

**Timetable**

1300hrs Women's & M65 + 6.4km approx

1345hrs Men up to M60 8.6km approx

**Venue**

From the West//South, Follow the A90 to Dundee/Aberdeen and leave at the slip road to the A923 signposted to Coupar Angus. Turn left at the end of the slip road and at the next roundabout turn left into the Parking area.

From the North/ East Follow the A90 to Dundee/Perth and leave at the slip road to A923 at the end of the slip road take the 3<sup>rd</sup> Exit onto the A923 and then as above

**Parking**

At Camperdown Leisure Complex, Kingsway West. DD2 3SQ Ice Rink end of large car park.

See parking location on Course Map

We are not using the Ice rink arena, you will not be able to access their toilets.

**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.

**Club Tents/Gazebos**

Can be dropped at the top of the course and erected as shown on the Course Map.

After dropping, please move vehicle to Ice Rink car park

**Changing**

There will be no changing facilities available.

**Toilets**

Event toilets will be available beside the start area.

**Catering**

There will be no catering on the site. Food outlets near parking for McDonalds, KFC and Nandos

**Course**

The Course 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**

Individual Medal presentations where possible will be held on a podium near the finish area, all medals including team medals will be available for collection from the declarations gazebo as soon as final results are published on OpenTrack at <https://data.opentrack.run/en-gb/x/2025/GBR/masxc/>

- 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