

EAST YORKSHIRE CROSS COUNTRY LEAGUE
RACE NO 6 - SEWERBY
Hosted by BRIDLINGTON ROAD RUNNERS
11:00 am Sunday 5th March 2017

The final race of the East Yorkshire Cross Country League 2016-17 will be held at Sewerby Village on Sunday March 5th.

Sewerby Village - [Map](#) - is on the coast on the northern outskirts of Bridlington. Please Car Share wherever possible.

PLEASE NOTE CHANGES FROM PREVIOUS YEARS

PARKING - Please use the large free car park at **SEWERBY HALL** (Not the Ship Inn)

Toilets - The Toilets at Sewerby Hall are located near the Clock Tower Café within Sewerby Hall grounds.

Start and Finish - on the clifftop. The Start area can be accessed directly from the grounds of Sewerby Hall. After leaving the car park turn right at the bandstand.

Course - Same as last year. Along the cliff path to Danes Dyke, across the first bridge and up the steps. Across the fields to Flamborough (as last year) and along the cliffs from Beacon Hill and back to the Dyke. Through the Dyke and then back to Sewerby the way you came. Please watch out for signs and follow directions given by the marshals.

Shoes - The course is likely to be muddy, but with short tarmac stretches. Studs are recommended.

Free buffet and Presentation of awards for the 2016-17 season in **SEWERBY CHURCH HALL** - which is across the road from Sewerby Hall Car Park. There is **No Bar** - but runners can bring their own drinks, if they wish.

Facilities - To ensure that we are able to use these facilities in the future do not walk mud into Sewerby Church Hall or Sewerby Hall Toilets. **Please remove or change footwear.**

If you haven't taken part in the League yet this is your last chance this season!! Arrive in good time to collect a number.

Let's have a good turn out from Beverley AC for the final race.

See you there

Brian

Tel (01482) 867233 or [email](#) if further info required