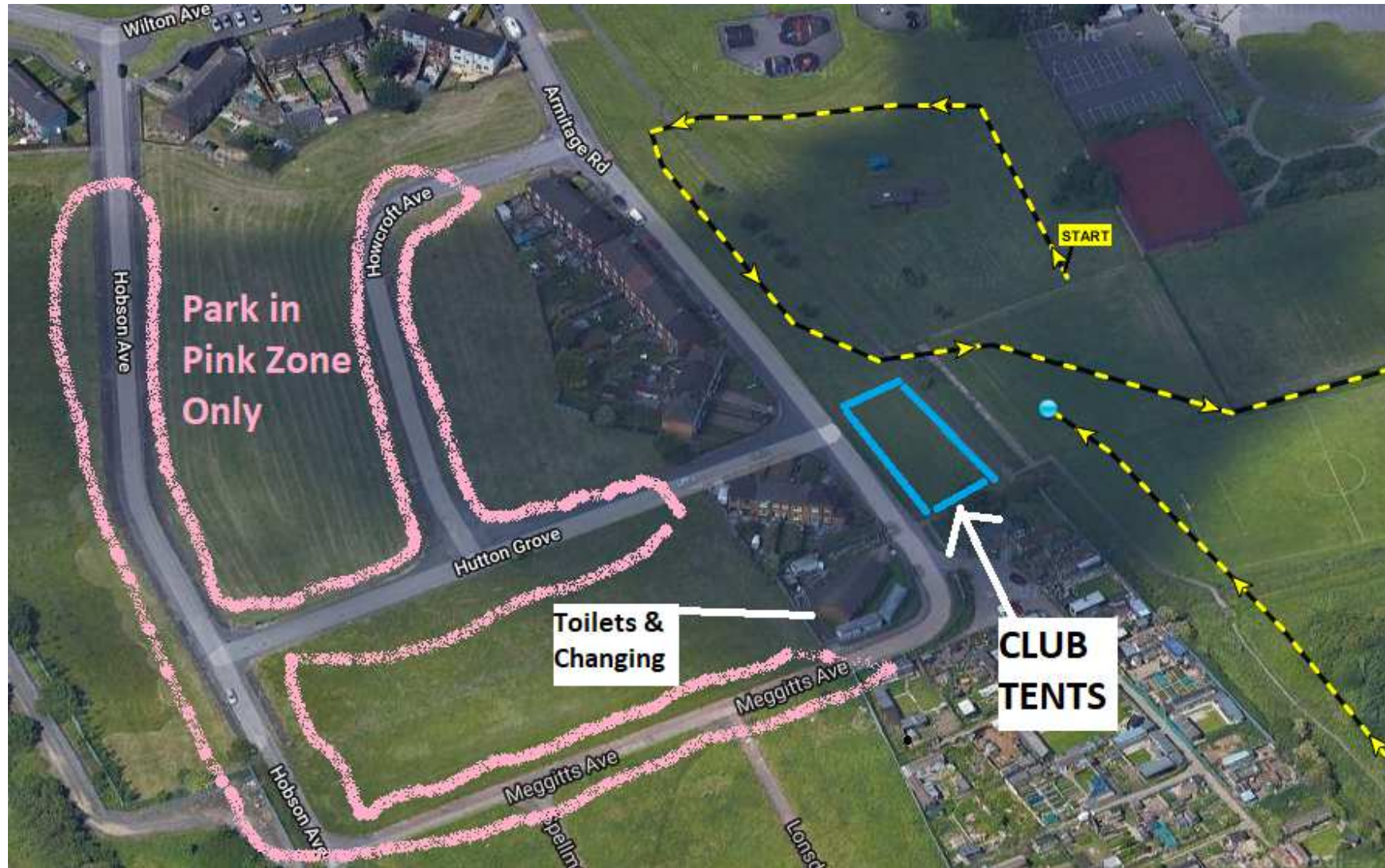


## NYSD Cross Country – Fox Rush Farm Community Woodland, Redcar



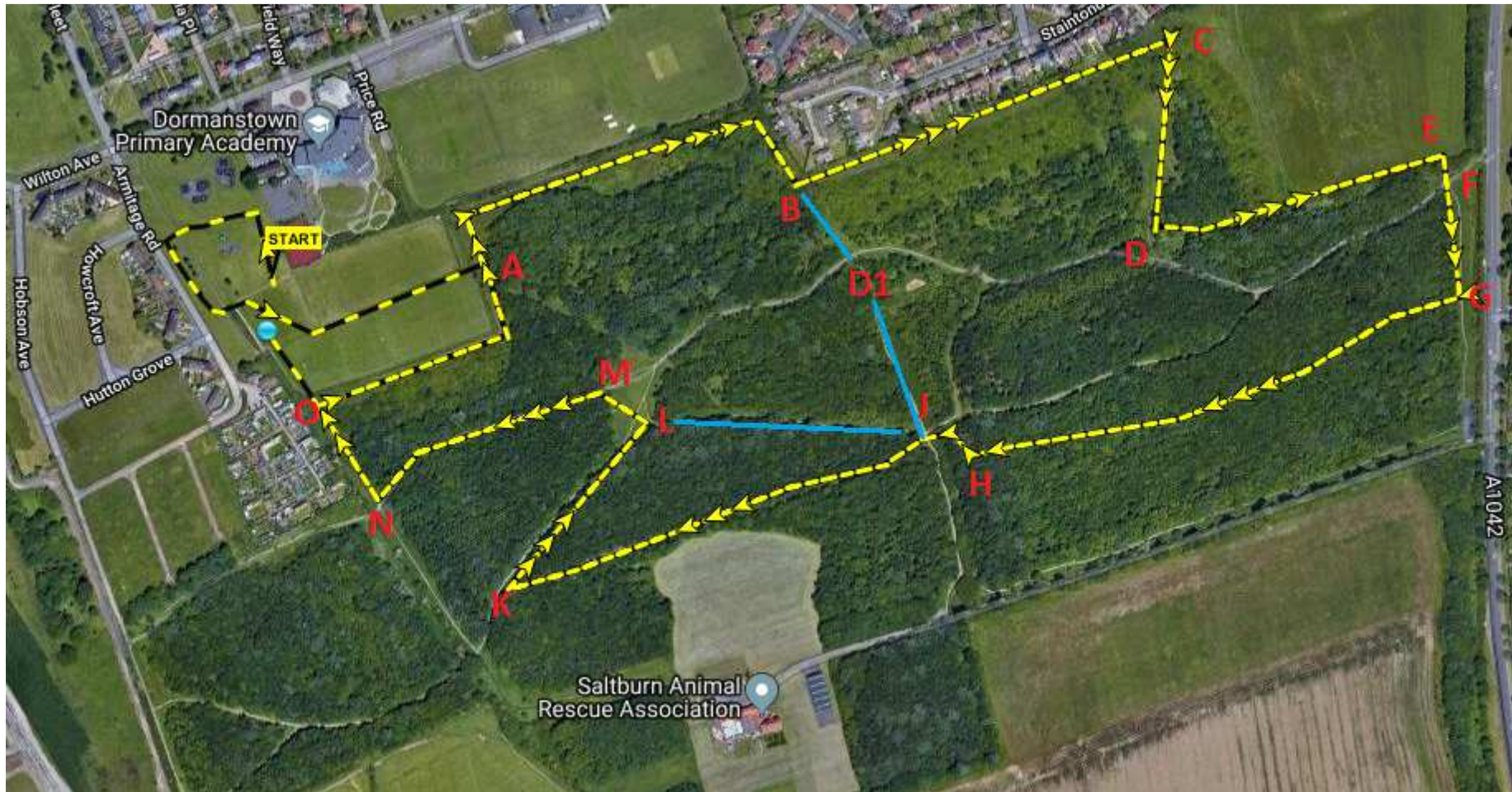
Access from A1085 Trunk Road at Steel House Roundabout into Dormanstown, take 1<sup>st</sup> right on to The Fleet and then Armitage Road. Park on Howcroft Ave, Hutton Grove and Hobson Ave – ie pink zone on the map. **(Not Armitage Road or Wilton Ave!)**. Refreshments, changing and toilets at Dormanstown Junior FC at the corner of Meggitts Ave and Armitage Road near the club tent area. **POST CODE FOR SAT NAVS = TS10 5PZ**

**NYSD CROSS COUNTRY, 2<sup>ND</sup> DECEMBER**  
**FOX RUSH COMMUNITY WOODLAND**  
**RACE TIMETABLE**

	<b>UNDER 11'S</b>	<b>-11.00</b>
	<b>UNDER 13'S</b>	<b>-11.10</b>
	<b>UNDER 15'S</b>	<b>-11.20</b>
<b>UNDER 17 &amp; OVER 65 MEN, UNDER 17, SENIOR &amp; VET WOMEN</b>		<b>-11.35</b>
	<b>UNDER 20, SENIOR &amp; VET MEN</b>	<b>-12.15</b>

**SEE BELOW FOR OVERALL MAP AND AGE GROUP MAPS**

## OVERALL MAP



### Key

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

Blue B to D1 to J to L = under 11 short cut (race 1)

Blue J to L = under 13 short cut (race 2)

## Under 11's route



Under 11 Boys & Girls

= 1.7 km

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

= 6 km

11.35am Start **(2 Laps)**

U20/Sen/Vet Men

= 8.9 km

12.15pm Start **(3 Laps)**