



**Skipton Cross Country Course: 08/11/09**

Route = c. 5.25 miles  
 School fields (0.75m) A-B-C-D  
 Golf course (1.00m) D-E-F  
 School fields (0.75m) B-C-D  
 Golf course (1.00m) D-E-F  
 School fields (0.75m) B-C-A  
 Golf course (1.00m) D-E-F-A

i.e. 3 laps of the complete course

**Course surfaces**

The course is mainly grassland and suitable for cross country spikes, trail or fell shoes. (The path at point C is not tarmac but hard core which might blunt spikes.)

**Course hazards**

Please note that the ground is a little bumpy, there are some trip hazards including tree roots.

There is a jump down of about 50 cm from a wall (at point D) and a beck crossing (usually jumpable) (at point E) which can be avoided by using an adjacent bridge.

Points D and E can be inspected prior to the race. They are close to the start area.