

Run 4 It North District Cross Country League – Forres 11/2/17

Venue: Grant Park, Forres

Directions from Elgin- take first left off the roundabout signposted Forres Town Centre follow road around for approximately 600m Grant Park will now be on your left hand side. There is parking just passed the old filling station or carry on till you pass the second church on your right and immediately turn right just before the community centre where you will find car parking.

Directions from Inverness- take 3rd exit on the roundabout sign posted Forres Town Centre follow road straight on at the Tesco's roundabout and then straight ahead at the next roundabout which takes you through the High St. At the end of the High St on your right you will see Grant Park. Parking is available behind the community centre, town hall or at Grant Park.

Changing/Toilets will be in the Community Centre. Please note this building will close at 3pm so please do not leave clothing in here during the races or they are locked in till Monday!

Refreshments/Toilets will be available in the Town Hall which is located 50m down the High St from the community Centre from 1.30pm onwards.

Course details:

Run 4 It North District Cross Country League Forres

1.15pm-U11 Girls-Start A J K Finish 1500m

1.20pm-U11 Boys-Start A J K Finish 1500m

1.25pm-U13 Girls-Start A J K Finish x 2 laps 3000m

1.35pm-U13 Boys-Start A J K Finish x 2 laps 3000m

1.45pm-U15 Girls/Under 17 Women- Start A B C D E F G H I J K Finish 5000m

2.00pm-U15 Boys- Start A B C D E F G H I J K Finish 5000m

2.15pm-U17 Men/Senior Women- Start A J K Start A B C D E F G H I J K Finish 6500m

2.30pm-Senior Men- Start A B C D E F G H I J K Finish x 2 laps 10000m

Please Note: Under 17 men will be starting with the Senior Women at 2.15pm