



EAST SUSSEX SUNDAY CROSS-COUNTRY LEAGUE

Snape Wood Cross Country, Wadhurst.

Under UK Athletics Rules – The Cross Country Permit Number: CC2022/0432

(Staged by Wadhurst Runners)

SUNDAY 27th November 2022 - 10:30 Start

Start Start and finish at the entrance to Snape Wood, Brinker's Lane, Wadhurst. Brinkers Lane is off the B2099 South of Uplands Community College. **Parking is available in the Uplands Leisure Centre Car Park, Uplands Community College (limited) and surrounding areas.** The start/ finish is 1.2 miles from the car park either via Brinkers Lane or Washwell Lane routes, both will be marshalled and sign posted.

CAR SHARING ESSENTIAL, LIMITED PARKING AVAILABLE

NO PARKING AT SNAPE WOOD or its ENVIRONS except for Emergency Services, Police and Race Control vehicles.

Directions to Car Park

from the West: From A257 at Mark Cross take the B2099 to Wadhurst. At crossroads turn right onto B2099, through Wadhurst Village and Uplands Community School is on the right.

From the East: **Either** from A21 at Lamberhurst turn onto the B2100 to Wadhurst, turn left onto B2099 until Uplands Leisure Centre is on the right **or** from the A268 Hawkhurst at Flimwell across A21 to Ticehurst. Turn right at Ticehurst (B2099) to Wadhurst and Uplands is on the left.

From the North: From A257 at Frant turn left onto B2099 to Wadhurst until Uplands is on the right.

From the South: From A21 turn left after the Hurst Green "BP Fuel Station" onto the B2099 to Ticehurst to Wadhurst and the Uplands Community Centre is on your left.

Sat Nav post code for Uplands Sports Centre is: TN5 6BA.

Car parking Parking is in the Uplands Leisure Centre, Uplands Community College and surrounding area where Marshals will direct you. **Please arrive by 09:00 at the latest to allow time for registration and getting to the start. Allow 30 minutes extra if you have juniors running.**

To get to Snape Wood either follow the direct country road route down Brinkers Lane which is signposted and marshalled. A more direct route is to go down Washwell Lane (beside the White Hart pub). Follow the Marshals guidance and event arrows across the fields and stiles.

Course Juniors: Juniors under 11 & U13s: One loop, hilly. Distance approx 1.25 miles
Juniors under 15 & U17s: Two loops, hilly. Distance approx. 2.5 miles
Seniors: 2 full laps i.e. 5 miles.
If wearing spikes there is a gravel path of 600 metres which you run up and down twice. Be aware of other users of Snape Wood as the Woods are open to the public.

Start time Juniors: Under 11s & 13s (09:55) – Under 15s & 17s (09:50). Seniors: 10:30 am

Entry/ Registration Payment on the day £5.00 for affiliated runners - supplement of £2 for non-affiliated runners. No further payment if you exercised the pre-payment system of £10.00 for the six-race series. Pre-registered runners do not need to queue to register. Your Club Rep should hand in a list of all runners at registration.

Registration on the day closes at 10:00 in order not to delay the start of the senior race.

Club vests must be worn for runners to qualify for their team

Refreshments Cold water available at finish. There is also a coffee shop opposite Uplands serving coffees and pastries, open from 8.00am

Toilets Sorry, none available (nearest public conveniences are at the left hand side of the Wadhurst

Commemoration Hall, which is 150 metres approximately by turning left when exiting the College car park

First Aid

GLS Medical Services will be present at the start/ finish

Results

Will be on ESSCC league website and FB ASAP: www.eastsussexcrosscountry.co.uk