

Lindsays scottishathletics Masters Cross Country Championships

5th February 2022

Balgownie Playing Fields, Aberdeen

COURSE INFORMATION

- Declarations will be from a gazebo beside Balgownie Pavilion.
- First race is at 1300hrs
- Declarations open at 1100hrs

| Race | Course | Distance | Start |
|------------------------------------------------------------------------------|-------------------------------------------------------|----------|---------|
| Masters Women + M65, M70 | Start - A-B-D-E-F-H-I-J-K-A X 3 Loops then Finish | 6.06 KM | 1300hrs |
| Masters Males M40, M45, M50, M55, M60 | Start - A-B-C-D-E-F-G-H-I-J-K-A X 3 Loops then Finish | 8.03K | 1345hrs |
| Presentations | | | 1530hrs |
| Declarations will close 30mins before the scheduled start time of each race. | | | |



Start/Finish straight only run at start and end of each race, not between laps

lindsays
SCOTTISH CROSSCOUNTRY SEASON

scottishathletics

metro aberdeen
running club