

Scottish Athletics
East District Cross Country Relay Championships
Peebles (Peebles High School, EH45 9HB)
SUNDAY 11th October 2015

PARKING

If possible please car share. The High School car parks will fill up before the event starts.

Large farm vehicles and horse lorries use the roads near the school and the course. Please consider this when parking sensibly in the neighbouring streets.

BUSES

First Bus service X62 operates a Sunday service hourly from Edinburgh Bus Station (NB not Waterloo Place as previously) to Peebles journey time c. 1 hour 10mins via South Clerk Street, Liberton Road, Straiton, and Penicuik.

From Peebles town centre it's 10 minutes' walk to the High School which is on the south side of the Tweed and is signed after crossing the main Tweed Bridge.

REGISTRATION, CHANGING AND TOILETS

At Peebles High School. There will be 4 portable toilets on the course.

YOUNG ATHLETES TEAMS

1st Lap U13

2nd Lap U15 OR U13

3rd Lap U17 OR U15.

MASTERS TEAMS

Men and Women Masters are AGED 40 on the day of the race and need to

(1) Clearly mark on the declaration form on the day which teams are Masters.

(2) Mark a **LARGE** and **CLEAR** "V" on their numbers.

There are medals for 1st three Masters teams for Men and Women.

CLUB TENTS

Thanks to Edderston Livery Stables there is a limited number of parking spaces available behind the stables which can be made available to those dropping off club tents - but strictly by advance request. If you are bringing a club tent and wish one of the limited number of parking permits available, please email Gregor Nicholson from the host club gjn@macsinsport.co.uk no later than the Wednesday prior. Please state your club and also vehicle registration number. **NB** the approach road to the stables is single track and is also the pedestrian route to the course. Please drive with care.

PRESENTATIONS

All medal presentations including the Senior Men will take place at the finish immediately after each race. This includes the Master's team medals.

INELIGIBLE ATHLETES

Athletes can only run once, any team with an athlete running a 2nd time will have the whole team removed from the results.

Athletes who compete in a SAL championship **MUST** be current members of the Scottish Athletics Membership Scheme.

Furthermore, an entered athlete **MUST** not be substituted by a non-entered athlete at any time.

Non observance of the above leaves the whole field and the officials uninsured in the event of an accident, leaves the athlete at a health risk in the case of a wrong identification of the athlete, and makes the results invalid as an historic record.

When doing entries enter reserves if possible on the forms, it costs no more.

CAFÉ

There will be a Café in the High school opened specifically for our event. Please use it.

HOST CLUBS

The District thanks Moorfoot Runners for hosting this year's relays.

Alex Jackson

East District Secretary

