

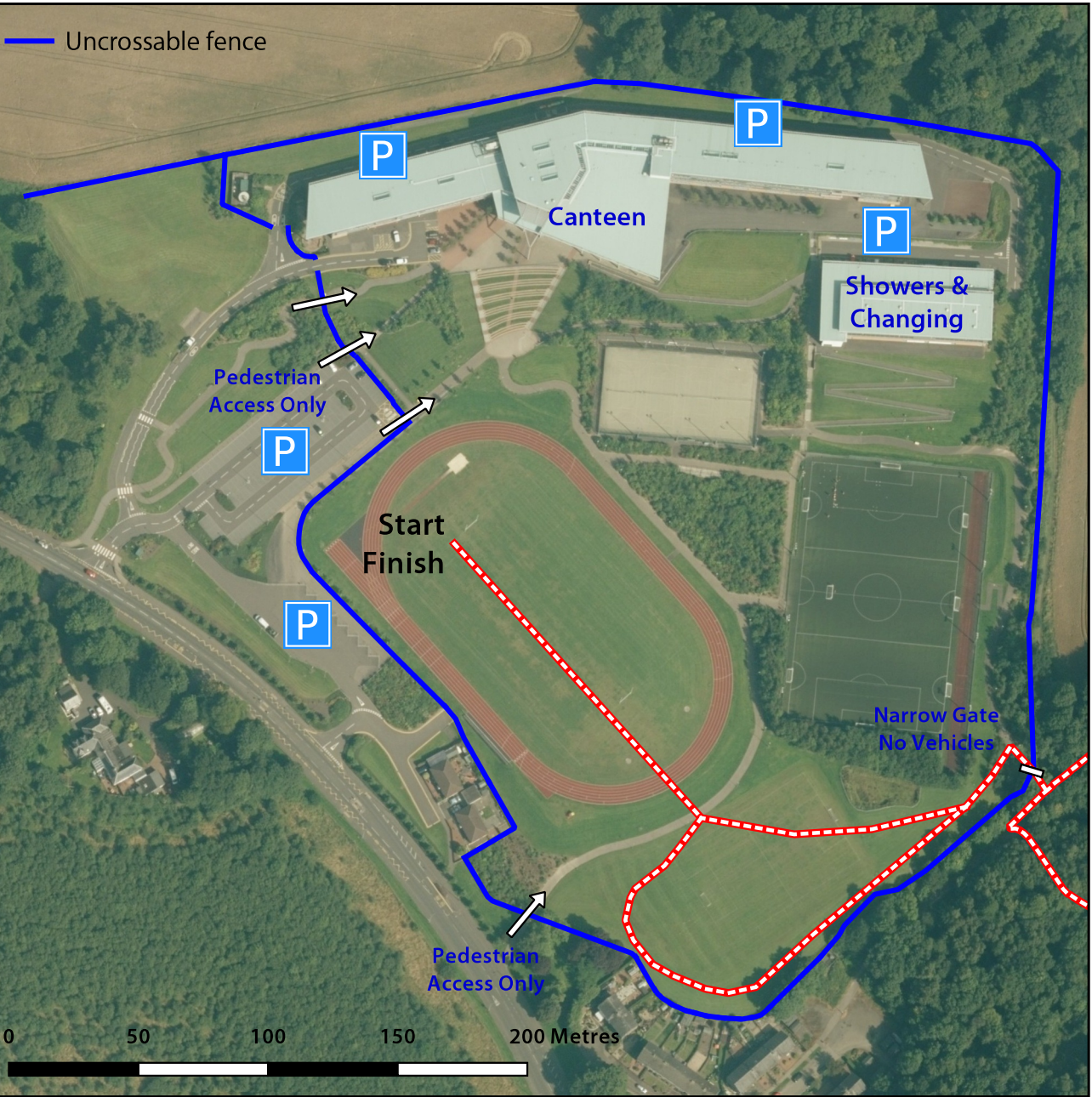
**East CC League
Lornshill Academy
Alloa
Saturday 19th November 2016**

