EAST SUSSEX SUNDAY CROSS-COUNTRY LEAGUE

Abbot's Wood, near Polegate , Hailsham

(Staged by Eastbourne Rovers ACUnder UK Athletics Rules – permit: CC25/1703)

EA Licence Referee- Roger Stone

SUNDAY 13TH December 2026 Senior Race 10.30 am START

Start& location of event

The start is locatedat AbbotsWood :**What 3 Words:Juicy.Tweezers.Liberated**

£1 coin PARKING

We have arranged for parking at **Arlington Stadium**about 1.2 mile walk/warm up jog to ABBOTS WOOD HQ and START. We strongly encourage you to use this car park (capacity over 2000 cars!). (And we've paid £100 to the owners!) The main **GATE1** will be open from 8am . Please drive through the main carpark and head for the overspill carpark which is the closest access point to Abbots Wood.There will be signs guiding you to the course and the start. It may be a little muddy for the first 200 m or so before you get to the main paths. Please wear good walking boots or your trail shoes. Before you know it, you will be walking on the main trail and course towards registration, start and finish area at Abbots Wood Car Park and the loos! Here's the details of the stadium

ARLINGTON STADIUM DETAILS: ARLINGTON ROAD WEST, HAILSHAM, BN27 3RE.

Please avoid Abbots Wood Car Park and please do not park in the surrounding road and access roads. It's been a challenge securing this venue and we may want to use it again, inconsiderate parking (causing complaints) may jeopardise our ability to do so.

PAID Car parking at Abbots

This smaller car park has capacity for 50 cars , but is regularly used by other visitors as well, so will probably be full. We negotiated the race permit on the proviso we would secure additional parking at Arlington Stadium – which we have done. We stated we would restrict use of this car park to volunteers as far as possible and we would have a parking marshal signposting participants to ArlingtonStadium.**CAR SHARING for this car park isthereforeessential.So squeeze in as many people as possible.This is a pay car park £3.50. You'll need Ringo or a credit card – otherwise you'll be fined. Forestry England have also stated that parking on the road is NOT allowed as it has caused safety issues in the past. We therefore strongly recommend you take advantage of the £1 coin parking at Arlington Stadium.**

Arrival

Please arrive at the start by **9:30 am at the latest** to allow time for registration etc. **Earlier, 9am if you have juniors taking part.**

Course

Juniors: Under 10/U12's -Out and back, starting at Abbots Wood, running gently downhill through the wide avenue of trees, until you come to the main stone gravel path where you turn right , straight up the sharp 60 m hill and then continue to the turn around point and return same way you came back to the finish funnel.
Distance: 1.3 miles(see map below)

Under14,U16's – Start gentlydownhill through the wide avenue of trees until you come to the main stone gravel path. Turn right up the 60m hill and follow the arrows to the small Lake LOOPreturning back through Abbots Wood to the Start /Finish Funnel
Distance:2.2 miles (see map below)

Seniors : Starting gentle downhill through wide avenue of trees, this section is leafy and a few muddy puddles down to the main stone gravel path , turning right , up the 60m hill and then follow arrows & marshals to the Smaller Lake, Abbots Wood LOOP ; then , turn left up the same 60m hill to and head for the larger Robin Post Lane Loop (turning right at the junction of the of the smaller lake loop - passing Gate Wood , Nape Wood, Folkington Wood, Robin Wood, Gildredge Wood&Wilmington Wood. Course mainly on stone gravelpath. Suitable for normal trail shoes. Not suitable for spikes. Distance (Just under 5 miles)

Start times

Juniors (both races) U 14/U16 9.50am : U10/U12 9.55am :Seniors10:30 am

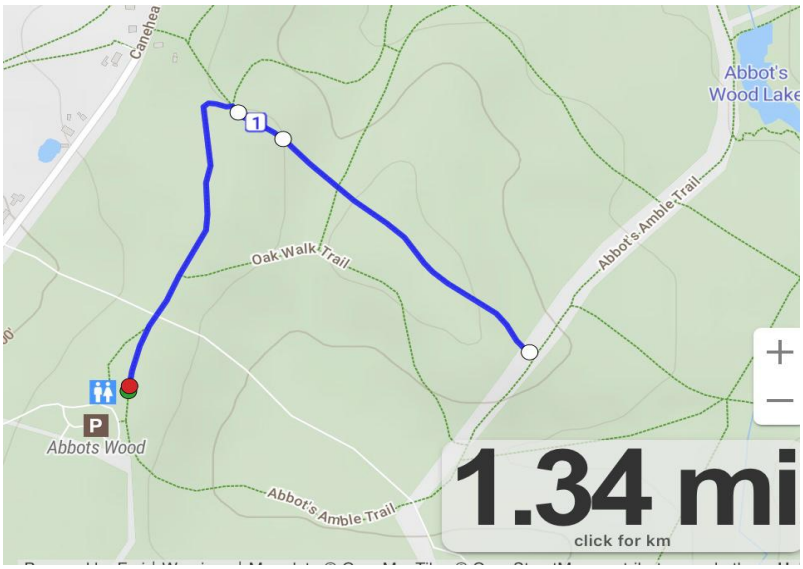
Entry	If pre- registered for all 6 league races please ensure you tick your team sheet. If you have lost your number , you will need to get a new number fromregistration. Payment on the day £6 affiliated £8:00non affiliated..exact cash only Non-affiliated runners aged 17+ years will be charged a supplement of £2 to meet UKA licence regulations. Club vests must be worn for runners to count for their team. Registration on the day will close at 9.40 amin order to keep to the start times
Changing & Toilets	There are basic toilet facilities at Abbots Wood Car Park. In addition, as a condition of the permit we are supplying 2 additional porta loos. For changing we suggest bringing your own shelter and groundsheet.
Water and refreshments	There is no drinking water at this venue. There will be some bottled water available for emergency use. Please bring your own drink, food and refreshments.
First Aid	MedXPlus Medical Serviceswill be present by the start/finish.
Head phones	The UKA permit prohibits the use of allheadphones including bone conductors by runners for health and safety reasons.
Course Maps	Please see below for course maps for senior race and juniors.

Senior Course: Distance 7.6KM



JUNIOR COURSES

<u>Under 10and12</u> Out and back Distance: 1.30 miles : 2.0 km



<u>Under 14/16</u> Distance: 2.2 miles : 3.5km

