

**Lindsays scottishathletics Masters Cross
Country Championships**

**Balgownie Playing Fields
Aberdeen
Saturday 5th February 2022**

<u>Race</u>	<u>Start</u>	<u>Dist.</u>
Women (Over 40)	1300	6000m
Men M65 and Over		
Men (Over 40)	1345	8000m
Up to M60		
PRESENTATIONS	1530	

lindsays

**SCOTTISH
CROSSCOUNTRY
SEASON**



Championship Convenor

The last time the Scottish Athletics Masters Cross Country Championship were held in Aberdeen was 3rd March 2001.

This was the year of Foot and Mouth disease with many Cross Country races and Road races on or near farmland cancelled. The championships at Balgownie Playing fields were OK to go ahead but were held on a bitterly cold day with deep snow on the ground.

1st in the Men's race was Colin Donnelly of Ron Hill Cambuslang , 2nd Fraser Clyne of Metro Aberdeen, first M45 with Frank Barton of Ron Hill Cambuslang 3rd also a M45.

Ron Hill Cambuslang were Men's champions with 34 points, Metro Aberdeen 2nd with 38 points. 123 men finished, at that time all men's age categories ran together.

Women's champion was Sue Ridley of Edinburgh Woollen Mill with Sonia Armitage of Aberdeen AAC 2nd and Elaine McBrinn of Shettleston Ladies 3rd,

Shettleston Ladies were team champions on 21 points with Aberdeen AAC runners up with 24 points. 39 women finished.

Results at

[Indivs HTMLS.xlsx \(salroadrunningandcrosscountrymedalists.co.uk\)](http://salroadrunningandcrosscountrymedalists.co.uk)

Alex Jackson MBE

Lindsays scottishathletics Masters Cross Country Championships
Balgownie Playing Fields
Saturday 5th February 2022
OFFICIALS

Referee:	Dave Cairns
Assistant Referee:	Jackie Stewart
Clerk of Course:	Kevin Mackie
Declarations:	Lisa Michie, Amanda Pirie, Kim Menzies
Starter:	Dave Cairns
Starters Assistant:	Jackie Stewart
Line Judge:	Ian Hislop (Chief), Dave Hanlon
Timekeepers/ Time Recorders	Martin Rowe, Steve Murdoch, John Purcell
Place Recorders:	Dave Scott, Matthew Hodkinson
Funnel Management:	Peter Jennings, Elspeth Burton
Presentations:	Kim Menzies, Alex Jackson
Announcer:	Graham Watson
Results:	Lisa Michie, Alasdhair Love, Helen Duguid
Course Build & Marshals	George Proctor (Chief) Members of Metro Aberdeen RC
Convenor:	Peter Jennings

