

HASTINGS RUNNERS EAST SUSSEX SUNDAY CROSS COUNTRY LEAGUE

Pett Village Hall, TN35 4HB 12th March 2023

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

The Senior Race will take place at Pett Village Hall, Pett (what three words traders.booms.global) at 10.30 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)

Junior Races of approx 1mile (U11/13) and 2 mile (U15/17) will also be organised to run at 9.50 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 as per the ESSCCL website plus EA fee for non affiliated runners and there is no charge for juniors. Club colours must be worn to score in the competition plus EA affiliation.

Registration queue will close 30 min before the race start so please if you are not pre registered allow extra time to register. It is the responsibility of all pre registered runners to ensure their name is recorded with their club representative before the race start to ensure inclusion in the results.

The season end awards will be presented after the results have been compiled and therefore you are invited to enjoy the refreshments that will be available in the form of tea, coffee and cakes, proceeds going to charity. Cold water will be available at the finish.

There will be changing facilities at the hall and male and female toilets will be available. You are asked not to wear any dirty shoes or kit inside the hall.

It should be noted that there will be limited car parking at the hall so clubs are urged to tell runners to **car share where ever possible**. Please respect village residents when parking in the village.

I cannot over emphasise the need to consider the above and think before coming alone in your car there is a distinct possibility this race will no longer be possible if the parking in the village does continue to cause concern. 4X4 vehicles may be able to park in the field by the hall if conditions allow and marshals can direct you there.

Also please refrain from parking in the Two Sawyers pub car park before the race but feel free to enjoy a drink there afterwards.

First Aid services will be in attendance

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

Tim Jury

For Hastings Runners

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