

EAST SUSSEX SUNDAY CROSS-COUNTRY LEAGUE

Snape Wood, Wadhurst.

Under UK Athletics Rules – Cross Country Permit Number: CC25/1580

(Staged by Wadhurst Runners)

EA Licence Referee – Roger Stone

Sunday 23rd November 2025 – 10:30 Start

Start	<p>Start and finish at the entrance to Snape Wood, Brinker's Lane, Wadhurst. Brinker's Lane is off the B2099 South of Uplands Community College. What three words: tummy.sonic.slyly</p> <p>NO PARKING AT SNAPE WOOD or its ENVIRONS except for Emergency Services, Police and Race Control vehicles.</p>
Directions	<p>From the West: From A257 at Mark Cross take the B2099 to Wadhurst. At cross-roads turn right onto B2099, through Wadhurst Village and Uplands Community School is on the right.</p> <p>From the East: Either from A21 at Lamberhurst turn onto the B2100 to Wadhurst, turn left onto B2099 until Uplands Community School 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.</p> <p>From the North: From A257 at Frant turn left onto B2099 to Wadhurst until Uplands is on the right.</p> <p>From the South: From A21 turn left after the Hurst Green "Fuel Station" onto the B2099 to Ticehurst to Wadhurst and the Uplands Community School is on your left.</p> <p>Sat Nav post code for Uplands Sports Centre is: TN5 6BA.</p>
Car parking	<p>Parking is only allowed in the Uplands Leisure Centre Car Park and surrounding areas where marshals will direct you. Please arrive by 09:00 at the latest to allow time to get to the start and for registration. Allow 30 minutes extra if you have juniors' running.</p> <p>The start is approx 1 mile from the car park via Brinker's Lane or the direct cross country route via Washwell Lane. Both routes will be signposted.</p>
Course	<p>Juniors: Under 11's and under 13's – 1 lap of junior course approx. 1.25 miles Under 15's and under 17's – 2 laps of junior course approx. 2.5 miles</p> <p>Seniors: 2 laps of senior course approx. 5 miles.</p> <p>If wearing spikes be aware there is a gravel path approximately 600 metres which is run twice. Please be mindful of other users of Snape Wood as the Woods are open to the public.</p>
Start time	Juniors: U15 & U17 (09:50) U11 & U13 (09:55) Seniors 10:30
Entry/ registration	<p>Payment for all 6 races in advance £12. Free for juniors. Payment on the day £6 for affiliated runners, supplement of £2 for non-affiliated runners. Remember to bring your race number with you.</p> <p>Registration on the day will close at 09:45 in order not to delay the start of the senior race.</p> <p>Club vests must be worn for runners to count for their team.</p>
Drinks	Cold water available at finish.
Toilets	There will be two portable toilets on site. Other public conveniences are in Wadhurst at the left hand side of the Wadhurst Commemoration Hall.
First Aid	MedXPlus Medical Services will be present.