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Entry Lists Mastes Women

Bib	First Name	Last Name	Age	Team Name	Bib	First Name	Last Name	Age	Team Name
250	Sonia	Armitage	W60	Aberdeen Amateur Athletic Club	300	Ann	White	W70	Garscube Harriers
251	Veronique	Oldham	W55	Aberdeen Amateur Athletic Club	301	Kathryn	Scott	W60	Garscube Harriers
252	VICTORIA	BROWN	W45	Aberdeen Amateur Athletic Club	302	Mary	Senior	W45	Garscube Harriers
253	Erica	Christie	W65	Cambuslang Harriers	303	Lesley	Bell	W45	Garscube Harriers
254	Bernadette	Oneil	W50	Cambuslang Harriers	304	Marian	Kelly	W40	Garscube Harriers
255	Jacqueline	McLew	W50	Cambuslang Harriers	305	Katie	White	W40	Garscube Harriers
256	Jane	Waterhouse	W65	Central Athletic Club	306	Gillian	Blee	W40	Garscube Harriers
257	Julia	McAfee	W45	Central Athletic Club	307	Hilary	Carswell	W50	Giffnock North AC
258	Claire	Houston	W40	Central Athletic Club	308	Allie	Chong	W50	Giffnock North AC
259	Frances	Ferguson	W55	Calderglen Harriers	309	Jill	Smylie	W40	Giffnock North AC
260	Janet	Grigor	W50	Corstorphine AAC	310	Fiona	Zeiner	W45	Harmeny Athletic Club
261	Pauline	Kell	W50	Corstorphine AAC	311	Deborah	MacDonald	W60	Hunters Bog Trotters
262	Sara	Wood	W50	Corstorphine AAC	312	Megan	Wright	W45	Hunters Bog Trotters
263	Mhairi	Bagnall	W45	Corstorphine AAC	313	Claire	Gordon	W45	Hunters Bog Trotters
264	Sue	Taylor	W65	Cosmic Hillbashers	314	Claire	Ward	W40	Hunters Bog Trotters
265	Rhona	Anderson	W55	Dunbar Running Club	315	Eillis	McKechanie	W40	Hunters Bog Trotters
266	Morag	Taggart	W60	Dundee Road Runners AC	316	Joanna	Brown	W40	Hunters Bog Trotters
267	Gillian	Sangster	W50	Dundee Road Runners AC	317	Jillian	Stephen	W40	Hunters Bog Trotters
268	Alison	McNeilly	W40	Dundee Road Runners AC	318	Katja	Blunden	W40	Inverness Harriers AAC
269	Tracey	Passway	W55	Dundee Hawkhill Harriers	319	Morag	Gerrard	W50	JSK Running Club
270	Carol	Parsons	W40	Dundee Hawkhill Harriers	320	Andrea	Drummond	W50	JSK Running Club
271	Susan	Ridley	W55	Edinburgh Athletic Club	321	Roma	McIntosh	W45	JSK Running Club
272	Karen	Dobbie	W55	Edinburgh Athletic Club	322	Kerry	Anderson	W45	JSK Running Club
273	Julie	Wilson	W50	Edinburgh Athletic Club	323	Sonya	Ledford	W45	JSK Running Club
274	Janet	Dunbar	W50	Edinburgh Athletic Club	324	Tammy	Wilson	W40	JSK Running Club
275	Elaine	Davies	W50	Edinburgh Athletic Club	325	Ada	Stewart	W55	Kirkintilloch Olympians
276	Jennifer	MacLean	W45	Edinburgh Athletic Club	326	Marina	McCallum	W50	Kirkintilloch Olympians
277	Isobel	Joiner	W40	Edinburgh Athletic Club	327	Linden	Nicholson	W65	Lasswade Athletics Club
278	Hannah	Waugh	W40	Edinburgh Athletic Club	328	Rachel	Fagan	W45	Lasswade Athletics Club
279	Kelly	Baillie	W40	East Kilbride AC	329	Yvonne	Crilly	W60	Lothian Running Club
280	Fiona	Matheson	W60	Falkirk Victoria Harriers	330	Ruth	Wolfe	W55	Metro Aberdeen Running Club
281	Monica	Anderson	W50	Falkirk Victoria Harriers	331	Tina	McLeod	W45	Metro Aberdeen Running Club
282	Innes	Bracegirdle	W65	Fife AC	332	Jayne	Addie	W45	Metro Aberdeen Running Club
283	Margaret	Martin	W65	Fife AC	333	Julie	Hendry	W40	Metro Aberdeen Running Club
284	Louise	Provan	W45	Fife AC	334	Sarah	Simpson	W40	Metro Aberdeen Running Club
285	Heather	Anderson	W40	Fife AC	335	Linda	Smith	W55	Moray Road Runners
286	Anne	Docherty	W75	Forres Harriers	336	Amanda	Strang	W50	Moray Road Runners
287	Jackie	Nicol	W60	Forres Harriers	337	Michelle	Slater	W40	Moray Road Runners
288	Paula	Boon	W50	Forres Harriers	338	Phyllis	Hands	W65	Motherwell Athletics Club
289	Hilary	Cameron	W50	Forres Harriers	339	Hazel	Dean	W55	Ochil Hill Runners
290	Siobhan	Evans	W45	Forres Harriers	340	Angela	Mudge	W50	Ochil Hill Runners
291	Susan	McRitchie	W45	Forres Harriers	341	Edel	Mooney	W45	Ochil Hill Runners
292	Carol	Massie	W55	Fraserburgh Running Club	342	Clare	Graham	W50	PH Racing Club
293	Tracey	Weston	W50	Fraserburgh Running Club	343	Julie	Menzies	W45	PH Racing Club
294	Carole	Fortune	W55	Gala Harriers Athletic Club	344	Louise	Lessels	W40	PH Racing Club
295	Eileen	Maxwell	W55	Gala Harriers Athletic Club	345	Kristin	Lownie	W40	PH Racing Club
296	Wendy	Roethenbaugh	W55	Gala Harriers Athletic Club	346	Susan	Bothwell	W60	Perth Road Runners
297	Gillian	Lunn	W50	Gala Harriers Athletic Club	347	Erni	Hamilton	W55	Perth Road Runners
298	Katy	Barden	W40	Gala Harriers Athletic Club	348	Louise	Waywell	W55	Perth Road Runners
299	Sara	Green	W40	Gala Harriers Athletic Club	349	Fabienne Antonella	Thompson	W55	Perth Road Runners
					350	Tessa	Ward	W50	Perth Road Runners
					351	Fiona	Manson	W50	Perth Road Runners
					352	Stephane	Reid	W40	Perth Road Runners
					353	Linda	McGee	W45	Peterhead Athletics Club
					354	Susan	Linklater	W65	Shetland AAC
					355	Sarah	Attwood	W40	Skye & Lochalsh Running Club
					356	Michelle	Sandison	W40	Springburn Harriers

