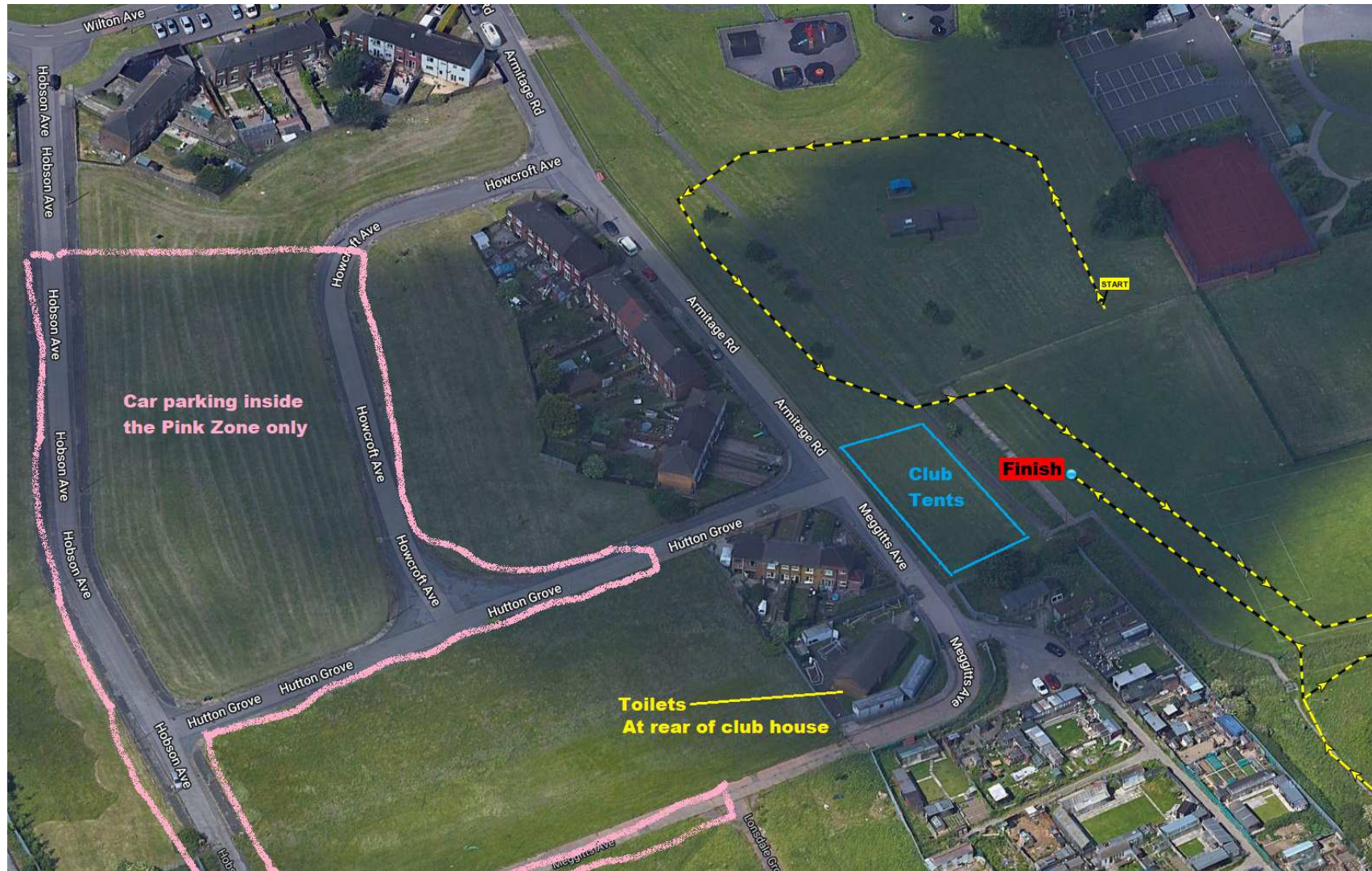


NYSD Cross Country – Fox Rush Farm Community Woodland, Redcar



Access from A1085 Trunk Road at TEESWORKS Roundabout into Dormanstown, take 1st right on to The Fleet and then Armitage Road. Park on Howcroft Ave, Hutton Grove and Hobson Ave – ie pink zone on the map. **(Not Armitage Road or Wilton Ave!)**. Refreshments (**Contactless Payments Only**) and toilets at Dormanstown Junior FC at the corner of Meggitts Ave and Armitage Road near the club tent area. **FOR SAT NAVS = TS10 5PZ, What3words ///jaws.faces.means**

