EAST SUSSEX SUNDAY CROSS-COUNTRY LEAGUE (race 3 of 6)

NEWPLACE FARM

SUNDAY 18 DECEMBER 2016

Senior Start	**From car park just past the house to the left of the gravel path**
Senior finish	**On the gravel path next to the start**
Junior start/finish	**Same as senior race**
	THE START IS CLOSE TO THE CAR PARK.
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). There is a link to a map on the events page on the league website www.eastsussexcrosscountry.co.uk
Car parking:	Parking is at Newplace Farm. Please follow marshalls instructions as to parking. Registration is in a barn next to the Car Park. **Please share cars where possible and arrive in plenty of time to park and register.**
	PLEASE NOTE THIS IS PRIVATE PROPERTY SO PLEASE FOLLOW MARSHALLS INSTRUCTIONS AS TO PARKING
Course	Juniors (under 17): U11 and U12, 1 lap 1.20 miles fairly level, U15 and U17 2 laps of 1.2 mile = 2.4 mile in total. Course is likely to be muddy. Part of the course is on concrete path but you can run on the gross to the side of the course if wearing spikes
	Seniors: 1 lap Course. 5 miles 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.
Start time	Juniors 10:30 am Seniors 11:00 am
Entry	On the day. Free for juniors, seniors: £3:00 for affiliated runners, supplement of £2 for non-affiliated runners (including non affiliated juniors). Club vests must be worn for runners to count for their team.
Toilets/shelter:	A barn will be available start and finish, registration is in the barn and bags can be left in barn. There are toilets in farm yard.
Refreshments	Cold water available at finish and also Tea/Coffee and mince pie or cake for donation of £1 to Alzheimer's Society in the barn
First Aid	Red Cross
Results/photos	Results and photos Will be on league website asap after the race: www.eastsussexcrosscountry.co.uk
UKA Permit:	158:16

Under UK Athletics Rules