

# North Yorkshire & South Durham Cross Country League

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## Upsall Hall Rural Centre/Flatts Lane Country Park – Sunday 15<sup>th</sup> November 2009

The base for this fixture is at Upsall Hall Rural Centre (TS7 0PG for Sat Nav), which links to the Flatts Lane Country Park (I am told that the Visitors Centre will be open). The grassed area at the front of the Hall (not sure that we can still call it a lawn) is where club tents can be erected and is where the finish is situated. The centre's café will be open (on the left side of the car park as you drive in) for refreshments. Toilets and limited changing facilities are inside the Hall (no showers)

There is a fair amount of onsite car parking, please only park on designated places or as directed – overflow parking, if required, will be at the front of Nunthorpe School – about 400m away on the other side of the roundabout – it would be helpful if say those travelling on their own could make this the first choice car park –**under no circumstances should anyone park on the grass verges on Middlesbrough Road - A171 main road!!!**

Since last year there have been a few changes at the centre which are mainly beneficial to the fixture, however access to the start from the tented area is still a problem as you either have to cross the course to get to the single gate that runners will also be using as they race to the finish, or (preferably) go behind the finish to get to this gate and then to the start!

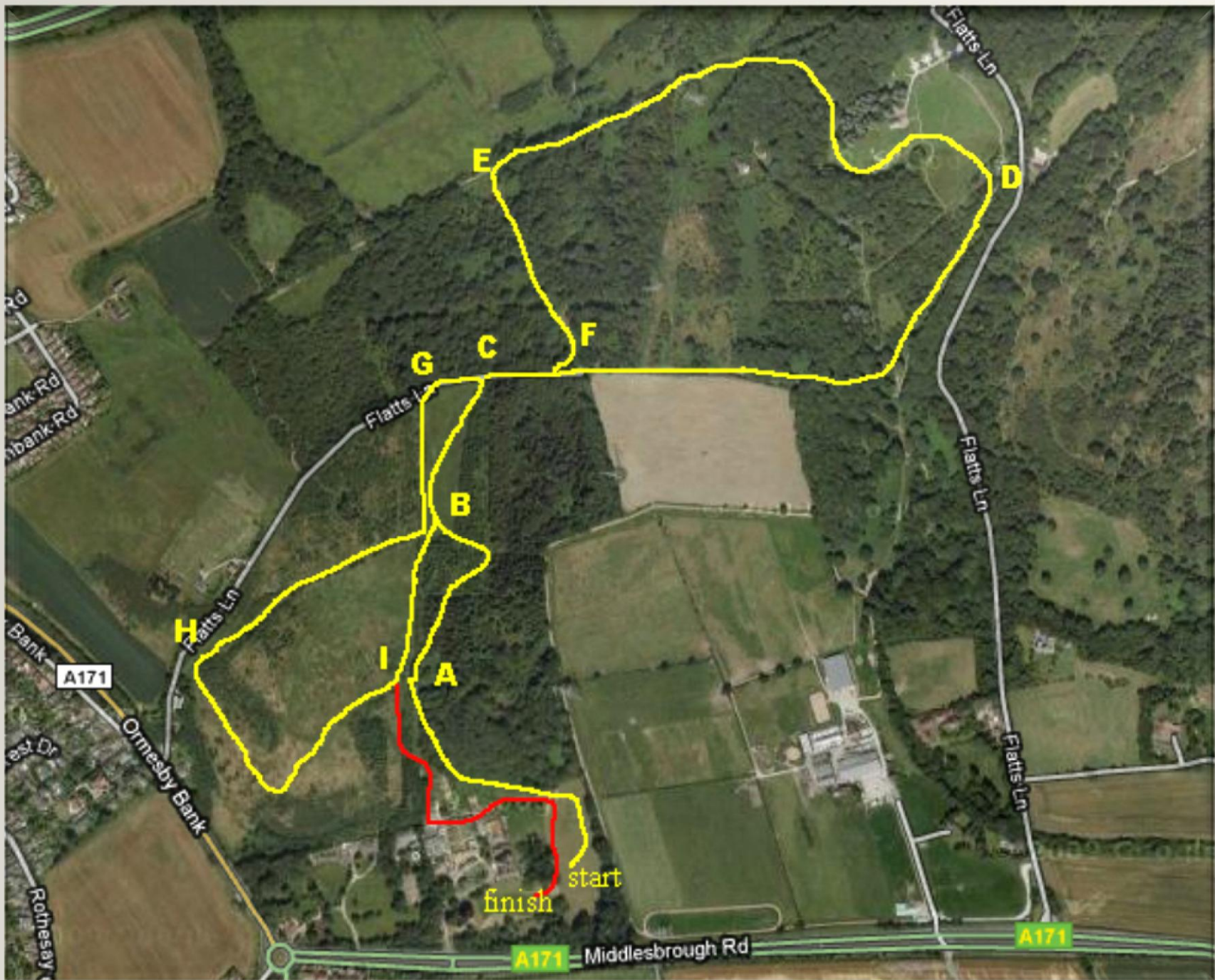
The start section will bypass the pig sty this year via the wooded area and apart from using the same double gate at the top of the field, the start and finish sections will use different paths.

