



NYSD XC Acklam

PLEASE NOTE THAT DOGS ARE NOT ALLOWED ON THE SCHOOL FIELDS

NYS CROSS COUNTRY
ACORN CENTRE, ACKLAM GRANGE SCHOOL
MIDDLESBROUGH TS5 8QB

SUNDAY 1st October 2023

TIME TABLE

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| 1. UNDER 11 BOYS & GIRLS | 1.25 miles (2000mts) | 11:00AM |
| Start A-B-D-F-G -I+ Finish | | |
| 2. UNDER 13 BOYS & GIRLS | 1.75 miles (2800mts) | 11:10AM |
| Start A-B-D-E-F-G-I + Finish | | |
| 3. UNDER 15 BOYS & GIRLS | 2.25 miles (3600mts) | 11:20AM |
| Start A-B-D-E-F-G-H-I + Finish | | |
| 4. U17/U20/SENIOR/VET LADIES | 6300Mts (3.9 miles) | 11:40AM |
| UNDER 17 MEN & VET MEN OVER 65 | | |
| Start-A-B- C -D-E-F-G-H-I-A-B- C -D-E-F-G-H-I + Finish | | |
| 5. U20/SENIOR/VET MEN | 10000 Mts (6.2 miles) | 12:20PM |
| 1 x Small lap | 3 x Large Laps | |
| Start + A-B--D-E-F-G-I | 3 x A-B-D-E-F-G-H-I + Finish | |

Please note that point **C** is only used for Race 4

Terms of use of the Acorn Centre

There is NO PARKING ON ANY GRASSED AREA in the surrounding areas of The Acorn Centre

No dogs are allowed on the school fields, though they are allowed on the area at the south of the Acorn Centre. This is **only accessible** via A19 which is a 10 minute walk to the course

No smoking on the school fields.

Toilets are only available in the outside Toilet block as there is no access to the Acorn Centre for anyone competing or spectating.

Please note these are the terms of the Acorn Centre and we have no control over them. Middlesbrough Council will be policing each of these points so please can all clubs ensure that everyone in their club competing and those coming to support are aware? Failure to adhere these instructions could lead to us not being able to use this venue in the future.