads.

Full details on the Internet: [www.pitsearunningclub.org.uk](http://www.pitsearunningclub.org.uk)  
or e-mail us at [pitsearc@googlemail.com](mailto:pitsearc@googlemail.com)