NYSD CROSS COUNTRY, 5th NOVEMBER 2023

FOX RUSH COMMUNITY WOODLAND

NO DOGS ALLOWED IN START-FINISH AREA

(ie Any area where children a likely to play games)

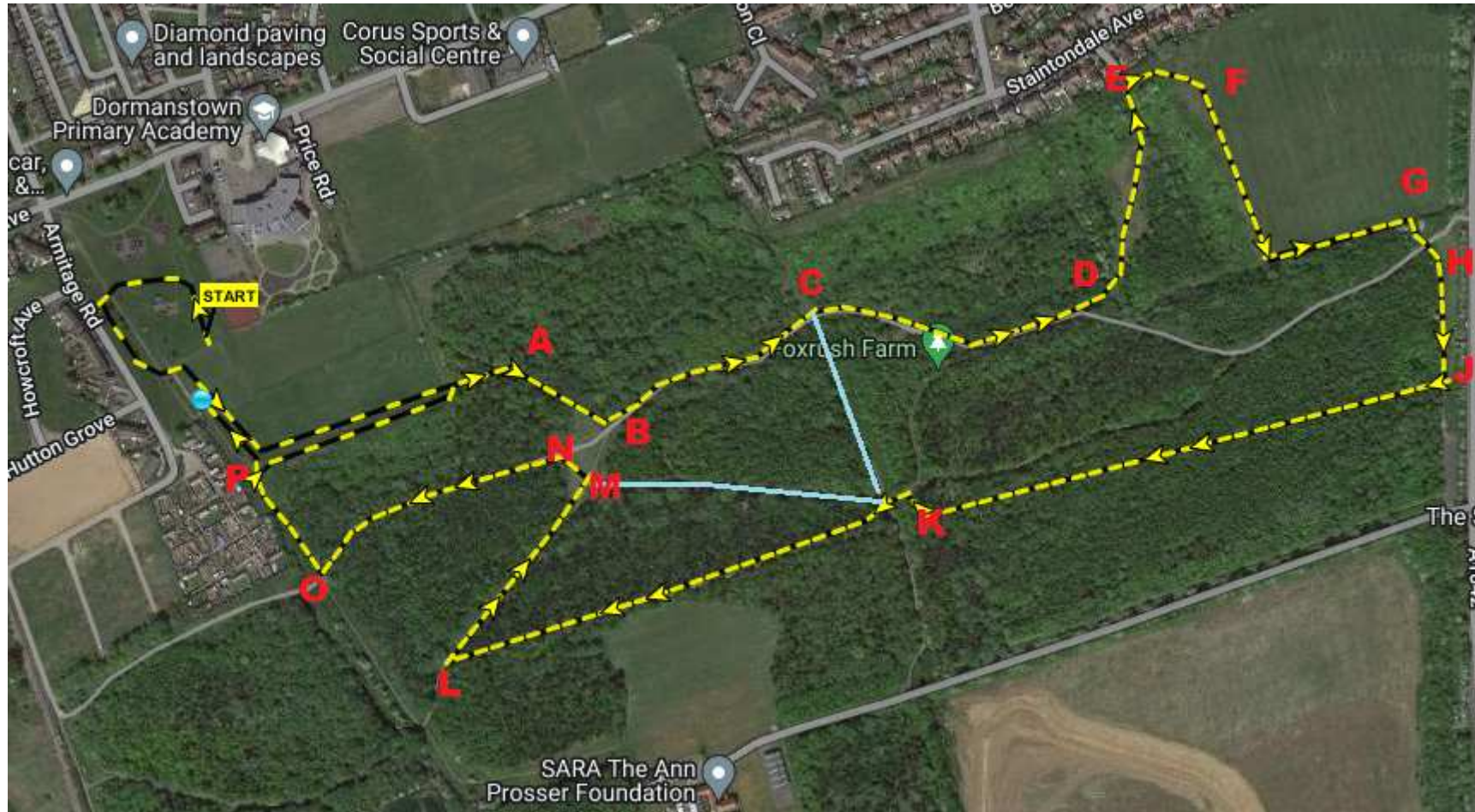
RACE TIMETABLE

	UNDER 11'S	-11.00
	UNDER 13'S	-11.10
	UNDER 15'S	-11.20
UNDER 17 & OVER 65 MEN, UNDER 17, SENIOR & VET WOMEN		-11.35
	UNDER 20, SENIOR & VET MEN	-12.15

SEE BELOW FOR OVERALL MAP AND AGE GROUP MAPS

Trail shoes / spikes recommended

OVERALL MAP



Key

Large black and yellow = start/finish. Yellow with black dots main course.

