

# EAST SUSSEX SUNDAY CROSS-COUNTRY LEAGUE

## Seaford Head XC

(Staged by Seaford Striders RC)

Under UK Athletics Rules – permit: CC25/1726

EA Licence Referee – Roger Stone

## Sunday 11th January 2026 – 10:30 Start

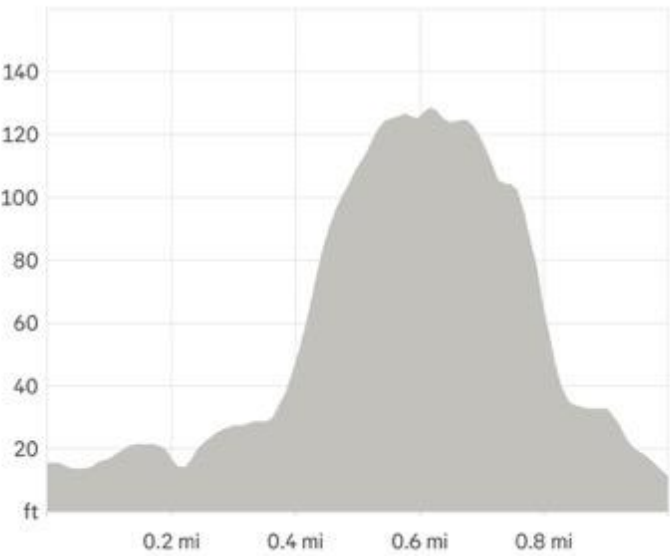
- Start** Martello East Field, The Esplanade, Seaford, BN25 1JH  
Please see the parking map below.
- Directions** From the East, exit the A259 and turn right onto Marine Parade BN25 2QS.  
Follow the road until it turns into The Esplanade BN25 1JH.
- From the West, exit the A259 by taking the first exit at the mini roundabout as you approach the train station onto Dane Road BN25 1DL. The at the end of the road turn left onto the Esplanade BN25 1JH.
- Seaford train station is a 15 minute walk to the start/finish field, follow the same direction as if you were to approach from the West above.
- Car parking** There is ample parking for cars along the entire length of the seafront/Esplanade. But where possible please car share.
- \*For reference it is a 10-15 minute walk if you park adjacent to The Salts Recreation Ground to the start/finish field. (see parking map).
- Footwear** Spikes or trail shoes are recommended.
- Start times** **Juniors:** U15 & U17 09:50, U11 & U13 09:55 **Seniors:** 10:30  
Both junior race briefings at 09:45 Race briefing at 10:25
- Entry/Registration** Registration will be in the start/finish field.
- Payment for all 6 league races in advance £12.00. Please pick up your number from you club representative. This it to be to be used in all races this season.
- Payment on the day £6.00. Non-ESSCCL - affiliated runners aged 17+ years will be charged a supplement of £2 to meet UKA licence regulations. Please bring exact cash, card payment can also be taken on the day.
- Registration on the day will close at 10.00 so as not to delay the start of the senior race.
- Club vests must be worn for runners to count for their team.
- The wearing of headphones, or similar devices, other than those being used following a medical diagnosis supported by a recommendation from a medically qualified professional, is not permitted [Rule TR 56 S3 (3)].
- Please note competitors must NOT attempt to run with their dog/s.
- Drinks** A water station will be available at the start/finish field, as well as a water fountain in the far corner (see start/finish field map).
- Changing & Toilets** There are eight public toilets located 30m away from the edge of the start/finish field that include two accessible toilets (see start/finish field map).
- MedXPlus Medical Services will be present in the start/finish field. De-fibs will be located at the coastguard cottages, in the start/finish field with MedXPlus and besides the toilets on the promenade.
- First Aid**
- The Courses** Please see following pages for course information and notes.

**Junior U11 & U13, 1.08 miles/1.73km, elevation 122 ft**

One anti clockwise lap of the Martello east field. Exit through the gate and right up onto the Esplanade. Keeping left along the gravel path and up Seaford Head. Keep left of the benches onto the grass trail all the way to the marshalled turn around point. The route is the same back, except when you descend Seaford Head keep left of the benches and straight down until you rejoin the gravel path again.



