



## **NYSD League - Round 2 at the McCain Sports Ground, Cayton, Scarborough**

### **Location**

The ground is situated a half mile from the centre of Cayton village, which is on the B1261, (Filey Road). From the centre of the village, take the unclassified road starting at the Blacksmiths Arms, Church Lane. The entrance to the ground is at the foot of a hill where Church Lane becomes Osgodby Lane. For Sat Nav users, the Post Code is YO11 3QE \*

Cayton can best be reached from the North and East via the A170 which runs from Thirsk to Scarborough. **Turn off the A170** at the village of Ayton, 5 miles from Scarborough, onto the B1261 for another 5 miles to Cayton.

If using the A171 route from Middleborough area, I suggest you take the A169 towards Pickering, avoiding Pickering town centre by branching off towards Thornton le Dale to join the A170 there.

If travelling south on the A19, the A170 can be joined at Thirsk

If travelling eastbound on the A64, the B1261 can be joined at Eastfield, 3 miles from Scarborough – roundabout adjacent to a McDonalds and the main offices of Skipton Building Society.

\* If anyone travels via Scarborough town centre, they should be aware that there is now a bypass at Osgodby and Sat Navs might get confused!

### **Course**

See the map. One full lap = 2 kilometres.

The sports ground is situated at the foot of a hill, and the course area to the left is on a slope, albeit not a very demanding one. Similarly, there is a short hill at the top right area. We were intending to have a more demanding course elsewhere, but failed to secure the use of facilities for the date of this meeting. However, the venue is in a pleasant location and came at the ideal cost to the league of £0! I hope everyone enjoys the first NYSD fixture hosted by Scarborough AC.

### **Time Table and courses.**

12.40. Non scoring race for Under 11s. Half a main lap with a 'Hare'

13 00. Under 13 Boys. 1 lap plus finish

13.15. Under 13 Girls. 1 lap plus finish

13.30. Under 15 Boys. 2 laps plus finish

13.40. Under 15 Girls. 2 Laps plus finish

14.05. Inter/Snr/Vet women. 3 laps plus finish

14.40.\* Under 17 men. 3 laps plus finish

“ Jnr/Snr/Vet men. 4 laps plus finish

\* 10 minutes added to the timings used at Croft for the final race, as the course is similar and 25 minutes was clearly not sufficiently long enough to avoid senior men'mixing' with those at the back of the previous race on their opening lap, even after a delayed start..

### **General**

Toilet facilities are available in the club building at all times, but changing facilities will not be available until 12.30.

Refreshments will be available via a mobile catering van