Lasswade Athletics Club

28th Open Cross Country Meeting
1st November 2009

Gore Glen Playing Fields, Engine Road, Gorebridge, Midlothian
http://lasswadecrosscountry.blogspot.com

- Nine races from Under 11 up to Seniors/Vets
- Course: parkland, fields & gravel paths
- Medals & Trophies for individual and team winners
- Spot prizes in all Age Group races
- Hot & cold refreshments courtesy of Newtongrange Gala Committee
- Changing / Showers / Toilets
- Free parking at course

We would like to extend our appreciation to the organisations listed below that have in common a desire to be a positive influence for good in the communities of which they form part.

Main Sponsor
John Noble, Electrical Contractor, Bonnyrigg

JOHN NOBLE

Race Sponsors
Banks Richardson Scott & Co, Accountants
Lothian Motors, Bonnyrigg
FGH Architectural Services, 01620 850529
Peter Moran Ltd, Builders, Smeaton
Basically Tool Hire
Kristoffersen Carpets

Friends of Lasswade
Midlothian District Council, Arniston Estate, Colin Nikolic, Shadow Blinds, Glenrothes, Designworks, HomePlus Magazine, Ikea

Event Timetable & Prizes				
Event		Approx. Distance	Start	Prizes
1	Under 11 Girls	1 mile	12:30 pm	First four, first three teams of three
2	Under 11 Boys	1 mile	12:35 pm	First four, first three teams of three
3	Under 13 Girls	2 miles	12:40 pm	First four, first three teams of three
4	Under 13 Boys	2 miles	12:50 pm	First four, first three teams of three
5	Under 15 Girls	2 miles	1:00 pm	First four, first three teams of three
6	Under 15 Boys	3 miles	1:10 pm	First four, first three teams of three
7	Under 17/20 Women	3 miles	1:30 pm	Prizes for first two in each age group and first team of three (any age)
8	Senior Women & Vets plus Under 17 Men	3.8 miles	2:00 pm	Women: First three, first Vet, first Vet o/45, first team of three. U17 Men: First two, first team of three
9	U20, Senior & Vet Men	6 miles	2:30 pm	First three, first Vet, first Vet o/50, first Seniorteam, first Vet team

Prizes

Trophies for individuals in Under 11 to Under 15 age groups. Boxed medals for individuals in remaining age groups. Boxed medals for all teams.

Entries only on the day. Entry fees:

Seniors & Vets.	£4.00
All others	£3.00
Unaffiliated Seniors	£2.00 extra

Registration from 10.30 a.m.

Gorebridge Leisure Centre, Hunterfield Road, Gorebridge.
Declarations close 30 minutes before the start of each race.

For more information please contact: Barbara Howie 0131 663 4697
or visit our BLOG at: http://lasswadecrosscountry.blogspot.com