

HASTINGS RUNNERS EAST SUSSEX SUNDAY CROSS COUNTRY LEAGUE

Pett Village Hall, TN35 4HB 12th March 2017

Hastings Runners would like to present and invite you to the final stage of the East Sussex Sunday Cross Country League.

The Senior Race will take place at Pett Village Hall, Pett at 11.00 am. The start being in French Court driveway which is approx 100m to the east of the village hall off the Pett road (please respect residents gaining access) Also please follow marshals instructions to walk on the left hand verge to the start and avoid walking in the road

A Junior Race of approx 1.5 miles will also be organised to run at 10.30 am with a medal for all competitors. The start will be in the field adjoining the hall car park

The main event will be a 5 mile (approximately) course across fields and woodland paths. Spikes are suitable for this event. The entry fee is £3.00 for affiliated runners £5 for non affiliated and there is no charge for juniors. Club colours must be worn to score in the competition.

Cold water is available at the finish, and refreshments will be available in the form of tea, coffee and cakes, proceeds going to charity, so please stay on whilst the results are compiled you may well have won an award and in any case it is supportive to applaud those that have!

There will be changing facilities at the hall and male and female toilets will be available. It should be noted that there will be limited car parking at the hall as there will be other users of the facility so clubs are urged to tell runners to **car share where ever possible**. If dry enough there will be field parking off Pannel Lane which is 100m east of Pett Church with footpath exit to the HQ some 10 min walk/5 min jog away. Please respect village residents if you do park in the village. Also please refrain from parking in the Two Sawyers pub car park before the race but feel free to enjoy a drink or meal there afterwards.

The Red Cross will be in attendance

Hastings Runners look forward to seeing you and trust you will enjoy the event.

Tim Jury
For Hastings Runners

Queries
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