

NYSD CROSS COUNTRY, 24th OCTOBER 2021

FOX RUSH COMMUNITY WOODLAND

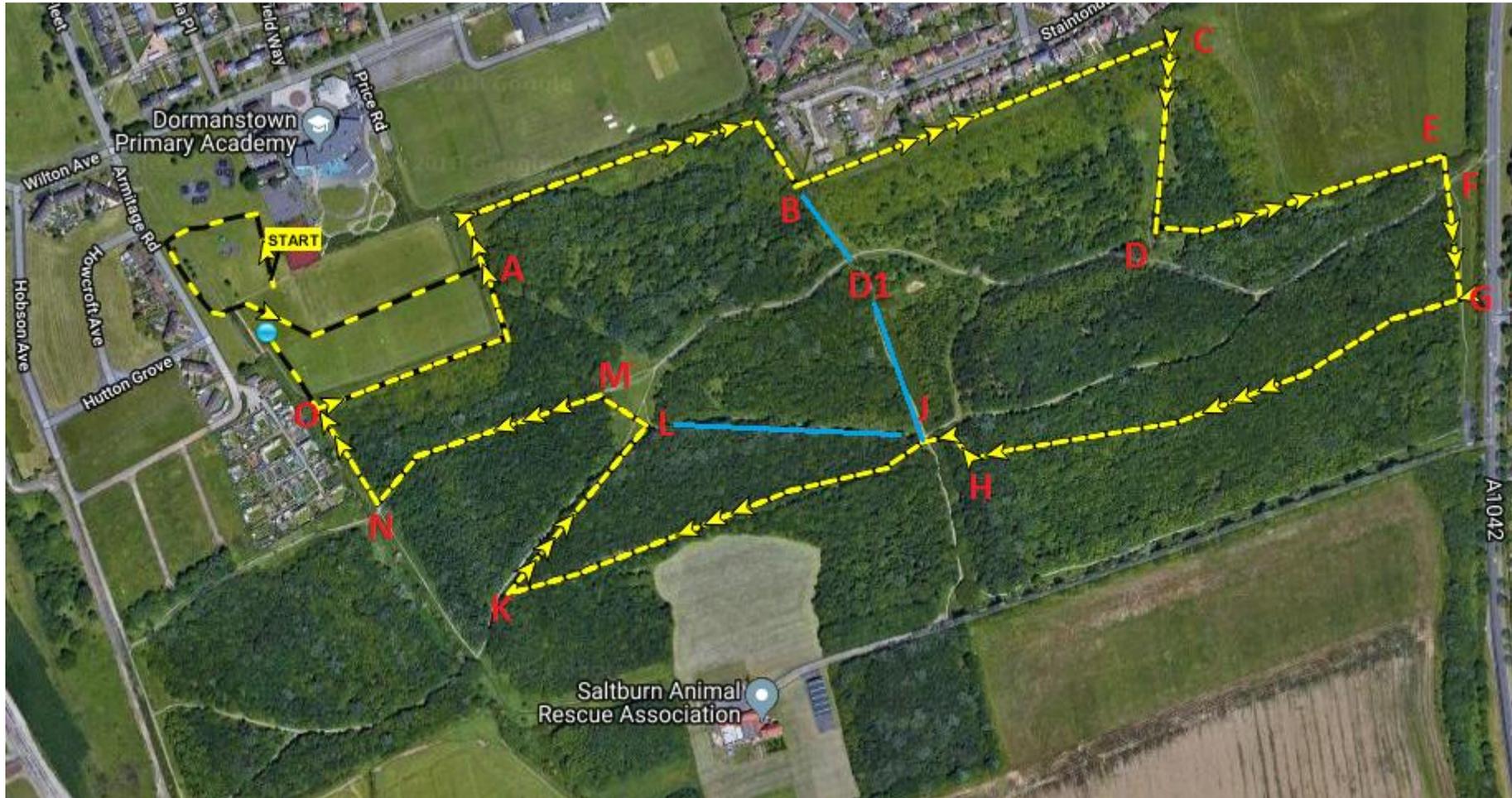
RACE TIMETABLE

	UNDER 11'S	-11.00
	UNDER 13'S	-11.10
	UNDER 15'S	-11.20
UNDER 17 & OVER 65 MEN, UNDER 17, SENIOR & VET WOMEN		-11.35
	UNDER 20, SENIOR & VET MEN	-12.15

SEE BELOW FOR OVERALL MAP AND AGE GROUP MAPS

Trail shoes / Spikes recommended

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 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)

Marshal point:



When you arrive at your point, please make sure the pins and tape have not been interfered with and they still give good indication of route direction. In some cases they have set up to allow normal access to members of the public. Once you arrive you may wish to fine tune.

Apart from giving runners encouragement and assurance that they are still on course your main job is warn members of the public (mainly dog walkers) about what is going on. Whilst we are using a lot of the available paths there are many sections that we are not using.

Should you need to summon First Aid call Joe Coyne 07946048227

The final race is the Senior Men who do three laps – on the first two laps identify who the last runner is so that you know who to lookout for on the last lap.

When the last runner passes your point please dismantle the tape and pins – we are throwing away the tape so please don't wrap it round the pins - bring everything back to the finish.

Should you need to contact me my number is 07779075372.

Thankyou, Graham