

**Westerlands Cross-country Club present the**

# **Ben Lomond Junior Races + Fun run S.A.L. Junior Championships**

plus a round of the :-

## **Scottish Athletics Junior Championship League**

*These are also selection races for the WMRA Youth Challenge*

**SATURDAY 9<sup>th</sup> MAY 2015**  
**FIRST RACE STARTS AT 11.20**

**REGISTRATION FOR THE JUNIOR RACES WILL BE AT THE PIER CAR PARK & ENTRIES WILL BE TAKEN ON THE DAY. ENTRY FEE :- £4.00 (£6 for non-SAL registered athletes)**

*The races will start & finish at the pier car park at Rowardennan & run over the same course as last year. This utilizes three loops, one short (approx 1.5k), a medium one (approx 2.7k) and a long loop (3.2k). All loops employ the Ben Lomond tourist path for the ascent, but use alternative descent routes. The U20 girls race will be combined with the U15 boys and girls race to avoid any conflict with the senior Ben Lomond race which starts at 13.00.*

*There will also be a fun run at 11.20 am, for athletes of all ages, involving one lap of the short loop, starting & finishing at the pier car park. ENTRY FEE 10p.*

*Please bring change as there is now a £3 charge to park at Rowardennan*

For further details contact Don Reid at 013552 37060 or e-mail  
donreid21@virginmedia.com

Age categories are as follows: -

AGE GP	BORN	DIST (Km)	Climb (M)	START TIME
Fun run	All ages (u9's must be accompanied)	1.6 (1 short loop)	80	11.20
U 15 M+F	2001-02	2.7 (1 medium loop)	155	11.35
U17 M+F (+ U20 F)	1999-2000	4.3 (1 short & 1 medium loop)	235	12.00
U20 M	1996-98	6.0 (1 medium & 1 long loop)	360	12.25