



PLEASE NOTE:
5mph SPEED LIMIT
WITHIN NATURE
RESERVE

WARNING:
KEEP CLEAR
OF POND

DISTANCES

- 1 SHORT LAP (1.1k) - Under 11's
- 1 LAP (3.2k) - Under 13 and 15's
- 2 LAPS (6.4k) - Under 17's and Women (Incl. Under 20's Women)
- 3 LAPS (9.6k) - Men (Under 20's and above)

 COURSE ROUTE FOR THE UNDER 11's RACE

 CLUB TENTS

 RACE MARSHAL POSITIONS



EAST CRAMLINGTON NATURE RESERVE CROSS COUNTRY COURSE

