

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 15<sup>th</sup> January 2017.

#### 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

1.00pm U11 Boys & Girls 1.2k - 1 small lap

1.15pm U13 Boys & Girls 3.3k - 1 small & 1 medium lap

1.35pm U15 Boys & Girls 4.2k - 2 medium laps

2.00pm U17, S.Ladies & Over 65 men 5.3k - 1 medium lap & 1 large lap

2.30pm 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



