

KEITH & DISTRICT AMATEUR ATHLETICS CLUB

NORTH DISTRICT
CROSS COUNTRY LEAGUE
5TH DECEMBER 2009
AT KEITH

CHANGING, TOILETS & SHOWERS, PARKING,
REFRESHMENTS, AT SIMPSON PARK
(ISLA VALE FOOTBALL CLUB)

Races will start at the usual place behind the
Leisure Centre/Swimming Pool on the
High School pitches

First Race starts at 1.15pm

Last Race (Mens) starts at 2.30pm

**Please note that we will not be using the
Grammar School changing rooms this year.
Changing facilities will be at Simpson Park which
is located across the road at the top end of the
Grammar School pitches. There are parking
spaces at Simpson Park. Simpson Park is situated
behind the new Tesco in Westerton Road
Industrial Estate.**

KEITH & DISTRICT AMATEUR ATHLETICS CLUB

CROSS COUNTRY

ROUTE DETAILS

Under 11 Girls & Boys
Under 13 Girls
Under 13 Boys
Under 15 Girls & Under 17 Ladies
Under 15 Boys
Under 17 Men & Ladies
Men

Start G, A, E Finish
Start A, B, C, D, E Finish
Start A, B, C, D, E Finish
Start G, A, B, C, D, E Finish
Start A, E, A, B, C, D, E Finish
Start A, B, C, D, E x2 Finish
Start A, B, C, D, E x3 Finish

