

East District Cross Country League

Bathgate, Balbardie Park, EH48 4LA

Saturday 7th January 2023

(1) Venue

The venue is not new to cross country. The Scottish Athletics Masters XC Championship of 2007 were held there.

Coming from the East leave the M8 at junction 3a and follow the signs for CROSS COUNTRY to the venue. Coming from the North leave the M9 at junction 4 take the A801 then A800 then B792

(2) Parking

In Balbardie Park follow the "Cross Country Parking" signs and park in the areas designated on the Course Map. We don't have exclusive use of the venue. Some parking is designated for Sport Centre users. If the parking fills up in Balbardie Park there is street parking in Bathgate. If possible, please Car Share. NO PARKING on the narrow road in and out of the park.

(3) Toilets

There is NO ACCESS to Xcite Sport Centres in the park for changing or toilets. Toilets are at the Course (see map)

(4) Recording Slips

Slips will not be given out on the day. See front page of East League website on how to forward finishing order of athletes in races.

(5) Scoring

Under 11, Under 13, Under 15 Boys and Under 15 Girls/ Under 17 Women races are all 3 to score

Senior/Junior/Master's Women are 4 to score

Senior/Junior/Master's Men are 6 to score

Master's Men and Master's Women are 3 to score.

Master's athletes (Over 40) should have a large "V" next to their club number

(6) Results/Trophy Presentations/Venue

Results will be posted on the East League on the day after the event. There will be no trophy presentations on the day. The 13 league champion Trophies will be presented at appropriate times afterwards i.e., Club training nights.

Thanks to Harmeny AC, Edinburgh AC and Corstorphine AC for hosting to-days meeting and to Teviotdale Harrier and Dundee Hawkhill Harriers for hosting the other 2 league meetings in 2022-23.

The league is always looking for possible new cross country venues.

Contact Alex Jackson on alex@runningresults.co.uk if you have a possible venue or need more information.