**Competition Information**

Event: **Scottish Athletics** **West District Cross Country Championships**

Date: **Sunday 6th December 2015**

Venue: **Bellahouston Park, Paisley Rd West, Glasgow GB41**

**Medals**

Individual medals: 1st, 2nd and 3rd in each race except Masters Over 50 (1st only).

Team medals: 1st, 2nd and 3rd with 3 to count, except Senior Men (6) and Senior Women (4).

There will be team medals for the 1st Masters Team only (3 to count).

**Important Notes**

The Senior, Masters and Masters O50 races are combined for each gender.

All athletes may count in the Senior championship race (individual and team) as well as their own age category, therefore a Masters’ athlete can count in both the Senior AND Masters individual and team races.

However, a Masters athlete cannot compete in both the O40 and O50 individual championships – only their own age category.

In scoring the Masters team placings, only Masters athletes are considered.

**Prizegiving**

Medals will be presented in the Scottish Athletics gazebo (near the Start/Finish area) shortly after each race, or inside the sports hall depending on the weather. Medals can also be posted on if necessary.

Results will be posted on the Scottish Athletics website.

**Directions**

Postcode for Sat Navs is G52 1HH (Glasgow Club Bellahouston)

Travelling on the M8 from Glasgow, take exit 24 Govan, turn left at end of slip road and right at roundabout. Turn left to Bellahouston Drive, through the mini roundabout and left to the Centre.

Travelling on the M8 from Greenock/Paisley, take exit 24 Govan, turn right at end of slip road and right at roundabout. Turn left to Bellahouston Drive, through the mini roundabout and left to the Centre.

Travelling on the M77 from the south take exit 1 Dumbreck, turn left, left again onto Mosspark Boulevard, then next right onto Bellahouston Drive at the end of the park. The Centre is on your right.

Travelling on the M77 from Glasgow take exit 1 Pollok, turn right, cross the motorway, then left onto Mosspark Boulevard, then next right onto Bellahouston Drive at the end of the park. The centre is on your right.

For public transport options please use Traveline Scotland (www.travelinescotland.co.uk)

**Parking**

Car Parking is available at Glasgow Club Bellahouston, accessible from Bellahouson Drive. There is also plenty of on street parking on Paisley Rd West, on the north side of the park. On street parking is also available at Mosspark Boulevard on the south side of the park. There are car parks available at Palace of Arts, accessible from Paisley Rd West, and at the House for An Art Lover accessible from Dumbreck Road.

Buses should not use the Leisure Centre car park but can drop off and park on Mosspark Boulevard near the entrance at the cycle track (Bellahouston Drive side of the park).

**Declarations**

Declarations are in the indoor sports hall in Glasgow Club Bellahouston from 10.00am. The hall can also be used as a club meeting area. Belongings are left at owner's risk. Lockers are available in the corridor - valuables should not be left unattended. All spikes and muddy shoes should be removed before entering the sports centre (to avoid damage to flooring). Course maps and race details will be available at Registration and on the Scottish Athletics and Bellahouston Road Runners ([www.bellahoustonroadrunners.co.uk](http://www.bellahoustonroadrunners.co.uk)) websites one week prior to the race.

**Changing and Toilets**

Changing is available at Glasgow Club Bellahouston, staff can direct if necessary. There are toilets and showers available.

There are lockers available (£1 coin required).

**Start Times and Distances**

Declarations close 11:00 race start 11:30 U13 Girls – 2 x small loop = 2 x 1.5 = 3km

Declarations close 11:15 race start 11:45 U13 Boys – 2 x small loop = 2 x 1.5 = 3km

Declarations close 11:30 race start 12:00 U15 Girls – 1 small + 1 large loop = 1.5 + 2.5 = 4km

Declarations close 11:50 race start 12:20 U15 Boys – 1 small + 1 large loop = 1.5 + 2.5 = 4km

Declarations close 12:10 race start 12:40 U17/U20 Women – 2 large loop – 2 x 2.5 = 5K

Declarations close 12:30 race start 13:00 Senior Ladies – 1 small + 2 large loops = 1.5 + 2 x 2.5 = 6.5km

Declarations close 13:00 race start 13:30 U17 Men 2 large loops + 1 small loop = 2 x 2.5 + 1 x 1.5 = 6.5km

Declarations close 13:00 race start 13:30 U20 men - 3 large loops = 3 x 2.5 = 7.5km

Declarations close 13:30 race start 14:00 Senior Men – 4 large loops = 4 x 2.5 = 10km

**Course**

Weather conditions on the day and in the preceding days will determine the underfoot conditions of the course. It may be frozen hard or it may be very muddy and slippery, or water-logged. Please carefully consider the most appropriate footwear choice for the course, plus dress according to the weather conditions. It is advisable to walk the course beforehand to check your choices are appropriate.

**First Aid**

First Aid will be located near the Start/Finish area.

**Club Tents**

There is space for club tents near the Start/Finish area, on the grass lawn area adjacent to the start/finish, off course on the other side of the tarmac path closest to Paisley Rd West. Please see the course map where tents are marked.

**Catering**

Hot/cold drinks and snacks will be available from the Glasgow Club Bellahouston café.

**Queries**

On the day, please address queries about the race to the Referee or Chief Timekeeper.

Many thanks to all the officials and volunteers for their invaluable and much-appreciated help, and to Bellahouston Road Runners for generously hosting the event, plus Glasgow Life and the staff of Glasgow Club Bellahouston.