

Lindsays scottishathletics Masters Cross Country Championship
Tollcross Park, Wellshot Road, Glasgow, G32 7AX
Sunday 5th February 2023
Women's & M65 + 13:00
Men up to M60 13:45
Declarations close 30 minutes before each race

Declarations

Declarations will be held within the scottishathletics gazebos beside the start area. Declarations will close 30minutes before the scheduled start time of each race.

All numbers should be collected in envelopes by Team Managers.

Parking

Due to a large swim meet there will be NO Parking facilities at Tollcross Swimming Pool. There is free on street parking available in the streets surrounding the park. All attendees should be considerate to local residents when parking.

On street parking is available around the area in particular
Wellshot Rd, Tollcross Rd, Trainford Rd, Fairbairn St, Anstruther St, Enterkin St, Muirfauld Dr

All attendees must park responsibly and considerately to local residents.

Club Tents

Any club tents can be dropped of at the park entrance on Muirfauld Drive a short walk from the Start area.

Changing

There will be no changing facilities available.

Toilets

Event toilets will be available beside the start area.

Catering

Tea / Coffee and donuts will be available near the start / finish area with further catering facilities available from Tollcross International Swimming Centre, an 800m walk from the start area.

Course

The Course is in Tollcross Park and is suitable for spikes

Numbers

As well as wearing the normal number on the front, athletes will also be issued with an age group number i.e. 40, 45, 50 etc. This number should be worn on the **BACK**. This number is intended to assist athletes in assessing where they are placed in their own 5 year age group category during the races.

Presentations

Medal presentations where possible will be held on a podium near the finish area, all medals will be available for collection from the declarations gazebo as soon as final results are published on OpenTrack.

- The Women's Races and the Men's 65 and over races will be run together.
- Teams are Women 3 to score, Men 4 to score or 3 dependent on age
- Team medals will be awarded for teams of 4 in the combined Men's Age Groups M40, M45
- Team medals will be awarded for teams of 3 in the combined Men's Age Groups M50, M55, M60+
- Team medals will be awarded for teams of 3 in the combined Women's Age Groups W40, W45
- Team medals will be awarded for teams of 3 in the combined Women's Age Groups W50, W55, W60+