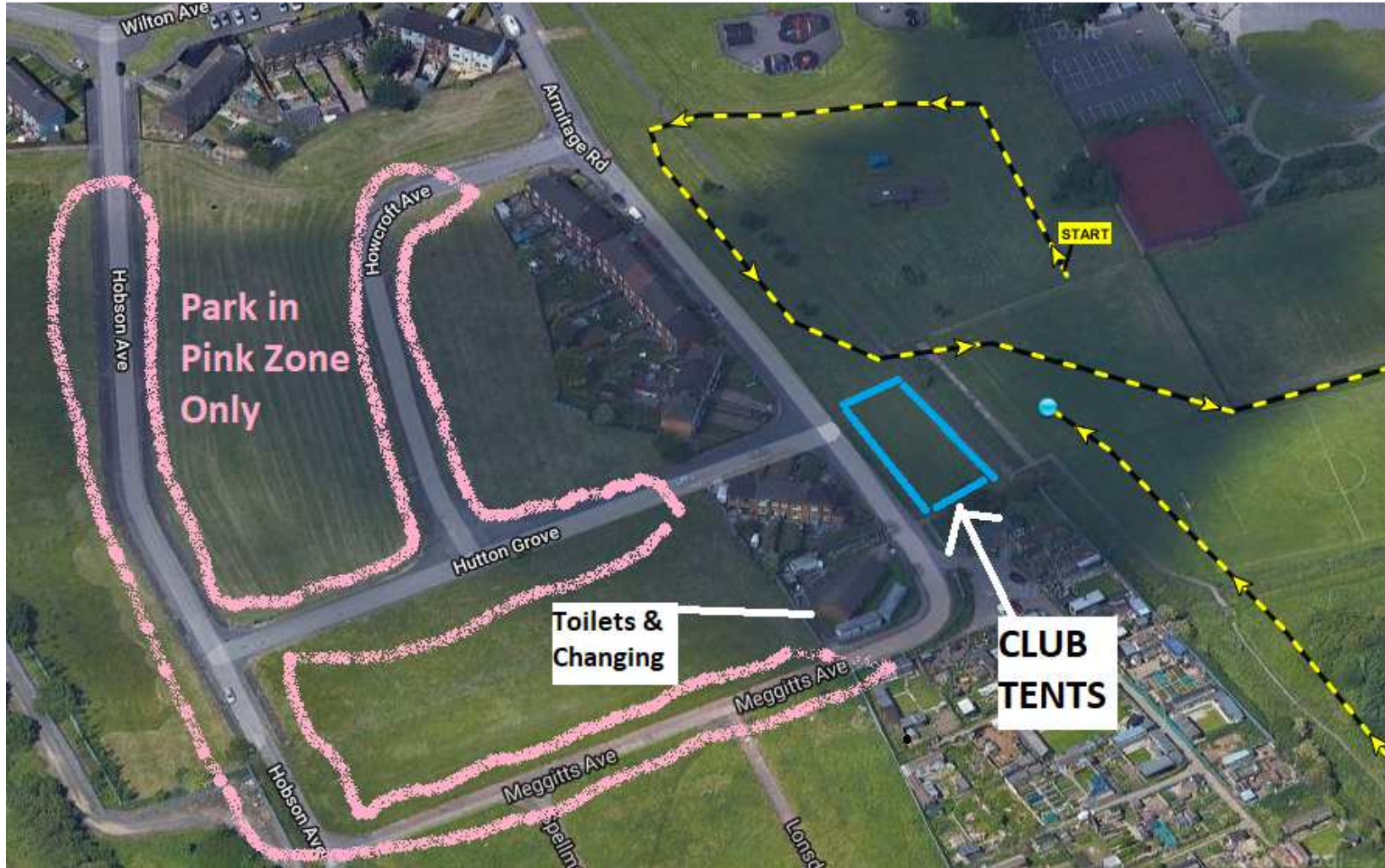


NYSD Cross Country – Fox Rush Farm Community Woodland, Redcar



Access from A1085 Trunk Road at Steel House Roundabout into Dormanstown, take 1<sup>st</sup> right on to The Fleet and then Armitage Road. Park on Howcroft Ave, Hutton Grove and Hobson Ave – ie pink zone on the map. **(Not Armitage Road or Wilton Ave!)**. Refreshments, changing and toilets at Dormanstown Junior FC at the corner of Meggitts Ave and Armitage Road near the club tent area. **POST CODE FOR SAT NAVS = TS10 5PZ**

