



LITTLE BADDOW RIDGE RUNNERS



CHAIRMAN: Nick Richards 01621 857067
SECRETARY: Andy Ritchings: 01621 828056/07745888173
TREASURER: Steve Clements: 01245 287161

Mid Essex League X-Country 14 March 2010

Little Baddow 10.30am

Start and finish is at the junction of Spring Elms Lane and Postmans Lane (as previous year). Please instruct your members not to park at the start location as it has caused problems with residents in the past and we do not want to jeopardise future events.

Parking is available in the car park at Little Baddow recreation ground in Riffhams Chase, please be aware parking space is limited so we urge you to car share where possible. Extra parking has been arranged at the Memorial Hall situated 100 meters down North Hill from Spring Elms Lane.

Changing facilities, toilets and showers available for men and ladies.

After the race refreshments are available in the club house where the results will be announced.

IMPORTANT INFORMATION

Please make your competitors aware we have no qualified 1st Aider's available, this may influence their decision to compete.

Can each team organiser be aware of their own number of competitors and report to the race organiser any they may think lost.

Directions to Little Baddow Ridge Runners Clubhouse

Heading from Chelmsford towards Danbury along the A414, in the middle of Danbury/Eves Corner (where the mini roundabout, village shops and pond are) turn left into Little Baddow Road, continue along this road which leads onto the Ridge. On this road (after approx 1 mile from Eves corner) there is a triangular road warning sign for a school, shortly after this is Riffhams Chase, turn left into this road, (if you pass the Generals Arms public house, mine's a pint of Guinness, which is on the left, you have gone too far) after 50 meters (in Riffhams chase) on the right is a turning in between some trees, the club-house pavilion is at the end of this short track.

Heading from Maldon/Woodham Mortimer towards Danbury along the A414, in the middle of Danbury/Eves Corner (where the mini roundabout, village shops and pond are) turn right into Little Baddow Road, continue along this road which leads onto the Ridge. On this road (after approx 1 mile from Eves corner) there is a triangular road warning sign for a school, shortly after this is Riffhams Chase, turn left into this road, (if you pass the Generals Arms public house, mine's a pint of Guinness, which is on the left, you have gone too far) after 50 meters (in Riffhams chase) on the right is a turning in between some trees, the club house pavilion is at the end of this short track.