



# **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

## **2015 Dates:**

**Good Friday (3 April) at 11.00 a.m.**

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

13 May at 7.30 p.m.

10 June at 7.30 p.m.

8 July at 7.30 p.m.

12 August at 7.30 p.m.



**“Run for a Child” charity race for bccs** (Brentwood Catholic Children’s Society)  
\* **2 September at 7.00 p.m.**



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

Results available on evening / later on website

### Course Records:

15:25 Adam Hickey (August 2013)

18:19 Jasmine Finney (December 2014)

Entry fee - **£2.00** (17 and under free) - Entries on the day only

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

Toilets available, but no showers or changing facilities

The start and finish is at the Westley Heights Country Park located at the rear of the Harvester (Crown) Public House, Langdon Hills. *Please do not park in The Crown car park.* 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.  
Held under UKAthletics rules: TRA Permit No: TRA/42-15.



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)

