## EAST SUSSEX SUNDAY CROSS-COUNTRY LEAGUE

## Ashdown Forest

Under UK Athletics Rules – permit: SEAA/ (Staged by Crowborough Runners)

## SUNDAY 13th OCTOBER 2019

Senior Start/Finish NOTE NEW START

'Box' Car Park 51.040402,0.081120

Junior Start/Finish As Senior start/finish

Directions/Car parking: BOX Car park: take the A26 south out of Crowborough. After 3K, pass

the Crow and Gate pub on right, then in about 600m turn the first right (signposted Nutley). In 2K go straight-on at staggered crossroads towards A22 Nutley and the start is in about 1100m on the right (use Hollies, Ellison's Pond or Box car parks) From the A22 the start is 2K

on the left (use Friends or Stone Hill car parks)

DO NOT PARK ON GRASS VERGES (our permit requires this)

Please follow marshals directions

Course Juniors : U 17 two laps [two small circuits] two miles hilly.

U13 one small circuit, one mile

Seniors: 2 lap Course. (one short, one long) 5.0 hilly miles in total. There could be muddy sections, it is suitable for spikes. See map of course on league website <a href="https://www.eastsussexcrosscountry.co.uk">www.eastsussexcrosscountry.co.uk</a>

It is all on Ashdown Forest open access land so please be considerate

to other users

Start time Juniors 10:00 am Seniors 10:30 am

Entry On the day. Free for juniors, seniors: £5:00 for affiliated runners,

supplement of £2 for non-affiliated runners.

Club vests must be worn for runners to count for their team.

Toilets: No toilets

Drinks Cold water available at the finish

First Aid St John Ambulance will be present by the start/finish

Results Will be on league website asap: www.eastsussexcrosscountry.co.uk