

North Eastern Counties Cross Country Championship, Redcar Racecourse, 9th December 2017

The whole event is based on the inside of the actual race course – **please DO NOT attempt to enter/cross the actual horse race track.**

The running route essentially an out and back loop either side of the service track that runs parallel to the horse race track.

The basic lap is approx 4km, shorter laps are created by insertion of “U” turns where and when required as indicated. Controlled access to the START is via the crossing point –

Please do not warm up on the course. Other races will be in progress! Use the cinder track or other grass areas



| Start Time | Age Group | Laps | Team Presentation Time |
|------------|--------------|--|------------------------|
| 10.35 | U11 Boys | Start to U turn back to finish= 1.5k | N/A |
| 10.40 | U11 Girls | | N/A |
| 11:00 | U13 Boys | Start to U turn back to finish = 3k | 11:40 |
| 11:15 | U13 Girls | | 11:55 |
| 11:30 | U15 Boys | Start to Finish = 1 full lap = 4k | 12:10 |
| 11:40 | U15 Girls | | 12:25 |
| 12:00 | U17/U20Women | Start to U turn and back for short lap, then 1 full lap = 6k | 12:50 |
| 12:25 | U20 Men | 2 Full Laps then to finish | 1:45 |

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|------|--------------|--|------|
| 1:00 | Senior Men | 3 Full Laps then to finish | 2:30 |
| 1:55 | Senior Women | 2 Full Laps then to finish | 2:45 |
| 2:30 | U17 Men | Start to U turn and back for short lap, then 1 full lap = 6k | asap |