Officials

Referee:	Ron Morrison
Assistant Referee	Dave Cairns
Clerk of Course:	George Furmage
Timekeepers:	Joe Bruce (Chief), Alan Carruthers
Time Recorders:	Douglas Carruthers, Sandy Cameron
Place Recorders:	Allan Smith (Chief), Ian Mann, Linden Nicholson
Judges/Funnel Control:	Sandra Hardacre (Chief), Fred McCluskie, Alastair Robertson, Bill Grant
Starter:	Barry Craighead
Starter's Assistants:	Richard O'Grady
Officials Report:	Barry Craighead
Announcer:	Henry Muchamore
Recording Slips Collect	Bob Cherrie
Recording Slips	Neil Donachie,
Results:	Marjory Cook, Moira Reid, Marion Donachie, Alex Jackson, Ron Morrison
Host Club	Wee County Harriers

East District Cross Country League

Saturday, 19 November 2016
Lornhill Academy, Alloa FK10 2ES

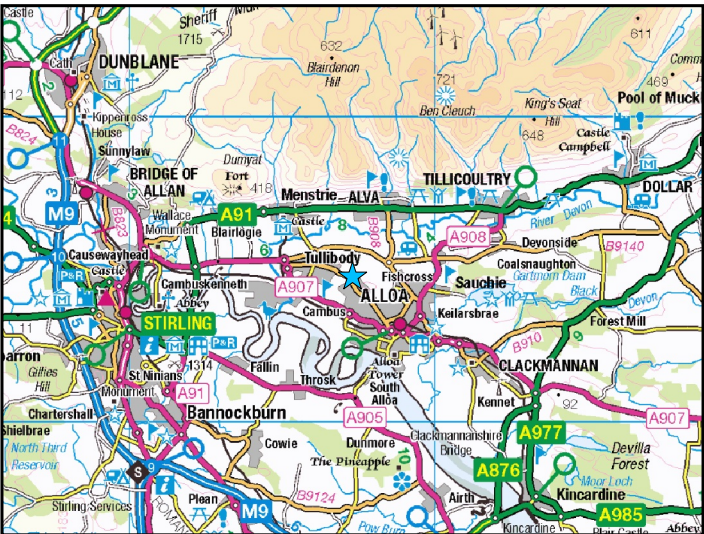


Race Timetable

Race	Start Time
Under 11 Girls	12:00 pm
Under 11 Boys	12:15 pm
Under 13 Girls	12:30 pm
Under 13 Boys	12:50 pm
Under 17 Men	1:05 pm
Senior/Junior Women	1:10 pm
Under 15 Boys	1:45 pm
Under 15 Girls and Under 17 Women	1:50 pm
Senior/Junior Men	2:15 pm

