

BENFLEET 15 - 15th JANUARY 2017

MARSHALS RUN 14th January	Meet	TL CODE	LOCN1	LOCN2	Description	Marshall
Stephen Burton					START / MAPS	Stephen Burton
	Leigh Car Park by golf range				WATER STATION 1	Tracey Powell
	Canvey Bridge				WATER STATION 2	Bobby

Venue	Meet	TL CODE	LOCN1	LOCN2	Description	Marshall
Family Run / B15 Start		MIKE	1		Turn runners along hard standing	Sharon Ruffy
Mike Jordan		MIKE	2		Turn runners down hill	Karen McMeekin
9:00am		MIKE	3		Send runners along path right of fence.	Laura Williams
Meet Start /Finish		MIKE	4		Turn runners up hill by wooden sign.	Clive Hopkins
Area		MIKE	5		Top of hill turn right over hill level with gate - (Halfway up hill for Family Run)	Stuart McMeekin
		MIKE	5b	Family Only	Turn onto tunnel path	Sarah Norton
1		MIKE	5c	Family Only	Turn Left up to Black Bucket (Move to Position 7 for Main Run)	Diane Norton
		MIKE	6	79	Turn runners left at black bucket. / (Turn right to finish Family Run)	Jim Ashington
	MILE 1 SIGN	MIKE	7	78	Send through gate down hill.	Kelly Holland
Downs		IAN	8	73	Through gate down hill onto horse shoe path. (Cattle Grid)	Nicky Low
Ian Jordan		IAN	9a	72a	Through Gate at bottom of horse shoe (Cattle Grid)	Lee Allen
9:30am		IAN	9	72	Through Gate onto new path (Cattle Grid)	Katie Brooks
Meet Start /Finish		IAN	10	71	Turn right up hill	Simon Davis
Area		IAN	11		Turn left up hill	Bobby Oliver
		IAN	12		Turn Left following path down hill (Next to hedge)	Alan MacGregor
2		IAN	13		Through gate (3 way sign)	Sue Smith
		IAN	14		Turn Left towards Leigh (Cattle Grid)	Michael Bebbington
	MILE 2 SIGN				between marshals 14 & 15	
Hadleigh Castle		KEVIN	15		Direct towards Leigh (Cattle Grid)	Trevor Micklebrough
Kevin Massey		KEVIN	15a		Direct to bottom Castle Hill	Nicola Micklebrough
Meet at Castle	(Open Gate)	KEVIN	16		Turn runners up Castle Hill	Jack Hodges
10 a.m.		KEVIN	17		Turn left onto FP round bottom of Castle	Graham Douglas
	MILE 3 SIGN	KEVIN	18		Direct runners along ridge to Leigh	Jayne Stacey
3		KEVIN	19		Stile at bottom of Castle Hill, turn up hill	Kevin Massey
		KEVIN	20		Top of hill send runners along path on field edge	Vic McCloud
		KEVIN	20a		Top of hill send runners along path on field edge#2	Jennie Spittle