**Elevation**



Elevation Gain

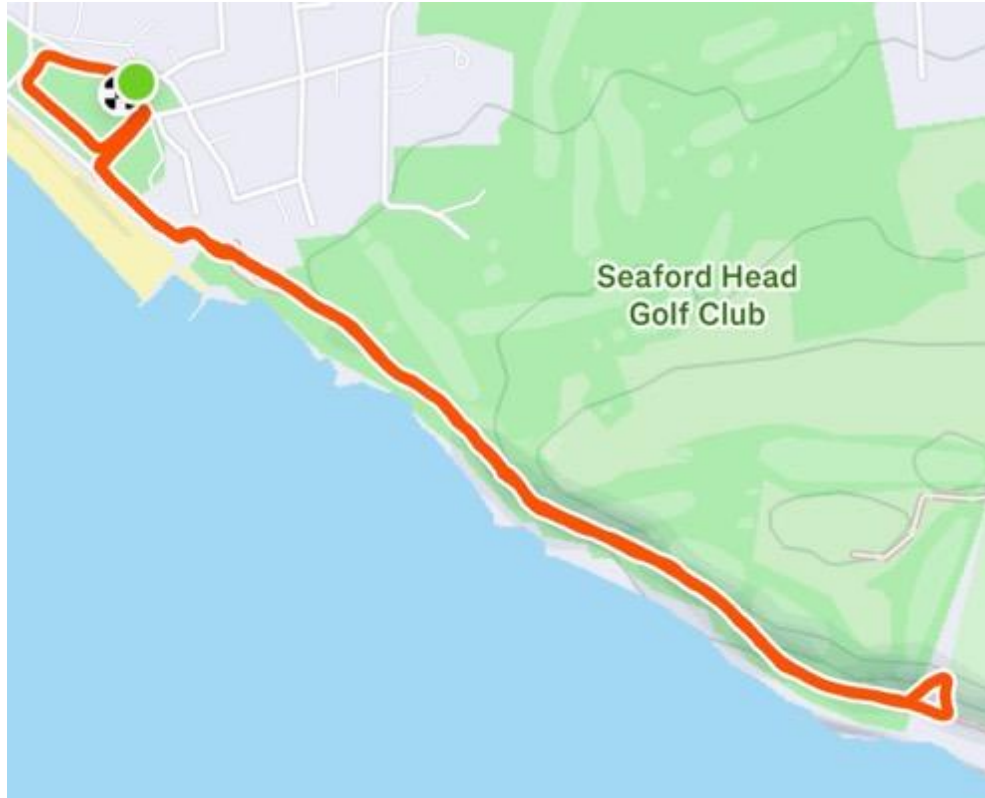
**122 ft**

Max Elevation

**129 ft**

### Junior U15 & U17, 2.22 miles/3.57km, elevation 325 ft

One anti clockwise lap of the Martello east field. Exit through the gate and right up onto the Esplanade. Keeping left along the gravel path and up Seaford Head. Keep left of the benches onto the grass trail all the way to the marshalled turn around point. At the marshalled turn around point, carry on up Seaford Head alongside the golf course until it finishes. There is a small triangular turn around section that is marshalled. The route is the same back, except when you descend the lower section of Seaford Head keep left of the benches and straight down until you rejoin the gravel path again.



