

**National Masters Cross Country Championship**  
**Hawick**  
**Saturday 1<sup>st</sup> February 2014**  
**Women's & M65 + 1.30pm**  
**Men up to M60 2.15pm**  
**Declarations close 30 minutes before each race**

**Declarations/Changing/Parking**

At Teviotdale Leisure Centre Mansfield Road, Hawick TD9 8AG  
(see Course/Location Map) which is 1,000 metres from the course.  
Route from the Leisure Centre to the Course will be signed. (see Course/Location Map)

**Changing**

Female Changing / Showers will be signed and separate within the centre.  
Male Changing / Showers will be in the communal swimming pool area.  
Males should have a £1 coin (returnable) if they want to use a locker and shorts if they want to use the showers.

**Males need to wear shorts in order to use the showers**

**Course**

The course which has not been used before for cross country is a mixture of farm fields and open country. It is over undulating ground and is suitable for spikes.  
There is Parking 400 metres from the Start (see map)

**Numbers**

As well as wearing the normal number on the front, athletes will also be issued with an age group number i.e. 40, 45, 50 etc. This number should be worn on the **BACK**. This number is intended to assist athletes in assessing where they are placed in their own 5 year age group category during the races.

**Prizegiving**

In the Teviotdale Leisure Centre Cafe at approx 4.15pm

**Teviotdale Harriers**

Our thanks to Teviotdale for hosting the Master's Championships during the club's 125<sup>th</sup> year.

see

<http://teviotdaleharriers.org.uk/>

Alex Jackson  
Secretary Cross Country and Road Running Commission  
Scottish Athletics