

**West District Cross Country Relays**

**Alexandra Park, Saturday 9<sup>th</sup> October 2021**

**OFFICIALS**

<b>Race Referee</b>	<b>Margaret-Ann MacLachlan</b>
<b>Race Convenor</b>	<b>Dawn Armitt</b>
<b>Declarations</b>	<b>Dave Campbell, Liz Burns/ (Shettleston) Jennifer Waddington (Shettleston)</b>
<b>Announcer</b>	<b>Leslie Roy</b>
<b>Starters/Marksman Relay changeover</b>	<b>David Hughes, George Newman Mike Belch, Laurence Baker, Sharon Taylor</b>
<b>Time Keepers/ Time Recorders Place Recorders Funnel Management/ Finish Line Control</b>	<b>Peter Ramsay Jim Galbraith, Joe Doyle Jean Youden, Louise Singelton Dawn Armitt</b>
<b>Video operator</b>	<b>Dawn Armitt</b>
<b>Results Runners</b>	<b>Volunteers from Shettleston Harriers</b>
<b>Results</b>	<b>Ian Gebbie, Alasdair Murray, Peter McLaughlin</b>
<b>Presentations/Medals</b>	<b>Local Councillors/Dawn Armitt/Liz Burns</b>

Lindsays **scottishathletics** West District Cross Country Relay Championships  
 Alexandra Park Sports Hub, Sports Hub Building, Alexandra Park St, Glasgow, G31 3JJ  
 Saturday 9<sup>th</sup> October 2021

Race	Declarations Close	Race Starts	Laps (approx)
Young Females	1015hrs	1100hrs	3x2800m
Young Males	1100hrs	1145hrs	3x2800m
Senior/Junior/Master Women	1215hrs	1300hrs	3x4000m
Senior/Junior/Master Men	1330hrs	1415hrs	4x4000m



## **Additional Competitor Information**

Event: **West District Cross Country Relay Championships 2021**

Date: **Saturday 9<sup>th</sup> October 2021**

Venue: **Milnbank Sports Hub (Alexandria Park Golf Course) G31 3JE**

## **Declarations**

Declarations are open from 9.15am in front of the Milnbank Sports Hub Building, Team managers only please. Course maps and race details will be available at Declaration and on-line before the event.

## **Changing**

There are no on -site changing facilities -Please come changed

## **Toilets**

There are toilet facilities in front of the tented area.

## **Course**

The course consists of a mixture of parkland and grass paths on Alexandria Park Golf Course.

## **Warming-up / Course Access**

Please keep clear of the course and use the park footpaths with in Alexandria Park to warm up. Please respect the other Park users. To gain access to the Start / Finish area, you are required to cross a path from the tented area. Please stay within markers and watch out for runners.

## **Club Tents**

There is ample space for club tents on the bottom two bowling greens next to the Sports Hub Building. No tents are allowed on the Golf Course. Please assemble tents in the marked bays and do so in accordance with the Tent and Gazebo guidelines on the SA Event Website.



## **Medals Presentation**

Medals will be presented will be in front of the Milnbank Sports Hub area as soon as possible after each race,

Medals will be presented as follows –

<b>Age Group</b>	<b>Team Composition</b>	<b>Medals</b>
Masters Men	4 x 4000 metres	1 <sup>st</sup> , 2 <sup>nd</sup> , 3 <sup>rd</sup> teams
Senior / U 20 Men	4 x 4000 metres	1 <sup>st</sup> , 2 <sup>nd</sup> , 3 <sup>rd</sup> teams
U13B, U15B, U17M	3 x 3000 metres	1 <sup>st</sup> , 2 <sup>nd</sup> , 3 <sup>rd</sup> teams
Masters Women	3 x 4000 metres	1 <sup>st</sup> , 2 <sup>nd</sup> , 3 <sup>rd</sup> teams
Senior / U 20 Women	3 x 4000 metres	1 <sup>st</sup> , 2 <sup>nd</sup> , 3 <sup>rd</sup> teams
U13G, U15G, U17W	3 x 3000 metres	1 <sup>st</sup> , 2 <sup>nd</sup> , 3 <sup>rd</sup> teams

Multiple teams from the same club are eligible for medals

## **First Aid**

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

The nearest Accident and Emergency Hospital is -

Glasgow Royal Infirmary 84 Castle St G4 0SF 0141 211 4000

## **Catering**

TBC -On site van selling a variety of Hot Food/Drinks

## **Results**

Results will be posted on Scottish Athletics Events page. ASAP after the race

## **Directions**

How to get to Alexandra Park in Glasgow, G31 3JE Moovit helps you find the best way to get to Alexandra Park with step-by-step directions from the nearest public transit station.

You can get to Alexandra Park by Bus, Train or Light rail. These are the lines and routes that have stops nearby -Bus: [38](#), [38B](#), [38C](#), [38E](#), [8](#) Train: [SCOTRAIL](#)

Nearest Train Station is Alexandra Parade Station -Approx. 10-minute walk from Course

[How to get to Alexandra Park in Glasgow by Bus, Train or Light rail \(moovitapp.com\)](#)



## Parking

Parking is available on Blochairn Road (Post codes G21 2DU or 2DZ). This a large industrial area which is free from traffic on Saturday. A footbridge takes you from this road directly over the M8 into Milnbank Sports Hub where you find the tented area and course.

**Please note strictly no parking allowed in Park or in residential housing next to park.**

Club tents can be dropped off at the side entrance of the Park via Sannox Gardens (G31 3JE). This street is accessed off Alexandra Park Street and Coventry Drive. Individuals dropping off tents may park in these streets -This will be strictly monitored by Community Police. No others may park in this area.