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Entry Lists M65 +

Bib	First Name	Last Name	Age	Team Name
1	Alan	Fulton	M70	Aberdeen Amateur Athletic Club
2	Phil	Smithard	M70	Carnegie Harriers
3	Pete	Cartwright	M75	Clydesdale Harriers
4	Robert	Young	M75	Clydesdale Harriers
5	Peter	Rudzinski	M70	Clydesdale Harriers
6	Roderick	Campbell	M75	Cosmic Hillbashers
7	Guillermo	Hernandez	M75	Dundee Hawkhill Harriers
8	Eric	Stevenson	M70	Edinburgh Athletic Club
9	Brian	Howie	M70	Edinburgh Athletic Club
10	Alex	MacEwen	M65	Edinburgh Athletic Club
11	Tony	Martin	M70	Fife AC
12	Graeme	Clark	M65	Fraserburgh Running Club
13	Brian	Urquhart	M65	Fraserburgh Running Club
14	Norman	Baillie	M70	Garscube Harriers
15	Robin	Thomas	M65	Hunters Bog Trotters
16	James	Wright	M65	Hunters Bog Trotters
17	Roger	Homyer	M65	Highland Hill Runners
18	Ian	Johnstone	M70	Inverness Harriers AAC
19	James	Treasurer	M70	Lochaber Athletic Club
20	Leslie M	Nicol	M85	Metro Aberdeen Running Club
21	John	Duff	M70	Metro Aberdeen Running Club
22	Ian	Thom	M65	Metro Aberdeen Running Club
23	Phill	Thompson	M70	Moray Road Runners
24	Mike	Goddard	M70	Moorfoot Runners
25	Malcolm	Hammond	M70	PH Racing Club
26	Ed	Norton	M70	PH Racing Club
27	Allen	Marr	M65	PH Racing Club
28	Robin	Livingstone	M65	Perth Road Runners
29	Frank	Miller	M65	Shetland AAC
30	James	Pittillo	M85	Teviotdale Harriers
31	Alastair	Walker	M65	Teviotdale Harriers
32	Bruce	Walker	M75	Troon Tortoises AC
33	Alex	Chisholm	M65	Garscube Harriers
34	Colin	Simpson	M65	Kirkintilloch Olympians
35	Graeme	Orr	M70	Westerlands Cross Country Club

