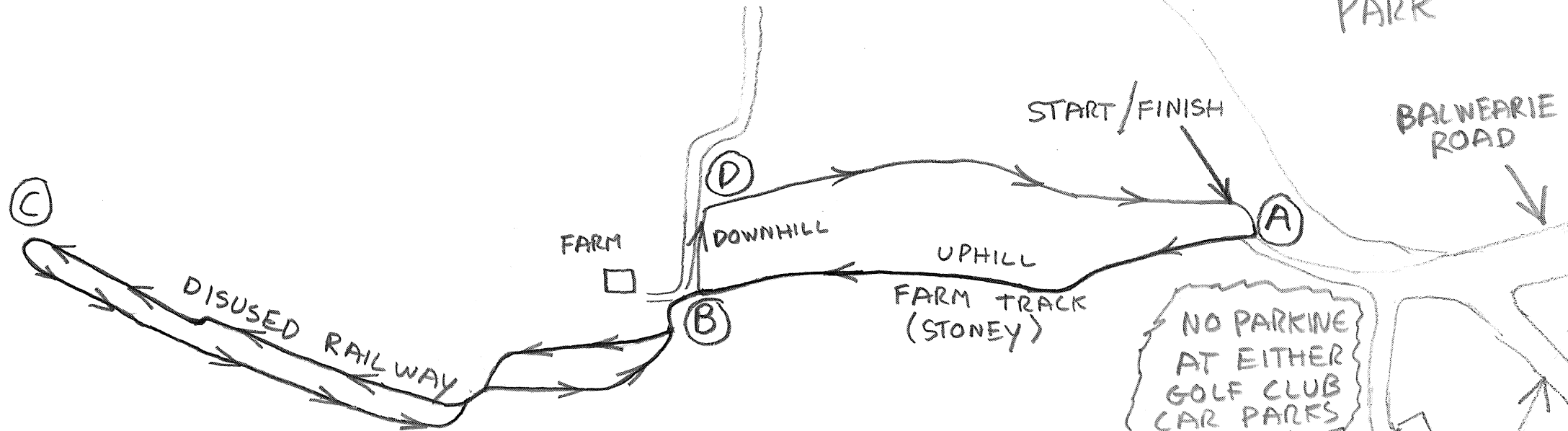


**NATIONAL MASTERS CROSS COUNTRY
CHAMPIONSHIPS
KIRKCALDY
SATURDAY 5th FEBRUARY 2011**



RACE	START	DISTANCE	LAPS	DESCRIPTION
Women and Men M65+	1.30pm	6,000 metres	Start-A-B-C-D-Finish	1 Big Lap
Men M40 up to M60	2.15pm	8,000 metres	Start-A-B-D-A-B-C-D-Finish	1 Small Lap + 1 Big Lap

THE COURSES ARE NOT SUITABLE FOR SPIKES

BALWEARIE HIGH SCHOOL
CHANGING/DECLARATIONS
300 METRES FROM COURSE