



Lasswade Athletics Club

30th Open Cross Country Meeting

Sunday 6th November 2011

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
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>

DIRECTIONS

Gorebridge is located approximately 10 miles south of Edinburgh off the A7 and 4 miles south of the Sheriffhall Junction on the A720 Edinburgh City Bypass. Direction signs will be erected from Sheriffhall to the course and Registration on the day.

From the North, East & West

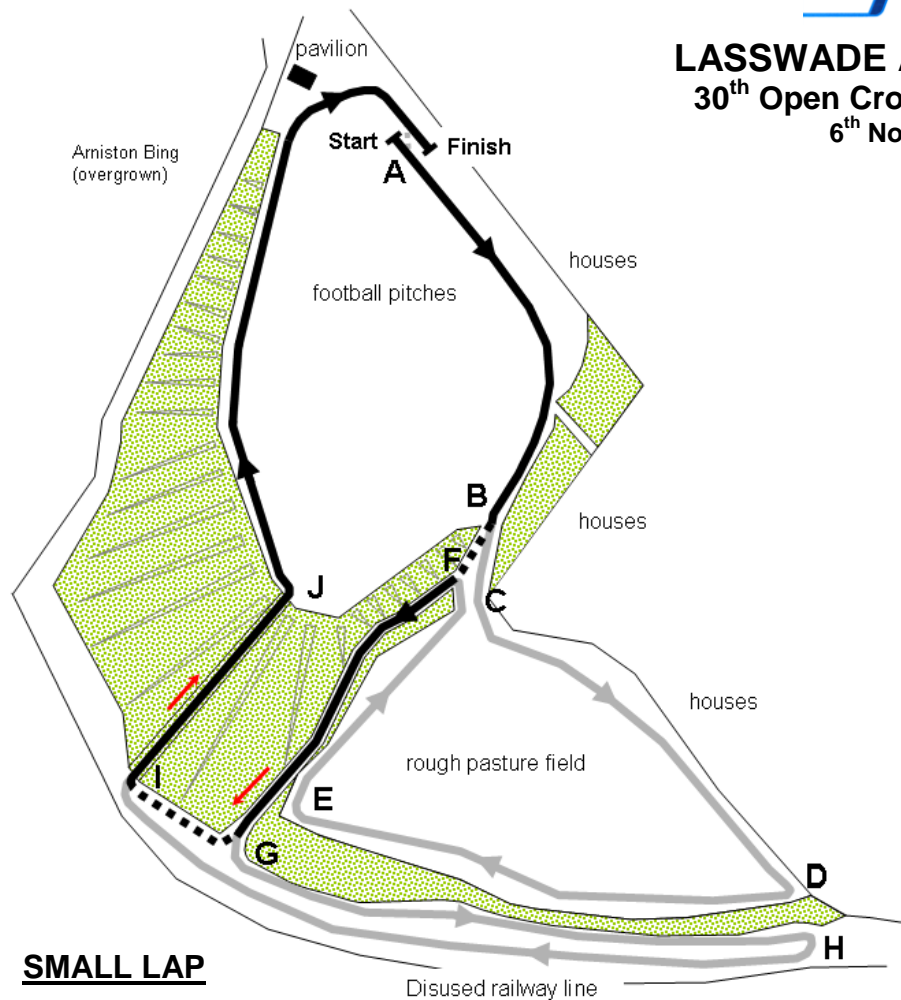
Heading towards Edinburgh, take the A720 Edinburgh City Bypass, following directions for the A7. At the Sheriffhall Junction, follow the signs for A7 and continue for approximately 3.5 miles, passing under the railway viaduct and past the Scottish Mining Museum at Newtongrange, until the traffic lights immediately beside the Shell garage at the crossroads with the B704. Turn left at the lights on to the B704 which leads on to Hunterfield Road. To get to the course and event parking, turn right immediately before the Hunterfield Tavern (approx. 0.7 miles after the traffic lights) on to Engine Road. Registration at Gorebridge Leisure Centre is a further 0.2 miles on the left, off Hunterfield Road. **Parking is very limited at Registration.**

From the South

Take the A7 heading towards Edinburgh. Approximately 1.5 miles past North Middleton, turn right at the crossroads with the B6372 on to Powdermill Brae and continue straight on for approx. 0.75 miles via Station Road to Hunterfield Road. Registration is on the right beside the church, off Hunterfield Road, and entry to the course and event parking via Engine Road is a further 0.2 miles past Registration on the left.

