

**East CC League
Moor Racecourse
Hawick
Saturday 15th October, 2022**

Officials

Referee:	Dave Cairns
Clerk of Course:	Greg Walker
Timekeeper:	Alan Carruthers
Time Recorder:	Douglas Carruthers
Place Recorders:	Rachel Halliday (Chief), Dave Hanlon, Lyn Hanlon
Judges/Funnel Control:	Andy Law (Chief), Andy Ronald, Dave Cairns
Starter:	Sandra Hardacre
Officials Report:	Alex Jackson
Announcer:	Andy Ronald
Results:	Alex Jackson, Ron Morrison
Host Club(s):	Teviotdale H

East District Cross Country League

Hawick Moor Racecourse TD9 OPD

Saturday 15th October 2022

(1) Venue

The race course is on the south side of the town. Follow the signs with CROSS COUNTRY going through the town centre. There are now 20mph speed limits going through towns on the A7 south from Edinburgh, **leave ample time to get to the venue.**

(2) Parking

All parking is at the venue, see course map, following the directions of the Teviotdale Harriers parking marshals. If possible car share.

(3) Courses

The courses are suitable for spikes

(4) Club Tents/Gazebos

Should be erected as marked on the Course Map

(5) Toilets

There will be mobile toilets at the venue

(6) Recording Slips

Slips are no longer given out on the day. See front page of East League website at [East District League Home \(salroadrunningandcrosscountrymedalists.co.uk\)](http://EastDistrictLeagueHome(salroadrunningandcrosscountrymedalists.co.uk)) on how athletes names should be submitted.

(7) Scoring

Under 11, Under 13, Under 15 Boys and Under 15 Girls/ Under 17 Women races are all 3 to score

Senior/Junior/Master's Women are 4 to score

Senior/Junior/Master's Men are 6 to score

Master's Men and Master's Women are 3 to score.

Master's athletes (Over 40) should have a large "V" next to their club number

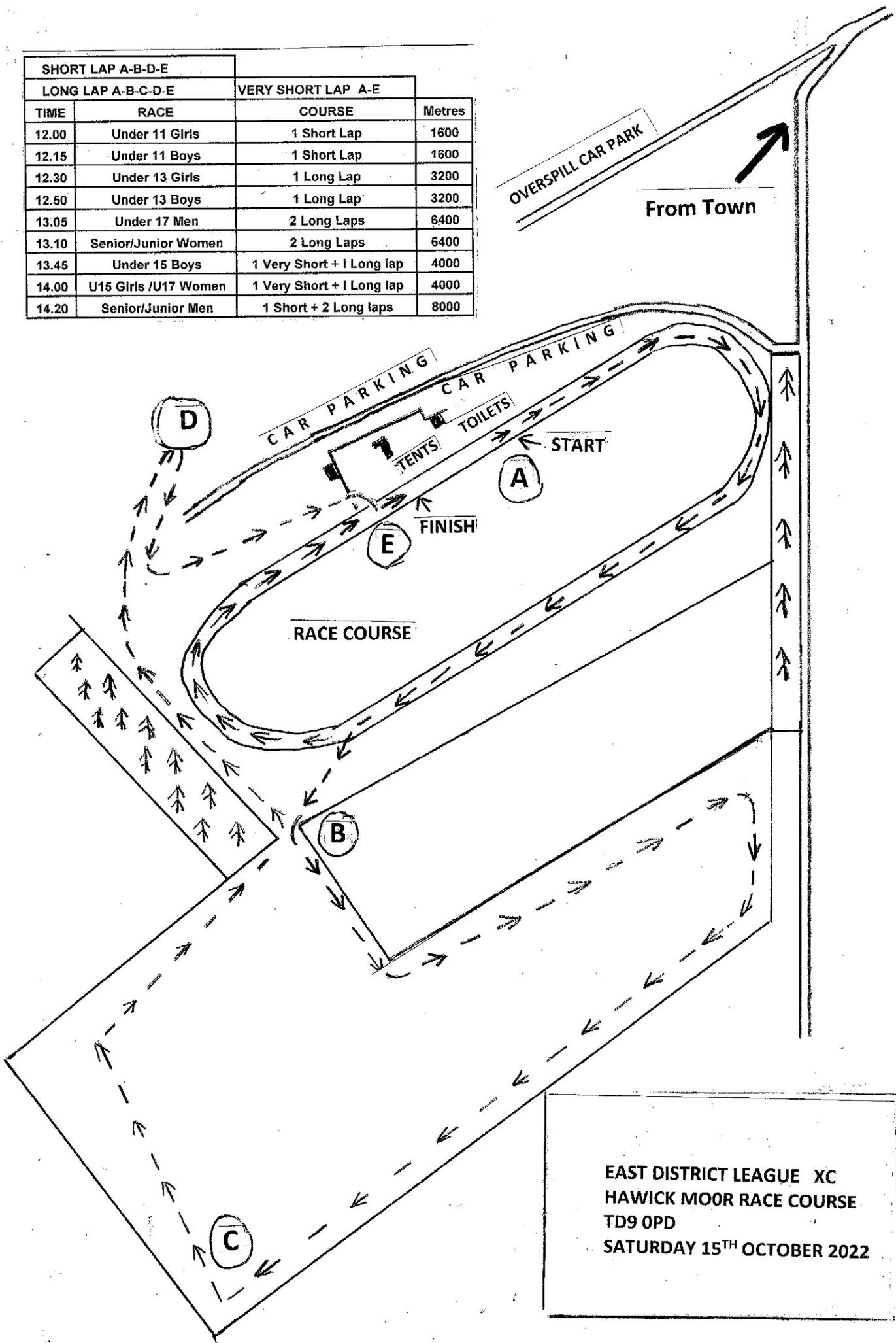
(8) Results

Will be posted on the league website

(9) Food

There will be no food available at the venue.

SHORT LAP A-B-D-E		VERY SHORT LAP A-E	
LONG LAP A-B-C-D-E		VERY SHORT LAP A-E	
TIME	RACE	COURSE	Metres
12.00	Under 11 Girls	1 Short Lap	1600
12.15	Under 11 Boys	1 Short Lap	1600
12.30	Under 13 Girls	1 Long Lap	3200
12.50	Under 13 Boys	1 Long Lap	3200
13.05	Under 17 Men	2 Long Laps	6400
13.10	Senior/Junior Women	2 Long Laps	6400
13.45	Under 15 Boys	1 Very Short + 1 Long lap	4000
14.00	U15 Girls /U17 Women	1 Very Short + 1 Long lap	4000
14.20	Senior/Junior Men	1 Short + 2 Long laps	8000



EAST DISTRICT LEAGUE XC
 HAWICK MOOR RACE COURSE
 TD9 OPD
 SATURDAY 15TH OCTOBER 2022