

Northern Athletic Club Cross Country

Crossag's Campsite, Ramsey, IM8 2TB

Parking: Parking is restricted at the campsite and car must be left in the car parking at Ramsey Grammar School at the start of the Crossag's Lane.

Start: all races start at point: A (and the section A to B is only done at the start of each race)

Finish all races finish at point: F

Small lap: A,B,C,D,E,F

Large lap: A, B, C, G, H, I, J, K, C, D, E, F