Lindsays scottishathletics National Masters Cross Country Championships

Entry Lists M40 to M60

Bib	First Name	Last Name	Age	Team Name	Bib	First Name	Last Name	Age	Team Name
40	Malcolm	Stone	M55	Aberdeen Amateur Athletic Club	99	Andrew	Anderson	M55	Dunbar Running Club
41	Iain	Morrison	M55	Bellahouston Harriers	100	John	Mill	M55	Dundee Road Runners AC
42	Michael	McNamara	M55	Bellahouston Harriers	101	Grant	Whytock	M50	Dundee Road Runners AC
43	Brent	Brodie	M45	Bellahouston Harriers	102	Michael	Mitchell	M50	Dundee Road Runners AC
44	Colin	Thomas	M40	Bellahouston Harriers	103	Jim	Buchanan	M55	Dumfries Running Club
45	Andrew	Ferguson Snr	M60	Banchory Stonehaven Athletics Club	104	Charles	Haskett	M60	Dundee Hawkhill Harriers
46	Colin	Feechan	M60	Cambuslang Harriers	105	Norry	Passway	M55	Dundee Hawkhill Harriers
47	Des	Dickson	M60	Cambuslang Harriers	106	Gordon	Barrie	M45	Dundee Hawkhill Harriers
48	David	Thom	M60	Cambuslang Harriers	107	Billy	Gibson	M45	Dundee Hawkhill Harriers
49	Stan	MacKenzie	M55	Cambuslang Harriers	108	Kenny	Liddell	M40	Dundee Hawkhill Harriers
50	Chris	Upton	M55	Cambuslang Harriers	109	Lee	Strachan	M40	Dundee Hawkhill Harriers
51	Iain	Crawford	M50	Cambuslang Harriers	110	Chris	Creegan	M60	Edinburgh Athletic Club
52	Michael	O'Hagan	M50	Cambuslang Harriers	111	Dougie	Gowan	M60	Edinburgh Athletic Club
53	Tony	Mccutcheon	M50	Cambuslang Harriers	112	David	Cross	M55	Edinburgh Athletic Club
54	Frank	McGowan	M50	Cambuslang Harriers	113	Andrew	Latham	M55	Edinburgh Athletic Club
55	Stephen	Wylie	M50	Cambuslang Harriers	114	Gavin	Phillip	M55	Edinburgh Athletic Club
56	Brian	Douglas	M45	Cambuslang Harriers	115	Daniel	Rivera	M55	Edinburgh Athletic Club
57	Justin	Carter	M45	Cambuslang Harriers	116	Max	Carcas	M50	Edinburgh Athletic Club
58	Jamie	Reid	M45	Cambuslang Harriers	117	Gerry	Campbell	M50	Edinburgh Athletic Club
59	Michael	Barker	M45	Cambuslang Harriers	118	Dave	Clements	M50	Edinburgh Athletic Club
60	Gordon	Robertson	M40	Cambuslang Harriers	119	Lewis	Orr	M50	Edinburgh Athletic Club
61	Steven	King	M50	Carnegie Harriers	120	Paul	McBrien	M50	Edinburgh Athletic Club
62	Barry	Davie	M45	Carnegie Harriers	121	Michael	Fullerton	M50	Edinburgh Athletic Club
63	Charles	Graham-Marr	M60	Central Athletic Club	122	Malcolm	Parry	M45	Edinburgh Athletic Club
64	Hugh	Buchanan	M60	Central Athletic Club	123	Robert	Hamilton	M45	Edinburgh Athletic Club
65	Colin	Sinclair	M55	Central Athletic Club	124	Leon	Johnson	M40	Edinburgh Athletic Club
66	Iain	Dunsmore	M50	Central Athletic Club	125	Patrick	Fenn	M40	Edinburgh Athletic Club
67	Donald	Shaw	M50	Central Athletic Club	126	Stuart	Johnston	M40	Edinburgh Athletic Club
