

East District Cross Country Championships
Balgownie Playing Fields, Aberdeen AB22 8GT
Saturday 3rd December 2016

PARKING

Aberdeen Innovation Park (see MAP)

DECLARATIONS / CHANGING

Balgownie Pavilion

TEAS/FOOD

A catering vehicle will be parked close to the pavilion, there is no catering in the pavilion

TIMETABLE	Declarations Close	Race Starts
Under 13 Girls	11.00	11.30
Under 13 Boys	11.15	11.45
Under 15 Girls	11.30	12.00
Under 15 Boys	11.50	12.20
Under 17 & Under 20 Women	12.10	12.40
Senior Women	12.30	1.00
Under 17 & Under 20 Men	1.00	1.30
Sen/Jun Men	1.30	2.00

Under 20 Women & Under 17 Women run in the same race with U20 wearing a 20 on the **BACK**
Under 20 Women wear RED numbers

Under 20 Men & Under 17 Men run in the same race but different distances with U20 wearing a 20
on the **BACK**. Under 20 Men wear RED numbers

INDIVIDUAL PRESENTATIONS

All individual awards apart from the Senior Men's will be made after each race near the finish area.
Senior Men's awards presentations will be made in the Balgownie Pavilion at approx 3.45pm

TEAM MEDALS

There are team medals for 1st 3 teams in all age groups. These can be collected from declarations in
the pavilion throughout the afternoon when results are known..

HOST CLUB

Our thanks to Jackie Stewart and Peter Jennings and all at Metro Aberdeen Running Club for hosting
the Championships

Alex Jackson
East District Secretary

CC and RR Commission