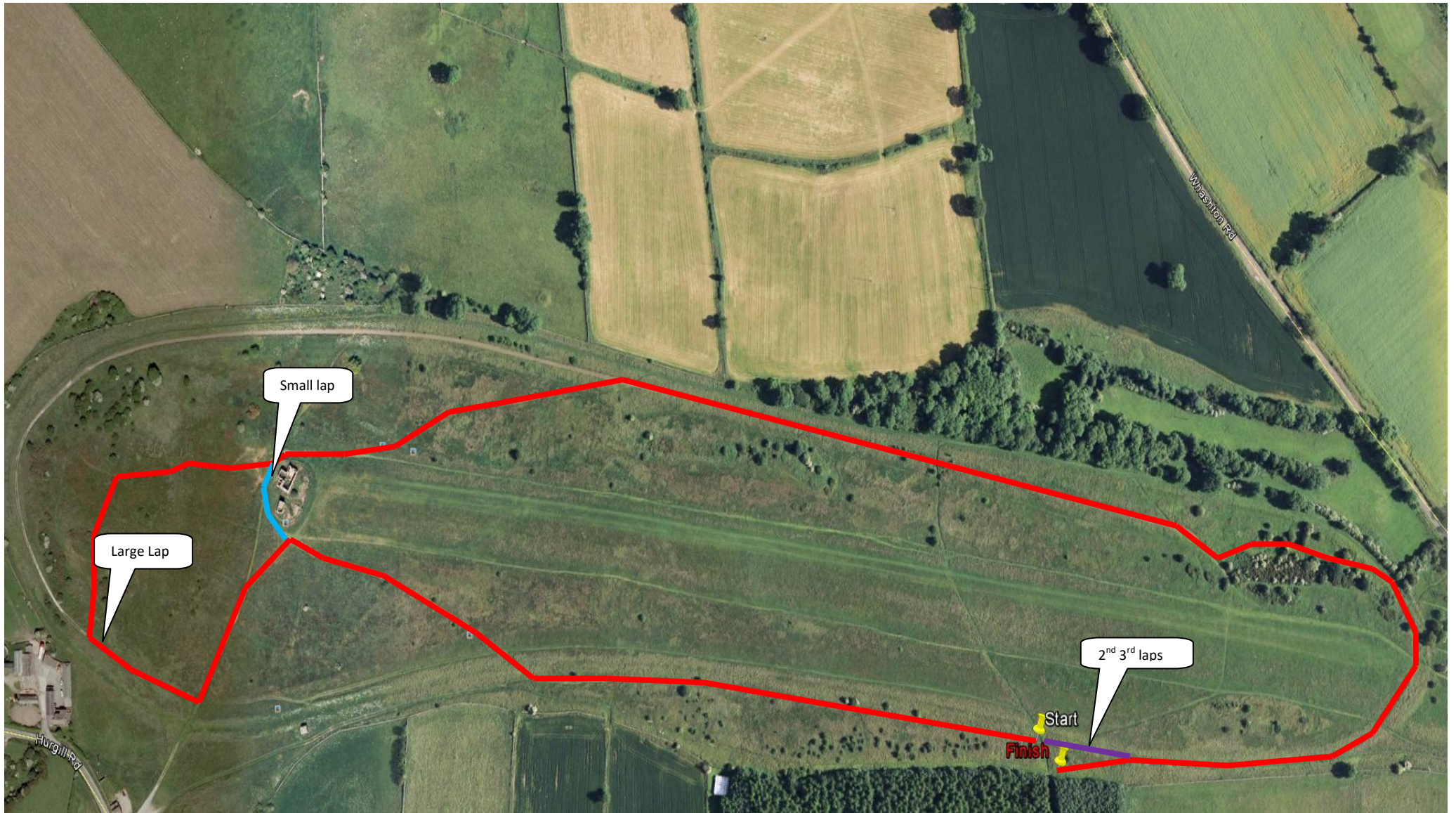


# NYSD CROSS COUNTRY at THE OLD RACE COURSE, RICHMOND



SUNDAY 19th FEBRUARY 2017

The venue is The Old Race Course Low Moor Richmond, hosted Richmond & Zetland Harriers.

Low Moor is high above Richmond and on a good day has fantastic views north over The Aske Estate towards Ayckliffe, east over Teesside and south across Wensleydale, Pen Hill and beyond. Even on a not-so-good day, when there is wind and rain, it is still invigorating!

The course is mostly around the perimeter, along a mixture of paths and the all weather track that the racehorses use when training - not this afternoon. The 2K short lap has a single climb up to the ruins of the Old Grandstand and down whilst the 2.5K long lap has two climbs plus a loop around the western end. Although suitable for spikes, studs or robust trainers, care must be taken with the many molehills and rabbit holes. The course will be adequately signed and marshaled where necessary and competitors are reminded not to cut corners, as disqualification could prove costly.

#### Timetable

1.00pm Under 11 Boys & Girls -1 small lap -2K

1.10pm - Under 13 Boys & Girls -1 large loop - 2.5K

1.30pm - Under 15 Boys & Girls - 2 small loops - 4.0K

1.50pm Under 17/Junior/Senior Women **Under 17 Men and O65 Men** - 2 large loops- 5.0K

2.25pm - Junior/Senior Men - 1 small & 3Large laps – 9.5K

Unfortunately there are little or no facilities at The Old Racecourse. RZH are hiring 2 portaloos and are hoping to have a mobile kitchen as previous years

Access to The Old Racecourse is via a small car park off Racecourse Road, Gallowfields Road Trading Estate. across the road from John Blenkiron & Sons Ltd, Joinery

Manufacturers - postcode DL 10 4SU for those with SatNav. The car park will be signed and is to be used as a drop-off point only - for Clubs with tents and Officials. Everybody is asked to park politely on the many roads of the Trading Estate.

Although the North Yorkshire & South Durham League (NYSD) is a closed league, other club runners can take part in the races provided they register with the League Secretary, pay for a number (£4) and sign the disclaimer that they won't sue if they fall over. More details from Shaun Purkiss on 07774 499253

The Old Racecourse is being used with the permission of the local Burghers who have asked RZH to remind all competitors, Officials and spectators of the need to KEEP IT TIDY- please respect the countryside, don't leave anything that could cause a problem to anyone, keep dogs on their leads at all times and take any mess or litter away.