**NYSD CROSS COUNTRY, 24<sup>th</sup> NOVEMBER 2019**

**FOX RUSH COMMUNITY WOODLAND**

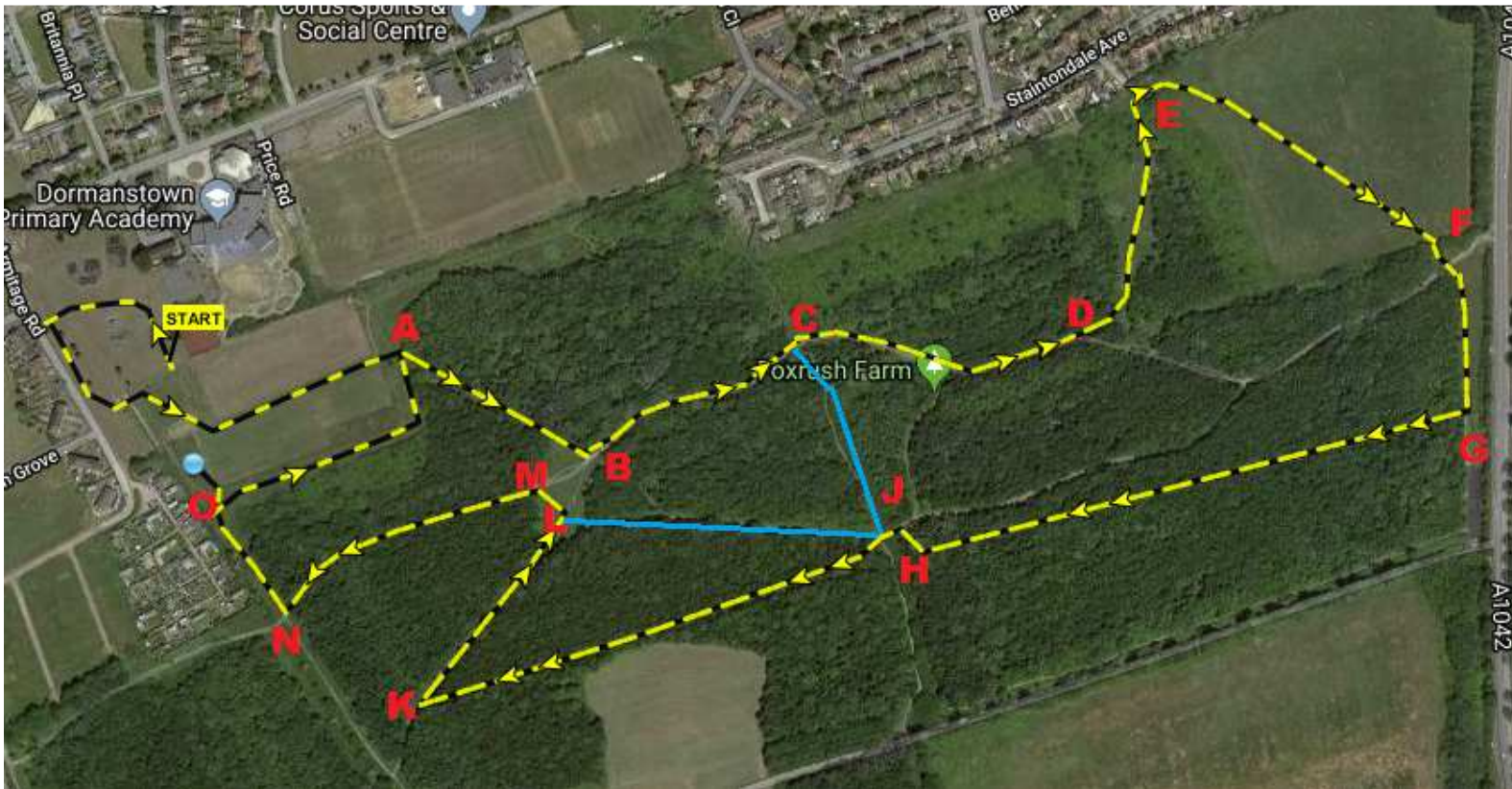
**RACE TIMETABLE**

	<b>UNDER 11'S</b>	<b>-11.00</b>
	<b>UNDER 13'S</b>	<b>-11.10</b>
	<b>UNDER 15'S</b>	<b>-11.20</b>
<b>UNDER 17 &amp; OVER 65 MEN, UNDER 17, SENIOR &amp; VET WOMEN</b>		<b>-11.35</b>
	<b>UNDER 20, SENIOR &amp; VET MEN</b>	<b>-12.15</b>

