



**Colchester & Tendring  
Athletic Club** [www.cat-ac.co.uk](http://www.cat-ac.co.uk)

**We invite you to join us for the 4<sup>th</sup> round of the  
Essex X Country League 2008  
To be held at the Hilly Fields Country Park, Access via Sheepen Road  
C03 3LL (Map over)**

The timetable is as follows:

<b>Time(Approx)</b>	<b>Age Groups</b>	<b>Distance</b>
12.00	Under 13 Girls	3k
12.10	Under 13 Boys	3k
12.20	Under 15 Girls	4k
12.40	Under 15 Boys	4k
12.50	Under 17/20 Women	5k
13.15	Under 17 Men/Senior Women	6k
13.50	Senior Men	8.5k

**Parking:** There is parking available either side of St Helena School Sheepen Road CO3 3LE – signposted, please car share where possible

**Changing:** There are male and female changing facilities in St Helena School – Signposted

**Toilets:** Male and female toilets can be found in St Helena School - Signposted

**Refreshments:** Are available from St Helena School

### **PLEASE NOTE**

**ALL MUDDY TRAINERS/SPIKES MUST BE REMOVED BEFORE  
ENTERING THE SCHOOL**

**Map:** Overleaf

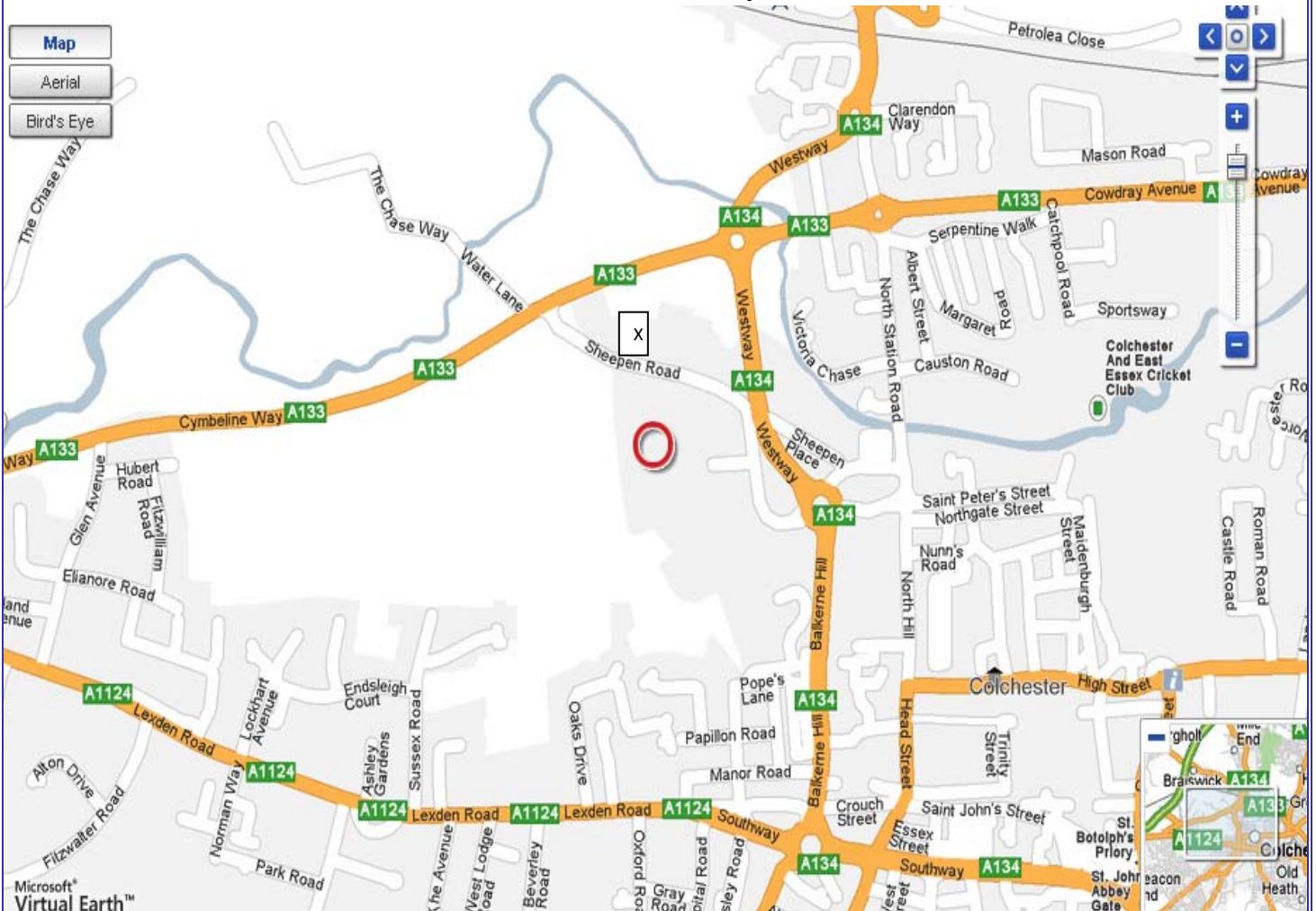
Please wear your Club Vest/Shirt, Essex League affiliated Club members only, no guests.

**Score Sheets:** Enclosed

### Directions to location:

**From A12 West: Exit at A133, continue on, at roundabout take 2<sup>nd</sup> exit Cymbeline Way, continue on to roundabout, take 3<sup>rd</sup> exit A1341 Westway, at the roundabout take the 3<sup>rd</sup> exit in to Sheepen Road, St Helana School can be found on your right about 2 third's of the way down.**

### Local Area Map



**From A12 East: Exit at Junction 29 toward A120(E)/A1232, take 2<sup>nd</sup> exit on roundabout onto Ipswich Road, continue on, at the St John's roundabout take the 2<sup>nd</sup> exit, still A1232, at the double roundabout, take the 2<sup>nd</sup> exit onto Cowdray Avenue, continue on, at the Station roundabout take the 2<sup>nd</sup> exit into Colne Bank Avenue continue on, at the Westway roundabout take the 1<sup>st</sup> exit into Westway, continue on, at the next roundabout take the 4<sup>th</sup> exit into Sheepen Road**

Please feel free to photocopy these sheets, they are also available on our web-site [www.cat-ac.co.uk](http://www.cat-ac.co.uk)

If you have any queries or concerns regarding the above information, please call our club administrator on 07510241572 or our X Country representative on 01206 541172