



EAST SUSSEX SUNDAY CROSS-COUNTRY
LEAGUE (race 3 of 6)
NEWPLACE PARK
SUNDAY 19 DECEMBER 2021

HOSTED BY UCKFIELD RUNNERS

- Directions The address is Pump Lane, Framfield, Nr Uckfield, East Sussex, TN22 5RH (note you can only access from Pump lane, there is no direct access from B2102). Pump lane is off the B2102 between Blackboys and Framfield (on the right just after Framfield if travelling from Framfield to Blackboys).
- Car parking Parking is at Newplace Park. Please follow marshals instructions as to parking.

CAR SHARE IS CRITICAL. THE CONTINUED USE OF THIS VENUE IS DEPENDENT ON MANAGING THE NUMBER OF CARS AS THERE IS NO LOCAL OFF SITE PARKING

Please share cars where possible and arrive in plenty of time to park and register.

PLEASE NOTE THIS IS PRIVATE PROPERTY SO PLEASE FOLLOW MARSHALS INSTRUCTIONS AS TO PARKING

- Registration and start Registration is in the door to a barn next to the Car Park: you will need to walk to the side of the barn which will be signed. The start for all races is close to the barn. Note due to Covid unlike previous years registration is not inside the barn and people may not gather in the barn either before or after the race.
- Senior race 10.30am. 5 miles. 2 laps each of 2.50 miles fairly level. The route is undulating: there are no major hills. It is likely to be muddy. The course is suitable for spikes the only tarmac is to cross a couple of roads within the farm. There is no livestock on the farm so you will not be running through herds of cows or chasing sheep.

Competitors must not run with a dog.

Junior race all ages	<p>10.00 am. U11 and U13 do one lap of a 1.25 mile lap and U15 and U17 2 laps. Start is the same as the senior route but you will be diverted after about 0.75 miles to go down an internal farm road to the finish. You can run on the grass next to the road if wearing spikes. U15/U17 will start at 10:00am sharp U11/U13 will start at 10:03 but all juniors should be ready at the start no later than 9:55am. The short delay to U11/U13 start is to make it clearer as to who is continuing on to a second lap.</p> <p>U11/U13 should have a number with Blue ESSCCL and U15/U17 Green ESSCCL. Junior age categories area as per age at 31 August 2021. Eg if you have turned 13 between 1 September 2021 and the day of the race you will still be in the U13 category.</p>
Entry	<p>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. You may wear a club T shirt if this clearly identifies you to the club. You can wear as many layers as you want underneath. Wearing your club vest/T shirt can assist in clearing queries on results if your number is obscured by your arm or another runner in the finish video.</p>
Race numbers	<p>Please wear your race number on the front of your Vest/T shirt. Photos and camcorder video (also see below) is taken of the finish to assist in resolving queries if your number is not clearly displayed this can delay producing results. If the number is on your shorts or is on a band around your vest these are often not visible</p>
Toilets/shelter:	<p>There are toilets in the car park on the opposite side to the barn. Unlike in previous years due to Covid the barn will not be open to runners.</p>
Refreshments	<p>Cold water available at finish and also Tea/Coffee and mince pie or cake for a donation to Alzheimer's Society at the entrance to the barn. Due to Covid unlike previous years refreshments will not be served inside the barn.</p>
First Aid	<p>GLS Medical Services</p>
Results/photos	<p>Results and photos for the Senior race will be on league website asap after the race: www.eastsussexcrosscountry.co.uk. We will also camcorder both the junior and senior race to help clear any queries and for the same reason will also take photos of the finish of the Junior race. Both camcorder and photos for the junior race will only be used for the purpose of validating the results, only be seen by people producing the results, will not be made public and will be deleted once the results are finalised.</p>
UKA Permit:	<p>CC2021/0196</p>



Under UK Athletics Rules