

EAST SUSSEX SUNDAY CROSS-COUNTRY LEAGUE

Eridge Park

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

(Staged by Crowborough Runners)

SUNDAY 13th 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
Graham West the results coordinator is away until the 19 th October	
Provisional results will be issued midweek	

NO DOGS ALLOWED

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