

# EAST SUSSEX SUNDAY CROSS COUNTRY LEAGUE

Whitbread Hollow, Eastbourne

(Staged by RunWednesdays under UKA rules – permit: CC2022/0547)

Sunday 5<sup>th</sup> February 2023

- Start** In Whitbread Hollow, Eastbourne. Access is via a footpath (Foyle Way) from the B2103 (Dukes Drive). Parking is along King Edward's Parade; a RunWednesdays marshal will be at Foyle Way to greet you. **Please note that the Registration desk for "on the day" entries will close at 10:00 to allow a prompt start.**
- Directions** From the West (A259): Head towards Eastbourne until you pass through East Dean; shortly after East Dean turn right onto the B2103 (signposted "Seafront, Beachy Head") and continue to follow the B2103 downhill towards the Seafront. At the bottom of the hill on a sharp left-hand turn you will see "The Kiosk" café on your right; that is the entrance to Foyle Way. Parking is available on King Edward's Parade, and is free on Sunday.
- From the East: Come along Eastbourne Seafront, past the Pier and Bandstand and on past The Grand Hotel and Western Lawns. Follow the road (King Edward's Parade) uphill to "The Kiosk" café, which marks the entrance to Foyle Way. Parking is available anywhere on King Edward's Parade, and is free on Sunday.
- From the North (A22/A27): Head into Eastbourne, following "Town Centre" and "Seafront" signs. Once on the Seafront follow instructions as "From the East".
- The best SatNav postcode to use is for St.Bede's prep School – BN20 7XL
- The What3Words reference for the entrance to Foyle Way is window.smart.pitch
- Parking** Parking is free and unrestricted along King Edward's Parade on Sunday at this time of year, from The Western Lawns all the way up to St. Bede's, although I don't recommend trying to park right at the top end as it can get congested. Whitbread Hollow is 500m or so from the Café, so do allow yourself time to walk up the path. As always, car sharing is recommended.
- The What3Words reference for King Edward's Parade is diner.about.bedside
- Course** Juniors: Under 11s and 13s – Threequarter loop of Whitbread Hollow, approx. 2000m; Under 15s and 17s – Full loop of Whitbread Hollow, approx. 3000m.
- Seniors: A single lap course, starting with a circuit of Whitbread Hollow, with a little dog-leg thrown in, then rising up to the top of Beachy Head. There is then a fast, fairly flat section before returning down into the Hollow for a fast run into the finish. Approximately 8000m.
- It is the South Downs, so there are some challenging climbs and descents, but the route has been amended from last year.
- The route will be staffed by RunWednesdays marshals and marked with yellow direction arrows and small yellow flags.
- All races are suitable for spikes, but the access footpath is concrete and tarmac so you will need appropriate alternative footwear. There is no roaming livestock on this section of the Downs, so sheep, cows or ponies will not be a hazard. It is likely that there will be dog walkers and hikers abroad as it is not a closed course, and although our marshalls will endeavour to keep people advised of the race, do please be vigilant and courteous.

Start Time Juniors: U15/U17 – 09:50am, U11/U13 09:55am Seniors: 10:30am

Entry If pre-registered please ensure you sign in at registration, Club reps will usually do this with the tick list as requested.

Payment on the day £5.00, at Registration. PLEASE NOTE THAT THE REGISTRATION DESK WILL CLOSE AT 10:00 TO ALLOW A PROMPT START.

Non-affiliated runners aged 17+ will be charged a supplement of £2 to meet UKA licence regulations. Club vests MUST be worn for runners to count for their team (this includes Club T-shirts), with the runner's number clearly displayed. As the finish is photographed/videoed a hidden number makes it hard to validate results.

Competitors MUST NOT attempt to run with a dog (theirs or anyone else's...).

Changing and toilets Nearest public toilets are in The Helen Garden, just before reaching Foyle Way. As we're on the Downs, I'm afraid that's it...

First Aid First Aid support will be provided by GLS Medical Services, based at the start / finish area.

Results/photos Results and photos for the Senior race will be on league website as soon as possible after the race: [www.eastsussexcrosscountry.co.uk](http://www.eastsussexcrosscountry.co.uk).

Photos are usually posted to Facebook on the same day. Photos are free to download. We will also camcorder both the junior and senior race to help clear any queries and for the same reason will also take photos of the finish of the Junior race. **Both camcorder and photos for the junior race will only be used for the purpose of validating the results, only be seen by people producing the results, will not be made public and will be deleted once the results are finalised**

## Map

