

HASTINGS RUNNERS
EAST SUSSEX SUNDAY CROSS COUNTRY LEAGUE

Under UK Athletics rules – permit CC25/1843

EA Licence Referee -Roger Stone

Pett Village Hall, TN35 4HB 29th March 2025

Hastings Runners would like to host and invite you to the Pett stage of the East Sussex Sunday Cross Country League.

Directions

The races will take place at Pett Village Hall, Pett (what three words traders.booms.global) at 10.30 am.

From the West: Follow the towards A259 towards Rye. At the White Hart Pub turn right towards Pett Village.

It should be noted that there will be limited car parking at the hall so clubs are urged to tell runners to **car share by meeting near to their starting location**. Please respect village residents when parking in the village. To maximise the space available at the hall vehicles will be parked in such a way that so vehicles may be blocked in.

I cannot over emphasise the need to consider the above and think before coming alone in your car there is a distinct possibility this race will no longer be possible if the parking in the village does continue to cause concern. 4X4 vehicles may be able to park in the field by the hall if conditions allow and marshals can direct you there.

Also please refrain from parking in the Two Sawyers pub car park before the race as it is required for their customers.

Marshals will direct you to a parking space.

START

The senior start_being in French Court driveway which is approx 100m to the east of the village hall off the Pett road (please respect residents gaining access). Senior race finishes in the field adjacent to the village hall.

Both Junior races start & finish in the field adjacent to the village hall

Start times

Seniors 10:30am (pre race briefing 10.25 am)

Junior 9:50 am(Pre race briefing 9.45)

Junior Races of approx 1mile (U11/U13) and 2 mile (U15/U17) with a medal for all competitors.

The junior races are lollipop shape. The (U15/17) do 2 laps of the part of the course in the woods. The beginning of the lap will be marked.

The main event will be a 5 mile (approximately) course across fields and woodland paths. There is approx 400m concrete surface through a farm yard.
Elevation approx 174FT

BE WARNED THOUGH THAT THE COURSE IS EXTREMELY WET AND MUDDY WITH MANY HAZARDS INCLUDING STANDING WATER. Spikes/ trail shoes are recommended for this event.

Entry & registration

Registration closes at 10 am So please allow plenty of time.

Registration will be in the village hall.

Payment on the day £6

Non affiliated runners £8 to meet UKA licence regulation.

Cash only

Club vest must be worn for runners points to count for their club

The wearing of headphones or similar devices other than those being used following a medical diagnosis (supported by a recommendation from a medical professional) is not permitted (ruleTR56S3(3))

Please remember, competitors are not permitted to run with dogs.

It is the responsibility of all pre registered runners to ensure their name is recorded with their club representative before the race starts to ensure inclusion in the results.

Water will be available at the finish.

The season end awards will be presented after the results have been compiled and therefore you are invited to enjoy the refreshments that will be available in the form of tea, coffee and cakes, proceeds going to charity.

Portaloos will be available outside the village hall. We do not have access to the hall toilets this year. You are asked **not to wear any dirty shoes or kit inside the hall.**

First Aid services will be in attendance provided by MedXplus.

Hastings Runners look forward to seeing you and trust you will enjoy the event.

