

**Lindsays scottishathletics National Short Course Cross Country
Championships
Lanark Race Course, (Lanark Rugby Club), Lanark, ML11 9TA
Saturday 4th November 2023**

PARKING & ACCESS

Officials Parking and Tent Drop Off only will be permitted in the car park beside the Astro Turf pitches.

All other vehicles must park on the blaze area on the LEFT as you enter the former Race Course estate. Further overflow parking is available at Lawrie & Symington off Hyndford Road opposite the course. Please park responsibly.

Traffic through Lanark town centre is expected to be very congested. To avoid the congestion, athletes travelling from the West may wish to consider travelling through Carluke via A721, to Carstairs via A70, turning off to join Ayr Road (just before Ravenstruther) and following Ayr Road until the junction with Hyndford Road.

Participants should note that roadworks are expected to be taking place on the A71 / Lanark Road / Garrion Bridge. This is expected to cause disruption.

Athletes travelling via the M74 may wish to consider exiting at Junction 11 Happendon / Junction 12 Millbank, before travelling via the A70 / Lanark Road (passing Uddington and Rigside) to Hyndford Bridge.

DECLARATIONS

Declarations will take place within a gazebo in front of Lanark Rugby Club.

Open from 10:00 where you will pick up your race number which will contain your timing chip.

Under 20 and Masters Athletes will be given a number for their front and can pick up an Age Banding (20, 40, 50 or 60 etc) for their back. Under 20 athletes will wear Yellow numbers on their front.

CHIPS

Results are by chip timing. If an athlete does not have a chip on their bib they won't be in the results. **NO CHIP. NO RESULT.**

CHIPS will be attached to the race number, therefore there is no requirement to return this at the end of the race.

There is a separate envelope for each athlete containing race number with chip and safety pins. Numbers should be securely fastened to the front of the vest.

Team Managers should collect only the envelopes for athletes who are competing.

FACILITIES

Changing: There will be **no** Changing facilities available. Please come ready to run.

Toilets: There will be toilet facilities available beside the pavilion.

Catering: A catering van will be on site.

Please remember to dispose of all litter correctly.

PRESENTATIONS

Individual presentations including masters medals for first three over 40, 50, 60, 70 and 80 male and female will take place immediately after each race at the course.

Team presentations will take place on the course as they are available.

In all 6 races teams are 3 to score with the exception of the Senior/Junior Men and Women which is 4 to score.