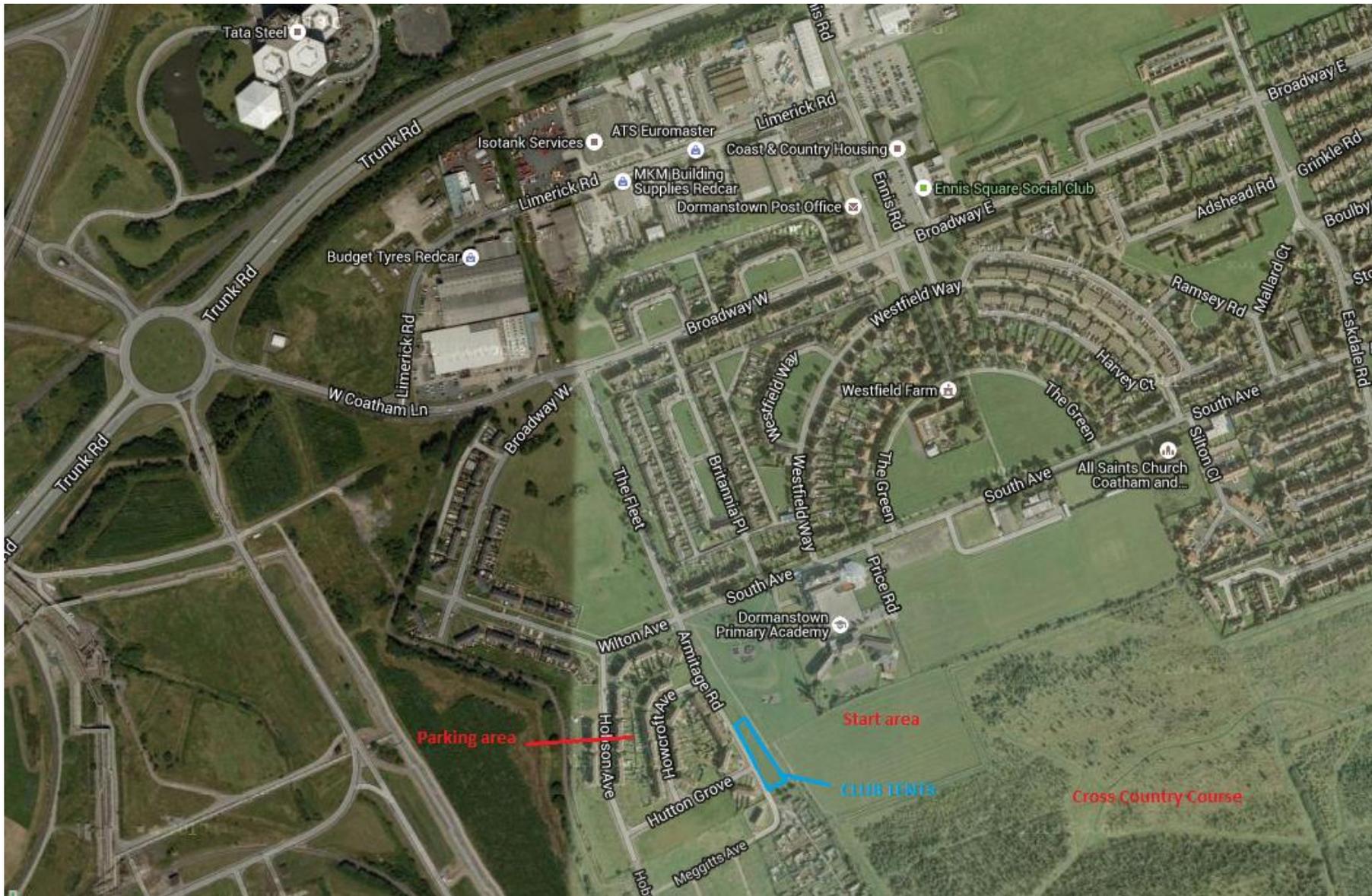


NYSD Cross Country – Fox Rush Farm Community Woodland, Redcar



Access from A1085 Trunk Road at Steel House Roundabout into Dormanstown, take 1st right on to The Fleet and then Armitage Road. Park on Howcroft Ave, Hutton Grove and Hobson Ave (**Not Armitage Road!**). Refreshments 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**

PLEASE NOTE

For those that ran this course last season, please note that for this season the course is significantly different to last season, when large sections were unavailable due to being under vast quantities of rain water.

Except for crossings, only two short sections **H-J** (which has ample grass verge) and **K-L** are on “hard” paths.