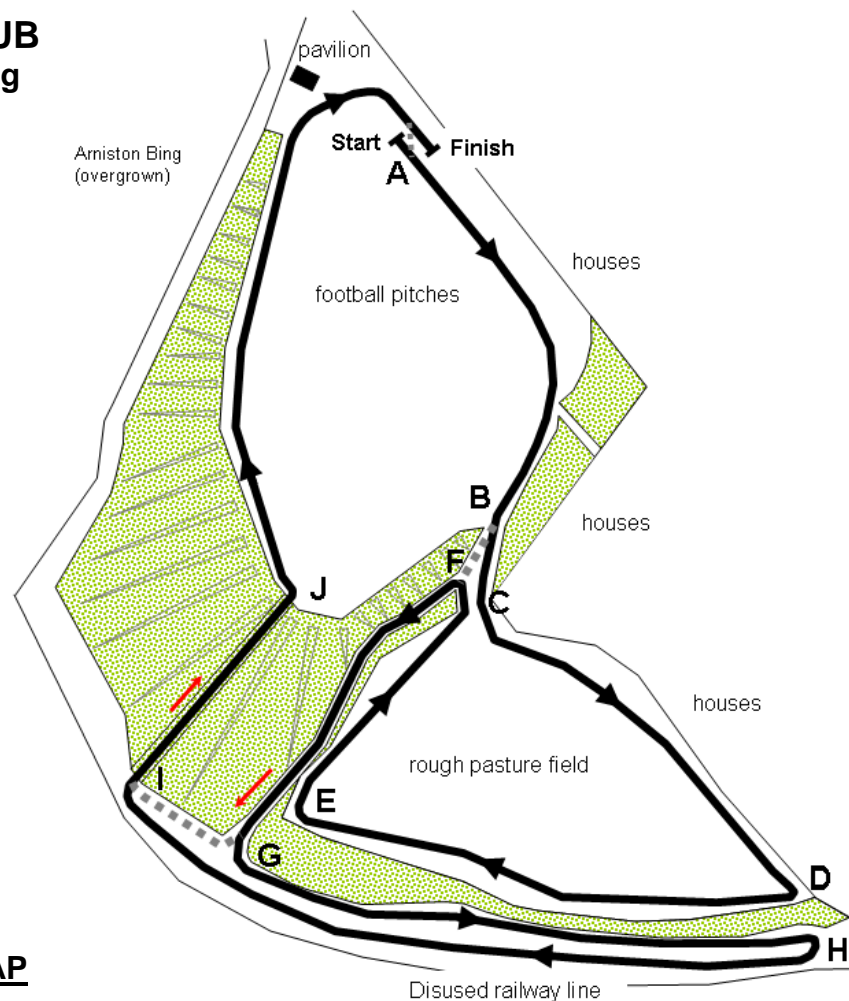


LASSWADE ATHLETICS CLUB
30th Open Cross Country Meeting
6th November 2011



SMALL LAP

A, B, F, G, I, J, Finish
(or A for start of following lap)



BIG LAP

A, B, C, D, E, F, G, H, I, J, Finish
(or A for start of following lap)

Race 1	Under 11 Girls	12.30 pm	1 mile	1 small lap
Race 2	Under 11 Boys	12.35 pm	1 mile	1 small lap
Race 3	Under 13 Girls	12.40 pm	2 miles	1 big lap
Race 4	Under 13 Boys	12.50 pm	2 miles	1 big lap
Race 5	Under 15 Girls	1.00 pm	2 miles	1 big lap
Race 6	Under 15 Boys	1.10 pm	3 miles	1 small lap + 1 big lap
Race 7	Under 17/20 Women	1.30 pm	3 miles	1 big lap + 1 small lap
Race 8	Senior Women & Under 17 Men	2.00 pm	3.8 miles	2 x small laps + 1 big lap
Race 9	Senior Men, incl. Under 20 Men	2.30 pm	6 miles	3 x big laps



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Gorebridge Leisure Centre,

Hunterfield Road,

Gorebridge

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