

CROWN TO CROWN

5.5k (approximately)

A route of approximately 5.5k around part of the Langdon Hills Country Park, Basildon, incorporating the measured 5k off-road CROWN to CROWN races organised by Pitsea Running Club.

Location

The route starts at the Westley Heights Country Park car park, behind the Crown (Harvester) Public House, on the top of the hill just off the B1007 (A127 to A13) road.
O.S map reference TQ 681866.

There are toilets at the Country Park car park.

Route Description

The route is a mixture of minor road and gravel tracks, some of which may be muddy. The first and last thirds are out and back along the same paths. The middle section is a clockwise loop.

Runners can use road or trail shoes or studs. The route is not suitable for running spikes.

Key

L = left; R = right; TL = turn left; TR = turn right; FP = footpath; RD = road; SA = straight ahead; TK = track; MP = marker post; X = cross; m = metres; CONT = continue; KG = kissing gate; LH = left hand side; RH = right hand side; FSD = for some distance [ignore any paths to left or right]

All distances are approximate.

Paragraphs approximately 1 mile each.

1. From Country Park car park (near toilets) **SA** on gravel track towards Park sign (East). **SA** at track junction for 10m; **TL** onto grass downhill [hedge / wood to **R**]; to gate/KG; through **KG**; **SA** on path through woods to **RD**. **SA** on **RD**.

5k race starts at the first sleeping policeman from the corner.

CONT to junction; **TR** [**CARE required**] into Lee Chapel Lane;
CONT SA to gate [Willow Park Nature Reserve]. Through gate [ignore gate to **R**]; **RD** becomes **TK**; **TL** at junction [MP 24]; **SA FSD** to concrete **RD TL** [ignore locked gate to **R**]; 15m **TR** [before barrier at RD] onto narrow track.

2. 15m **TR** [hedges on **L & R**]; ignore path to **L**; to X RD [National Cycle Network MP]; **TR**; **SA** at **X RD** [wood to **L** / hedge to **R**]; **CONT** on path up and over hill ignoring all paths to **L & R** to junction. **TL**; 15m **TR** uphill; **CONT FSD**; **CONT** past wooden barrier on **R**; downhill to **TK** and small clearing on **R**. **TR**; 100m to **X RDs**; **TR** [MP 13 on **L**]; uphill then down **FSD** to junction [MPs]; **TR** [hedge to **L** / wood to **R**]; 100m [MP 13 on **R**]; **TL**; **CONT** uphill and down [hedge to **L** / wood to **R**]; **SA** at **X RDs** [MP 13 to **L**]; pass reservoir to **L**; to **X RD** [houses ahead]; **TL**; ignore path to **R**; 15m before barrier **TL** to concrete **RD**; **TL**; 25m fork **R** [pass Nature Reserve sign]; reservoir on **L**; **CONT FSD** to junction [MP 24 on **L**];

3. **TR** on gravel **TK**; **CONT SA** to metal gate; through gate / **TK** becomes **RD**; **SA** uphill on **RD**; **TL** into Beeleigh Avenue; **CONT** to bend; **SA** onto track [2 white posts on **L**]; through woods to gate / **KG**; through **KG**; **SA** on **RHFE** turning to **R** [keeping wood to **R**] to top; **TL** keeping Car Park on **R**.

5k race ends at point level with 2nd litter bin