



**National Cross Country Relay Championships (incorporating Masters Relays)
Cumbernauld (Cumbernauld Park)
SATURDAY 24th October 2009**

ROADWORKS

There are roadworks on the A80 approaching Cumbernauld from the North and South. Please allow extra time for your journey.

DECLARATIONS

Declarations are at Cumbernauld High School.

Team Managers should fill in the declaration form provided on the day. A list of athletes entered will be attached. All undeclared numbers must be returned with declarations forms at the school

YOUNG ATHLETES TEAMS

1st Lap U13 2nd Lap U15 OR U13 3rd Lap U17 OR U15.

MASTERS TEAMS

Masters Male and Female Teams should be clearly marked so on the form. To identify Masters teams, team managers should mark a large "V" beside each running number.

Master Females and Males are Age 35 or over on the day of the race

COURSE LOCATION

By foot 1.5mile from school. Route will be signposted through housing estate and down to Cumbernauld Park.

PARKING AT THE COURSE IS STRICTLY LIMITED AND WILL BE BY PERMIT ONLY. ATHLETES SHOULD PARK AT THE SCHOOL AND MAKE THEIR WAY TO THE COURSE ON FOOT.

SPORTS GOODS

Specialist running shop Run and Become will have a selection of goods on display at Cumbernauld High School foyer including 12 and 15mm spikes!!! Also some special offers from **Puma**, Scottish athletics kit sponsor. Impossible to bring the whole shop but any special requests call 0131 313 5300 or e-mail edinburgh@runandbecome.com

IMPORTANT

All athletes who compete in the relays must be current members of the Scottish Athletics Membership Scheme. The results will be subject to scrutiny to establish compliance.

TOILETS

There will be Mobile Toilets near the Start/Finish area on the course. Please use them. Do not use Cumbernauld Park as a toilet.

Future use of this venue may be in jeopardy if athletes don't comply with this.

Yours Sincerely
Alex Jackson
CC and RR Secretary