



Sunday 19th January 2020.

PARKING

PLEASE NOTE PARKING FOR ORMESBY HALL IS LIMITED. (UNDER NO CIRCUMSTANCES IS PARKING PERMITTED ON THE GRASS VERGES OR LAWNS IN FRONT OF THE HALL) ALSO NO PARKING ON THE APPROACH ROADS TO THE HALL AS SOME OF THESE ARE USED DURING THE RACES

ALTERNATIVE PARKING CAN BE FOUND ON CHURCH LANE WHICH RUNS ADJACENT TO THE GROUNDS OF ORMESBY HALL TS7 9AH.ALTERNATIVELY STEWARTS PARK TS7 8AR IS NEARBY.

TOILETS & REFRESHMENTS WILL BE AT THE HALL

CLUB TENTS TO BE SET UP NEAR THE START AREA, PLEASE MAKE SURE YOU REMOVE ANY LITTER BEFORE YOU LEAVE

PLEASE NOTE

THE COURSE IS MAINLY WOODED PATHS AND GRASS WITH A SMALL SECTION OF TARMAC WITH GRASS VERGES EITHER SIDE.

IN THE WOODS PLEASE BE AWARE OF TREE ROOTS

TIME TABLE

11.00am U11 Boys & Girls 1.5k - 1 small lap (A B C D F+ FINISH )

11.15am U13 Boys & Girls 3.7k - 1 small & 1 medium lap (A B C D F G + A H B C D F + FINISH)

11.35am U15 Boys & Girls 4.4k - 2 medium laps (A H B C D F G + A H B C D F + FINISH)

12.00pm U17, S.Ladies & Over 65 men 6.2k -2 large laps (A H J K D F G + A H J K D F + FINISH)

12.40pm Senior & Vet Men 9.3k - 3 large laps (A H J K D F G + A H J K D F G + A H J K D F+ FINISH )