Leigh Station Area	MILE 4 SIGN	MORGAN	21		Send runners up Castle Drive	Fran Webster
Morgan Reddish		MORGAN	22		Direct Right down Belton Way	Lorri Gibson
Meet Leigh Station		MORGAN	23		Turn runners into Front Station car park	Lyndsay Nelson
Forecourt		MORGAN	24		Direct runners round bus stops in front of Station Entrance	Amanda Brown
10 a.m.		MORGAN	25		Turn right round corner of station	Alan Clark
		MORGAN	26		Direct across rear station Car Park entrance #1	Morgan Reddish
4		MORGAN	27		Direct across rear station Car Park entrance #2	Julia Wright
		MORGAN	28		Direct across rear station car park entrance #3	Adam Wright
		MORGAN	29		Control traffic out of tip #1	Paul Catmull
		MORGAN	30		Control traffic out of tip #2	Glenys Beardswell smith
		MORGAN	31		Send runners off path next to railings	Dan Lyons
		MORGAN	32		Control traffic into tip	Victoria Lyons
		MORGAN	33		Turn through car park to Water Station	Nicky Panter
	MILE 5 SIGN	MORGAN	34		Where footpath meets creek path turn runners right along creek path	Richard Jones
	MILE 6 SIGN	MORGAN	35		Bike on path #1	Audrey Morris
	MILE 7 SIGN	MORGAN	36		Bike on path #2	Mark Cowan
			37		see Water Station 2	
			38		see Water Station 2	
	MILE 8 & 12 SIGN		39		See Benfleet Station Group	
			39a		See Benfleet Station Group	
Yacht Club Area		BARRY	40		Turn runners left up scrub path	Emma Schneider
Barry Key		BARRY	41		Control traffic over yacht club road and send runners onto sea wall	John Boram
10:30am		BARRY	42		Direct runners down and up sea wall	Caroline Dudley
			43 to 48		See Canvey Rugby Club Group	
Meet Slip Road up to Yacht Club	MILE 9 & 11 SIGN	BARRY	49		Same position as 36 but keep runners going straight on lower path	Dan Carter
which is Marshal Point 52		BARRY	50		Direct along track past allotments	Barry Key
		BARRY	51		Turn runners right along pavement towards Benfleet	Jo Key
5		BARRY	52		Cross runners over yacht club road	Ian Cladwell
Canvey Rugby Club		ALISON	43		Keep runners on sea wall	Kay Markwick
Alison Horsley		ALISON	44		Turn runners down slope to lower level	Bob Besant
10:30am	MILE 10 SIGN	ALISON	45		Water Station - Turn runners right along side long hump	John Butcher
Meet at Canvey Rugby Club		ALISON	46		Turn runners right across bridge	Ian Banthorpe
		ALISON	47		Through old gate posts to grass path below sea wall	Nicola Fairbridge
6		ALISON	48		Keep runners to path stop cutting corners	Alison Horsley

	MILE 8 & 12 SIGN	PAUL	39		Turn runners onto Canvey bridge	Greg Lloyd
		PAUL	39a		Turn runners onto Canvey bridge	Stewart Morley
Benfleet Station		PAUL	53		Send runners on to station	Paul Norton
Paul Norton		PAUL	54		Control pedestrians at the bus stops	Neil Casey
10:30am		PAUL	55		Keep runners inside barrier round back of station under bridge	Terry Allen
Meet Benfleet Stn		PAUL	56		Turn right into road leading to rear of station	David Miller
		PAUL	57		Turn runners up to Station Road and cross when can	Mike Grout
7		PAUL				Louise Burns
Benfleet Downs		DENNIS	58		Turn runners through gate into country park	Jackie McLeod
Dennis Dudley		DENNIS	59		Turn runners up hill blocking small path on right	Sean Allison
10:30am		DENNIS	60		Send runners diagonally down slope to bottom of downs	Duncan Holland
Meet Benfleet Stn		DENNIS	61		Zig-Zag Right Then Left onto path next to railway	Ann Reed
		DENNIS	62		Staright on through gate / kissing gate	Dennis Dudley
	MILE 13 SIGN	DENNIS	63		Through gate on bottom of downs	Kevin Judge
8	(Open Gate)	DENNIS	64	n/a 2016	Through gate uphill crossing new path	Stephen Melhuish
	(Open Gate)	DENNIS	64a		Direct runners towards gate on new path - (2016 Route)	
	(Open Gate)	DENNIS	65	n/a 2016	Through oppersite gate uphill	John Robertson
		DENNIS	65a		Turn runners right on new path - (2016 Route)	
		DENNIS	66	n/a 2016	Turn runners diagonally right towards Large Oak Tree clearing	Debbie Roberson
	(Open Gate)	DENNIS	66a		Turn runners left up hill through gate - (2016 Route)	
	(Open Gate)	DENNIS	67		Through gate at top of hill Turn Right down gravel path	Mandy Cooper
	(Open Gate)	DENNIS	68		Turn right off gravel path through gate (start of summer efforts)	Matt Bird
	(Open Gate)	DENNIS	69		Send through new gate up hill	Keith (TGT)
Downs Start/Finish		IAN	70	12	Keep runners going over hill towards seat	Clive Hopkins
Ian Jordan		IAN	71	10	At seat turn runners Right downhill next to hedge	Simon Davis
		IAN	72	9	Turn runners left onto horseshoe path (Cattle Grid)	Katie Brooks
		IAN	72a	9a	Through Gate at bottom of horse shoe (Cattle Grid)	Lee Allen
	MILE 14 SIGN	IAN	73	8	Turn runners diagonally right on new path (cattle Grid)	Jason Goodman
9						
Mike Jordan		MIKE	74		Turn left up new zigzag path	Shelley Hall
10:45am		MIKE	75		Turn runners right up path with wooden rail.	Ange Hall/ Ciaran Byrne
Meet at Marshal Point 6		MIKE	76		Turn runners left	Jamie Barney
(bottom of finish hill)		MIKE	77		Turn runners right up hill by bench (Kirste's Seat)	Nehal Patel
	(Open Gate)	MIKE	78	7	Keep runners straight on and round to black bucket	Kelly Holland
10		MIKE	79	6	Turn left through gate past black bucket up hill to finish.	Jim Ashington
		MIKE				Dave Record