Blue C to K = under 11 short cut (race 1)

Blue K to M = under 13 short cut (race 2)

Under 11's route



Under 11 Boys & Girls

= 2km

11am Start

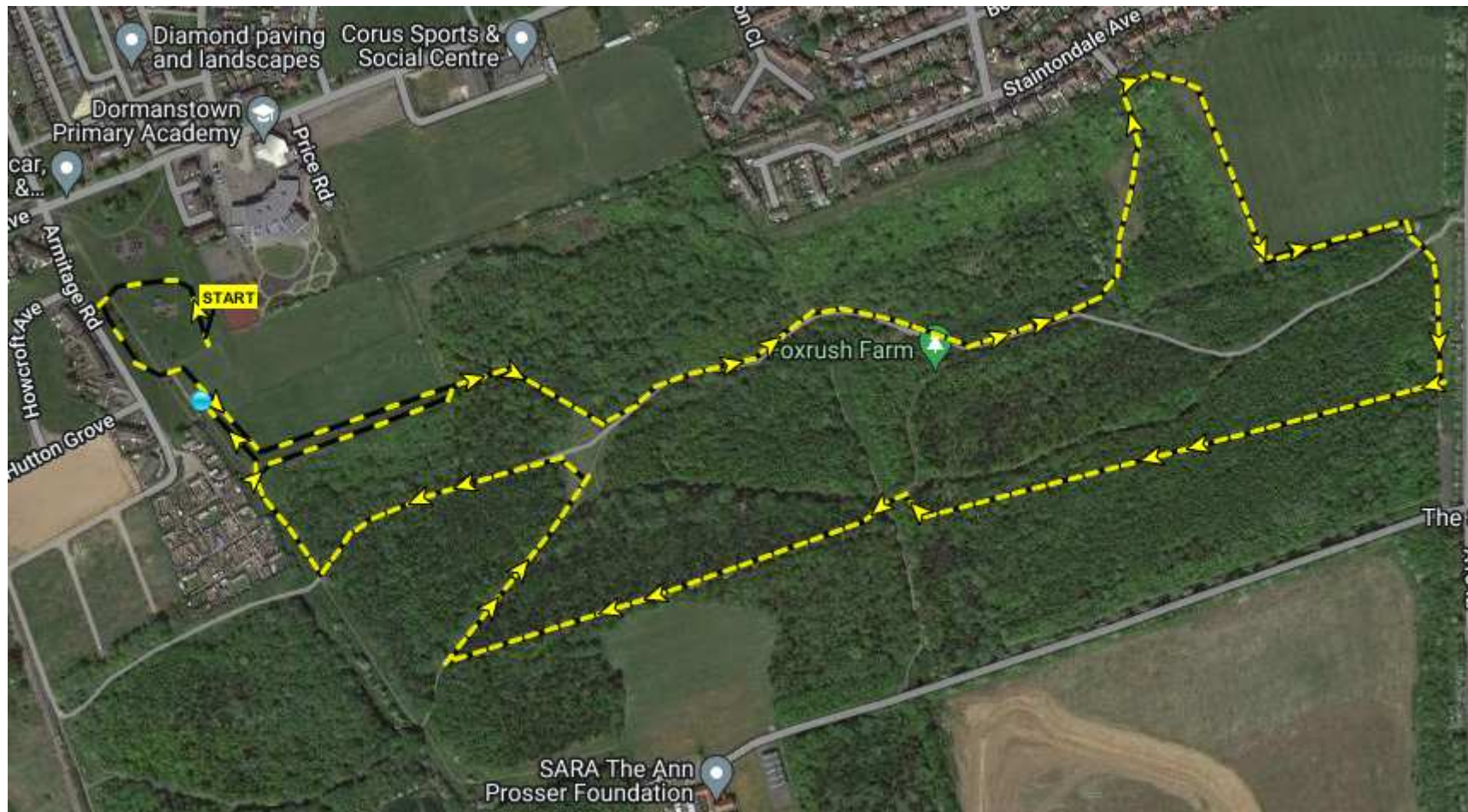
Under 13's Route



U13 Boys and Girls

= 2.8 km 11.10am Start

Under 15's, Senior Men's, Senior Women's Route



U15 Boys & Girls	= 3.2 km	11.20am Start (1 Lap)
U17/Vet/Sen Women & U17/Vet 65 Men	= 5.8 km	11.35am Start (2 Laps)
U20/Sen/Vet Men	= 8.6 km	12.15pm Start (3 Laps)