



## NYSD Cross country Ormesby Hall

Small lap

Start- A B C D- Finish

Large lap

Start-A B C E F G H D- Finish

# NYSD Cross country Ormesby Hall, Church Lane, Ormesby, Middlesbrough, TS7 9AS

## Sunday 15th January 2023.

### PARKING

USE THE MAIN ENTRANCE FROM LADGATE LANE FOR THE HALL CARPARK, UNDER NO CIRCUMSTANCES IS PARKING PERMITTED ON THE GRASS VERGES IN THE GROUNDS OR LAWNS IN FRONT OF THE HALL

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

TOILETS WILL BE AT THE HALL, **THE CAFE WILL NOT BE OPEN**

### PLEASE NOTE

THE COURSE IS MAINLY WOODED PATHS AND GRASS.

IN THE WOODS PLEASE BE AWARE OF TREE ROOTS

### TIME TABLE

11.00am U11 Boys & Girls 1.6k - 1 small lap, Start-A B C D-Finish

11.15am U13 Boys & Girls 3.0k - 2 small, Start-A B C D **A B C D**-Finish

11.35am U15 Boys & Girls 3.4k - 1 large lap, Start-A B C E F G H D-Finish

12.00pm U17, S.Ladies & Over 65 men 6.2k - 2 large laps, Start-A B C E F G H D **A B C E F G H D**- Finish

12.40pm Senior & Vet Men 9.6k - 3 large laps, Start-A B C E F G H D **A B C E F G H D A B C E F G H D**-  
Finish