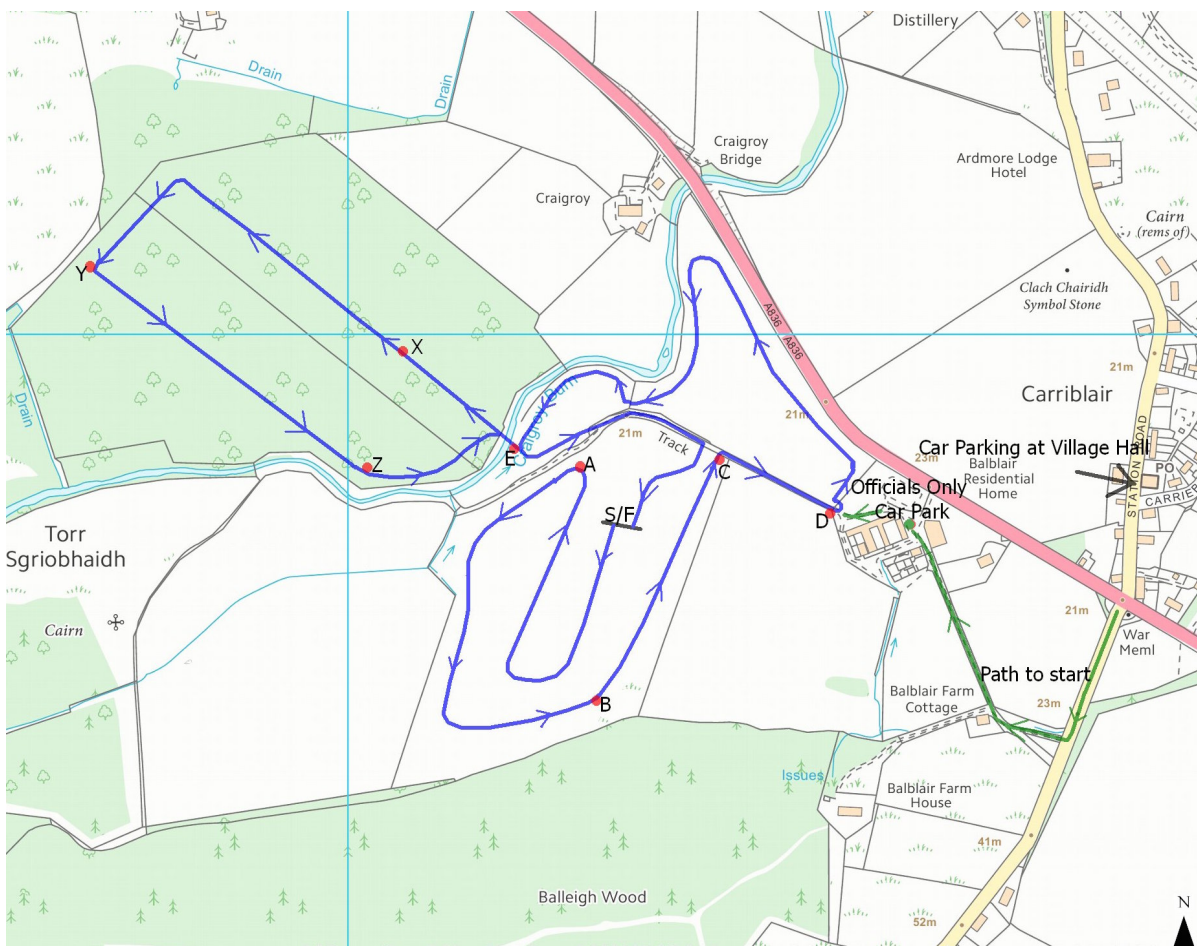


North District Cross Country Relays – 2016.



East Sutherland A.C. will host the relays on 8th October at Edderton.

- To reach Edderton from the **South**, follow the A9 north past Tain and take the first exit (A836) at the roundabout at the south end of Dornoch Bridge, Edderton 2 miles.
- To reach Edderton from the **North**, take the second exit (A836) at the roundabout at the south end of Dornoch Bridge, Edderton 2 miles.
- Parking is available at Edderton Hall, the church and surrounding areas. There is limited parking available **for officials only**, near the farm buildings. Access to this area can only be made from the A836 (see map).
- Declarations at Edderton Hall close 30 minutes before each race, with the first race being for young females at 12.30.
- The course is a 5 minute walk from Edderton Hall – please use the pavement. **The route marked on the map is for pedestrians only. Please do not attempt to take vehicles along this lane.**
- The course is predominantly grass with some gravel paths for the juniors. The seniors also have some forest trail and a river crossing. Footwear is very much down to personal preference and underfoot conditions on the day.
- The course will be well marked and marshalled, but ultimately it is the responsibility of each individual to familiarise themselves with the course.

Course:

Juniors: Start - A - B - C - D - E - C - Finish. (2.6k).

Seniors: Start - A - B - C - D - E - X - Y - Z - E - C - Finish. (4k).

Race start times:

Young Females 12.30pm

Young Males 1.05pm

Sen/Jun Females & Males 1.40pm