

Falkirk  
Community  
Trust

scottishathletics 



Falkirk Council

**National Cross Country Championships  
Falkirk FK1 1SY (Callendar Park)  
SATURDAY 23rd February 2013**

**PARKING**

Parking is at Graeme High School with overflow parking at the business centre at the east end of Callendar Park and at the west end of Callendar 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 Team Envelopes containing individual envelopes for each athlete.**

**CHIPS**

There is a separate envelope for each athlete containing Timing chip, tie cords, instruction on how to attach chip to laces and athlete's number.

Chips not used must be returned to declarations before the end of the afternoon.

Chips not used or returned to declarations will be charged to clubs at £8.00 per chip.

A full manual recording system will also operate as previous years, after crossing the timing mats at the finish gantry athletes will be directed into funnels and will be manually recorded before entering the de-chipping area.

**UNDER 17 WOMEN /UNDER 20 WOMEN**

Under 17 Women and Under 20 Women run together.

**Under 17** have **YELLOW** numbers, **Under 20** have **RED** numbers, both these age groups wear numbers on the **FRONT** and **BACK** .

**CHANGING**

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

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

**PRESENTATIONS**

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

**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

**Scottish National Cross Country Championships**  
**Falkirk (Callendar Park)**  
**SATURDAY 23rd February 2013**

**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 the football stadium in front on your right.

At 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. You will see Graeme High School, but at next roundabout turn left and then first right for parking.

**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 on your left.

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.

You will see Graeme high School, but at mini roundabout turn left and then first right for parking.

**Alternative parking is within the park at the West End.**

**Stay on Callendar Road 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 Callendar Park. Go up the hill and straight on the car park is on your right adjacent to the golf course.**