Reserves		RESERVE HQ	R-HQ			John Chaffin
		RESERVE HQ	R-HQ			George Englezou
		RESERVE HQ	R-HQ			Lindsey Nelson (am only)
		RESERVE	R			Paul Harvey
		RESERVE	R			Sean Allison
		RESERVE	R			Chris Jones

Water Station No 1		PETER	WS1			Pete Watson Snr
Leigh		PETER	WS1			Sylvia Johnston
PETER WATSON		PETER	WS1			Nikku Leigh
Meet 9.30am Car Park by Golf Range		PETER	WS1			Steve Wise
		PETER	WS1			Julie Peacock
Water Station No 2		CYNTHIA	WS2			Cynthia Thomas
Moorings		CYNTHIA	WS2			Richard Thomas
CYNTHIA THOMAS		CYNTHIA	WS2			Sue Horton
Meet 10.30am Moorings Track		CYNTHIA	WS2			Jan Jolley
		CYNTHIA	WS2			Carol Tubbs
	Marshals	CYNTHIA	37		On creek path where gate and access to cross back over railway	Bruce Petersen
	Marshals	CYNTHIA	38		Send through gate to moorings path and water station	Jake Petersen
Water Station No 3		JOHN	WS3			Janet Butcher
Bollards		JOHN	WS3			John Butcher
JOHN BUTCHER		JOHN	WS3			Natalie Kitchen
Meet 10.30am Canvey Rugby Club		JOHN	WS3			Tracey Fagg
Water Station No 4		BOB	WS4			Bob Chapman
Top Station Road		BOB	WS4			Tracey Jones
BOB CHAMPMAN		BOB	WS4			Bev Small
Meet 10.30am Benfleet Stn Car Park		BOB	WS4			Flo Hatwell

HQ SETUP		KARL	SET-UP		TENTS	Graham Booty / Tom Byrne
		KARL	SET-UP		START LINE / FINISH FUNNEL	Steve Billington
		KARL	SET-UP		STJOHNS	
		KARL	SET-UP		CAR PARK SIGNS	Bobby Oliver
		KARL	SET-UP		ASSEMBLE RESULTS CLIPBOARDS	
		KARL	FAMILY		SCRIBE	Mr Hiscock
		KARL	FAMILY		SCRIBE	Catherine Jane Hughes
		KARL	FAMILY		FAMILY MEDALS	Julia Binstead
		KARL	FAMILY		FAMILY MEDALS	Steve Billington
Time Keepers		IAN P	FINISH LINE			Ian Pike
		IAN P	FINISH LINE			Stuart McMeekin
Number Recorders		IAN P	FINISH LINE		Also position 11	Bobby Oliver
		IAN P	FINISH LINE		Also Poaition 13	Sue Smith
Back up Numbers		IAN P	FINISH LINE		Also position 2	Laura Williams
		IAN P	FINISH LINE		Also position 3	Karen McMeekin
Number Runners		IAN P	FINISH LINE			Paul Ruffy
		IAN P	FINISH LINE			Graham Booty
PRIZE WINNER SPOTTER		IAN P	FINISH LINE		PRIZE WINNER SPOTTER	Graham Booty
Sweep		KARL	HQ			Julia Binstead
T-Shirts		KARL	HQ			Sharon Ruffy
		KARL	HQ			Annette Johnson
						Isla Sinclair
Finish Water		KARL	FINISH LINE			Judy Grocott
		KARL	FINISH LINE			Nicky Low
Catering		SARAH G	HQ			Sarah Grabowski
		SARAH G	HQ			Emma Grabowski
		SARAH G	HQ			Ali Pottinger
		SARAH G	HQ			Caron Hiscock
		SARAH G	HQ			Catherine Jane Hughes
		SARAH G	HQ			
Marshalls		DS	HQ			Dave Spain
Car Park			HQ			Dave Spain
Attendants			HQ			George Engelow
			HQ			John Chaffin
Results		TERRY	HQ			Terry Spooner
		TERRY	HQ			Sarah Norton

