



EAST SUSSEX SUNDAY CROSS-COUNTRY LEAGUE

Snape Wood Cross Country, Wadhurst.

Under UK Athletics Rules – The Cross Country Permit Number: TBA

(Staged by Wadhurst Runners)

SUNDAY 9th October 2016

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. Parking is only allowed in the Uplands Community College Car Park, Wadhurst. The start/finish is 1.2 miles from the car park via the direct cross country route, which will be sign posted</p> <p>Alternatively a limited free Mini Bus will take runners and accompanied persons 1.6 miles by road to the start/finish. NO PARKING AT SNAPE WOOD or its ENVIRONS.</p>
Directions to Car Park	<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 "BP 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 in Uplands Community School where marshals will direct you. Avoid the coach turning circle on the left at the School entrance. The free mini bus(es) will pick up and drop at the entrance to the Snape Wood car park. Please arrive by 09:30 at the latest to allow time for registration and getting to the start. Allow 30minutes extra if you have juniors' running. The free mini bus will have priority for the young and elderly.</p> <p>There is a more direct route on foot. Turn left onto B2099 and left at the White Hart Pub. Keep left down Washwell Lane. Ignore the first left and continue to the stile. Turn left and follow the race arrows across the fields, over a stile, through a 5 bar gate into Snape Wood. After 30 metres turn left in Snape Wood and follow the trail downhill to the start. See map attached to the accompanying email.</p>
Course	<p>Juniors: Under 11's – 500 metres; Under 15's - 2,000 metres; Under 17's – 1 lap of Senior course i.e. 4,000 metres Seniors: 2 full laps i.e. 8,000 metres in total.</p> <p>If wearing spikes there is a gravel path of 400 metres which you run twice. A referee will supervise the race, whose decisions are final. Be aware of other users of Snape Wood as the Woods are open to the public.</p>
Start time	Juniors: 10:30 am Seniors': 11:00 am
Registration:	Registration is only accepted on the day at the race start, so postal and online entries are not applicable.
Race Entry Fee:	<p>Either</p> <ol style="list-style-type: none">1. Juniors of 16 or under are entirely free or2. Seniors (i.e. 17 or over) payment on the day of £3:00 (plus a non affiliation fee of £2 is charged for non affiliated runners which is collected on behalf of the UK Athletics, in accordance with the ECCA Permit rules).3. No further payment if you exercised the pre-payment system of £12.50 for the 6 race series. <p>Club vests must be worn for runners to qualify for their team (does not affect any individual finishes).</p> <p>Please note competitors must NOT attempt to run with dogs!</p>
Drinks	Cold water available at finish
Changing & Toilets	Sorry, none available (nearest public conveniences are at the left hand side of the Wadhurst Commemoration Hall, which is 150 metres approximately away by turning left when exiting the School.
First Aid	St John Ambulance First Aiders will be present at the start/finish