

Competition Information for Team Members and Athletes

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

Date: **Saturday 8 October 2016**

- Race Declarations / Changing: St Columba's Junior School, Knockbuckle Road, Kilmacolm.PA13 4EQ.
- **Please note that entry into the school will be via the Broomknowe Road entrance which is directly opposite the park and course.**

Race Course: **Birkmyre Park, Broomknowe Road, Kilmacolm. PA13 4HX**

Medals

There will be team medals (plus Masters' team medals) for each member of the 1st, 2nd and 3rd teams in each race.

Masters = 40+ (age on the day).

Important Notes

Athletes may only run once. Teams with anyone running a second time will be disqualified and removed from the results.

Entered athletes **MUST NOT** be substituted by non-entered athletes. Non-observance of this leaves the whole field and officials uninsured in the event of an accident, puts the competitor at a health risk as they may be wrongly identified, and makes the results invalid as an historic record.

Directions

Birkmyre Park: There are various routes to reach Kilmacolm. Once in the village along the A761, head along the Lochwinoch Road (B786) and then turn into Knockbuckle Road towards Broomknowe Road.

Parking

- There is **NO PARKING** at the school.
- There is very limited parking around the Park which will be allocated (and managed by race marshals) to First Aid vehicles and officials' cars.
- There will be parking for coaches along from the Park (managed by race marshals).
- Street parking is available in streets near to the Park, **however anyone using the street parking must ensure that they do so courteously and do not park in front of anyone's drive or impede anyone's access into their home.**

Note: Kilmacolm has areas of Zone Parking - so please make sure that you are parked legally or you will face a parking fine!

Declarations

In the school from 10am. **Team Managers only please!**

Please remove spikes and muddy shoes before entering the school.

Team Managers should fill in the declaration form provided (a list of athletes entered will be attached) then return all undeclared numbers with the completed declaration form. It is vital to declare the athletes in their correct running order so the results are accurately recorded for each individual.

PLEASE NOTE: In the Men's race, the RED coloured number should be worn by the 3rd leg runner. Masters' teams should be marked on the declaration form, and a large "V" prominently marked on each Masters' team member's number so the officials can identify them.

Changing and Showers

- In the school from 10am - there will be signs directing athletes to changing rooms and showers
- **Please remove spikes and muddy shoes before entering the school.**
- **Do not leave valuables unattended.**

The Course

- The course is over playing fields and is generally good running.
- Course maps will be displayed at the Park
- Athletes should familiarise themselves with the Course prior to racing, and run accordingly.

Toilets

- There are plenty of toilet facilities within the school.
- There is also a toilet in the Birkmyre Park Cafe.

First Aid

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

Club Tents

- There will be an area dedicated for club tents near the Start/Finish area.

Catering

- There will be tea/coffee, rolls and baking etc available from the Birkmyre Park Cafe which is situated within the Park.
- There will be no tea / coffee provided in the school except for officials.

Race Times

Please note revised start/declaration times (rev. 02.10.16)

- Young Females ~~1130hrs~~ **11.20** - (Declarations Close ~~1100hrs~~ 10.50)
- Young Males ~~1205hrs~~ **11.55** - (Declarations Close ~~1135hrs~~ 11.25)
- Sen/Jun/Master Female ~~1240hrs~~ **12.30** - (Declarations Close ~~1210hrs~~ 12.00)
- Sen/Jun/Master Male ~~1340hrs~~ **13.30** - (Declarations Close ~~1310hrs~~ 13.00)

Presentation of Medals

- Medals will be presented at the Start/Finish area as soon as possible following the conclusion of the race.

Queries

- On the day, please address queries about the race to the Referee or Chief Timekeeper.