

# EAST SUSSEX SUNDAY CROSS-COUNTRY LEAGUE

## Warren Hill, Eastbourne.

Under UK Athletics Rules – permit: SEAA/101:16

(Staged by Eastbourne Rovers A.C.)

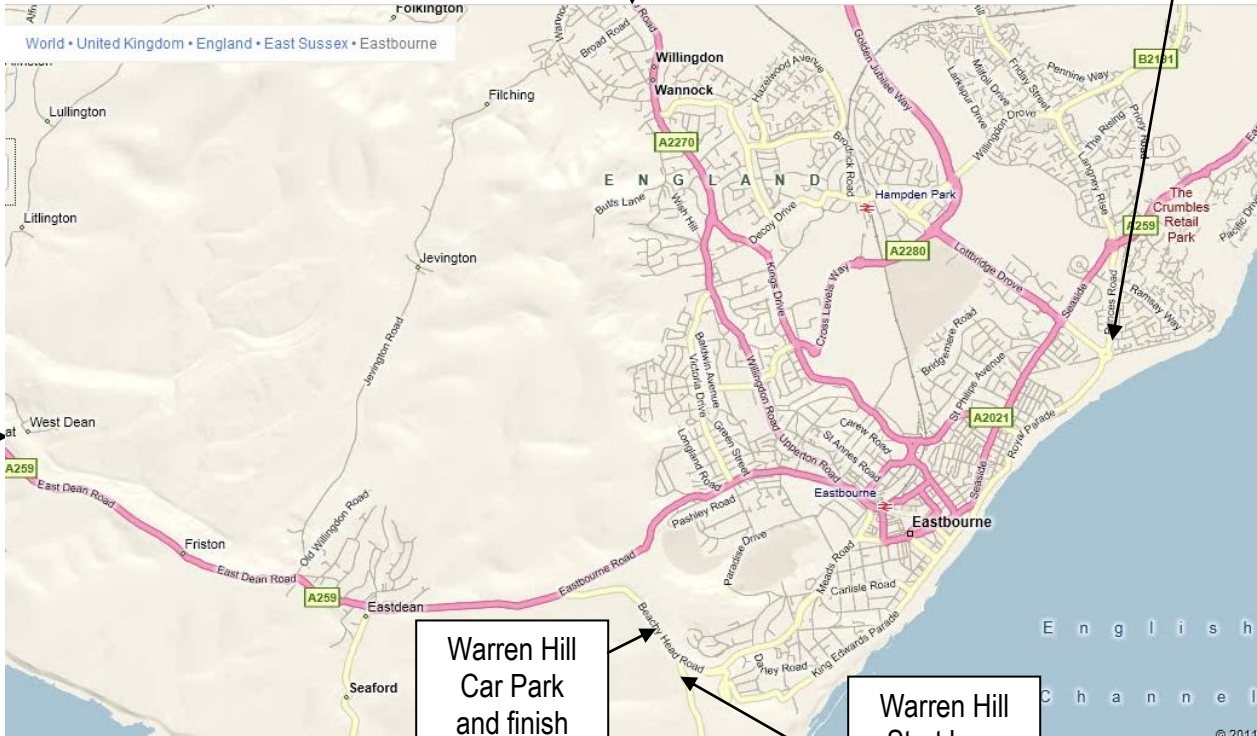
## SUNDAY 13<sup>TH</sup> November 2016

Start	As in previous years – the entrance to Black Robin Farm. Parking in Warren Hill Car Park. Approx 500M from car park to start. Finish is far side of Warren Hill Car Park.
Directions	<p><b>From the West</b> (coastal road) head towards Eastbourne via the A259, through Seaford, Exceat, Friston and East Dean. About 2000M after East Dean turn right onto B2103 (signposted 'Seafront, Beachy Head'). After about 1000M on your right is Warren Hill Car Park (see map below).</p> <p><b>From the East</b> come along Eastbourne Seafront, past the Pier, when you reach the end of the seafront road (the steep downs will be in front of you) the road bends round to the right (Upper Dukes Drive), follow this windy road uphill. After about 1500M at the 'Give Way' sign turn left (there is no signpost here), go straight past the left turn to Beachy Head, once past the turning after about 400M on your left is Warren Hill Car Park (see map below).</p> <p><b>From the North</b> (A27/A22 approach) head towards Eastbourne via the A2270, through Willingdon and over the roundabout (signposted 'Town Centre', 'Seaford (A259)', 'Old Town', 'Beachy Head'). About 800M after the roundabout at traffic lights turn right onto Victoria Drive (signposted 'Seaford (A259)', 'Beachy Head'). Follow for about 2000M (<b>warning speed camera after about 500M on Victoria Road!</b>) until you start to go uphill and reach traffic lights. At traffic lights turn right onto East Dean Road (A259), (signposted 'Seaford (A259)', 'Beachy Head'). Follow the road up a very steep hill and past the golf course on your right. Once past the golf course after about 500M turn left onto B2103 (signposted 'Seafront, Beachy Head'). After about 1000M on your right is Warren Hill Car Park (see map below).</p> <p><b>Sat Nav</b> post code for Black Robin Farm (500M from Warren Hill Car Park) is BN20 7XX</p>
