

EAST SUSSEX SUNDAY CROSS-COUNTRY LEAGUE  
(race 3 of 6)  
FIRLE BEACON  
SUNDAY 18<sup>TH</sup> DECEMBER 2011

**NEW COURSE PLEASE READ CAREFULLY**

Senior Start	In the first field immediately South of Blackcap Farm TQ467051.
Senior finish	In the field immediately to the East of the Public Car Park TQ469059
Junior start/finish	In the field immediately to the East of the Public Car Park TQ469059 <b>THE SENIOR START IS ABOUT 8 MINS WALK FROM THE CAR PARK.</b>
Directions/Car parking:	Parking/registration is in the Public Car Park on the South Downs Way about 1 mile to the <b>West</b> of Firle Beacon OS Grid ref: TQ468059. Access is from the A27 only. <b>Please share cars where possible and arrive in plenty of time to park and register. See map. Do not confuse with Bo Peep car park which is east of Firle Beacon.</b> <b>PLEASE DO NOT DRIVE ALONG THE PRIVATE ROAD TO BLACKCAP FARM</b>
Course	Juniors (under 17): 1 lap [out to Firle Beacon and back] 1.8 miles first half mostly up hill second half mostly down hill.  Seniors: 1 lap Course. 4.9 hilly miles in total. It is usually mostly dry and suitable for spikes. Its all on bridleway so please be considerate to other users
Start time	Juniors 10:30 am Seniors 11:00 am
Entry	On the day. Free for juniors, seniors: £3:00 for affiliated runners, supplement of £2 for non- affiliated runners. Club vests must be worn for runners to count for their team.  Please would pre-registered runners sign in at the race HQ in the car park before proceeding to the start
Toilets/shelter:	<b>NONE</b>
Drinks	Cold water available
First Aid	St John Ambulance
Results	Will be on league website asap: <a href="http://www.eastsussexcrosscountry.co.uk">www.eastsussexcrosscountry.co.uk</a>
UKA Permit:	Applied for

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**Under UK Athletics Rules**