Benfleet 15 Route Map

Event Headquarters

St John Ambulance

ROMAN FORTLET (site of)

Hadleigh Castle Country Park

Benfleet Creek


W2

W4

1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12, 13, 14, 15, 16

Event Headquarters

St John Ambulance 

ROMAN FORTLET
(site of) 

Adders Hill

Exadmeig
(rema)



CASTLE POINT DISTRICT

36(On Bike)

12



8

13

7

14

2

6

11

W4

W2

51

Golf Course

11

1999, 2000, 2001, 2002, 2003, 2004, 2005, 2006, 2007, 2008, 2009, 2010, 2011, 2012, 2013, 2014, 2015, 2016, 2017, 2018, 2019, 2020, 2021, 2022, 2023, 2024, 2025, 2026, 2027, 2028, 2029, 2030, 2031, 2032, 2033, 2034, 2035, 2036, 2037, 2038, 2039, 2040, 2041, 2042, 2043, 2044, 2045, 2046, 2047, 2048, 2049, 2050, 2051, 2052, 2053, 2054, 2055, 2056, 2057, 2058, 2059, 2060, 2061, 2062, 2063, 2064, 2065, 2066, 2067, 2068, 2069, 2070, 2071, 2072, 2073, 2074, 2075, 2076, 2077, 2078, 2079, 2080, 2081, 2082, 2083, 2084, 2085, 2086, 2087, 2088, 2089, 2090, 2091, 2092, 2093, 2094, 2095, 2096, 2097, 2098, 2099, 2100, 2101, 2102, 2103, 2104, 2105, 2106, 2107, 2108, 2109, 2110, 2111, 2112, 2113, 2114, 2115, 2116, 2117, 2118, 2119, 2120, 2121, 2122, 2123, 2124, 2125, 2126, 2127, 2128, 2129, 2130, 2131, 2132, 2133, 2134, 2135, 2136, 2137, 2138, 2139, 2140, 2141, 2142, 2143, 2144, 2145, 2146, 2147, 2148, 2149, 2150, 2151, 2152, 2153, 2154, 2155, 2156, 2157, 2158, 2159, 2160, 2161, 2162, 2163, 2164, 2165, 2166, 2167, 2168, 2169, 2170, 2171, 2172, 2173, 2174, 2175, 2176, 2177, 2178, 2179, 2180, 2181, 2182, 2183, 2184, 2185, 2186, 2187, 2188, 2189, 2190, 2191, 2192, 2193, 2194, 2195, 2196, 2197, 2198, 2199, 2200, 2201, 2202, 2203, 2204, 2205, 2206, 2207, 2208, 2209, 2210, 2211, 2212, 2213, 2214, 2215, 2216, 2217, 2218, 2219, 2220, 2221, 2222, 2223, 2224, 2225, 2226, 2227, 2228, 2229, 2230, 2231, 2232, 2233, 2234, 2235, 2236, 2237, 2238, 2239, 2240, 2241, 2242, 2243, 2244, 2245, 2246, 2247, 2248, 2249, 2250, 2251, 2252, 2253, 2254, 2255, 2256, 2257, 2258, 2259, 2260, 2261, 2262, 2263, 2264, 2265, 2266, 2267, 2268, 2269, 2270, 2271, 2272, 2273, 2274, 2275, 2276, 2277, 2278, 2279, 2280, 2281, 2282, 2283, 2284, 2285, 2286, 2287, 2288, 2289, 2290, 2291, 2292, 2293, 2294, 2295, 2296, 2297, 2298, 2299, 2300, 2301, 2302, 2303, 2304, 2305, 2306, 2307, 2308, 2309, 2310, 2311, 2312, 2313, 2314, 2315, 2316, 2317, 2318, 