

**East CC League
Camperdown Park
Dundee
Saturday 18th November, 2023**

Officials

Referee:	Alex Jackson
Clerk of Course:	Dave Hanlon
Timekeepers:	Alan Carruthers (Chief), Ian Mann
Time Recorders:	Douglas Carruthers, Gillian Gibson
Judges/Funnel Control:	Andy Law (Chief), Lyn Hanlon, Alex Jackson
Place Recorders:	Allan Smith (Chief), Linden Nicholson, Ian Hislop
Starter:	Kevin Rose
Starters Assistants:	Sandra Hardacre
Officials Report:	Alex Jackson
Announcer:	Andy Ronald, Alex Jackson
Results:	Alex Jackson, Ron Morrison
Host Club:	Dundee Hawkhill H

East District Cross Country League
Camperdown Park, Dundee DD2 4TF
18th November 2023

(1) 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 3rd Exit onto the A923 and then as above

(2) Parking

At Camperdown Leisure Complex, Kingsway West. Ice Rink end of large car park.
We are not using the Ice rink arena, you will not be able to access their toilets.

(3) Courses

The courses are suitable for spikes

(4) 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

(5) Toilets

There will be mobile toilets at the venue. See map

(6) Results

Team Managers should submit results by filling in athlete's names in finish order in the excel sheet template on the front page of the league website at "Results"

(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.



- U11 Girls 12:00 noon
- U11 Boys 12:15 pm
- U13 Girls 12:30 pm
- U13 Boys 12:50 pm
- U17 Men 13:05 pm
- U20/Sen/Masters Women 13:10 pm
- U15 Boys 13:45 pm
- U15 Girls/U17 Women 14:00 pm
- U20/Sen/Masters Men 14:20

Start-A-B-C-Z-Finish	1600m
Start-A-B-C-Z-Finish	1600m
Start-A-B-X-D-E-F-Z-Finish	3200m
Start-A-B-X-D-E-F-Z-Finish	3200m
Start-A-B-X-D-E-F-Z-Start 2 laps-Finish	6400m
Start-A-B-X-D-E-F-Z-Start 2 laps-Finish	6400m
Start-A-B-C-X-D-E-F-Z-Finish	4000m
Start-A-B-C-X-D-E-F-Z-Finish	4000m
Start-A-B-C-X-D-E-F-Z-Start 2 laps -Finish	8000m