

Snape Wood Cross Country

IMPORTANT – HEALTH & SAFETY RISK ASSESSMENT REQUIRED BY THE UK ATHLETICS CROSS COUNTRY PERMIT RULES

Snape Wood has a UK Athletics XC Race License so it is perceived to be a safe event. However, as the course is undulating multi-terrain across fields and through a wooded area, we urge you to read the following: -

1. Obey marshal's instructions at all times.
2. The race is 2 laps over Forestry Commission tracks and paths for 5 miles so be aware of walkers (including dogs) and possible horse riders. Obey the countryside code and as it is shared usage other users have the same rights as you.
3. The Race HQ is at Uplands Community College where safe parking is available.
Do not park in the main Wadhurst car park unless directed by a marshal as local residents have priority.
Toilets are found on the left hand side of the Wadhurst Commemoration Hall
The race start/finish is in Snape Wood and the pedestrian entrance is via the track from the small car park, which is off Brinker's Lane, Wadhurst. **NO CAR PARKING** is ALLOWED at the SNAPE WOOD car park or its environs.
4. Do not stand on the road when waiting for the start.
5. A brief description of the course route is:
 - a. The start (& finish) is on gravel path leading north from the second 5 bar farm gate, with an undulating course which weaves around a forested course. Be aware of tree roots and uneven surfaces. The track could be muddy if wet. It is advisable to wear trail shoes or spikes if wet as Wealden clay, tree roots and wooden stiles can be slippery.
 - b. The first $\frac{3}{4}$ mile is on uneven track which takes you up and along the wide ridge trail.
 - c. At $\frac{3}{4}$ mile there is a crossroad, bear left a few degrees and go directly over to a narrow trail, which descends quite sharply
 - d. At 1 mile follow the path which bears left. **DO NOT TURN RIGHT** down a very narrow path as this leads to the Railway Crossing. The grass path is parallel to the railway line.
 - e. **Any runner attempting to cross the railway will be immediately disqualified.**
 - f. At 1 $\frac{1}{2}$ miles turn sharp left which is a wider grass path
 - g. After 150 metres the path turn sharp right onto a narrow path closed in vegetation
 - h. At just under 2 miles turn right back onto the ridge. Be aware that slower runners, or leaders on the 2nd lap will be running towards you.
 - i. Immediately after 2 miles turn sharp right down a steep clay path
 - j. At the bottom there is a cross over point so you will be directed to turn sharp left to run parallel with the railway track (here is a long since closed old medieval iron ore mine entrance to your right).
 - k. Take care as you run over an earth mound
 - l. After 50 metres turn sharp left onto a very narrow track (overtaking is difficult in places). Be aware of tree roots, ruts and fallen branches. Do not turn right to climb the stile to the railway line.
 - m. At 2 $\frac{1}{4}$ miles turn sharp right at the T junction to meet the ridge
 - n. The trail is fast downhill to the end of the first lap at 2 $\frac{1}{2}$ miles..
 - o. Repeat the whole lap to complete the race.
 - p. St John's Ambulance first aiders' are mobile and are available at the start plus on the course. They can reach any other point if you report an emergency to the marshals.
 - q. Hopefully, you will enjoy the whole experience with superb views in a quiet country setting amongst woodland.
 - r. This is a rare opportunity to see the Forestry Commission's Snape Wood at first hand.
 - s. If you have any problems please contact the marshals or St John Ambulance.
 - t. Finally, we strive to improve the event so please contact me if you have any suggestions by email albertkemp@btinternet.com, telephone my mobile: 07919 423663 for any emergency. My home number is: 01580 200024.
 - u. Your enjoyment and safety is our priority.

Have a great run and I hope to see you next year.

Albert Kemp
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