

# Lindsays scottishathletics National Masters Cross Country Championships

## Grant Park, Forres Sunday February 11<sup>th</sup> 2024 Hosted by Forres Harriers

Directions from the west- Leave A96 on the roundabout at the third exit signposted Forres Town Centre then go straight on through the next two roundabouts which will take you onto Forres High Street. Grant Park is situated after the High Street on the right.

Directions from the east – Leave the A96 on the roundabout on the first exit signposted Forres Town Centre. Grant Park is situated approx 600m on the left.

Directions from the south – Arrive in Forres on the A940 and go straight on through the first two roundabouts and at the third roundabout turn right (4<sup>th</sup> exit) onto Forres High Street. Grant Park is situated after the High Street on the right.

There is limited parking at Grant Park but there are plenty of free car parks situated either side of Forres High Street.

**Please use the carparks and please do not park on the streets to reduce any congestion on race day.**

Declarations will be from 11.30 am at the Bowling Club, Grant Park  
(R on the map)

All numbers should be collected in envelopes by Team Managers.

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

The Community Centre on Forres High Street will have its changing and showering facilities available from 12 until 4pm.

The prizegiving will be in Forres Town Hall, in Forres High Street where teas/coffees and sandwiches/cakes will be served.

- 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
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All runners will receive a memento of the day courtesy of Erdinger.

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## Race Details

1pm Women (over 40) Men M65 and over  
Start A,I,J,Start,A,B,C,D,E,F,G,H,I,J,Finish 6km

1.45pm Men (over 40) up to M60  
Start A,B,C,D,E,F,G,H,I x 2, Finish 8km

**Please note this race does not go to point J**

## Location Map