There is a new “anti motor bike” barrier just after the elbow in the A>B section, (after the end of opening climb that all races do just once). The gap is such that runners will be able pass through it easily but only one at a time – this will probably not be an issue except perhaps for the senior men. There is no suitable alternative, and temporary removal of the barrier would both be frowned upon, and would require a fair amount of work. However it is for the men, relatively early on in the race and any delay passing through this point should have no bearing on the final outcome!

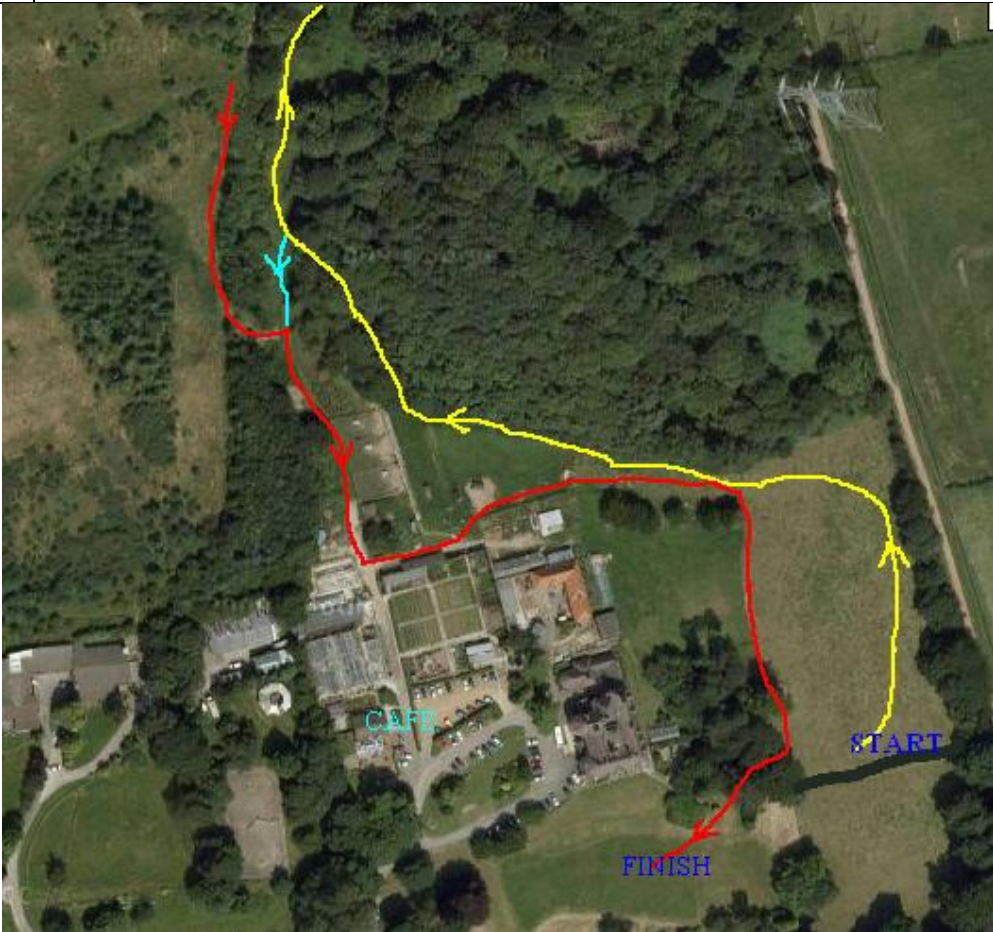
### **Procedure at the finish.**

This explanation is mainly for those new to running, but it is amazing how many seasoned campaigners are ignorant of the process!

When you cross the finish line and enter the funnel, your time is recorded. The race is over, **but keep moving down the funnel** –and keep in order, don't pass anyone or let them pass you. But make sure you that you only leave the funnel at the other end as your number and finishing position is recorded here, if you don't get recorded then you will not appear in the results and it will also cause those behind you to get wrong times, when positions and times are paired together by the XC Secretary when he gets home!