**SEE BELOW FOR OVERALL MAP AND AGE GROUP MAPS**

**Trail shoes / spikes recommended**

## OVERALL MAP



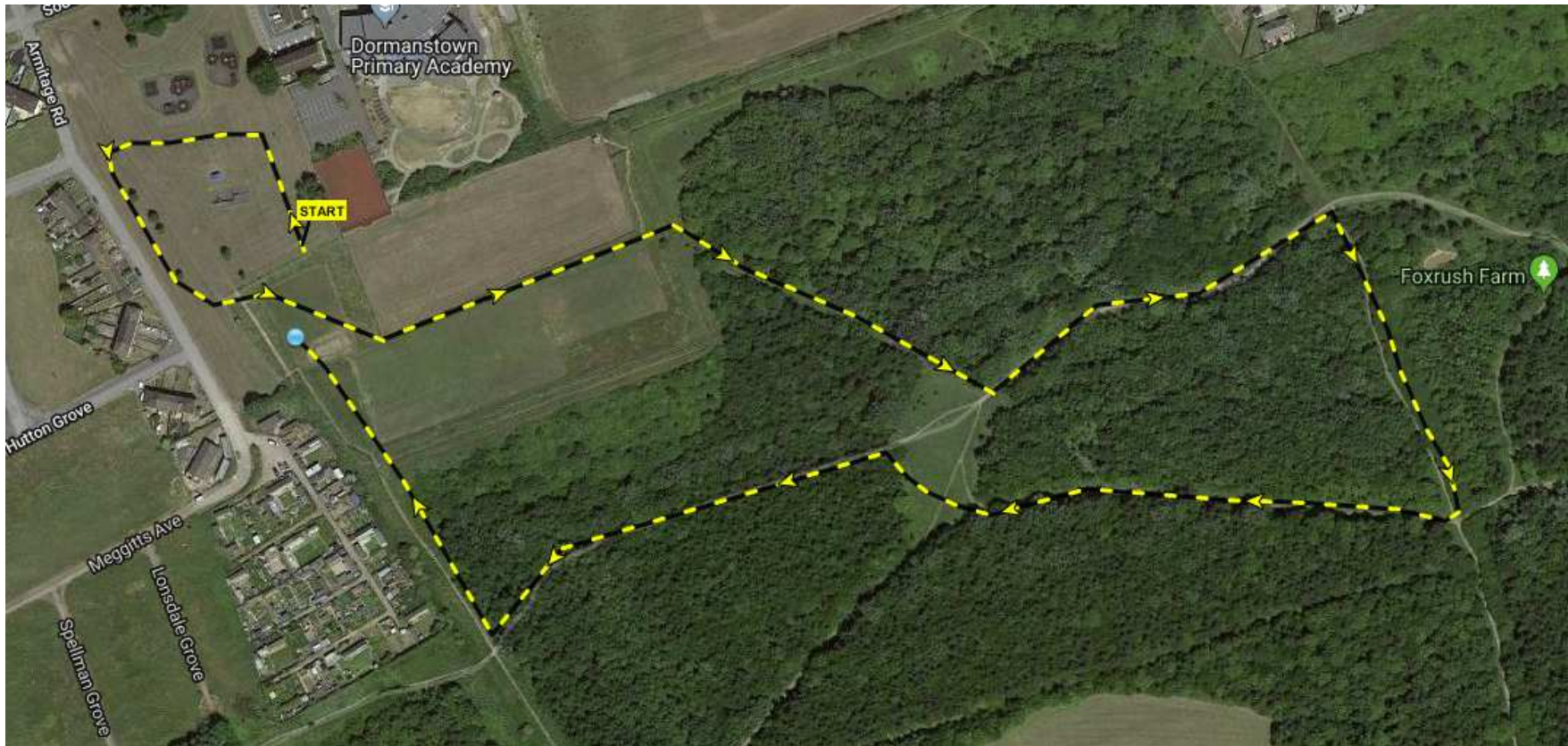
### Key

Large black and yellow = start/finish. Yellow with black dots main course.

