

THE OBJECT.

To explore the rolling countryside of North Sussex.

The route is comprised of three loops, based on Forest Row.

The South Loop – the Ashdown Forest – c12 miles.

The North Loop – the Cansiron Loop – c10 miles.

The West Loop – the Rural Loop – c9 miles.

DATE. Sunday 9th September 2018.

VENUE. Forest Row Village Hall, Forrest Row, East Sussex
RH18 5ES GR TQ424351

PARTICIPANTS.

Runners welcome.

ALL participants will undertake the South Loop. Upon completion, within the time limit, participants may undertake EITHER the North Loop OR the North Loop followed by the West Loop. **The choice of loops must be made at the time the event is booked.**

PARKING. There is no parking adjacent to the Hall. Nearby are 2 free public car parks: Lower Rd off Station Rd, RH18 5HE & Hartfield Rd, RH18 5JZ.

REGISTRATION. From 0800 on the day.

START. 0900 for all distances.

FINISH. Overall time limit 11 hours. Certificates will be presented to all entrants who finish within the time limit. A badge will be available

ENTRY FEE. £8 for LDWA members, £10 for non-members for all distances.

ENTRY. On-line entry opens 1st June and closes 7th September.
Entry limit is 100. No entries on the day.

Entrants under the age of 18 must be accompanied by a parent, guardian or other responsible adult at all times. The responsible adult will be asked to sign a form at check-in.

ROUTE DESCRIPTION. Separate route descriptions will be provided for each loop and will be available to be downloaded from this website from mid August. All participants must carry a printed route description.

REFRESHMENTS. A clip point, serving biscuits and water, will be present on each loop. Light food and drinks will be available at the village hall from 1000.
Participants will be expected to carry their own mug.

RESULTS. Results will be posted on the Sussex Group website.

DOGS. Sorry - dogs are NOT permitted on this event.

NON-ONLINE ENTRIES. For non-online entries SAE to David Hodge, 31 Egerton Road, Bexhill-on-Sea, TN39 3HJ or email david@weavingtree.co.uk.
Acknowledgement by Email and route description downloadable unless SAE(s) enclosed. Cheques payable to LDWA Sussex Group. No SEF.