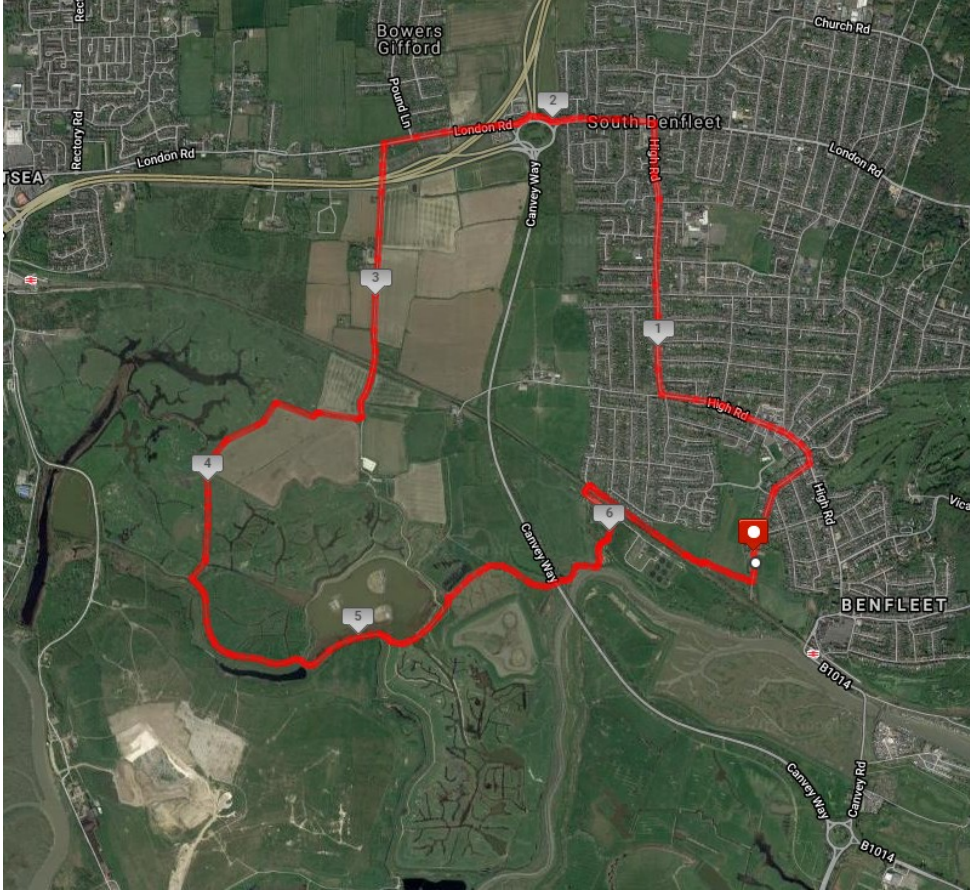


BENFLEET RUNNING CLUB

TRAINING JUNE 2022

THURSDAY RUN	2nd	BOWERS MARSH RUN 7 MILES , mix of road, gravel path and bit of grass 
TUESDAY EFFORTS	7th	DUNCAN, IAN, MATT AND ANN TRACK SESSION Meet at Waterside 7.15-7.30 JAMES BOBBY'S RUN
THURSDAY RUN	9th	GLADYS RUN 7 MILES

BENFLEET RUNNING CLUB


TRAINING JUNE 2022



Run from club, to Benfleet sea wall, past “Gladys”
 Run towards Leigh until 50 yds from halfway gate.
 Take footpath left and **CAREFULLY** cross railway line.
 Look ahead, just to your left, (10 o’clock) you will see gate and cattle grid at bottom of country park, run through gate.
 Run up zig zag path, climbing, at top continue for about 400yards on level gravel path until you come to a path junction.
 Go through kissing gate opposite and run down and over footbridge
 50 yds past bridge take grass track right, climbing, after 150 yds you will join a gravel track, continue right on this track, climbing. (Park Run path)
 After about 200M there is a left fork on to a footpath, take this, go through gate.
 Continue straight on this path until Shipwrights Hill is on your left with grass path descending to it.
 Run down this path and up Shipwrights Hill.
 Continue on footpath to Benfleet Road.
CAREFULLY cross Benfleet Road and run 150 yds up Shipwrights Drive.
 Take footpath on your left and enter The Glen.
 Follow the path round to the Underhill Road exit.
 Do not go on to road but keep left and take foot path up the side of the golf course to Vicarage Hill.


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		<p>Turn left on to Vicarage Hill for 400yds, then take footpath/bridle path on right, down to Essex Way. At bottom of Essex Way cross road CAREFULLY and take footpath, run past “Dung” pile, go through gate and turn right up hill. On reaching upper gravel path turn right, run to School lane and back to club.</p> <p>Shorter route possible by returning to club directly after leaving Down’s and reaching Benfleet road 5 miles</p>
TUESDAY EFFORTS	14th	<p>DUNCAN, IAN, MATT, GRAHAM, ANN AND NICK Using map, warm up to start point (High point of gravel path at the end of St Mary’s Road) six 1K efforts/ after each effort regroup/ 2.30 min standing recovery Cool down back to club Change number of efforts as you see fit.</p>  <p>JAMES</p> <p>BOBBY’S RUN</p>
THURSDAY RUN	16th	<p>KIRSTE 5 ROUTE Meet at Grove Rd car park, SS6 8UQ at 7.00- 7.15 PM (Car park is locked at dusk, may be best to park on road)</p>

