

EAST DISTRICT CROSS COUNTRY LEAGUE

Meet 2 – Sunday 22 November 2009

Queen Anne High School, Broomhead, nr Wellwood, DUNFERMLINE

Organising Club – Carnegie Harriers

Travel Directions

- From the South & South-East Fife

Exit M90 at J3 (Halbeath) taking the A907 to Dunfermline Centre, 2.5 mls, then right at traffic lights onto the A823 (Crieff) for 0.75ml to QAHS on the left

- From the North & North-East Fife

Exit M90 at J4 (Kelty) taking B914 west 2mls, then bear left onto B915 for 2mls turning left onto A823 to Dunfermline. 2mls to QAHS just after Wellwood Village.

- SATNAV

KY12 0PQ

Parking

NO PARKING ON THE A823 MAIN ROAD.

Cars - turn right immediately on entry to school and park as far into the car park as possible. Access to changing/race site is better and it helps the parking process. Overflow – sensibly in the bus parking area

Buses and Minibuses – enter school and drive straight on to bus parking area.

Changing

Queen Anne High School is a modern, recently opened facility catering for some 1800 pupils and everyone is asked to respect this Community Use School.

SCHOOL OPEN FROM 11am - NO ACCESS TO THE SCHOOL BY THE FRONT DOOR

Access to the school is on the north side from the car park. Female changing is on the left near the entrance and gents further down the corridor. There are good showers and several in each changing area. There are no secure lockers.

There is no security staff facility and competitors are asked to safeguard their own valuables.

AS USUAL, NO SPIKES OR MUDDY FOOTWEAR INSIDE THE BUILDING

Registration & After Race Eats Etc

Located in the restaurant area.

Restaurant

Located beyond the changing areas, turn left down a windowed corridor to the 350 seater restaurant. The restaurant will offer the usual runners fare including (we hope) soup, pasta bake or similar, rolls, biscuits and a variety of beverages. **Please make use of this facility which is being provided solely for our use.**

First Aid

St Andrews Ambulance Association will be in attendance for the races.

Race Courses

Exit from the school building to the north from the car park between all weather pitches through a gate onto a track. Turn left and the Start/Finish area is 250m on the right.

The courses are located in five undulating fields to the north of the school, two are rough open and used by all laps. The grass tracks used may be muddy in places. A field further to the north is likewise and uses an old trial bike path in part followed by a narrower path of 200m. The Long Lap then visits two stubble fields.

THE TRACKS BOUNDING THESE FIELDS ARE OUT OF BOUNDS

All courses are suitable for spikes. The short tarmac section on Middle and Long Laps of the last Lge Meet in January is by-passed this time. There is 20m on a cinder type track on the Long Lap.

Race Times & Lengths

1pm – Under 11 Girls & Boys	– 1.6k	1.15pm – Under 13 Girls & Boys	– 3.0k
1.35pm – Sen/Jun Women & U17 men	– 6.0k	2.10pm – Under 15 Girls & Boys & U17 Women	– 4.2k
2.30pm – Sen/Jun Men	– 8.6k		

COURSES –All courses suitable for spikes			
Time	Age Grps	Course	Km
1.00	G & B U11	Short - SACDEJF	1.6
1.15	G & B U13	Short - SACDEJ	3.0
		Short - ACDEJF	
1.35	W S,J & V, M U17	Medium - SABCDEJ	6.0
		Long - ABCDEGHEJF	
2.10	G & B U15, W U17	Medium - SABCDEJ	4.2
		Medium - ABCDEJF	
2.30	M S,J & V	Men Short - SABC	8.6
		Long - ABCDEGHEJ	
		Long - ABCDEGHEJF	

EAST DISTRICT XC LEAGUE
Queen Anne High School
Dunfermline

Sunday 22 November 2009

SCALE (metres)

