



EAST SUSSEX SUNDAYCROSS-COUNTRY LEAGUE

Snape Wood Cross Country, Wadhurst.

Under UK Athletics Rules—The Cross Country Permit Number: CC2023/0827

(Staged by Wadhurst Runners)

SUNDAY 26th November 2023

Start Start and finish near the entrance to Snape Wood, Brinkers Lane, Wadhurst. Brinkers Lane is off the B2099 South of Uplands Community College. **Parking is available in the Uplands Leisure Centre Car Park, Uplands Community College (limited) and surrounding areas.** The start/finish is 1.2 miles from the car park either via Brinkers Lane or Washwell Lane routes, both will be marshalled, and sign posted.

CAR SHARING ESSENTIAL, LIMITED PARKING AVAILABLE

NO PARKING AT SNAPEWOOD or its ENVIRONS except for emergency Services, Police and Race Control vehicles.

Directions to Car Park **From the West:** from A257 at Mark Cross take the B2099 to Wadhurst. At the cross roads turn right onto B2099, through Wadhurst and Uplands Community School is on the right.

From the East: either from A21 at Lamberhurst turn on to the B2100 to Wadhurst, turn left onto B2099 until The Uplands Leisure Centre is on the right, or from the A268 Hawkhurst at Flimwell across A21 to Ticehurst. Turn right at Ticehurst B2099 to Wadhurst and Uplands is on the left.

From the North: From A257 at Frant turn left on to B2099 to Wadhurst until Uplands is on the right.

From the South: From A21 turn left after the Hurst Green “BP Fuel Station” on to the B2099 to Ticehurst to Wadhurst and the Uplands Community Centre is on your left.

SatNav postcode for Uplands Sports Centre is: TN5 6BA.

Car parking Parking is in the Uplands Leisure Centre, Uplands Community College (limited) and surrounding area where Marshals will direct you. **Please arrive by 09:00 at the latest to allow time for registration and getting to the start. Allow 30 minutes extra if you have juniors running.**

To get to Snape Wood, either follow the direct country road route down Brinkers Lane which is signposted and marshalled. Or a more direct route is to go down Washwell Lane (beside the White Hart pub). Follow the Marshals guidance and event arrows across the fields and stiles.

Course 9:50am Juniors under 15 & U17s: Two loops, hilly. Distance approx. 2.2 miles.

9:55am Juniors under 11 & U13s: One loop, hilly. Distance approx. 1.1 miles.

Can all Junior please be at the start for 9:45am

10:30am Seniors: a two lap course with a new start area approx. 200m into the woods. Those of you who know Snape, there are some challenging climbs and descents, and if wearing spikes please be aware there is a gravel path of approx. 400 metres which you run up twice.

The route will be manned by Wadhurst Runners marshals and also clearly marked with direction arrows and other visual aids. Distance approx. 5 miles.

Please be aware of other users of Snape Wood as the Woods are open to the public.

Start time	Juniors: Under 15s & 17s (09:50) - Under 11s & 13s (09:55). Seniors:10:30am
Entry/ Registration	<p>Payment on the day £5 for affiliated runners – supplement of £2 for non-affiliated runners. No further payment if you exercised the pre-payment system of £10 for the six-race series. Pre-registered runners do not need to queue to register. Your Club Rep should hand in a list of all runners at registration.</p> <p>Registration on the day closes at 10:00 in order not to delay the start of the senior race.</p> <p>Club vests must be worn for runners to qualify for their team.</p>
Refreshments	Cold water is available at finish. There is also a coffee shop opposite Uplands serving coffees and pastries (La Petite France), open from 8.00am.
Toilets	Sorry, none available (nearest public conveniences are in Wadhurst at the left hand side of the Commemoration Hall, which is located approx. 150 metres from the Uplands car park when exiting the College car park.
FirstAid	GLS Medical Services will be present at the start/ finish.
Results	<p>Results and photos for the Senior race will be on league website as soon as possible after the race: www.eastsussexcrosscountry.co.uk.</p>

Photos are usually posted to Facebook on the same day. Photos are free to download. We will use the camcorder for 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.