



NYSD XC Acklam

PLEASE NOTE THAT DOGS ARE NOT ALLOWED ON THE SCHOOL FIELDS

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

SUNDAY 9th October 2022

TIME TABLE

1. UNDER 11 BOYS & GIRLS	1.25 miles (2000mts)	11:00AM
Start A-B-D-F-G -I+ Finish		
2. UNDER 13 BOYS & GIRLS	1.75 miles (2800mts)	11:10AM
Start A-B-D-E-F-G-I + Finish		
3. UNDER 15 BOYS & GIRLS	2.25 miles (3600mts)	11:20AM
Start A-B-D-E-F-G-H-I + Finish		
4. U17/U20/SENIOR/VET LADIES	6300Mts (3.9 miles)	11:40AM
UNDER 17 MEN & VET MEN OVER 65		
Start-A-B- C -D-E-F-G-H-I-A-B- C -D-E-F-G-H-I + Finish		
5. U20/SENIOR/VET MEN	10000 Mts (6.2 miles)	12:20PM
1 x Small lap	3 x Large Laps	
Start + A-B--D-E-F-G-I	3 x A-B-D-E-F-G-H-I + Finish	

Please note that point **"C"** is only used for Race 4

Terms of use of the Acorn Centre

There is NO PARKING ON ANY GRASSED AREA in the surrounding areas of The Acorn Centre

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

No smoking on the school fields.

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.