



# Lasswade Athletics Club

## 28th Open Cross Country Meeting

### 1st November 2009

Gore Glen Playing Fields, Engine Road, Gorebridge, Midlothian  
<http://lasswadecrosscountry.blogspot.com>

- Nine races from Under 11 up to Seniors/Vets
- Course: parkland, fields & gravel paths
- Medals & Trophies for individual and team winners
- Spot prizes in all Age Group races
- Hot & cold refreshments courtesy of  
Newtongrange Gala Committee
- Changing / Showers / Toilets
- Free parking at course

We would like to extend our appreciation to the organisations listed below that have in common a desire to be a positive influence for good in the communities of which they form part.

#### Main Sponsor

John Noble, Electrical Contractor, Bonnyrigg



#### Race Sponsors

Banks Richardson Scott & Co, Accountants  
Lothian Motors, Bonnyrigg  
FGH Architectural Services, 01620 850529  
Peter Moran Ltd, Builders, Smeaton  
Basically Tool Hire  
Kristoffersen Carpets

#### Friends of Lasswade

Midlothian District Council, Arniston Estate,  
Colin Nikolic, Shadow Blinds, Glenrothes,  
Designworks, HomePlus Magazine, Ikea

Event Timetable & Prizes				
Event		Approx. Distance	Start	Prizes
1	Under 11 Girls	1 mile	12:30 pm	First four, first three teams of three
2	Under 11 Boys	1 mile	12:35 pm	First four, first three teams of three
3	Under 13 Girls	2 miles	12:40 pm	First four, first three teams of three
4	Under 13 Boys	2 miles	12:50 pm	First four, first three teams of three
5	Under 15 Girls	2 miles	1:00 pm	First four, first three teams of three
6	Under 15 Boys	3 miles	1:10 pm	First four, first three teams of three
7	Under 17/20 Women	3 miles	1:30 pm	Prizes for first two in each age group and first team of three (any age)
8	Senior Women & Vets plus Under 17 Men	3.8 miles	2:00 pm	Women: First three, first Vet, first Vet o/45, first team of three. U17 Men: First two, first team of three
9	U20, Senior & Vet Men	6 miles	2:30 pm	First three, first Vet, first Vet o/50, first Senior team, first Vet team

## Prizes

Trophies for individuals in Under 11 to Under 15 age groups. Boxed medals for individuals in remaining age groups. Boxed medals for all teams.

## Entries only on the day. Entry fees:

Seniors & Vets.	£4.00
All others	£3.00
Unaffiliated Seniors	£2.00 extra

## Registration from 10.30 a.m.

Gorebridge Leisure Centre, Hunterfield Road, Gorebridge.  
Declarations close 30 minutes before the start of each race.



For more information please contact: Barbara Howie 0131 663 4697  
or visit our BLOG at: <http://lasswadecrosscountry.blogspot.com>