

EAST SUSSEX SUNDAY CROSS COUNTRY LEAGUE

Whitbread Hollow, Eastbourne

(Staged by RunWednesdays under UKA rules – permit: CC2021/0153)

Sunday 6th February 2022

- Start** In Whitbread Hollow, Eastbourne. Access is via a footpath (Foyle Way) from the B2103 (Dukes Drive). Parking is along King Edward's Parade; a RunWednesdays marshal will be at Foyle Way to greet you.
- Directions** From the West (A259): Head towards Eastbourne until you pass through East Dean; shortly after East Dean turn right onto the B2103 (signposted "Seafront, Beachy Head") and continue to follow the B2103 downhill towards the Seafront. At the bottom of the hill on a sharp left-hand turn you will see "The Kiosk" café on your right; that is the entrance to Foyle Way. Parking is available on King Edward's Parade, and is free on Sunday.
- From the East: Come along Eastbourne Seafront, past the Pier and Bandstand and on past The Grand Hotel and Western Lawns. Follow the road (King Edward's Parade) uphill to "The Kiosk" café, which marks the entrance to Foyle Way. Parking is available anywhere on King Edward's Parade, and is free on Sunday.
- From the North (A22/A27): Head into Eastbourne, following "Town Centre" and "Seafront" signs. Once on the Seafront follow instructions as "From the East".
- The best SatNav postcode to use is for St.Bede's prep School – BN20 7XL
- Parking** Parking is free and unrestricted along King Edward's Parade on Sunday at this time of year, from The Western Lawns all the way up to St,Bede's, although I don't recommend trying to park right at the top end as it can get congested. Whitbread Hollow is 500m or so from the Café, so do allow yourself time to walk up the path. As always, car sharing is recommended.
- Course** Juniors: Under 11s and 13s – Threequarter loop of Whitbread Hollow, approx. 2000m; Under 15s and 17s – Full loop of Whitbread Hollow, approx. 3000m.
- Seniors: 1 full lap, rising out of Whitbread Hollow onto Beachy Head, a fast flattish section followed by a STEEP descent back into the Hollow to complete a loop. Approximately 8000m. The route will be staffed by RunWednesdays marshals and marked with yellow direction arrows and small yellow flags.
- All races are suitable for spikes, but the access footpath is concrete and tarmac so you will need appropriate alternative footwear.
- Start Time** Juniors (both races): 10:00 am Seniors: 10:30am
- Entry** If pre-registered please ensure you sign in at registration.
- Payment on the day £5.00
- Non-affiliated runners aged 17+ will be charged a supplement of £2 to meet UKA licence regulations
- Club vests MUST be worn for runners to count for their team.
- Competitors MUST NOT attempt to run with a dog (theirs or anyone else's...)
- Changing and toilets** Nearest public toilets are in The Helen Garden, just before reaching Foyle Way. As we're on the Downs, I'm afraid that's it...

First Aid

First Aid support will be provided

Map

