

## Lindsays scottishathletics East District Cross Country Championships

Saturday 7<sup>th</sup> December 2019

Piperdam Golf and Leisure resort. By Dundee ([www.piperdam.com](http://www.piperdam.com)) 01382 585000

**Directions:** Leave A90 (Kingsway) at the exit for Coupar Angus (Camperdown Park). Follow A923 towards Coupar Angus taking the left fork after the village of Muirhead. Piperdam is approx. 2 miles after Muirhead. The resort is well signposted

**Parking:** There is a large main car park with coach parking at the north end for about 5 coaches. There is an overflow car park to the west of the main car park with further car parking beside the playbarn; Please follow the directions of the car parking marshals.

**Declarations:** Declarations will take place in the Playbarn situated approx. 200m west of the main car park. Please take care walking here, as there may be vehicles on the same route

**Club tents:** There is an area for club tents behind the driving range bays: see map. The driving range bays also provide a sheltered area beside the start/finish area for athletes to use.

**Toilets:** There will be portable toilets beside the golf range bays: see map.

**First Aid:** First aid provision will be located at the start/finish area and also near the golf course.

**The course:** The course starts and finishes on the disused driving range on flat grass. The course then progresses onto the par 3 golf course following the semi-rough area on an undulating, sometimes twisting course. There is one short (50m) section of un-treated road and the course is suitable for spikes.

**NOTE:** Athletes must follow the route and must NOT deviate onto the golf course greens or tees. Spectators must also stay off these areas. Failure to do so may mean the cancellation of races. The golf course will NOT be in use during the races.

The course will be well marshalled and well-marked with tape, flags and location signage. Please ensure that you are aware of the course your age group must follow.

**Refreshments:** There is a café in the Playbarn selling hot and cold food and drinks. Athletes and spectators can also make use of the leisure facilities (bar, Restaurant, gym and swimming pool) Please contact the resort for details.

**Numbers:** Under 20 Men and Under 17 Men will wear Red Numbers.

### INDIVIDUAL PRESENTATIONS

All individual awards (apart from the Senior Men's) will be made after each race near the finish area. Senior Men's Awards will be made in the Playbarn at approximately 3.45 p.m.

### TEAM MEDALS

There are team medals for 1<sup>st</sup> 3 teams in all age groups, apart from Masters O50 Men and Women where only the 1<sup>st</sup> team will receive medals. These can be collected from declarations in the pavilion throughout the afternoon when team results are known.

For any queries on the event, you can contact the organiser, Dave Hanlon direct on 07714 22168 or by email at [davehanlon57@gmail.com](mailto:davehanlon57@gmail.com)

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