

THE AYRSHIRE CROSS-COUNTRY CHAMPIONSHIPS

(hosted by Ayr Seaforth)

Rozelle Estate, Monument Road, Ayr KA7 4NQ

Saturday 13th November 2021

First Race at 12:00

Time	Event	Distance
12.00	u/11 boys	1200m : 1 short lap
12.05	u/11 girls	1200m :1 short lap
12.15	u/13 boys	3000m : 1 long lap
12.25	u/13 girls	3000m :1 long lap
12.35	u/15 boys	4200m : 1 long, 1 short lap
12.50	u/15 girls	4200m : 1 long, 1 short lap
13.05	u/17 men	6000m : 2 long laps
13.30	u/17 women	6000m : 2 long laps
14.00	(U20,Sen&Vet) M	9000m : 3 long laps
14.00	(U20,Sen&Vet) W	9000m : 3 long laps

An SA Permit event conducted under UK Athletics Rules

Entry fees

Young athletes : £4.00

U20/Sen/Vet : £6.00*

* a £2 surcharge to U20/Sen/Vet runners with no SA

number

Declarations

From 11.00 until 30 mins before the start of each race

Team managers : Entries should be submitted to Laurence Baker (Cross Country Convenor) at ljbaker853@gmail.com by no later than **Wednesday 10th November 2021.**

N.B. Each Member Club of AHCA must provide at least **2 officials**

