

# Mid Essex Casuals



**: Running Club :**

**Sunday February 13<sup>th</sup>  
The Mid Essex League, Round Three**

**Senior race (approx 5ml) 10:30 a.m.**

**From Rivenhall Community Hall, Rivenhall CM8 3PH TL829175**

**The start is 800 metres from the community hall.**

## DIRECTIONS

From Chelmsford, pass both Witham slip roads and turn off the A12 at the “Fox”, turn Left at the road junction, under the railway bridge, pass the Witham road junction, the Hall is 100 yards on the Right, please park neatly!

From Colchester, pass both Kelvedon slip roads and turn off the A12 at the Rivenhall Motel, turn Left at the road junction, under the road and railway bridges, pass the Witham road junction, the Hall is 100 yards on the Right, please park neatly!

From Braintree, along the Witham Road, Take First Left at the outskirts of Witham into Conrad road, turn Left at its end and continue for 1 mile, turn Left at its end, the Hall is 100 yards on the Right, please park neatly!

## THE COURSE

Senior event over 5 1/2 miles starts at 10:30.

Start and Finish on the footpath near Stoverns Hall, from the community hall cross the road into St Mary's road and at the Footpath Signpost Turn Right between the houses onto a footpath, straight ahead on a right hand field edge, bear right across a field on an obvious path, cross a footbridge, Turn Right on a right hand field edge, at the field corner Turn Left with the hedge on your Left, at the Track Turn Left to the start. Spikes or Studs are OK, the route is all off road on public footpaths.

## FACILITIES

Parking at the community hall or 30yds past the hall on right (Signed “Free Parking”) or 100yds before the hall in layby opposite the witham road, there is some parking near the start but you may be blocked in until after the event!! NO complaints.

Toilets and Refreshments in the Community hall

NO muddy footwear in the Hall PLEASE