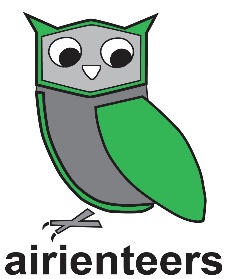
  **Crossgates**  

**Directions and Parking:** On road parking Austhorpe Road Crossgates LS15 8EJ, close to junction with Park Avenue.

**Public Transport:**. Crossgates Rail Station is approximately 600m from the start.

Bus services to/from Crossgates are 9,11,X26, X27, 40, 56, 64.

**Start:** Start and Finish are in the SW corner of Manston Park.

**Important Notes:** Take great care if parked in the adjacent to the Park on Austhorpe Road as when you switch on the app it may register to start. We suggest you are 100% ready to run when you switch the app on so as not to utilise any of your precious time! If you do have a false start just end your run and start again.

Be particularly careful on this course not to run back through the start point at anytime before you want to finish as you would stop your timing prematurely - plan your route accordingly. The Start/Finish is set in the park not on the road.

**Start Anywhere:** This course has Start Anywhere enabled. This means that you can start and finish at any control not just the designated start and finish. If doing this the designated start and finish become another checkpoint on the course worth the same points as the checkpoint at which you started. Eg You start at No 14, collect other checkpoints which can include the designated start and finish and to register your time you go back to end your run at No 14.

This mode is great for local people who can start closer to home and for public transport users who can start closer to their arrival point.

**Course:** This is a Score course with a 60 minute time limit. There are 32 possible checkpoints.Visit as many checkpoints as you can in the time. Each checkpoint is worth 20 points. There is a 10 point penalty for every minute or part therof that you exceed the 60 minute time limit.

**Map:** The map is an Open Orienteering map at a scale of 1:10000 ie 1cm =100m with 10m contour interval. Download your map here to take with you.

Download your map

We recommend running with the paper map and stowing your phone.

**Where to find this course on the app:** Open the app 🡪 Select Event 🡪 UK Folder 🡪 Aire Valley Folder 🡪 Crossgates Perm Start Anywhere 🡪 Download

Ready to run press “Go to Start” Ensure your GPS is on by waiting to see red dot. Go to the Start point your time starts with the beep as you pass.