## NYSD CROSS COUNTRY LEAGUE

NYSD Cross Country, Summerhill, Hartlepool. Sunday 6<sup>th</sup> December 09

On reaching Hartlepool on A689, turn left at third traffic lights into Truro Drive, right at next lights into Catcote Road, Summerhill is 2 miles down the road on the lefthand side. Summerhill is signposted throughout the town. Ample parking on site. Refreshments, Changing & Toilets available in Summerhill Centre

## Race times:

Under 13 Boys	1:00pm	2.8K
Under 13 Girls	1:10pm	2.8K
Under 15 Boys	1:25pm	3.2K
Under 15 Girls	1:35pm	3.2K
Under 20/Sen/Vet	1:50pm	4.6K
Ladies		
Under20/Sen/Vet Men	2:20pm	8.9K
Under17		Under17: 6.1K