



## EAST SUSSEX SUNDAY CROSS-COUNTRY LEAGUE

### Snape Wood Cross Country, Wadhurst.

Under UK Athletics Rules – The Cross Country Permit Number: CC2021/0030

(Staged by Wadhurst Runners)

SUNDAY 28<sup>th</sup> November 2021 at 10:00 Juniors and 10:30 Seniors

**Start** 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 Leisure Centre Car Park, Wadhurst and surrounding areas.** There is rebuilding works at Uplands Community College so there is no parking within the school grounds. The start/finish is 1.2 miles from the car park via the direct country road route, which will be marshalled and sign posted.

**CAR SHARING ESSENTIAL, LIMITED PARKING AVAILABLE**

**NO PARKING AT SNAPE WOOD or its ENVIRONS** except for Emergency Services, Police and Race Control vehicles.

**Directions to Car Park** **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.

**From the East:** **Either** from A21 at Lamberhurst turn onto the B2100 to Wadhurst, turn left onto B2099 until Uplands Leisure Centre 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.

**From the North:** From A257 at Frant turn left onto B2099 to Wadhurst until Uplands is on the right.

**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 Centre is on your left.

**Sat Nav** post code for Uplands Sports Centre is: TN5 6BA.

**Car parking** Parking is in the Leisure Centre area where marshals will direct you. **Please arrive by 09:00 at the latest to allow time for registration and getting to the start. Allow 30minutes extra if you have juniors' running.**

**Course**

Juniors:	Under 11	1.00 mile hilly (one short circuit)
	Under 13	1.25 miles hilly (one short circuit)
	Under 15	2.00 miles hilly (two circuits)
	Under 17	2.50 miles hilly (two circuits)

Seniors: 2 full laps i.e. 5 miles.

**If wearing spikes there is a gravel path of 600 metres which you run up and down 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.**

**Start time** NOTE: start times for ESSCCL races for Juniors at 10:00 and Seniors at 10:30 am

**Race Entry Fee:** Juniors free

Seniors £5 for affiliated runners - supplement of £2 for non-affiliated runners. No further payment if you exercised the pre-payment system of £10.00 for the six-race series.

Club vests must be worn for runners to qualify for their team

**Please note competitors must NOT attempt to run with dogs.**

Refreshments	Cold water available at finish. There is also a coffee shop opposite Uplands serving coffees and pastries, open from 8.00am
Toilets	Sorry, none available (nearest public conveniences are at the left hand side of the Wadhurst Commemoration Hall, which is 150 metres approximately by turning left when exiting the College car park
First Aid	St John Ambulance First Aiders will be present at the start/finish
Results	Will be on ESSCC league website and FB ASAP: <a href="http://www.eastsussexcrosscountry.co.uk">www.eastsussexcrosscountry.co.uk</a>