Long spikes are not advisable

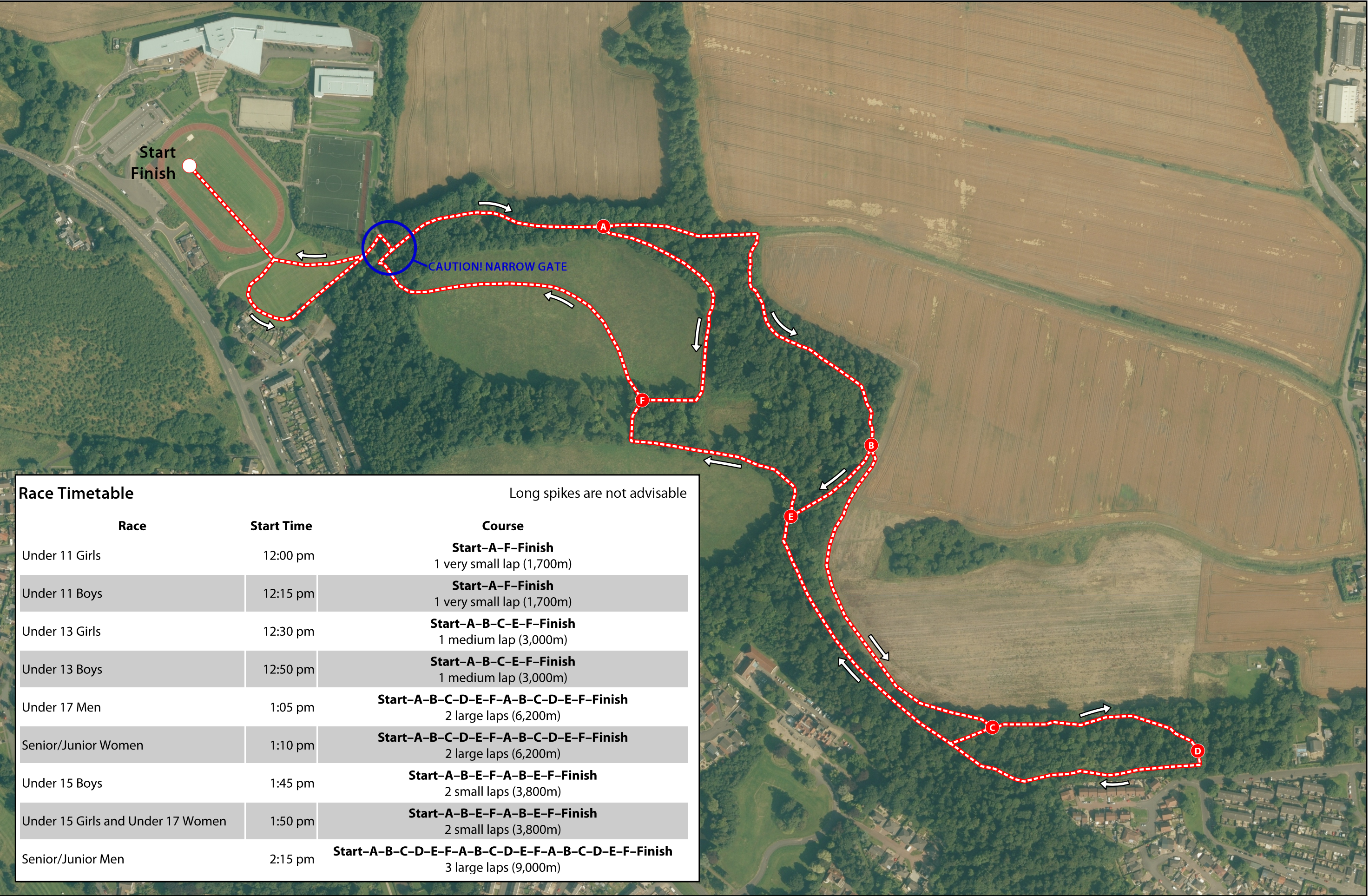
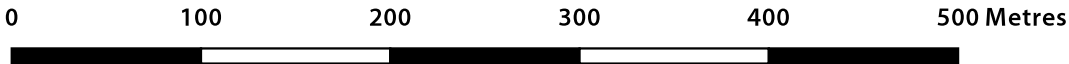
Overflow parking is available in the nearby
residential streets. Please park considerately,
and do not park on the grass verges.



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East District Cross Country League

Saturday, 19 November 2016
Lornhill Academy, Alloa FK10 2ES



Race Timetable

Long spikes are not advisable

Race	Start Time	Course
Under 11 Girls	12:00 pm	Start-A-F-Finish 1 very small lap (1,700m)
Under 11 Boys	12:15 pm	Start-A-F-Finish 1 very small lap (1,700m)
Under 13 Girls	12:30 pm	Start-A-B-C-E-F-Finish 1 medium lap (3,000m)
Under 13 Boys	12:50 pm	Start-A-B-C-E-F-Finish 1 medium lap (3,000m)
Under 17 Men	1:05 pm	Start-A-B-C-D-E-F-A-B-C-D-E-F-Finish 2 large laps (6,200m)
Senior/Junior Women	1:10 pm	Start-A-B-C-D-E-F-A-B-C-D-E-F-Finish 2 large laps (6,200m)
Under 15 Boys	1:45 pm	Start-A-B-E-F-A-B-E-F-Finish 2 small laps (3,800m)
Under 15 Girls and Under 17 Women	1:50 pm	Start-A-B-E-F-A-B-E-F-Finish 2 small laps (3,800m)
Senior/Junior Men	2:15 pm	Start-A-B-C-D-E-F-A-B-C-D-E-F-A-B-C-D-E-F-Finish 3 large laps (9,000m)