

NYSD Cross country Round 5 – Ormesby Hall, Church Lane, Ormesby, Middlesbrough, TS7 9AS

Please use the Church Lane entrance to the Hall NOT the main gate entrance from Ladgate Lane.

Sunday 20th January 2019.

PARKING

PLEASE NOTE PARKING FOR ORMESBY HALL IS LIMITED. (UNDER NO CIRCUMSTANCES IS PARKING PERMITTED ON THE GRASS VERGES OR LAWNS IN FRONT OF THE HALL)

ALTERNATIVE PARKING CAN BE FOUND ON CHURCH LANE WHICH RUNS ADJACENT TO THE GROUNDS OF ORMESBY HALL TS7 9AH.

ALTERNATIVELY STEWARTS PARK TS7 8AR IS NEARBY. TOILETS WILL BE AT THE HALL

PLEASE NOTE

THE COURSE IS MAINLY WOODED PATHS AND GRASS WITH A SMALL SECTION OF TARMAC WITH GRASS VERGES EITHER SIDE.

IN THE WOODS PLEASE BE AWARE OF TREE ROOTS

TIME TABLE

11.00am U11 Boys & Girls 1.2k - 1 small lap

11.15am U13 Boys & Girls 3.3k - 1 small & 1 medium lap

11.35am U15 Boys & Girls 4.2k - 2 medium laps

12.00pm U17, S.Ladies & Over 65 men 5.3k - 1 medium lap & 1 large lap

12.30pm Senior & Vet Men 9.6k - 3 large laps

Small lap A B C D

Medium lap A E B C D

Large lap A E F G H D

