

Alex Jackson
East District Secretary
Road Running & Cross County
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Monday 8th December 2008

Dear Athlete

INTER DISTRICT MATCH
(Incorporated into the Great Winter International CC fixture)
EDINBURGH (Holyrood Park)
SATURDAY 12th JANUARY 2008

I am pleased to advise you that you have been selected to represent the East District at the annual fixture versus North and West Districts also with Scottish Universities teams in the Senior/Junior Men and Women's Races.

RACE	TIME	DISTANCE
Under 13 Girls	10.40	2,400 metres
Under 13 Boys	11.00	2,400 metres
Under 15 Girls	11.20	2,400 metres
Under 15 Boys	11.40	2,400 metres
Under 17 Women	12.00	3,600 metres
Under 17 Men	12.25	3,600 metres
Sen/Jun Women	13.25	5,600 metres
Sen/Jun Men	13.55	8,900 metres

The Sen/Jun Women's and Sen/Jun Men's races will be televised on BBC

Car Parking will be available at Meadowbank Stadium approx. 400m from the course.
Declarations are NOT at Meadowbank

You should report to declarations at a marquee at the course in Holyrood Park at least 1 hour before your race where you will receive your number and timing chip from your Team Manager.

Team Managers will also issue athletes with a District Vest. If you wish to keep the vest it can be bought for £5.00 on the day. If you do not wish to buy the vest it must be returned to the Team Manager after your race. If you already have a District vest bring it with you.

If you need more information please email or phone me.

If you are unable to compete I would appreciate it if you let me know as soon as possible by email or telephone.

Yours Sincerely
Alex Jackson
East District Secretary