

EAST SUSSEX SUNDAY CROSS-COUNTRY LEAGUE

Heathfield Park, Heathfield

(Staged by Heathfield Road Runners)

SUNDAY 18TH February 2018: Juniors 10am, Seniors 10.30am

Start	Start and finish just inside the main entrance to Heathfield Park. Enter through the metal gates (almost opposite the entrance to the Freedom Leisure Centre).
Directions	<p>The address is Heathfield Park, Cade Street, Old Heathfield, TN21 8RJ. The entrance to Heathfield Park is on the small road just off the B2096 Battle Road. The venue is approximately 1.4 miles from Heathfield town centre.</p> <p>From the East: B2096 Battle Road – turn left into road by the Half Moon pub. Follow road and take next right, past Heathfield Community College, after which the entrance to Heathfield Park is 300m on your left.</p> <p>A265 (from Burwash direction) – turn left into Halley Road before you enter Broad Oak village. Follow the road until the junction and turn left onto the B2096 Battle Road. After 0.3 mile turn right at the Half Moon pub. Follow the road and take the next right, past Heathfield Community College, after which the entrance to Heathfield Park is 300m on your left.</p> <p>From the West: A265 – drive through Heathfield and out of the town. Take a right onto the B2096 Battle Road opposite 'Setyres' garage. Follow road for 0.5 miles, turning off to the right towards Old Heathfield and following the stone wall of Heathfield Park. The entrance to Heathfield Park is 100m on your right.</p> <p>Sat Nav post code is TN21 8RJ.</p>
Car parking	<p>PLEASE NOTE THERE IS NO PARKING WITHIN HEATHFIELD PARK, PLEASE TRY AND CAR SHARE AS SPACE IS VERY LIMITED</p> <p>Parking is on the small road immediately outside Heathfield Park, near the Community College, as well as on School Hill, heading towards Old Heathfield and towards the Half Moon pub. It is also possible to park on Halley Road. Please park considerately. There will be allocated spaces in the Freedom Leisure car park and at the secondary school. Please do not park on the B2096 Battle Road.</p> <p>Please arrive by 09:45 at the latest to allow time for registration and getting to the start, earlier if you have Juniors running.</p>
Course	<p>Juniors: Out and back, distance of about 2 miles (start and finish just inside entrance to Heathfield Park). Seniors: 2 full laps (comprising different sections on each). Start & finish just inside entrance to Heathfield Park). Total distance about 5 miles.</p> <p>Please note this race is not suitable for wearing spikes as there are sections of tarmac</p>
Start time	Juniors 10:00 am Seniors 10:30 am
Entry	<p>On the day. Free for juniors, seniors: £4:00 for affiliated runners 17+, supplement of £2 for non-affiliated runners (including non-affiliated juniors) to meet UKA licencing. Club vests must be worn for runners to count for their team.</p> <p>Please note this is a private estate with deer and game birds so please no dogs</p>
Drinks	Cold water and cake available at finish
Toilets/Shelter	With thanks to Freedom Leisure, toilets are available at Heathfield Leisure Centre opposite the Heathfield Park entrance – please use them. There are no changing facilities.
First Aid	First aiders will be present by the start/finish