

## **Competitor Information**

Event: **Roon the Country - Kilmarnock Cross Country Festival**

Date: **Sunday 19<sup>th</sup> January 2020**

Venue: **Ayrshire Athletics Arena (AAA), Queens Drive, Kilmarnock, KA1 3XF, Tel 01563 555227**

## **AAA Access**

Please remove muddy shoes before entering the indoor track area

## **Registration**

Entry is available on the day in the indoor track area from 11.00 am. Clubs and individuals can facilitate faster registration by pre notification to [John.gebbie@btinternet.com](mailto:John.gebbie@btinternet.com). Course maps and race details will be available at Registration.

## **Entry Fees**

£5.00 up to and including U17, £6.00 all other competitors (£8.00 for non SAF members)

## **Prizes**

Trophies to 1st three in each race : First male and female in V40, V50 and V60 categories : First U 20 Man and Woman.  
Team trophy and prizes for first team (first 3 teams in U11, U13 and U15 categories). 3 to count in all races.  
Spot prizes in all races

## **Prizegiving**

Trophies will be presented near the Start/Finish area as soon as possible after each race, or inside the AAA area depending on the weather.

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## **Changing**

There are 6 male and 3 female changing rooms, each equipped with multiple showers (except disabled changing rooms - which **are** to be used, but have only 1 shower). There is additional male changing in the curtained area at the end of the indoor track.

## **Toilets**

There are toilet facilities in the changing rooms and in the main toilets within the AAA which is within 100m of the Start.

## **Warming-up / Course Access**

Please keep clear of the football pitches. To gain access to the Start / Finish and Team Tent area, you are required to cross the course. Please stay within markers and watch out for runners.

## **Course**

The course consists of a mixture of parkland, riverside path and farmers fields (normally used for livestock). On the big lap there is also a section of rough road under the A77. Most competitors have reported that this is OK for spikes.

## **First Aid**

First Aid will be located near the Start/Finish area

The nearest Accident and Emergency Hospital is -

Crosshouse Hospital

Kilmarnock Road

Crosshouse KA2 OBE

01563 521133

## **Club Tents**

There is ample space for club tents near the Start/Finish area. Please assemble tents in the marked bays around the Cricket Circle. Please pay attention to the Tent and Gazebo guidelines on the Scottish Athletics Event Website

## **Catering**

Hot drinks will be available at the Start / Finish area and there will be a catering van providing a range of hot and cold food outside the AAA main building.

## **Directions**

Travelling south on the M77/A77 take the 3<sup>rd</sup> exit for Kilmarnock. The AAA is close to the major intersection between the A77, A76, A71 and A735. Follow the signs for the A735 / Town Centre to reach the AAA.

**Results**

Results will be posted on Sunday evening on Kilmarnock Harriers website – [www.kilmarnockharriers.com](http://www.kilmarnockharriers.com) and asap thereafter on Scottish Athletics Events page. Please promptly contact [john.gebbie@btinternet.com](mailto:john.gebbie@btinternet.com) with any queries/errors.

## **Parking**

There is limited parking at the AAA. Please follow map and directions below for Competitor Parking. This is adjacent to the course and is within 200 metres of the AAA



### **Ayrshire Athletics Arena Parking**

- The AAA is close to the major intersection between the M(A)77, A71 and A76. Follow the signs for A735/Town Centre.
- Limited Parking at the AAA / Follow map and directions below for Competitor Parking. Diversion signs will be in place.
- From the Ayrshire Athletics Arena, continue on Queen's Drive/A735 for 0.1 miles (yellow dotted line) and at first roundabout take the second exit. Continue for 0.2 miles and at roundabout take the second exit.
- Move into outside lane and turn right at the traffic lights onto Newmill Road.
- Continue for 0.3 miles and competitor car park is on the right.