

EAST YORKSHIRE CROSS COUNTRY LEAGUE
RACE NO 6 - SEWERBY
Hosted by BRIDLINGTON ROAD RUNNERS
10:00 am Sunday 3th March 2019

Dear Fellow Runners

The final race of the East Yorkshire Cross Country League 2018-19 will be held at Sewerby Village on Sunday March 3th.

Sewerby Village is on the coast on the northern outskirts of Bridlington.

Please ask runners to Car Share wherever possible.

PARKING - Please use the large free car park at **SEWERBY HALL**.

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 [click here](#) for details. Along the cliff path to Danes Dyke, across the first bridge and up the steps. Across the fields to Flamborough 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.

Buffet and Presentation of awards for the 2018-19 season in **SEWERBY CHURCH HALL - which is opposite to 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 please ask runners not to walk mud into Sewerby Church Hall or Sewerby Hall Toilets.

Yours in sport

Judy Allison
Bridlington Road Runners

It's not too late to take part, turn up early on the day.
I'll look forward to seeing you all there.
David Morrison.