68	Craig	Walker	M50	Central Athletic Club	127	Mark	Thornton-Smith	M40	Edinburgh Athletic Club
69	Jens	Subke	M50	Central Athletic Club	128	Ewan	Cameron	M40	Edinburgh Athletic Club
70	Ewan	Jack	M50	Central Athletic Club	129	Keith	Dunlop	M40	Edinburgh Athletic Club
71	Scott	Brember	M45	Central Athletic Club	130	Keith	Charters	M55	East Kilbride AC
72	Roger	Goddard	M45	Central Athletic Club	131	Grant	Baillie	M40	East Kilbride AC
73	Will	Hensman	M40	Central Athletic Club	132	Alastair	Mccallum	M60	Falkirk Victoria Harriers
74	Ross	Houston	M40	Central Athletic Club	133	Malcolm	Finlayson	M55	Falkirk Victoria Harriers
75	Colin	Logan	M40	Central Athletic Club	134	Jeremy	Tomlinson	M60	Fife AC
76	George	Ferguson	M60	Calderglen Harriers	135	James	Hall	M45	Fife AC
77	Russell	Couper	M55	Calderglen Harriers	136	David	Morton	M40	Fife AC
78	Alan	Derrick	M55	Calderglen Harriers	137	Stuart	Mutch	M45	Fraserburgh Running Club
79	Gordon	McInally	M55	Calderglen Harriers	138	Keith	Buchan	M45	Fraserburgh Running Club
80	Andrew	Macrae	M50	Carnethy Hill Racing Club	139	Ian	Maxwell	M60	Gala Harriers Athletic Club
81	Michael	Connelly	M60	Corstorphine AAC	140	Magnus	Inglis	M45	Gala Harriers Athletic Club
82	Stuart	Campbell	M50	Corstorphine AAC	141	Simon	Adamson	M45	Gala Harriers Athletic Club
83	Iain	Macleod	M50	Corstorphine AAC	142	Gary	Trewartha	M45	Gala Harriers Athletic Club
84	Alan	Cunningham	M50	Corstorphine AAC	143	Graeme	Murdoch	M40	Gala Harriers Athletic Club
85	Gordon	Clarke	M45	Corstorphine AAC	145	Alex	Chalmers	M50	Garscube Harriers
86	Keith	Ovenstone	M45	Corstorphine AAC	146	John	Bell	M50	Garscube Harriers
87	Moray	Anderson	M45	Corstorphine AAC	147	Andy	Downey	M50	Garscube Harriers
88	Tom	Ferrington	M45	Corstorphine AAC	148	John	Coyle	M45	Garscube Harriers
89	Malcolm	Lang	M45	Corstorphine AAC	149	Daniel	Scroop	M45	Garscube Harriers
90	Ross	Milne	M40	Corstorphine AAC	150	Patrick	Gibbons	M45	Garscube Harriers
91	Iain	Hutchinson	M40	Corstorphine AAC	151	Finlay	Finlay	M40	Garscube Harriers
92	Alastair	Brockie	M40	Corstorphine AAC	152	Garry	Mathew	M40	Garscube Harriers
93	Christopher	Hill	M40	Cosmic Hillbashers	153	Colin	Whitby	M40	Garscube Harriers
94	Ross	McEachern	M55	Cumbernauld Amateur Athletics Club	154	Rob	Crusher	M55	Giffnock North AC
95	David	Hogg	M50	Cumbernauld Amateur Athletics Club	155	David	Shaw	M45	Giffnock North AC
96	Stephen	Allan	M45	Cumbernauld Amateur Athletics Club	156	Karl	Zeiner	M45	Harmeny Athletic Club
97	Robert	Keenan	M40	Cumbernauld Amateur Athletics Club	157	Stevie	Cairns	M50	Hunters Bog Trotters
98	Jamie	Ross	M45	Deeside Runners	158	Neil	Thomas	M50	Hunters Bog Trotters

