

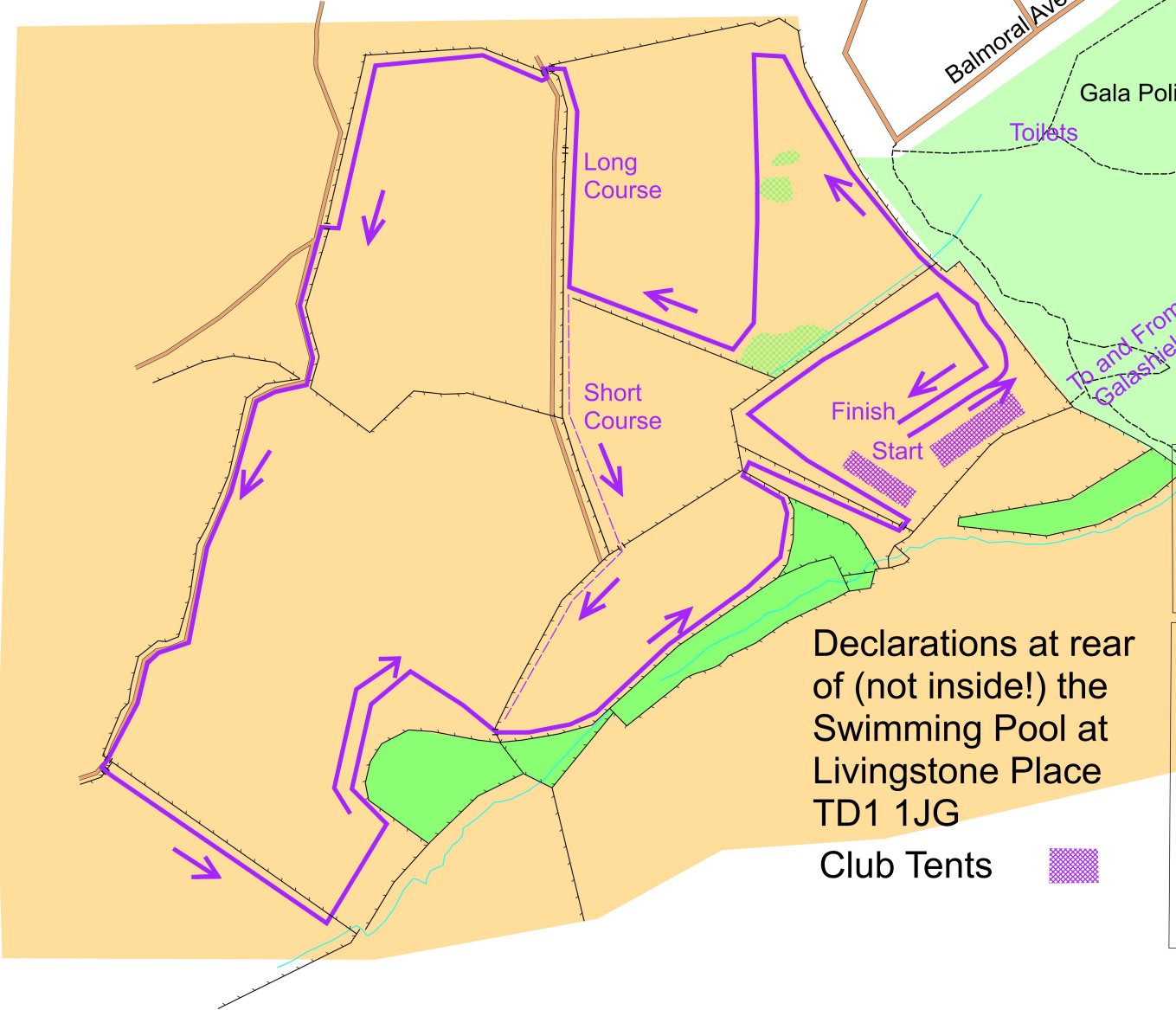
East District XC Relays  
 Saturday 1st October 2022  
 Mossilee, Galashiels,



Registration



0 250m



Declarations at rear  
 of (not inside!) the  
 Swimming Pool at  
 Livingstone Place  
 TD1 1JG

Club Tents

Long Course ~4.00 km  
 Short Course ~2.50 km  
 Courses run anti-clockwise.

Race	Start	Distance
Young Females	1200	3x2500m
Young Males	1240	3x2500m
Senior / Junior / Masters Women	1320	3x4000m
Senior / Junior / Masters Men	1420	4x4000m