

**East CC League
Balbardie Park
Bathgate
Saturday 7th January, 2023**

Officials

Referee:	Ron Morrison
Assistant Referee:	Andy Law
Clerk of Course:	Ted Finch
Chief Course Marshal:	
Timekeepers:	Alan Carruthers (Chief), Ian Docherty, Adrain Stott
Time Recorders:	Douglas Carruthers (Chief), Ian Mann, Elspeth Burton
Place Recorders:	Allan Smith (Chief), Ian Hislop, Rachel Halliday, Linden Nicholson
Judges/Funnel Control:	Dave Cairns (Chief), Gillian Gibson, Bill Gentleman
Starter:	Kevin Rose
Starter's Assistant(s):	Sandra Hardacre, Carol Rose
Officials Report:	Alex Jackson
Announcer:	Andy Ronald
Results:	Alex Jackson, Ron Morrison
Gazebos:	Ted Finch, Dave Cairns, Sandra Hardacre
Host Club(s):	Edinburgh AC, Harmeny AC, Corstorphine AAC

East District Cross Country League

Bathgate, Balbardie Park, EH48 4LA

Saturday 7th January 2023

(1) Venue

The venue is not new to cross country. The Scottish Athletics Masters XC Championship of 2007 were held there.

Coming from the East leave the M8 at junction 3a and follow the signs for CROSS COUNTRY to the venue. Coming from the North leave the M9 at junction 4 take the A801 then A800 then B792

(2) Parking

In Balbardie Park follow the "Cross Country Parking" signs and park in the areas designated on the Course Map. We don't have exclusive use of the venue. Some parking is designated for Sport Centre users. If the parking fills up in Balbardie Park there is street parking in Bathgate. If possible, please Car Share. NO PARKING on the narrow road in and out of the park.

(3) Toilets

There is NO ACCESS to Xcite Sport Centres in the park for changing or toilets. Toilets are at the Course (see map)

(4) Recording Slips

Slips will not be given out on the day. See front page of East League website on how to forward finishing order of athletes in races.

(5) 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

(6) Results/Trophy Presentations/Venue

Results will be posted on the East League on the day after the event. There will be no trophy presentations on the day. The 13 league champion Trophies will be presented at appropriate times afterwards i.e., Club training nights.

Thanks to Harmeny AC, Edinburgh AC and Corstorphine AC for hosting to-days meeting and to Teviotdale Harrier and Dundee Hawkhill Harriers for hosting the other 2 league meetings in 2022-23.

The league is always looking for possible new cross country venues.

Contact Alex Jackson on alex@runningresults.co.uk if you have a possible venue or need more information.

East District Cross Country
Xcite Sports Centre
Balbardie Park of Peace, Bathgate
EH48 4LA **7th January 2023**

Legend

-  Building
-  Road; Path
-  Private, forbidden access!
-  Open land
-  Thicket, Trees

0 100m



- P XC Parking
- T Toilets
- △ Tents

Short Lap S - ADEG - F
Long Lap S - ABACADEG - F

12.00 U11 Girls	1 Short	1.5km	13.10 U20/S/M Women	2 Long	5.1km
12.15 U11 Boys	1 Short	1.5km	13.45 U15 Boys	1 Short, 1 Long	4.0km
12.30 U13 Girls	1 Long	2.6km	14.00 U15 Girls/U17 W	1 Short, 1 Long	4.0km
12.50 U13 Boys	1 Long	2.6km	14.20 U20/S/M Men	3 Long	7.8km
13.05 U17 Men	2 Long	5.1km			

