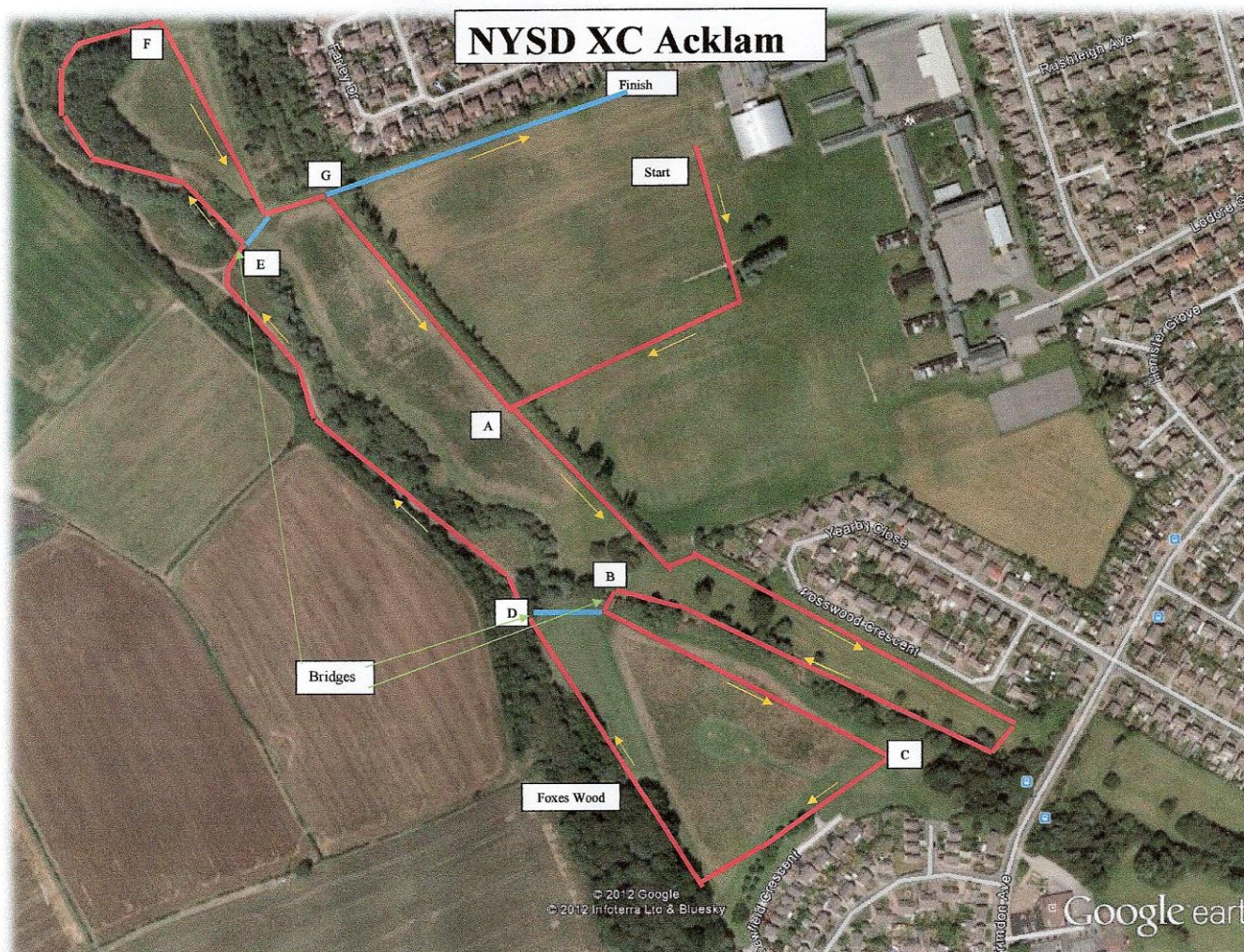


NYS CROSS COUNTRY
ACORN CENTRE, ACKLAM GRANGE SCHOOL
MIDDLESBROUGH TS5 8QB

SUNDAY 6th OCTOBER 2019



**PLEASE NOTE THAT DOGS
ARE NOT ALLOWED ON THE SCHOOL FIELDS**

TIME TABLE

UNDER 11 BOYS & GIRLS Start A-B-D-E-G + Finish	1.25 miles (2000mts)	11:00AM
UNDER 13 BOYS & GIRLS Start A-B-C-D-E-G + Finish	1.75 miles (2800mts)	11:10AM
UNDER 15 BOYS & GIRLS Start A-B-C-D-E-F-G + Finish	2.25 miles (3600mts)	11:20AM
U17/U20/SENIOR/VET LADIES UNDER 17 MEN & VET MEN OVER 65 Start-A-B-C-D-E-F-G-A-B-C-D-E-F-G + Finish	5800Mts (3.5 miles)	11:40AM
U20/SENIOR/VET MEN 1 x Small lap Start + A-B-C-D-E-G	10000 Mts (6.2 miles) 3 x Large Laps 3 x A-B-C-D-E-F-G + Finish	12:20PM

Terms of use of the Acorn Centre

1. There is NO PARKING ON ANY GRASSED AREA in the surrounding areas of The Acorn Centre
2. No dogs are allowed on the school fields, though they are allowed on the area at the south of The Acorn Centre. This is **only accessible** via A19 which is a 10 minute walk to the course
3. No smoking on the school fields.
4. Toilets are only available in the outside Toilet block as there is no access to the Acorn Centre for anyone competing or spectating.

Please note these are the terms of the Acorn Centre and we have no control over them. Middlesbrough Council will be policing each of these points so please can all clubs ensure that everyone in their club competing and those coming to support are aware? Failure to adhere these instructions could lead to us not being able to use this venue in the future.