

# AYRSHIRE HARRIER CLUBS

# THE AYRSHIRE CROSS-COUNTRY CHAMPIONSHIPS

HOSTED BY AYR SEAFORTH

**ROZELLE**, Monument Road, AYR KA7 4NQ

**Saturday 28<sup>th</sup> November 2015**

**First Race at 12:00 Noon**

Approx. Time	Category	Distance
12:00	u/11 boys	1200m
12:05	u/11 girls	1200m
12:15	u/13 boys	3000m
12:25	u/13 girls	3000m
12:35	u/15 boys	4200m
12:50	u/15 girls	3000m
13:05	u/17 M/F	6000m/4200m
13:30	(U20, Sen & Vet) M/F	9000m/6000m

## Entry Fees

Young Athletes:- £2.00

U20/Sen/Vet:- £4.00\*\*

## Declarations at the Rozelle Pavilion

from 11:00 till 30 minutes before the race until **12:30 when all declarations close**. NB **This is a CLOSED event**.

## Medals

1<sup>st</sup> 2<sup>nd</sup> 3<sup>rd</sup> Individuals in each category, 1<sup>st</sup> U20, over40, over50, over60 M&F

1<sup>st</sup> 3 teams in each category 6 counters men 3 all others based on combined times

## Management of Event

Member Clubs of AHCA are required to supply **two** course setters and **two** other officials. Course Setters should check in at the start/finish **by 8.30 am**.

**\*\*Runners aged 17 or over who are not members of Scottish Athletics must pay a £2 surcharge**