

Run 4 It North District Cross Country League – Evanton 21st January 2017

Venue: Evanton Community Woods. In the centre of the village, at the Coop, turn into Chapel Rd. Access to the course is via a path at the top of Chapel Road. Parking is available in the two village car parks, diagonally opposite the Coop. There is limited parking on Chapel Road and surrounding streets. Additional parking is available in the vicinity of the Sports Hall on Drummond Rd.

Refreshments/Changing/Toilets: The Diamond Jubilee Hall IV16 9YJ.

Please remove muddy footwear and spikes before entering the hall! Many thanks.

Course details: The course is on woodland trails, some are wide forestry trails, other sections are somewhat narrower. It is undulating and can be muddy, with tree roots and stumps along the course. We recommend that you arrive in plenty of time to walk the course and decide on footwear choice for your race. The course will be marshalled and marked, but ultimately it is each individual's responsibility to make themselves familiar with the course.

Contact: coach@rosscountyac.com

1.00pm - U11 Girls - Small Loop 1600m

1.05pm - U11 Boys - Small Loop 1600m

1.10pm - U13 Girls - Large Loop 3200m

1.20pm - U13 Boys - Large Loop 3200m

1.30pm - U15 Girls/Under 17 Women - 1 Small Loop, 1 Large Loop 4800m

1.45pm - U15 Boys - 1 Small Loop, 1 Large Loop 4800m

2.00pm - Senior Women - 3 Large Loops 9600m

2.15pm - U17 Men - 2 Large Loops 6400m Senior Men - 3 Large Loops 9600m

Small Loop Start – Start-A-B-C-L-FINISH

Large Loop Start – Start A-B-C-D-E-F-G-H-J-K-FINISH

