

Competitor Information

Event: **West District Cross Country Championships 2021**

Date: **Saturday 4th December 2021**

Venue: **Balloch Castle Country Park, 20 Park Avenue, Balloch, Alexandria, G83 8JS, Tel 01389 758134**

Start Times and Distances

<u>Event</u>	<u>Race Description</u>	<u>Declarations Close</u>	<u>Start Time</u>	<u>Distance</u>
1	Under 13 Girls	1100	1130	3200m
2	Under 13 Boys	1115	1145	3200m
3	Under 15 Girls	1130	1200	4000m
4	Under 15 Boys	1150	1220	4000m
5	Under 17 Women Under 20 Women	1210	1240	5500m 6500m
6	Sen/Masters Women	1230	1315	8500m
7	Under 17 Men Under 20 Men	1325	1355	5500m 6500m
8	Sen/Masters Men	1330	1415	8500m

Medals

Individual medals: 1st, 2nd and 3rd in each category (U13, U15, U17, U20, Senior, Master 40+), plus 1st only Master 50+

Team medals: 1st, 2nd and 3rd with 3 to count, except Senior Men (6 to count) and Senior Women (4 to count), plus 1st only Masters Team (3 to count).

The Senior, Masters 40+ and Masters 50+ races are combined for each gender.

All athletes may count in the Senior Championship race (individual and team) as well as their own age category, therefore a Masters athlete can count in both the Senior AND Masters individual and team races. However, a Masters athlete cannot compete in both the 40+ and 50+ individual championships; only their own age category.

In scoring the Masters team placings, only Masters athletes are considered.

Prizegiving

Medals will be presented near the Start/Finish area as soon as possible after each race. Note that there can sometimes be delays in processing /calculating results so please be patient and respectful of the work that the volunteers are doing. Medals can be posted on if necessary.

Declarations

Declarations are open from 1030am at the Gazebo near to the Start/Finish line. Team managers only please. Course maps and race details will be available at Declarations.

Changing

There are no changing or shower facilities available at the venue.



Toilets

Port-a-loos will be available near the Start/Finish area.

Course

All athletes should familiarise themselves with the appropriate race route and it is their responsibility to follow it accurately. Athletes who run the incorrect course route will have their team disqualified.

Maps will be displayed at the Gazebo at Declarations and on the Scottish Athletics website.

It is advisable that athletes wear spikes.

First Aid

First Aid will be located near the Start/Finish area.

The nearest Accident and Emergency Hospital is:

Royal Alexandra Hospital

Corsebar Rd

Paisley

PA2 9PN

0141 314 6195

Club Tents

There is ample space for club tents near the Castle. Please assemble tents in the marked bays and do so in accordance with the Tent and Gazebo guidelines published on the SA Event Website, paying particular attention to safety, and securing firmly against the wind/elements.

Please note there is no vehicular access to the tented village. All tents will require to be carried from the carpark area.

Club tents are the responsibility of the respective Clubs, and no responsibility or liability will be accepted by the Event Organisers and the host Club.

Please clear up any litter at the end of the day and dispose of it properly.

Catering

There are **no** on site catering facilities.

Directions

Follow the A82 Glasgow to Crainlarich Rd to Balloch Turn right at the Stonymullan roundabout and proceed for 200m. Turn Left at next roundabout, proceed for 50m, Turn right at next roundabout onto Balloch Rd, proceed for 800m and cross over River Leven Bridge. Car Parks are 100m on the Left and 150 m on the Right, directly across from park entrance.

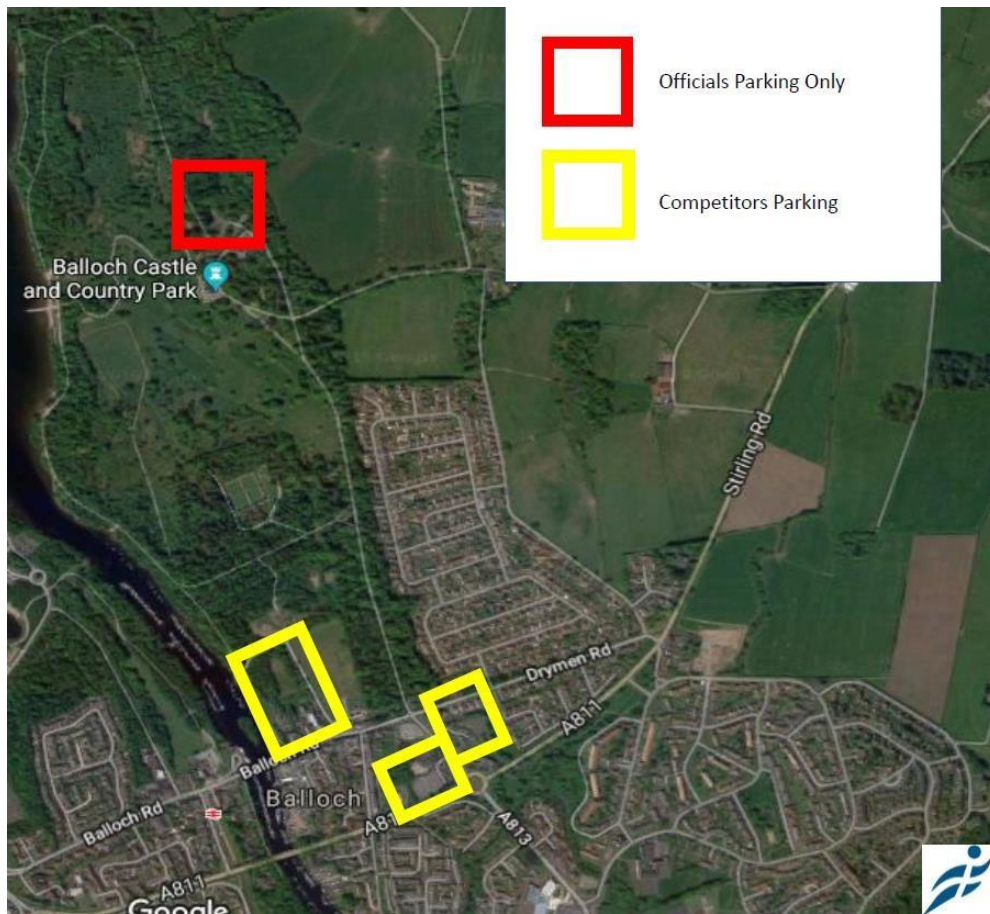
Results

Results as soon as possible on the scottishathletics Event pages.

Please promptly contact john.gebbie@btinternet.com or events@scottishathletics.org.uk with any queries / errors.



Parking



Queries

On the day, please address queries about the race to the Referee or Chief Time Keeper. Please do not interrupt the Results Team, or Officials at the finish line.

Many thanks to all the Officials for their invaluable time and help, and to Westerlands CCC and Dumbarton AAC for generously hosting the event.