

East District Cross Country League

Bathgate, Balbardie Park, EH48 4LA

Saturday 27th January 2024

(1) Venue

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

Please CAR SHARE if possible. In Balbardie Park use the areas designated on the Course Map. We don't have exclusive use of parking at the venue. NO PARKING on the narrow road in and out of the park. Our parking area will fill up. To the south of the park there is street parking on Dundas Street, Belvedere Road and Turner Street Use **EH48 4AT**. Parking there is closer to the course than our designated car parks.

(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.

Junior Men and Women (U20) should have a "J" 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 again hosting to-days meeting and to Fife AC 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.