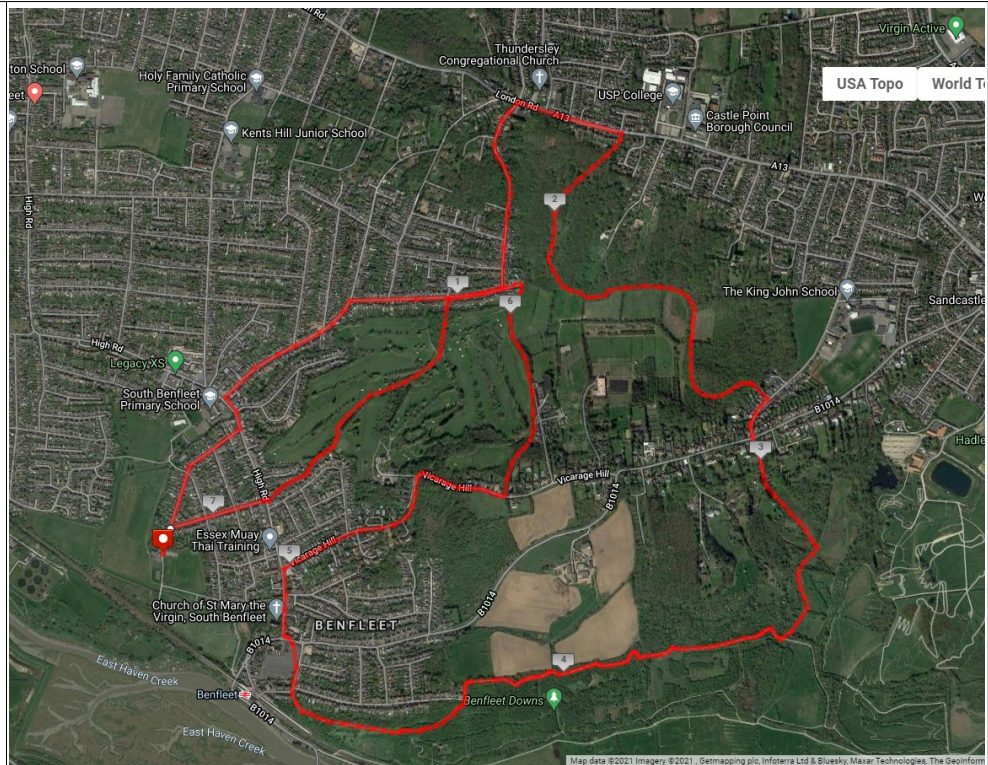
BENFLEET RUNNING CLUB

TRAINING JUNE 2022

		
TUESDAY	21st	<p>DUNCAN, IAN, MATT AND ANN Meet at John Burrows for 7.30 start 1 mile warm up to Little Havens 2 x 400 M with 1 min standing recovery 3 x 800 M with 2 min standing recovery 5 x 300 M with 300 M jog recovery cool down back to John Burrows</p> <p>JAMES</p> <p>BOBBY'S RUN</p>
THURSDAY EFFORTS	23rd	<p>BROOK RD/THUNDERSLEY PARK DR/UNDERHILL RD/MOUNT RD/A13/DOWN THROUGH GLEN/SHIPWRIGHTS DR/SHIPWRIGHTS CLOSE/UPPER GRAVEL PATH/SCHOOL LANE/HIGH RD/VICARAGE HILL/ DOWN FOOTPATH BESIDE GOLF COURSE/UNDERHILL DR/THROUGH GOLF COURSE/HOPE RD/CLUB 7.2 MILES</p>

BENFLEET RUNNING CLUB

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FOR SHORTER ROUTE, ON RETURN DO NOT GO UP VICARAGE HILL,
BUT RETURN DIRECTLY TO CLUB 5.3 MILES

TUESDAY EFFORTS	28th	DUNCAN, IAN, MATT AND ANN The Glen, using the hill by Shipwrights Drive 1 mile warm up/6-8 400 M efforts/ jog recovery1 mile cool down JAMES BOBBY'S RUN
THURSDAY RUN	30th	TWO TREE AND LEIGH 5.7 MILES Meet at Two Tree Island car park, at very end of road on Two Tree Island. 7.15 pm

BENFLEET RUNNING CLUB

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From car park take gravel path around west side of Two Tree Island.

When you get back to the road, go through gate and turn left.

Cross bridge and run to Leigh Station.

Go up Belton Way towards Leigh.

Run to Leigh library and just after, turn right into Leigh Library Gardens.

Bear left and follow path to Leigh Church.

Cross graveyard and turn right down Leigh Hill.

At road junction carefully cross and take path opposite descending steeply, again with care.

Continue to railway footbridge, cross and return to Old Leigh.

Run under road bridge and take road behind cockle sheds.

At road junction, near station take footpath on left, on sea side of sea wall.

Continue to road, turn left, recross bridge and enter car park on left.

Take path at end of car park, turning left after 50m in to East side of Two Tree Island.

Go down main track for about 400m and take path on right down towards the sea.

Take path between sea and lake back to starting point.

Shorter route possible by taking Leigh Hill Steps, just before entering Leigh church graveyard, at bottom of steps bear right and cross foot bridge over railway into Old Leigh run will be about 4.5 miles

Longer route possible by continuing run to Chalkwell Station, crossing foot bridge, over railway and returning to Leigh, run will be about 7.2 miles