

EAST SUSSEX SUNDAY CROSS-COUNTRY LEAGUE
Ashdown Forest

Under UK Athletics Rules – permit: SEAA/191: 16
(Staged by Crowborough Runners)

SUNDAY 15th January 2017

Senior Start **Opposite Kings Standing Car Park 51.051411,0.099646**
Senior finish **Same as Start**

Junior start/finish **As Senior start/finish**

Directions/Car parking: Take the A26 south out of Crowborough. After 3K, pass the Crow and Gate pub on right, then in about 600m turn first right (signposted Duddleswell & Nutley). In about 1.5K turn right at crossroads onto the B 2026 and the main car park is about 1K on the right

Other car parks are available, please follow marshals' directions.

PLEASE SHARE CARS TO AVOID CONGESTION & DELAYS

Course Juniors: Under 11/13: 1 lap [one circuit] one mile, mostly flat.
 Under 15/17: 2 laps, 2 miles

Seniors: 2 lap Course. (one short, one long) 5.0 hilly miles in total. There will be muddy sections, it is suitable for spikes. See map of course on league website www.eastsussexcrosscountry.co.uk

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

Start time Juniors 10:30 am Seniors 11:00 am

Entry On the day. Free for juniors, seniors: £3:00 for affiliated runners, supplement of £2 for non-affiliated runners. Club colours must be worn for runners to count for their team.

Toilets: Sorry, 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