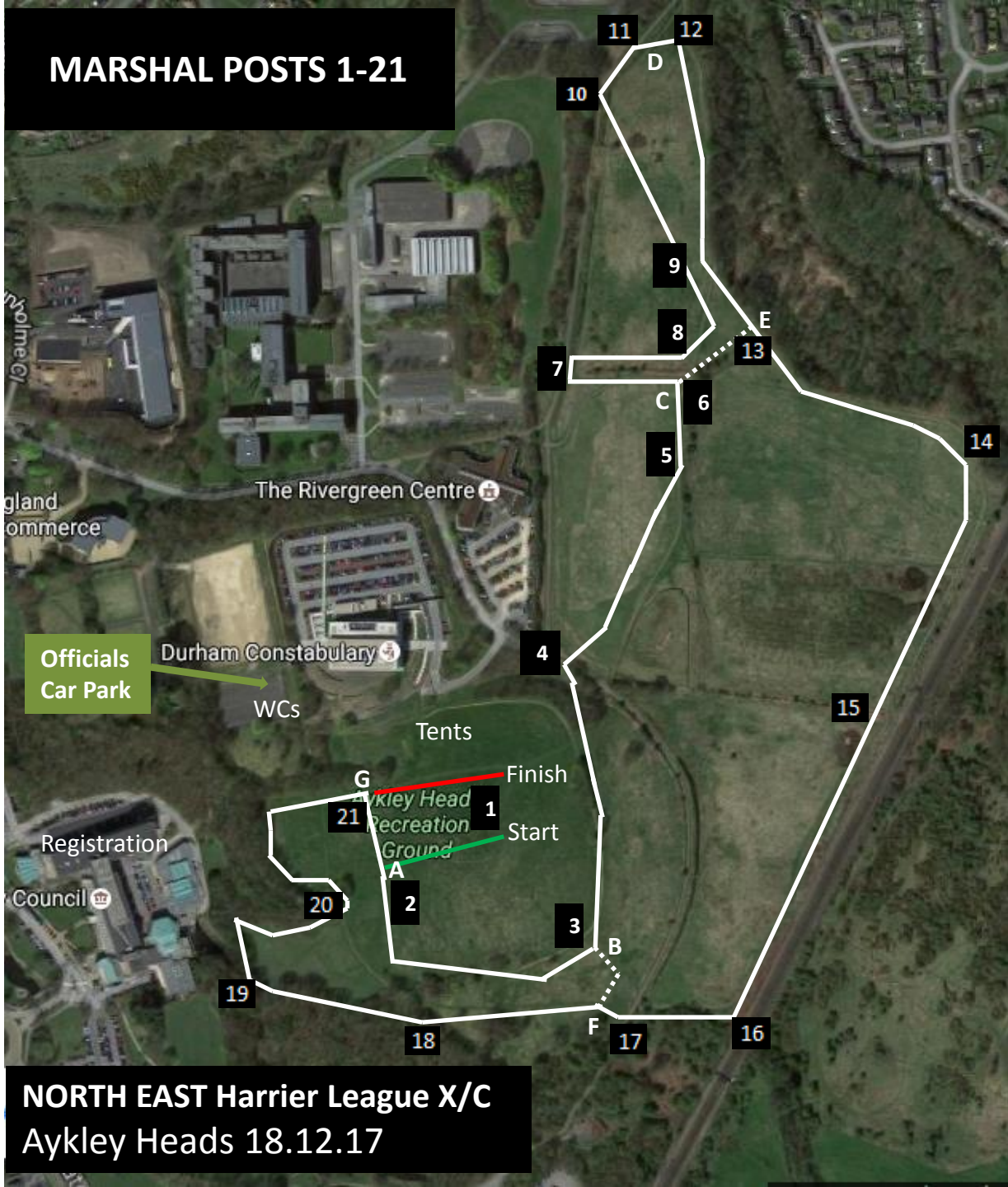


MARSHAL POSTS 1-21



Course Marshal Point Location

- 1 - start / finish area
- 2 – end of starting straight
- 3 – break point for small lap.
u/11s
- 4 – gate / wood chipped area & public access point
- 5 – gap in fence
- 6 – break point for medium lap
u17/20 Women
- 7– sharp bend & right turn Public access point
- 8 – Path crossing point one.
- 9 – Path crossing point two.
- 10 – Right turn onto main path
- 11 - Right turn off main path.
- 12 – Right turn onto main path
- 13 – re-joining point for medium lap
u17/20 Women
- 14 – bend
- 15 – narrow section, posts & Man hole covers
- 16 – Bend
- 17 – gate / wood chipped area & public access point
- 18 – Entrance to woods
- 19 – Exit from woods & public access point.
- 20 – top of hill (end of ascent) & bend
- 21 - approach to finish line & start of 2nd / 3rd laps.

NORTH EAST Harrier League X/C
Aykley Heads 18.12.17