EAST SUSSEX SUNDAY CROSS-COUNTRY LEAGUE

Blackcap, Lewes

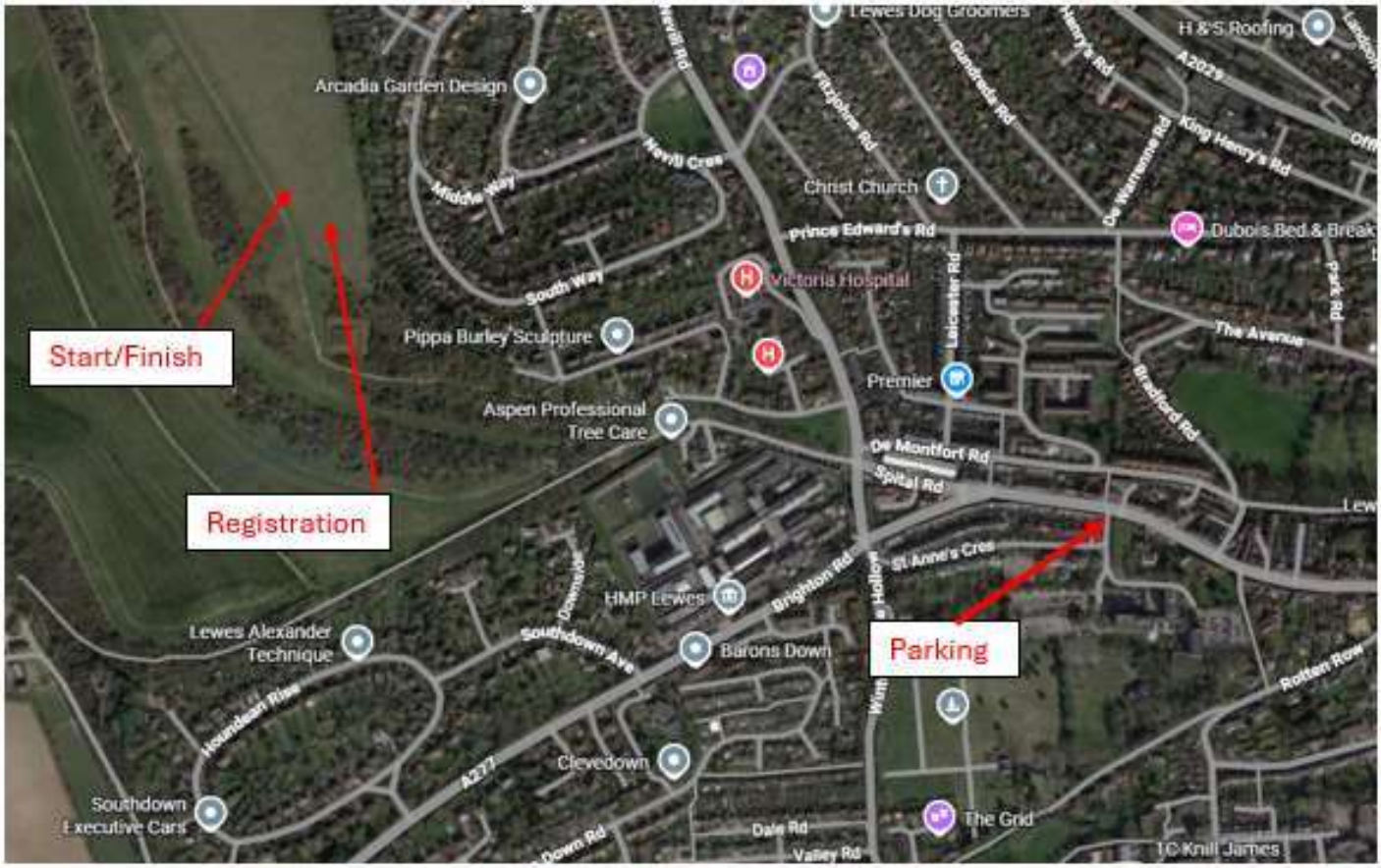
(Staged by Lewes AC)

Under UK Athletics Rules – permit: CC26/ 2034

EA Licence Referee – Peter Masters

Sunday 22nd November 2026 - 10.30 Start

Start	The Meadow (see map) via the Gallops, Lewes BN71LR. STRICTLY NO VEHICLE ACCESS to the start other than MedXPlus Medical Services and official cars.
Car parking	County Hall car park, St Anne's Crescent, Lewes BN7 1UE and surrounding roads. It is a 10 minute walk from County Hall to the start. **Please arrive by 09:15 at the latest to allow time for parking and registration.**
Directions	**From the East and West** exit the A27 at the Kingston roundabout at BN7 3JS, direction Lewes, follow the road into Lewes, cross over the first traffic lights onto Western Road, then turn right at second traffic lights into St Annes's Crescent, continue into County Hall car park. **From the North** come along the A275 into Lewes, turn left at the first traffic lights in town onto Western Road, , then turn right at first traffic lights into St Annes's Crescent, continue into County Hall car park.
Course	Juniors under 10s and 12s: Uphill start from the meadow, one loop. Distance approx. 1.20 Miles (same finish as senior race). Juniors under 14s and 16s: Uphill start from the meadow, 1.5 loops. Distance approx. 2.0 Miles (same finish as senior race). Seniors : Uphill start from the meadow onto the Downs, over Blackcap and down again to finish in the meadow about 400m from the start. Distance about 4.8 miles. **Under 18's- compete in the senior race**
Footwear	Spikes or trail shoes recommended.
Start times	**Juniors:** U14 and U16 (09.50) U11 and U12 (09.55) All should be at the start by 09.45 **Senior:** 10:30 am- Please be at the start line by 10.25
Entry/Registration	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. Registration on the day will close at **09.45** so as not to delay the start of the senior race **Under EA Rules - Headphones (including Shokz) and Earbuds are not allowed to be used during the race.** Club vests must be worn for runners to count for their team.
Drinks	Please bring own drinks as - No water available due to getting it to the Start/finish area.
Changing & Toilets	**Sorry, none available at start due to land owner permission and access.** Nearest public conveniences are at toilets are next to the Black Horse pub BN7 1RS, by the above mentioned traffic lights where you turn off Western Road into St. Anne's Crescent.
First Aid	MedXPlus Medical Services will be present by the start/finish


Start/Finish
Registration
Parking
Arcadia Garden Design
Lewes Dog Groomers
H & S Roofing
Christ Church
Prince Edward's Rd
Dubois Bed & Breakf
Victoria Hospital
Pippa Burley Sculpture
Premier
Aspen Professional Tree Care
De Montfort Rd
Spital Rd
St Anne's Cres
Brighton Rd
HMP Lewes
Lewes Alexander Technique
Southdown Ave
Barons Down
Clevedown
Southdown Executive Cars
A277
The Grid
Dale Rd
Valley Rd
Middle Way
South Way
Nevill Cres
Nevill Rd
Fitzjohns Rd
Gundreda Rd
De Warenne Rd
King Henry's Rd
A2029
Leicester Rd
Bradford Rd
The Avenue
Park Rd
Rotten Row
Houndean Rise
Downside
TC Knill James