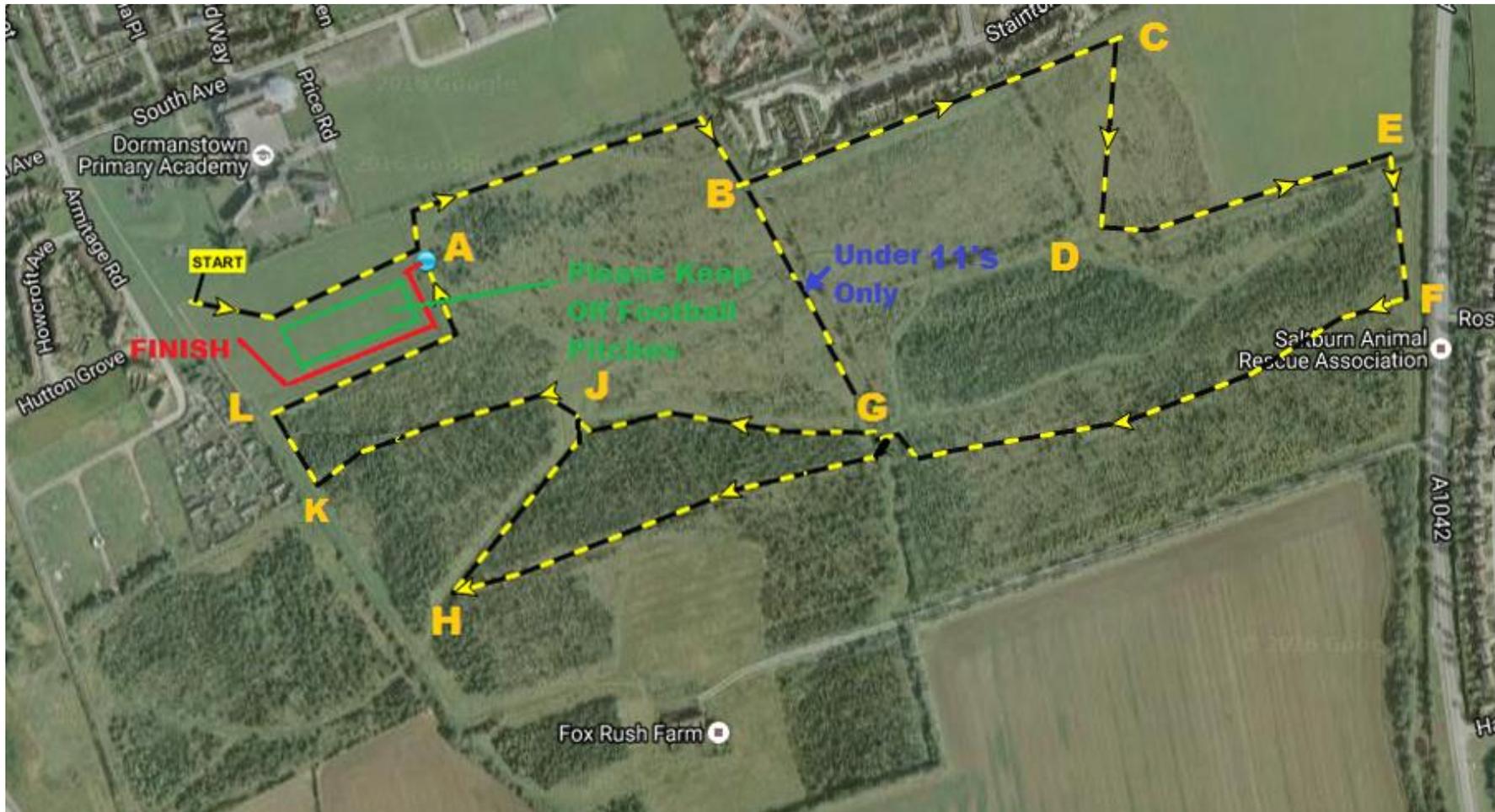
F – H is through woodland path –so be aware of tree roots and stumps, the rest of the route is grass paths of various “textures”.

The drainage ditches around the football field have been dug deeper and wider which has necessitated creating a bridge at point **A** that was not required last season. There is a significant step up at this point as you leave the football field.

Walking the course prior to racing is highly recommended!

PLEASE KEEP OFF THE FOOTBALL PITCHES AT ALL TIMES!

Course Map



Under 11s	Start > A > B > G > J > K > L > A > Finish	= 1.9 km	1pm Start
U13's	Start > A > B>C>D>E>F>G>J>K>L>A > Finish (1 SMALL LAP)	= 2.9 km	Boys & Girls 1.15pm Start
U15's	Start > A >B>C>D>E>F>G>H>J>K>L>A > Finish (1 LARGE LAP)	= 3.4 km	Boys & Girls 1.30pm Start
U17/Vet/Sen Women & U17/Vet 65 Men	Start > (A >B>C>D>E>F>G>H>J>K>L>A) x 2 > Finish (2 LARGE LAPS)	= 6.3 km	1.45pm Start
U20/Sen/Vet Men	Start > (A >B>C>D>E>F>G>H>J>K>L>A) x 3 > Finish (3 LARGE LAPS)	= 9.2 km	2.15pm Start