



EAST SUSSEX SUNDAY CROSS-COUNTRY

LEAGUE (race 3 of 6)

NEWPLACE PARK

SUNDAY 15 DECEMBER 2019

Directions	The address is Pump Lane, Framfield, Nr Uckfield, East Sussex, TN22 5RH (note you can only access from Pump lane, there is no direct access from B2102). Pump lane is off the B2102 between Blackboys and Framfield (on the right just after Framfield if travelling from Framfield to Blackboys).
Car parking	Parking is at Newplace Park. Please follow marshalls instructions as to parking. Please share cars where possible and arrive in plenty of time to park and register. PLEASE NOTE THIS IS PRIVATE PROPERTY SO PLEASE FOLLOW MARSHALLS INSTRUCTIONS AS TO PARKING
Registration and start	Registration is in a barn next to the Car Park. The start for all races is close to the barn.
Senior race	10.30am. 5 miles. 2 laps each of 2.50 miles fairly level. The route is undulating: there are no major hills. It is likely to be muddy. The course is suitable for spikes the only tarmac is to cross a couple of roads within the farm. There is no livestock on the farm so you will not be running through herds of cows or chasing sheep.
Junior race all ages	10.00 am U11 and U13 do one mile of a 1.25 mile lap and U15 and U17 2 laps. Start is the same as the senior route but you will be diverted after about 0.75 miles to go down an internal farm road to the finish. You can run on the grass next to the road if wearing spikes.
Entry	On the day. Free for juniors, seniors: £5:00 for affiliated runners, supplement of £2 for non-affiliated runners (including non affiliated juniors). Club vests must be worn for runners to count for their team.
Toilets/shelter:	A barn will be available start and finish, registration is in the barn and bags can be left in barn. There are toilets in farm yard.
Refreshments	Cold water available at finish and also Tea/Coffee and mince pie or cake for a donation to Alzheimer's Society in the barn
First Aid	St John Ambulance
Results/photos	Results and photos Will be on league website asap after the race: www.eastsussexcrosscountry.co.uk
UKA Permit:	194:19