

**Lindsays scottishathletics**  
**East District Cross Country Relay Championships**  
**Mossilee Farm, Galashiels**  
**SATURDAY 1<sup>st</sup> October 2022**

**PARKING/TRAVELLING TO EVENT**

There will be a limited number of parking spaces at Gala Academy TD1 3HU. (Please note there will be no access to the school building). Parking is also available within the town centre and on Currie Road next to Asda. There is paid parking behind Iceland TD1 3HU. Hourly trains run to Galashiels Railway Station on a Saturday.

**CLUB TENTS/GAZEBOS**

Parking at Balmoral Primary School, Balmoral Avenue, Galashiels, TD1 1JJ. A Club Tent Club Car Parking pass to be sent to clubs who confirm they are bringing club tent. Please refer to scottishathletics Club Tent Guidance on event website.

**DECLARATIONS**

Declarations will be in overhanging outside patio area at rear of swimming pool. Please note that it is a 10 – 15 min walk to course from declaration area. Please do not park in the Swimming Pool Car Park or use the Swimming Pool toilets.

**TOILETS**

There will be mobile toilets at the course. Athletes and spectators are kindly requested to respect the environment and use the toilets provided. Please do not use the facilities at the swimming pool.

**CHANGING/SHOWERS**

No changing/showering facilities. Please come ready to run.

**COURSES**

Hilly courses suitable for spikes.

**FIRST AID**

Will be located near the Start/Finish

**LITTER is not permitted**

Please take your litter home with you and recycle it.

**REFRESHMENTS**

No food outlets will be available at the course on the day.

**RACE TIMES**

Young Females	1200 – 3 x 2500m
Young Males	1240 – 3 x 2500m
Sen/Jun/Masters Women	1320 – 3 x 4000m
Sen/Jun/Masters Men	1420 – 4 x 4000m



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**YOUNG ATHLETES TEAMS**

1<sup>st</sup> Lap U13  
2<sup>nd</sup> Lap U15 OR U13  
3<sup>rd</sup> Lap U17 OR U15

**SENIOR/JUNIOR/MASTERS WOMENS TEAMS**

3 Laps

**SENIOR/JUNIOR/MASTERS MENS TEAMS**

4 Laps **The 3<sup>rd</sup> lap runners wear a RED number**

**MASTERS TEAMS**

Men and Women Masters are AGED 40 on the day of the race and need to  
Men and Women Masters teams will already have a 'V' marked next to the number  
for each athletes.

Masters Teams will be supplied with 'V' at declarations which should be worn on the  
BACK.

Masters athletes can compete in non Masters teams.

**PLEASE SUPPLY YOUR OWN SAFETY PINS.**

**PRESENTATIONS**

All medal presentations including the Senior Men will take place at the finish immediately  
after each race. This includes the Master's team medals.

**RESULTS**

Will be posted on scottishathletics website the day after the event.

**INELIGIBLE ATHLETES**

Athletes can only run once, any team with an athlete running a 2<sup>nd</sup> time will have the whole  
team removed from the results.

An entered athlete **MUST** not be substituted by a non-entered athlete at any time.

Non observance of the above leaves the whole field and the officials uninsured in the event  
of an accident, leaves the athlete at a health risk in the case of a wrong identification of the  
athlete, and makes the results invalid as an historic record.

**THANKS**

The District would like to thank Gala Harriers for hosting the District Relays.

**Sandra Hardacre**  
**East District Cross Country Secretary**

