



## Additional Information for Competitors

Event: **scottishathletics National Masters Cross Country Championships**

Date: **Saturday 3<sup>rd</sup> February 2018**

Venue: **Visitor Centre, Dean Castle Country Park, Dean Road, Kilmarnock, KA3 1XB**

### Introduction

This year's event is based in the historic and beautiful Dean Castle Country Park (A park map highlighting some of the features can be found on the **scottishathletics** event website).

Administration and changing will take place in the Visitor / Treehouse Residential Centre and the races will take place in the fields on the south east edge of the park.



### Directions

The park is easily reached from the M77/A77. If travelling from / via Glasgow, take the second exit for Kilmarnock off the motorway, signposted "New Farm Loch". Visitors from other directions should head north on the A77 and leave the dual carriageway at the "New Farm Loch" exit. Thereafter head downhill toward the town and take the 3<sup>rd</sup> right (excluding motorway slip rd) in front of the church, then the 3<sup>rd</sup> right once more. The park entrance is on the right.



### Parking

There are 80 parking spaces in the main car park. Overflow parking is also available in the football clubhouse area opposite the entrance (no. of spaces will depend on matches taking place but a steward will advise). There is also ample parking near the start in Silverwood Primary School. We would expect most competitors to make their way to the start on foot through the park. However officials / teams with tents or anyone looking for a quick getaway might wish to use this facility.

### Declarations

Declarations will take place in the general purpose area of the Treehouse Residential Centre.

### Changing

The 10 x 4 bunk bedrooms in the residential centre are available for changing. There are no lockers but although the visitor centre is open to the public, the race has exclusive use of the residential centre. Please remove muddy shoes before entering the Visitor / Residential Centre

### Toilets / Showers

There are 2 x toilet / shower rooms in the residential centre each with 5 WCs and 5 showers. There are addition toilets in the Visitor Centre wing of the building and there is a public toilet block behind the castle (en route to the start). Finally there will be 4 x Portaloos in the immediate vicinity of the Start



### **Warming-up / Course Access**

It is a pleasant 5 minute jog / 10 minute walk to the start through the park. It does include a 'steepish' hill so the vehicle route is recommended for anyone carrying equipment. There will be tents available in the start area to leave bags / shoes etc if you do not have your own club tent

### **Course**

The course is a 'traditional' cross country course over rough fields and woodland, featuring a mildly challenging downhill / uphill section on each full lap. It is likely to be wet and muddy in some sections and spikes are recommended

### **Catering**

The Visitor Centre has a well stocked café serving a range of hot and cold snacks and drinks. Officials should use their T ticket in the café. There will also be a catering van on the road adjacent to the start.

### **Club Tents**

There is ample space for club tents in the open areas around the start and in the woods behind. Please be aware of the Scottish Athletics Tent and Gazebo Guidelines.

### **First Aid**

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

### **Results**

Results will be posted on Saturday evening on Kilmarnock Harriers website – [www.kilmarnockharriers.com](http://www.kilmarnockharriers.com) and asap thereafter on Scottish Athletics Events page