

# EAST SUSSEX SUNDAY CROSS-COUNTRY LEAGUE

## EridgePark

Under UK Athletics Rules – permit/Licence: CC2024/1308

(Staged by Crowborough Runners)

### SUNDAY 13<sup>th</sup> October 2024

**Senior Start**                      **Eridge Park 51.098664,0.223653**

**Senior finish**                      **Same as Start**

**Junior start/finish**              **As Senior start/finish**

Directions/Car parking: Eridge Park Estate: take the A26 north out of Crowborough. After 4 miles in Eridge Green village, turn right, into Eridge Park Estate and follow car parking marshals' directions.

WARNING If there is significant rain, Eridge Park Estate will insist on parking at Eridge Station car park, a 1.5-mile walk, charges apply.

Course                              Juniors (under 13): 1 lap [one circuit] one mile, mostly flat  
   Juniors (under 17) 2 laps [two circuits] two miles, mostly flat

Seniors: one lap Course. 5.3 hilly miles in total. There will be muddy sections, not suitable for spikes, gravel track in places.

It is all in Eridge Park Estate, half on public footpaths, so please be considerate to other users

Start time                          Juniors              09:50 am                      Seniors 10:30 am

Entry                                  WARNING registration desk will close 9:40 prompt  
   On the day. Free for juniors, seniors: £5:00 for affiliated runners,  
   supplement of £2 for non-affiliated runners.  
   Club vests must be worn for runners to count for their team.

Toilets:                                  Four toilets provided

Drinks                                  Cold water provided at finish

First Aid                              Will be present by the start/finish

Results                              Will be on league website asap: [www.eastsussexcrosscountry.co.uk](http://www.eastsussexcrosscountry.co.uk)

Graham West the results coordinator is away until the 19<sup>th</sup> October

Provisional results will be issued midweek

NO DOGS ALLOWED

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