Car parking	Parking is in Warren Hill Car Park (signage will be erected on the road to show the entrance). <b>Please arrive by 10:15 at the latest to allow time for registration and getting to the start, earlier if you have Juniors running. PLEASE TRY AND CAR SHARE DUE TO SIZE OF CAR PARK.</b>
Course	Juniors : Under 11's & 13's - Out and back, downhill at start, uphill at finish, distance about 2200m (start and finish at far end of Warren Hill Car Park). Under 15's & 17's - Out and back, downhill at start, uphill at finish, distance about 3800m (start and finish at far end of Warren Hill Car Park). Seniors : 1 full lap plus section between start (Black Robin Farm) & finish (far end of Warren Hill Car Park) again, slight hills, total distance about 8000m. <b>Please note Seniors race is not suitable to wearing spikes as at Cornish Farm (about 3600m) there is 20M section on a concrete road and at Beachy Head Road (about 6500m) there is 250M section on concrete road</b>
Start time	Juniors (both races) 10:30 am                      Seniors 11:00 am
Entry	Payment for all 6 league races in advance will be £12.00 (clubs to contact Roger Stone prior to 22 September 2016) Payment on the day £3:00. Non-affiliated runners aged 17+ years will be charged a supplement of £2 to meet UKA licence regulations. Club vests must be worn for runners to count for their team. <b>Please note competitors must NOT attempt to run with their dog !!!!!!!!!!!</b>
Drinks	Cold water available at finish
Changing & Toilets	Sorry, none available (nearest public conveniences are in car park just prior to Beachy Head pub, from Warren Hill car park turn right onto B2103, after about 400M turn right, signposted 'Beachy Head', after about 1600M, car park is on right, signposted 'Countryside Centre')
First Aid	St John Ambulance will be present by the start/finish
Maps on the next Page.....	

From the North

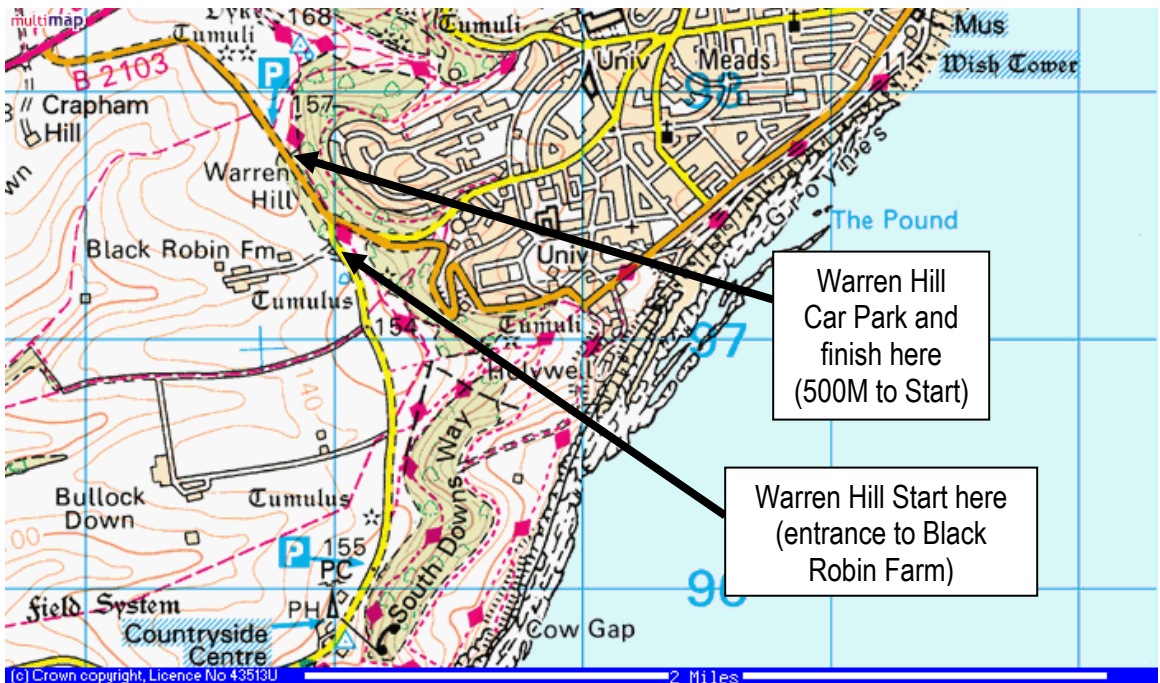
From the East

From the West



Warren Hill Car Park and finish here (500M to Start)

Warren Hill Start here (entrance to Black Robin Farm)



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