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Entry Lists M40 to M60

Bib	First Name	Last Name	Age	Team Name	Bib	First Name	Last Name	Age	Team Name
159	Russell	Mckechnie	M60	Highland Hill Runners	210	Mark	Western	M55	PH Racing Club
160	Craig	Freshwater	M40	Hunters Bog Trotters	211	Scott	McDonald	M50	PH Racing Club
161	Nicholas	Gemmell	M45	Inverclyde Athletic Club	212	Mark	McClean	M50	PH Racing Club
162	Steven	Worsley	M55	Inverness Harriers AAC	213	Gary	Pirie	M45	PH Racing Club
163	William	Richardson	M50	Irvine RC	214	Mark	Webster	M45	PH Racing Club
164	Greig	Cruickshank	M60	JSK Running Club	215	Andrew	Wright	M45	PH Racing Club
165	Stuart	Webster	M55	JSK Running Club	216	Robert	Sellar	M45	PH Racing Club
166	Allan	Wilson	M45	JSK Running Club	217	Paul	Kieran	M45	PH Racing Club
167	Kevin	Milne	M45	JSK Running Club	218	Andrew	Davis	M45	PH Racing Club
168	Russell	Whyte	M45	JSK Running Club	219	Alan	McGowan	M45	PH Racing Club
169	Drew	McLelland	M45	JSK Running Club	220	Benjamin	Hukins	M40	PH Racing Club
170	Jamie	Walker	M45	JSK Running Club	221	Jeff	Farquhar	M60	Pitreavie AAC
172	Scott	Elliott	M60	Kirkintilloch Olympians	222	Brian	Cowan	M50	Pitreavie AAC
173	David	Allsop	M45	Kirkintilloch Olympians	223	Alan	Bothwell	M60	Perth Road Runners
174	Derrick	Brydon	M50	Lasswade Athletics Club	224	Mike	Dales	M60	Perth Road Runners
175	Alastair	Murray	M40	Lothian Running Club	225	Eddie	Torrie	M50	Perth Road Runners
176	George	McPherson	M60	Metro Aberdeen Running Club	226	Duncan	Ryan	M50	Perth Road Runners
177	Phil	Mann	M60	Metro Aberdeen Running Club	227	Stuart	Robertson	M50	Perth Road Runners
178	Andy	Redman	M60	Metro Aberdeen Running Club	228	Ronnie	Glen	M50	Perth Road Runners
179	Richard	Roulson	M60	Metro Aberdeen Running Club	229	Stewart	Reid	M40	Perth Road Runners
180	Neill	Kelly	M55	Metro Aberdeen Running Club	230	Kevin	Riddell	M40	Perth Road Runners
181	Nick	Milovsorov	M55	Metro Aberdeen Running Club	231	William	Jarvie	M60	Portobello Running Club
182	Alan	Smith	M50	Metro Aberdeen Running Club	232	Johnny	Lawson	M45	Portobello Running Club
183	Andrew	Sykes	M50	Metro Aberdeen Running Club	233	John	Robertson	M60	Peterhead Athletics Club
184	Keith	Dunnett	M50	Metro Aberdeen Running Club	234	Richard	Masson	M45	Peterhead Athletics Club
185	Craig	Anderson	M50	Metro Aberdeen Running Club	235	John	Oates	M60	Shettleston Harriers
186	Dino	Roussias	M45	Metro Aberdeen Running Club	236	Denis	Williams	M55	Shettleston Harriers
187	Graham	Reid	M45	Metro Aberdeen Running Club	237	Walter	Henderson	M50	Shettleston Harriers
188	Alex	Rose	M45	Metro Aberdeen Running Club	238	Mark	McColl	M40	Shettleston Harriers
189	Colin	Munday	M45	Metro Aberdeen Running Club	239	Simon	Peachey	M40	Stonehaven RC
190	Paul	Smith	M45	Metro Aberdeen Running Club	240	Derek	Clyne	M60	Teviotdale Harriers
191	Wayne	Dashper	M45	Metro Aberdeen Running Club	241	Alan	Coltman	M55	Teviotdale Harriers
192	Quintin	Chalmers	M45	Metro Aberdeen Running Club	242	Bruce	Hughes	M40	Teviotdale Harriers
193	Andrew	Thompson	M45	Metro Aberdeen Running Club	243	Greg	Walker	M40	Teviotdale Harriers
194	Jim	Tole	M45	Metro Aberdeen Running Club	244	Andrew	Gibson	M40	Teviotdale Harriers
195	Steve	Buchan	M45	Metro Aberdeen Running Club	246	Brian	Bonnyman	M50	Westerlands Cross Country Club
196	Brian	Robb	M40	Metro Aberdeen Running Club	247	Alastair	Ewen	M45	Westerlands Cross Country Club
197	Gavin	McLennan	M40	Metro Aberdeen Running Club	248	Andre	Alexander	M45	Westerlands Cross Country Club
198	David	Cornwell	M40	Metro Aberdeen Running Club					
199	Jeremy	Kibble	M40	Metro Aberdeen Running Club					
200	David	Morrison	M40	Metro Aberdeen Running Club					
201	Paul	Knight	M40	Metro Aberdeen Running Club					
202	Allan	Christie	M40	Metro Aberdeen Running Club					
203	Steven James	Morrison	M40	Metro Aberdeen Running Club					
204	John	Urquhart	M55	Moray Road Runners					
205	Gareth	Jenkins	M50	Moray Road Runners					
206	Colin	Green	M50	Moray Road Runners					
207	Bain	Martin	M45	Moray Road Runners					
208	David	Gardiner	M50	Motherwell Athletics Club					
209	Stephen	Feltbower	M40	Ochil Hill Runners					

**Lindsays scottish athletics 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 and M65 +	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

