

EAST SUSSEX SUNDAY CROSS-COUNTRY LEAGUE
Ashdown Forest

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

SUNDAY 31st OCTOBER 2021

CAR SHARING ESSENTIAL, LIMITED PARKING AVAILABLE

Senior Start/Finish: 'Box' Car Park 51.040402,0.081120

Junior Start/Finish: As Senior start/finish

Directions/Car parking: BOX Car park: take the A26 south out of Crowborough. After 3K, pass the Crow and Gate pub on right, then in about 600m take the first right (signposted Nutley). In 2K go straight-on at staggered crossroads towards A22 Nutley and the start is about 1100m on the right (use Hollies, Ellison's Pond or Box car parks)

From the A22 (signposted Crowborough) the start is 2K on the left (use Friends or Stone Hill car parks)

DO NOT PARK ON GRASS VERGES (our permit requires this)

Please follow marshals directions

Course:

Juniors: U 17 [two short circuits] two miles hilly.
U 13 [one short circuit] one mile hilly.

Seniors: 2 lap course. [one short, one long] 5 miles hilly.
There could be muddy sections, it is suitable for spikes.
See map of course on league website
www.eastsussexcrosscountry.co.uk

All run on Ashdown Forest open access land so please be considerate to other users

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

Entry on the day: Juniors free

Seniors £5 for affiliated runners - supplement of £2 for non-affiliated runners.

Club vests must be worn for runners to count for their team.

Toilets: 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 ESSCC league website and FB ASAP:
www.eastsussexcrosscountry.co.uk