

NATIONAL 4K CROSS COUNTRY CHAMPIONSHIPS

(In conjunction with Athletic Glasgow's XC Dev Races)



NATIONAL 4 K CROSS COUNTRY CHAMPIONSHIPS BELLAHOUSTON PARK

31/1/10

Course Map Information
Athletics Glasgow - Development Races

Race	Declaration s Close	Race Starts
1u/13 Girls	11.30	12.00 = 2000m
2 u/ 13 Boys	11.45	12.15 = 2000m
3 u/15 Girls	12.00	12.30 = 2000m
4 u/15boys	12.15	12.45 = 2000m

Scottishathletics 4k CC Championships
Declarations close 30 mins prior to start
Sen /Jun Men :Start1.00
2 large laps to finish
Sen/Jun Women: Start 1.30
2 large laps to finish

Travel Information
Exit the M77 at
Dumbreck road (B768)
Proceed north to
*Mosspark Boule Varde

