

Falkirk  
Community  
Trust

scottishathletics 



Falkirk Council

**National Cross Country Championships  
Falkirk FK1 1SY (Callendar Park)  
SATURDAY 18th February 2012**

**PARKING**

Parking is at Graeme High School with overflow parking at the business centre at the east end of Callender Park and at the west end of Callender park (see course map)

**Do not park near the high flats, parking there is for residents only.  
If it is at all possible please car share.**

**DECLARATIONS**

Open 9.30am in the Foyer Area of Graeme High School (First Race 11.30am)

Team Managers should collect envelopes containing numbers. A list of athletes entered will be attached.

U20 Women and U17 Women run together. They should wear the numbers 20 or 17 provided on their BACK. **In all races numbers should not be folded over.**

**CHANGING**

In Graeme High School. Males in the Main Hall. Females in the Female Changing Rooms

**PRESENTATIONS**

Individual presentations will take place immediately after each race. Team presentations will take place on the course as they are available.

**SPORTS GOODS**

**Specialist running shop Run and Become** will have a selection of goods on display at Callender Park (in Graham High School if wet!) including 12 and 15mm spikes!!! Also some special offers. Impossible to bring the whole shop but any special requests call 0131 313 5300 or e-mail [edinburgh@runandbecome.com](mailto:edinburgh@runandbecome.com)

**BEHAVIOUR**

On a previous occasion the National Cross Country Championships was held at Falkirk there was unacceptable damage done within Graeme High School to property as well as anti social behaviour. Clubs and Team Managers are requested to ensure that Athletes behave in a responsible manner in the school and that there is no damage to any equipment or facilities. Suitable adult supervision should be provided for young athletes by clubs.

**Strictly no spikes or racing shoes should be worn in the school.**

**HOST CLUB**

Our thanks to the members of Falkirk Victoria Harriers whose efforts again assist in hosting the National are appreciated

Alex Jackson  
Secretary, Cross Country and Road Running Commission

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**General directions for all:- Follow Brown road Signs for Callendar Park and House**

**From Edinburgh and Forth Road Bridge:-**

Take M9 to junction 5 (you should see above signs from here)

At end of slip road take 1<sup>st</sup> exit on to A9. Follow this for approx 1.5 miles going straight over the first roundabout (you will see football stadium on your right)

At the next roundabout turn left (1<sup>st</sup> exit) and go uphill for approx 500 metres until next roundabout.

Take 3<sup>rd</sup> exit (turn right) and go under railway bridge.

**For alternative parking to school turn left at the next roundabout then right (See “P” on right of Course Map)**

**From Glasgow, Stirling and Kincardine Bridge:-**

Take M9 to junction 6 (you should see above signs from here)

At end of slip road turn right and after approx half a mile you will reach a roundabout.

Take 3<sup>rd</sup> exit sign posted Falkirk and go up and over the railway line. You will see football stadium.

At roundabout beside stadium turn left (1<sup>st</sup> exit) and past by stadium and fire station and go under railway bridge until you reach next roundabout.

Take 2<sup>nd</sup> exit (bearing right) and go up the hill for approx 500 metres.

At next roundabout turn right (3<sup>rd</sup> exit) and go under railway bridge.

**For alternative parking to school turn left at the next roundabout then right (See “P” on right of Course Map)**

**Other alternative parking is within the park at the West End.**

**Stay on Callender Park past Graeme High School (you will see the course on your left) and straight over two mini roundabouts before a big roundabout.**

**At this roundabout take the first exit to turn left into Callender Park. Go up the hill and straight on, the car park is on your right adjacent to the golf course**

**(See “P” on left of Course Map)**