



# Thurrock Nomads

Present the

# One Tree Thrill

(UK:A rules – minimum age 16)

**A 7 mile trail race in Langdon Hills Country Park  
almost completely road free and largely on good  
woodland tracks**

**Where? One Tree Hill (lower) Car Park  
One Tree Hill ... near Basildon  
Stanford-le-Hope SS17 9NH  
(map ref TQ 698858)**

**When? Saturday 15<sup>th</sup> August  
Starts between 10 & 11am**

**TRA Permit applied for**

**Entry £2 on the day**

**WALKERS WELCOME**

**Queries to: [info@thurrocknomads.org.uk](mailto:info@thurrocknomads.org.uk)**