



EAST SUSSEX SUNDAY CROSS-COUNTRY
LEAGUE (race 3 of 6)
NEWPLACE PARK
SUNDAY 18 DECEMBER 2022

HOSTED BY UCKFIELD RUNNERS

Directions	The address is Pump Lane, Framfield, Nr Uckfield, East Sussex, TN22 5RH (note you can only access from Pump lane, there is no direct access from B2102). Pump lane is off the B2102 between Blackboys and Framfield (on the right just after Framfield if travelling from Framfield to Blackboys).
Car parking	Parking is at Newplace Park. Please follow marshals instructions as to parking.

CAR SHARE IS CRITICAL. THE CONTINUED USE OF THIS VENUE IS DEPENDENT ON MANAGING THE NUMBER OF CARS AS THERE IS NO LOCAL OFF SITE PARKING

Please share cars where possible and arrive in plenty of time to park and register.

PLEASE NOTE THIS IS PRIVATE PROPERTY SO PLEASE FOLLOW MARSHALS INSTRUCTIONS AS TO PARKING

Registration and start	Registration is in the barn next to the Car Park. The start for all races is close to the barn directions will be marked. Note the junior start is by the concrete road whilst the senior start is about 100 metres before the concrete path.
Senior race	10.30am. 5 miles. 2 laps each of 2.50 miles fairly level. The route is undulating: there are no major hills. It is likely to be muddy. The course is suitable for spikes the only tarmac is to cross a couple of roads within the farm. There is no livestock on the farm so you will not be running through herds of cows or chasing sheep. Competitors must not run with a dog.

Junior race all ages	<p>9.50 am U115 and U17, 9:55am U11 and U13. But can all junior runners please be at the start by 9:45am to be briefed on the race. U11 and U13 please stand back from the start line until after the U15/U17 have started.</p> <p>U11 and U13 do one lap of a 1.25 mile lap and U15 and U17 2 laps. The first part of route is the same as the senior route except the start is after the concrete path about 100metre after the senior start. After about 0.75 miles you turn right off the senior route and go down an internal farm road to the finish/start of lap 2. You can run on the grass next to the road if wearing spikes.</p> <p>The short delay to U11/U13 start is to make it clearer as to who is continuing on to a second lap.</p> <p>U11/U13 should have a number with Blue ESSCCL and U15/U17 Red ESSCCL.</p> <p>Junior age categories area as per age at 31 August 2022. Eg if you have turned 13 between 1 September 2022 and the day of the race you will still be in the U13 category.</p>
Entry	<p>On the day. Free for juniors, seniors: £5:00 for affiliated runners, supplement of £2 for non-affiliated runners. Club vests must be worn for runners to count for their team. You may wear a club T shirt if this clearly identifies you to the club. You can wear as many layers as you want underneath. Also Wearing your club vest/T shirt can assist in clearing queries on results if your number is obscured by your arm or another runner in the finish video.</p> <p>NOTE ENTRY TO THE REGISTRATION QUEUE WILL CLOSE 30 MINS BEFORE THE RACE START. This is to ensure there is no delay to the start.</p> <p>If you are pre registered for the full season do not forget your number and remember to keep it at the end. If you have lost your number please obtain a new number from registration. Please make sure you notify your club representative you are running as the 'tick' list is used to validate the results.</p> <p>Juniors who have entered on the day can run on a number issued at an earlier race (but must be the last number issued): Juniors do not need to re-register. Seniors can reuse a number but must re-register.</p>
Race numbers	<p>Please wear your race number on the front of your Vest/T shirt. Photos and camcorder video (also see below) is taken of the finish to assist in resolving queries if your number is not clearly displayed this can delay producing results. If the number is on your shorts or is on a band around your vest these are often not visible</p>
Toilets/shelter:	<p>There are toilets in the car park on the opposite side to the barn.</p>
Refreshments	<p>Cold water available at finish. Tea/Coffee and mince pie or cake for a donation to Alzheimer's Society will be available in the barn after the race.</p>
First Aid	<p>GLS Medical Services will be present at the start finish area</p>

Under UK Athletics Rules

Results/photos

Results and photos for the Senior race will be on league website asap after the race: 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.

UKA Permit:

CC2022/0617