Start Time	Age Group	ROUTE (please refer to map above –in terms of “laps”, a lap starts at B and finished at I. Section I>B connects one lap to next and therefore is not used on the “final lap”)	Approx. Distance
1.00	U 13 boys	START>A>B>H>I>FINISH (ie 1 small lap)	2400m
1.10	U 13 girls		
1.20	U 15 boys	START> A>B>C>G>H>I>FINISH (ie 1 medium lap)	2900m
1.30	U15 girls		
1.40	Women	START>A>B>2x(C>G>H>I B) >C> G>H>I> FINISH (ie 3 medium laps)	5400m
2.10	U17 Men	START>A>B>C>G>H>I>B>C>D>E>F>G>H>I> FINISH (ie 1 medium lap + 1 large lap)	6300m
2.10	Sen Men	START>A>B>C>G>H>I>2x(B>C>D>E>F>G>H>I)> FINISH (ie 1 medium lap + 2 large laps)	9700m

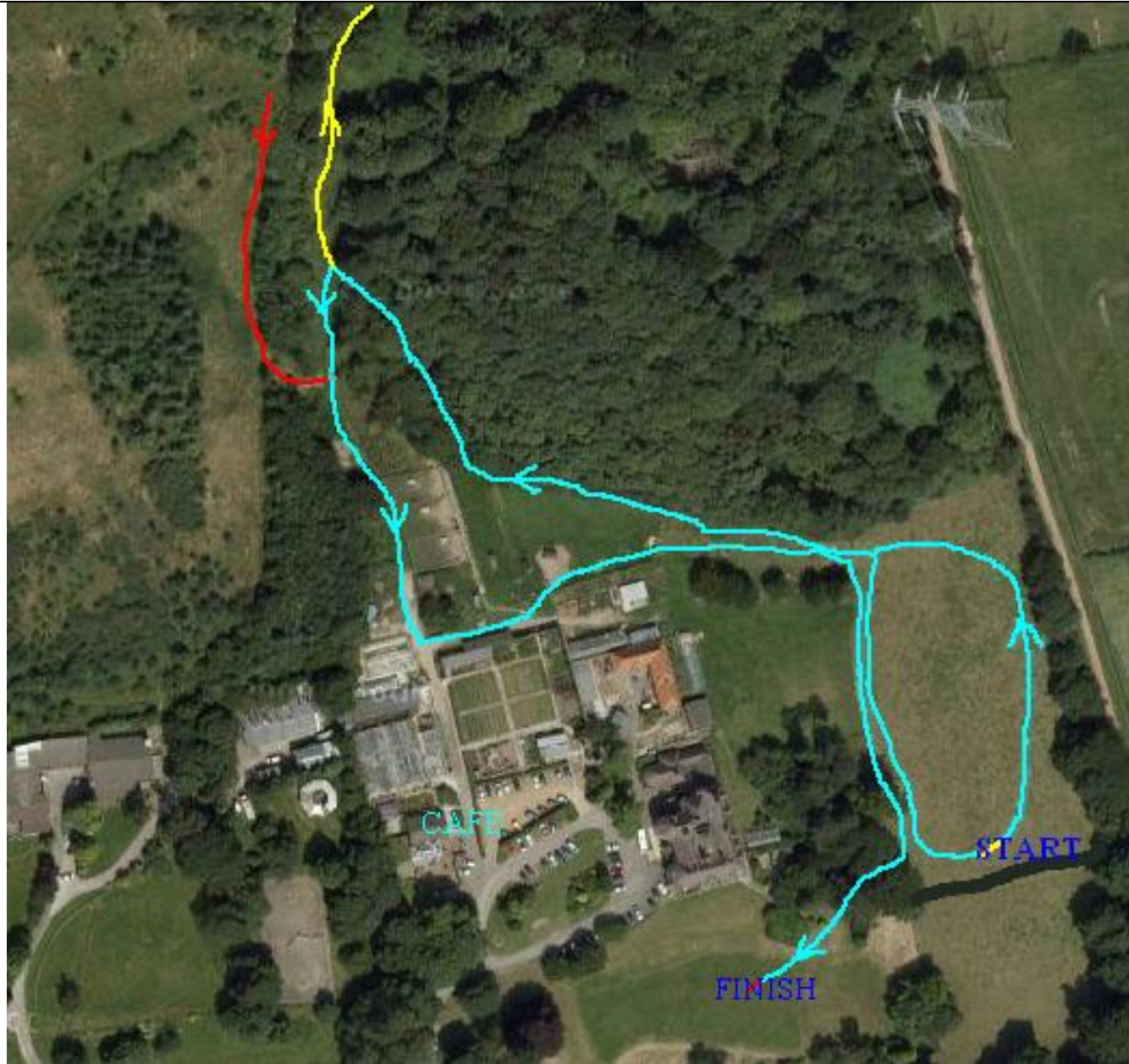


**Enlarged Start & Finish Detail**

Yellow line start section only

Red line finish section only

(blue line for U11 fun run only)



## **Under 11 Fun Run**

Start 12.30 – please assemble at the start at 12.25 – no registration required.

Runners will be given a numbered tag as they finish and we will record their details after the run.

From the start the route is one lap of the field followed by a lap past the pig sty and back through the yard to the finish – approx 1km