

EAST SUSSEX SUNDAY CROSS-COUNTRY LEAGUE

Blackcap, Lewes

Under UK Athletics Rules – permit: SEAA/ 208:17

(Staged by Lewes AC)

Sunday 14th January 2018

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| Start | The Gallops, Lewes BN71LR. STRICTLY NO VEHICLE ACCESS to the start other than St John Ambulance 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 9:45 at the latest to allow time for parking and registration. |
| Directions | <p>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.</p> <p>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.</p> |
| Course | <p>Juniors under 11s and 13s: Uphill from the start onto the meadow, one loop. Distance approx. 2.2k (same finish as senior race).</p> <p>Juniors under 15s and 17s: Uphill from the start onto the meadow, two loops. Distance approx. 3.8k (same finish as senior race).</p> <p>Seniors : Downhill from the start, small loop around Sheepecote Green, then back up onto the Downs, over Blackcap and down again to finish in the meadow about 400m from the start. Distance about 8.7k / 5.4m.</p> |
| Footwear | Spikes or trail shoes recommended. |
| Start times | Juniors (both races) 10:00 am Seniors 10:30 am |
| Entry | <p>Payment for all 6 league races in advance £10.00. Please bring your laminated number which is to be used in all races this season.</p> <p>Payment on the day £4.00.</p> <p>Non-ESSCCL-affiliated runners aged 17+ years will be charged a supplement of £2 to meet UKA licence regulations.</p> <p>Club vests must be worn for runners to count for their team.</p> <p>Please note competitors must NOT attempt to run with their dog</p> |
| Drinks | We hope to have cold water available at finish |
| Changing & Toilets | Sorry, none available at start. 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 | St John Ambulance will be present by the start/finish |



Finish Area



Start Area & Registration