

### Competitor Information

Event: **West District Cross Country Championships 2018**

Date: **Saturday 8<sup>th</sup> December 2018**

Venue: **Ayrshire Athletics Arena (AAA), Queens Drive, Kilmarnock, KA1 3XF, Tel 01563 555227**

### Start Times and Distances

<u>Event</u>	<u>Race Description</u>	<u>Declarations Close</u>	<u>Start Time</u>	<u>Distance</u>
1	Under 13 Girls	1100	1130	3200m
2	Under 13 Boys	1115	1145	3200m
3	Under 15 Girls	1130	1200	4000m
4	Under 15 Boys	1150	1220	4000m
5	Under 17 Women Under 20 Women	1210	1240	5500m 6500m
6	Sen/Masters Women	1230	1315	8500m
7	Under 17 Men Under 20 Men	1300	1355	5500m 6500m
8	Sen/Masters Men	1330	1415	8500m

### Medals

**Individual medals:** 1st, 2nd and 3rd in each category (U13, U15, U17, U20, Senior, Master 40+), plus 1st only Master 50+.

**Team medals:** 1st, 2<sup>nd</sup> and 3<sup>rd</sup> with 3 to count, except Senior Men (6 to count) and Senior Women (4 to count), plus 1st only Masters Team (3 to count).

The Senior, Masters 40+ and Masters 50+ races are combined for each gender.

All athletes may count in the Senior Championship race (individual and team) as well as their own age category, therefore a Masters athlete can count in both the Senior AND Masters individual and team races. However, a Masters athlete cannot compete in both the 40+ and 50+ individual championships; only their own age category.

In scoring the Masters team placings, only Masters athletes are considered.

### Prizegiving

Medals will be presented near the Start/Finish area as soon as possible after each race, or inside the AAA area depending on the weather. Note that there can sometimes be delays in processing /calculating results so please be patient and respectful of the work that the volunteers are doing. Medals can be posted on if necessary.

### AAA Access

Please remove muddy shoes before entering the indoor track area

### Declarations

Declarations are open from 1030 in the General Purposes Room to the left of Reception. Team managers only please. Course maps and race details will be available at Declaration and in the foyer.

### Changing

There are 6 male and 3 female changing rooms, each equipped with multiple showers (except disabled changing rooms -which are **available** to be used, but have only 1 shower). There is additional male changing in the curtained area at the end of the indoor track.

### Toilets

There are toilet facilities in the changing rooms and in the main toilets within the AAA which is within 100m of the Start.

### Course

The course consists of a mixture of parkland, riverside path and farmer's fields (normally used for livestock). On the big lap there is also a section of rough road under the A77. Most competitors have reported that this is OK for spikes.

### **First Aid**

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

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

Please keep clear of the football pitches. To gain access to the Start / Finish and Team Tent area, you are required to cross the course. Please stay within markers and watch out for runners.

### **Club Tents**

There is ample space for club tents near the Start/Finish area. Please assemble tents in the marked bays around the Cricket Circle. Please pay attention to the Tent and Gazebo guidelines on the Event Website

### **Catering**

Hot drinks will be available at the Start / Finish area and there will be a catering van providing a range of hot and cold food outside the AAA main building.

### **Directions**

Travelling south on the M77/A77 take the 3<sup>rd</sup> exit for Kilmarnock. The AAA is close to the major intersection between the A77, A76, A71 and A735. Follow the signs for the A735 / Town Centre to reach the AAA.

### **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. Please promptly contact the [john.gebbie@btinternet.com](mailto:john.gebbie@btinternet.com) or the Scottish Athletics Events team with any queries/errors.

### **Parking**

Parking at the AAA is for officials only. Please follow map and directions below for Competitor Parking. This is adjacent to the course and is within 200 metres of the AAA



### **Competitor Parking**

- The AAA is close to the major intersection between the M(A)77, A71 and A76. Follow the signs for A735/Town Centre.
- Limited Parking at the AAA / Follow map and directions below for Competitor Parking. Diversion signs will be in place.
- From the Ayrshire Athletics Arena, continue on Queen's Drive/A735 for 0.1 miles (yellow dotted line) and at first roundabout take the second exit. Continue for 0.2 miles and at roundabout take the second exit.
- Move into outside lane and turn right at the traffic lights onto Newmill Road.
- Continue for 0.3 miles and competitor car park is on the right.