2319, 2320, 2321, 2322, 2323, 2324, 2325, 2326, 2327, 2328, 2329, 2330, 2331, 2332, 2333, 2334, 2335, 2336, 2337, 2338, 2339, 2340, 2341, 2342, 2343, 2344, 2345, 2346, 2347, 2348, 2349, 2350, 2351, 2352, 2353, 2354, 2355, 2356, 2357, 2358, 2359, 2360, 2361, 2362, 2363, 2364, 2365, 2366, 2367, 2368, 2369, 2370, 2371, 2372, 2373, 2374, 2375, 2376, 2377, 2378, 2379, 2380, 2381, 2382, 2383, 2384, 2385, 2386, 2387, 2388, 2389, 2390, 2391, 2392, 2393, 2394, 2395, 2396, 2397, 2398, 2399, 2400, 2401, 2402, 2403, 2404, 2405, 2406, 2407, 2408, 2409, 2410, 2411, 2412, 2413, 2414, 2415, 2416, 2417, 2418, 2419, 2420, 2421, 2422, 2423, 2424, 2425, 2426, 2427, 2428, 2429, 2430, 2431, 2432, 2433, 2434, 2435, 2436, 2437, 2438, 2439, 2440, 2441, 2442, 2443, 2444, 2445, 2446, 2447, 2448, 2449, 2450, 2451, 2452, 2453, 2454, 2455, 2456, 2457, 2458, 2459, 2460, 2461, 2462, 2463, 2464, 2465, 2466, 2467, 2468, 2469, 2470, 2471, 2472, 2473, 2474, 2475, 2476, 2477, 2478, 2479, 2480, 2481, 2482, 2483, 2484, 2485, 2486, 2487, 2488, 2489, 2490, 2491, 2492, 2493, 2494, 2495, 2496, 2497, 2498, 2499, 2500, 2501, 2502, 2503, 2504, 2505, 2506, 2507, 2508, 2509, 2510, 2511, 2512, 2513, 2514, 2515, 2516, 2517, 2518, 2519, 2520, 2521, 2522, 2523, 2524, 2525, 2526, 2527, 2528, 2529, 2530, 2531, 2532, 2533, 2534, 2535, 2536, 2537, 2538, 2539, 2540, 2541, 2542, 2543, 2544, 2545, 2546, 2547, 2548, 2549, 2550, 2551, 2552, 2553, 2554, 2555, 2556, 2557, 2558, 2559, 2560, 2561, 2562, 2563, 2564, 2565, 2566, 2567, 2568, 2569, 2570, 2571, 2572, 2573, 2574, 2575, 2576, 2577, 2578, 2579, 2580, 2581, 2582, 2583, 2584, 2585, 2586, 2587, 2588, 2589, 2590, 2591, 2592, 2593, 2594, 2595, 2596, 2597, 2598, 2599, 2600, 2601, 2602, 2603, 2604, 2605, 2606, 2607, 2608, 2609, 2610, 2611, 2612, 2613, 2614, 2615, 2616, 2617, 2618, 2619, 2620, 2621, 2622, 2623, 2624, 2625, 2626, 2627, 2628, 2629, 2630, 2631, 2632, 2633, 2634, 2635, 2636, 2637, 2638, 2639, 2640, 2641, 2642, 2643, 2644, 2645, 2646, 2647, 2648, 2649, 2650, 2651, 2652, 2653, 2654, 2655, 2656, 2657, 2658, 2659, 2660, 2661, 2662, 2663, 2664, 2665, 2666, 2667, 2668, 2669, 2670, 2671, 2672, 2673, 2674, 2675, 2676, 2677, 2678, 2679, 2680, 26

A micrograph showing a cross-section of a plant stem. The vascular bundles are stained blue, showing the arrangement of xylem and phloem tissues.

1

