

NESS XC League – Race 4



Harwich Runners are pleased to be hosting the 4th fixture of the NESS Cross Country League on Sunday 21st January 2024.

Location	Wix Equestrian Centre, Clay Hall/Clacton Rd, Manningtree CO11 2RU.
Special notes	<p>Due to the nature of the venue there are a few important considerations. Please do observe these rules and respect this private facility, thank you.</p> <ul style="list-style-type: none">• STRICTLY NO DOGS on any part of the venue.• NO ACCESS before race day. It will not be possible for any pre-race recces.• NO RUBBISH to be discarded. Please take all rubbish home with you.• CAR SHARE. Parking is limited so please car share where possible.• HEAVY, SOFT and WET under foot on arable farmland and long grass. Spikes are suitable.
Parking	<p>Please follow the marshals' instructions on arrival at the Equestrian Centre. For those wishing to leave directly after Junior race please let parking marshal know at entrance gate. Follow specific directions given.</p>
Toilets and Amenities	<p>Portable toilets will be available in the carpark. There are no changing or shower facilities available. Runners are advised to leave non-essentials in their cars.</p>
The Races	<p>Junior race will start at 10:00 and will be approximately 1 mile in distance. Senior race will start at 10:45 and has come in at a measurement of 4.9 miles. Both races will be entirely on private land. A couple of short stretches in the senior race are however on public rights of way. Please be respectful to anybody on these parts of the course.</p>
Race Fees	<p>Fees for each club will be confirmed alongside the results and will be £4 per senior runner (juniors run for free). Payment by bank transfer as follows: Account name = North Essex and Suffolk Cross Country League Reference = your club's name Account number = 60695760, Sort Code 30-99-50.</p>
Race results	<p>Hand in Finishers sheets to the HQ / gazebo near the finish line. Please be prompt with this, and with returning the finishers position tags. Results will be announced as soon after the race as possible.</p>
Refreshments	<p>There will be no refreshments provided on the day.</p>

We look forward to seeing you all and thank you for your attention.

Harwich Runners.

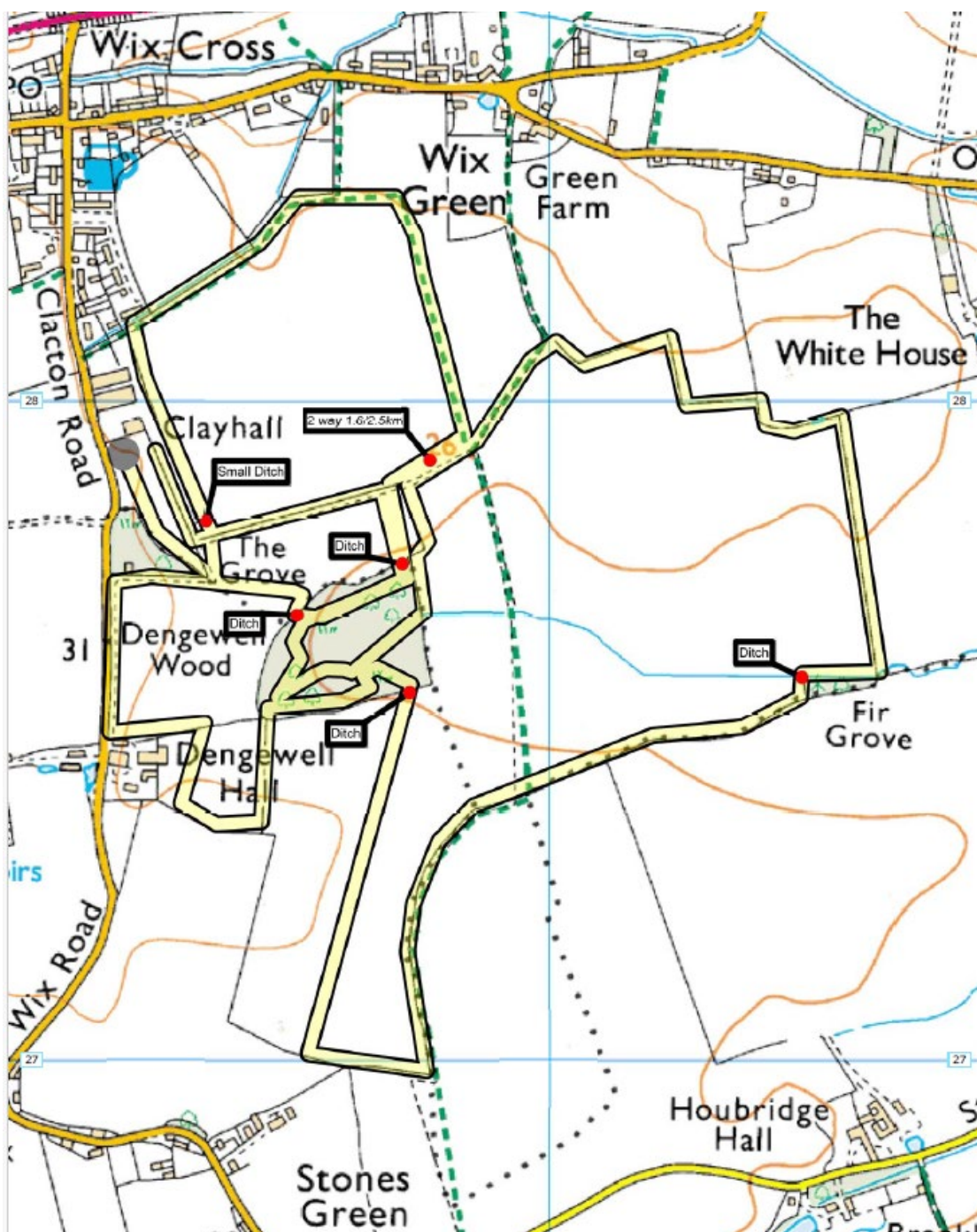
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Senior Route

The course is a flat one lap route, looping tightly in places to make the most of available space and natural features. Please pay close attention to course markers and marshals for direction.

We have a varied and exciting course including ditches, wooden footbridges and woodland trail. Also you should expect challenging and rugged going around many of the field edges due to the exceptionally wet weather of the last few weeks.



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Junior Route

The junior route has yet to be finalised. It will start and finish in the same place as the senior race and will include some of the trails within Dengewell Wood.