

Additional Competitor Information

Event: **West District Cross Country Relay Championships 2023**

Date: **Saturday 7th October 2023**

Venue: **Milnbank Sports Hub (Alexandria Park Golf Course) G31 3JE**

Declarations

Declarations are open from 9.15am in front of the Milnbank Sports Hub Building, Team managers only please. Course maps and race details will be available at Declaration and on-line before the event.

An online declaration process will be provided for this event via the online OpenTrack system. Team Managers and Club Contacts will receive an emailed invite to become a 'Team Manager' on OpenTrack the week before the event. Those already registered on the site will simply have to log in. If any Team Managers are not already registered, they will need to do so when accepting the invitation. Additional Team Managers can be added by emailing events@scottishathletics.org.uk with Name and Email address of the additional Team Manager.

An online guide to the declarations process is available here - <https://docs.opentrack.run/cms/entry/relaydeclarations/>

Support for online team declarations will be provided on the day

Changing

There are no on -site changing facilities -Please come changed

Toilets

There are toilet facilities in front of the tented area.

Course

The course consists of a mixture of parkland and grass paths on Alexandria Park Golf Course.

Warming-up / Course Access

Please keep clear of the course and use the park footpaths with in Alexandria Park to warm up. Please respect the other Park users. To gain access to the Start / Finish area, you are required to cross a path from the tented area. Please stay within markers and watch out for runners.



Club Tents

There is ample space for club tents on the bottom two bowling greens next to the Sports Hub Building. No tents are allowed on the Golf Course. Please assemble tents in the marked bays and do so in accordance with the Tent and Gazebo guidelines on the SA Event Website.

Medals Presentation

Medals will be presented will be in front of the Milnbank Sports Hub area as soon as possible after each race,

Medals will be presented as follows –

Age Group	Team Composition	Medals
Masters Men	4 x 4000 metres	1 st , 2 nd , 3 rd teams
Senior / U 20 Men	4 x 4000 metres	1 st , 2 nd , 3 rd teams
U13B, U15B, U17M	3 x 3000 metres	1 st , 2 nd , 3 rd teams
Masters Women	3 x 4000 metres	1 st , 2 nd , 3 rd teams
Senior / U 20 Women	3 x 4000 metres	1 st , 2 nd , 3 rd teams
U13G, U15G, U17W	3 x 3000 metres	1 st , 2 nd , 3 rd teams

Multiple teams from the same club are eligible for medals

First Aid

First Aid will be located near the Start/Finish area.

The nearest Accident and Emergency Hospital is -

Glasgow Royal Infirmary 84 Castle St G4 0SF 0141 211 4000

Catering

Tuck Shop in Milnbank Sports hub area selling a variety of Snacks /Drinks

Results

Results will be posted on Scottish Athletics Events page. ASAP after the race



Directions

How to get to Alexandra Park in Glasgow, G31 3JE Moovit helps you find the best way to get to Alexandra Park with step-by-step directions from the nearest public transit station.

You can get to Alexandra Park by Bus, Train or Light rail. These are the lines and routes that have stops nearby -Bus: [38](#), [38B](#), [38C](#), [38E](#), [8](#) Train: [SCOTRAIL](#)

Nearest Train Station is Alexandra Parade Station -Approx. 10-minute walk from Course

[How to get to Alexandra Park in Glasgow by Bus, Train or Light rail \(moovitapp.com\)](https://www.moovitapp.com)

Parking

Parking is available on Blochairn Road (Post codes G21 2DU or 2DZ). This a large industrial area which is free from traffic on Saturday. A footbridge takes you from this road directly over the M8 into Milnbank Sports Hub where you find the tented area and course.

Please note strictly no parking allowed in Park or in residential housing next to park.

Club tents can be dropped off at the side entrance of the Park via Sannox Gardens (G31 3JE). This street is accessed off Alexandra Park Street and Coventry Drive. Individuals dropping off tents may park in these streets -This will be strictly monitored by Community Police. No others may park in this area.