Blue C to J AND J to L = under 11 short cut (race 1)

Blue J to L = under 13 short cut (race 2)

## Under 11's route

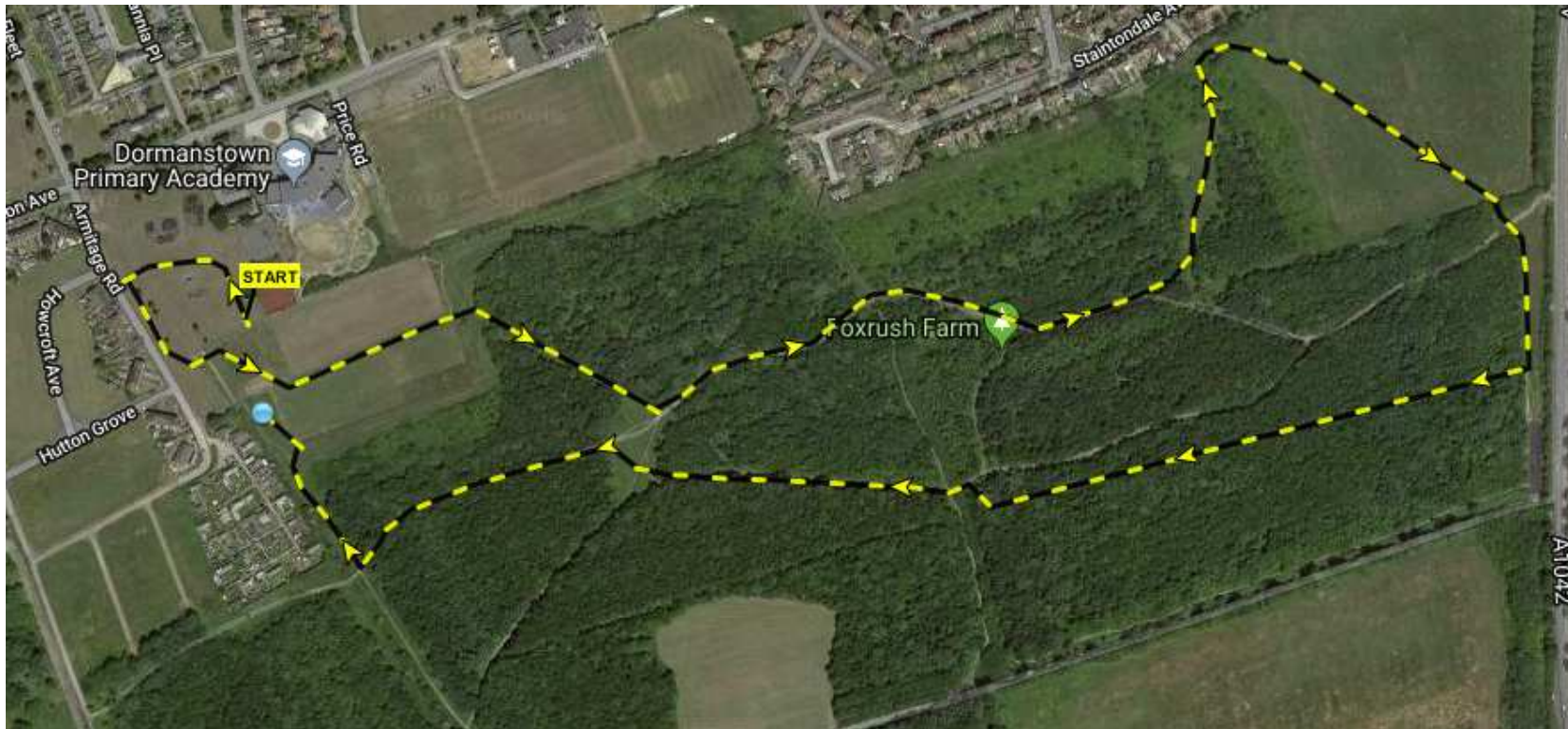


Under 11 Boys & Girls

= 1.6km

11am Start

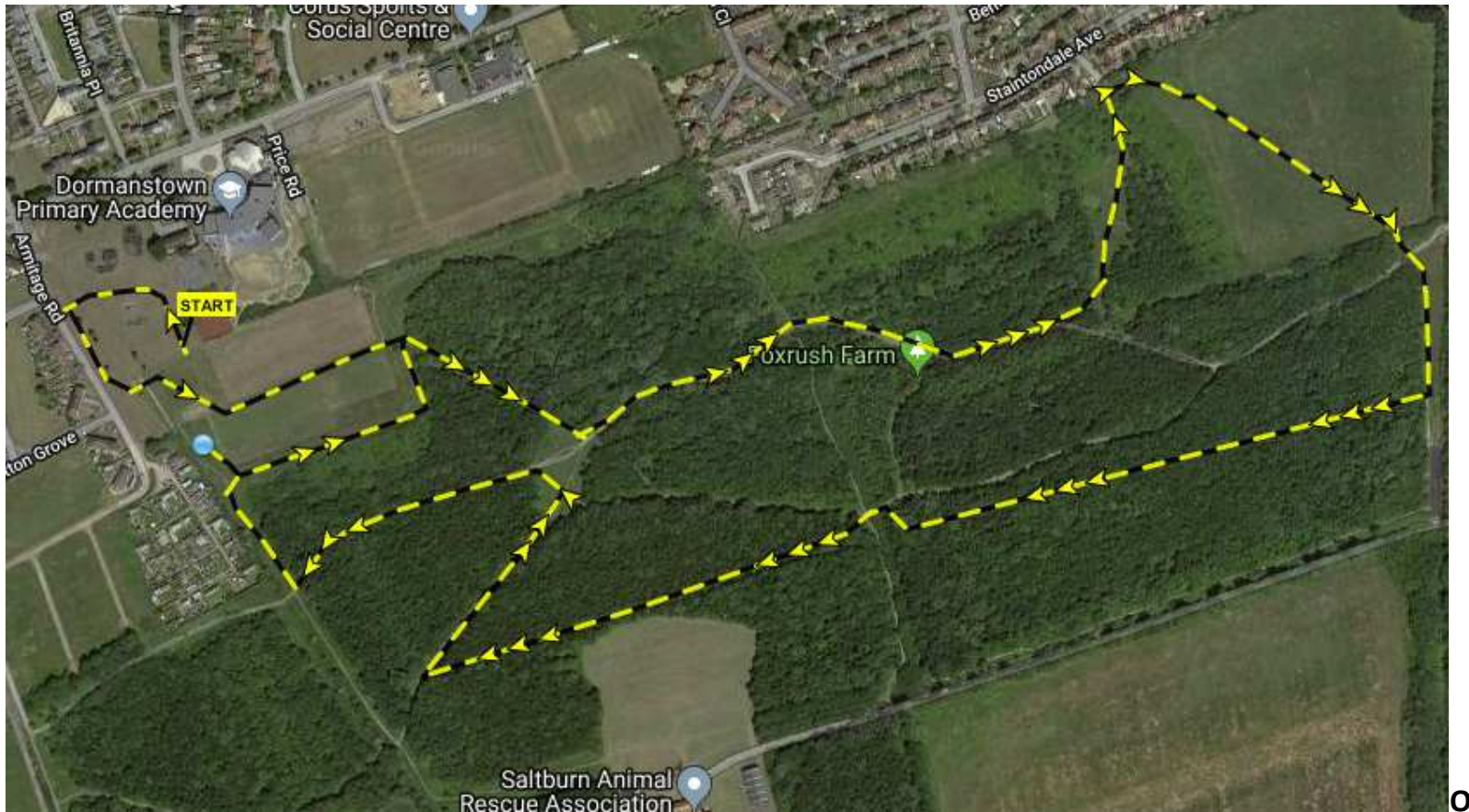
## Under 13's Route



U13 Boys and Girls

= 2.75 km 11.10am Start

## Under 15's, Senior Men's, Senior Women's Route



0

U15 Boys & Girls	= 3.1 km	11.20am Start (1 Lap)
U17/Vet/Sen Women & U17/Vet 65 Men	= 5.8 km	11.35am Start (2 Laps)
U20/Sen/Vet Men	= 8.6 km	12.15pm Start (3 Laps)