

Banchory Stonehaven Athletics Club

Knockburn Cross Country 2019

Sunday 3th November



Cross Country Races for all Ages



at Knockburn Loch, Strachan, Aberdeenshire, AB31 6LL

Enter on the Day: print an entry form, complete your details and bring it along on the day.

Events for Everyone: from Under 11 Boys & Girls to Veteran Men & Women.

'Try-a-Trail': a shorter run (approx. 800m) for 5 to 8 years old.

Entry forms available to download at www.bsac.club

Race Schedule (registration closes 30mins before each event)

Race	Distance	Start Time	Entry Fee
Boys & Girls 'Try-a-Trail'	<1mile	11:30 am	£2.00
Senior Men & Women	3 miles	11:45 am	£10 (non SAL £12.00)
Students	3 miles	11.45 am	£5.00 (non SAL £7.00)
U15 Boys, U17 Men & Women	3 miles	11.45 am	£2.00
U11 Girls	1 mile	12.30 pm	£2.00
U11 Boys	1 mile	12.45 pm	£2.00
U13 Girls & Boys, U15 Girls	2 miles	1.00pm	£2.00
Senior Men & Women	6 miles	1.30 pm	£10 (non SAL £12.00)
Students	6 miles	1.30 pm	£5.00 (non SAL £7.00)
Organiser: Andrew D Ferguson, email: adf60@outlook.com			

www.bsac.club

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Event Run Under UK Athletics Rules

Knockburn Flyer 2018

a Scottish Athletics Permit Event