#### Elevation



Elevation Gain

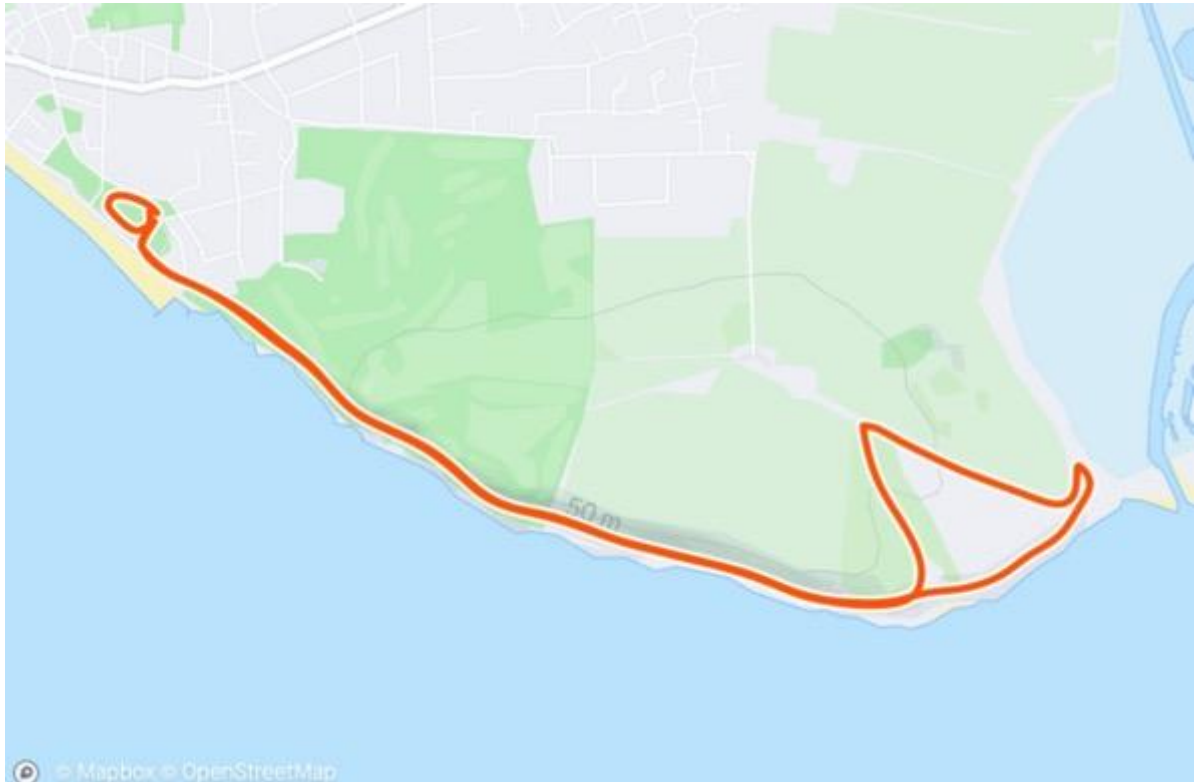
**325 ft**

Max Elevation

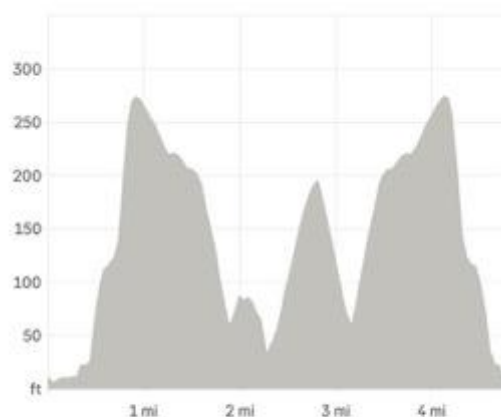
**284 ft**

### Seniors 4.83 miles/7.77km, elevation 660 ft

One anti clockwise lap of the Martello east field. Exit through the gate and right up onto the Esplanade. Keeping left along the gravel path and up Seaford Head. Keep left of the benches onto the grass trail all the way up Seaford Head and alongside the golf course until it finishes. Carry on forward down and back up the hill and along the path until you reach the coastguard cottages. Go down to the very bottom on the hill alongside the cottages and turn left towards the gate following the cut path. Then do a hairpin left turn at the gate back on yourself up the hill onto the gravel path. Follow the gravel path up the hill until the first cattle grid, again do a hairpin left turn back down the grass path. Run all the way down to the bottom and turn left to return to the path you came in on. The route is the same back, except when you descend the lower section of Seaford Head keep left of the benches and straight down until you rejoin the gravel path again.



#### Elevation



Elevation Gain

**660 ft**

Max Elevation

**275 ft**



### Further race notes;

- 1) \*\*As you are running alongside a live golf course, stay vigilant and if there are calls for stray balls with 'Fore' crouch over and protect your heads\*\*
- 2) \*\*As you descend Seaford Head the first third is very steep, **DO NOT** attempt to race this section! Be cautious, slow down and watch your footing as it will be slippery, uneven, rocky and rutted\*\*  
**This section will be marked with tape**

### Parking Map



### Start/finish field map

