

# EAST SUSSEX SUNDAY CROSS COUNTRY LEAGUE

## (Race 4 of 6) – Heathfield Park

### SUNDAY 26th January 2020

Start	Start and finish is located just inside the main entrance to Heathfield Park. Enter through the metal gates (almost opposite the entrance to the Freedom Leisure Centre). Registration will be inside Heathfield Park and will be located on the left hand side as you come into park.
Directions	<p>The address is Heathfield Park, Cade Street, Old Heathfield, TN21 8RJ. The entrance to Heathfield Park is on the small road just off the B2096 Battle Road. The venue is approximately 1.4 miles from Heathfield town centre.</p> <p><b>From the East:</b> B2096 Battle Road – turn left into road by the Half Moon pub. Follow road and take next right, past Heathfield Community College, after which the entrance to Heathfield Park is 300m on your left.</p> <p>A265 (from Burwash direction) – turn left into Halley Road before you enter Broad Oak village. Follow the road until the junction and turn left onto the B2096 Battle Road. After 0.3 mile turn right at the Half Moon pub. Follow the road and take the next right, past Heathfield Community College, after which the entrance to Heathfield Park is 300m on your left.</p> <p><b>From the West:</b> A265 – drive through Heathfield and out of the town. Take a right onto the B2096 Battle Road opposite 'Setyres' garage. Follow road for 0.5 miles, turning off to the right towards Old Heathfield and following the stone wall of Heathfield Park. The entrance to Heathfield Park is 100m on your right.</p> <p><b>Sat Nav</b> post code is TN21 8RJ.</p>
Car parking	<p>Please note <b>THERE IS NO PARKING WITHIN HEATHFIELD PARK</b>, Please try and car share and arrive in plenty of time to park and register.</p> <p>Parking will be available at Heathfield School and Community College.</p> <p>Parking is on the small road immediately outside Heathfield Park, near the Community College, as well as on School Hill, heading towards Old Heathfield and towards the Half Moon pub. It is also possible to park on Halley Road. Please park not park on the B0296 Battle Road. considerably and please do</p>
	<p><b>Please arrive by 09:45 at the latest to allow time for registration and getting to the start, earlier if you have Juniors running.</b></p>
Course	<p>Juniors: Out and back, distance of about 1 mile for U11 and U13 and 2 miles for U13 and U15. (Start and finish just inside entrance to Heathfield Park).</p> <p>Seniors: 2 full laps (comprising different sections on each). Start &amp; finish just inside entrance to Heathfield Park). Total distance approximately 5 miles.</p> <p>The running route is undulating.</p> <p><b>Please note this race is not suitable for wearing spikes as there are sections of tarmac and gravel.</b></p>
Start time	Juniors: 10:00 am      Seniors: 10:30 am
Entry	<p>Entry On the day. Free for juniors, seniors: £5:00 for affiliated runners (17+), supplement of £2 for non-affiliated runners (including non affiliated juniors) to meet UKA licensing.</p> <p>Club vests must be worn for runners to count for their team.</p> <p><b>Please note this is a private estate with deer and game birds so NO dogs are allowed !!!!!!!!!!!</b></p>
Toilets	There are no toilets in Heathfield Park. Nearest toilets are at the Freedom leisure centre (opposite the main gate and across the road)
Drinks	Cold water and cake will be available at the finish for small donations to charities.
First Aid	Phoenix Medical Services will be present by the start/finish.
Results and Photos	Results and photos will be on the league website asap after the race <a href="http://www.eastsussexcrosscountry.co.uk">www.eastsussexcrosscountry.co.uk</a> and on the facebook page.

