

**RUN 4 IT NORTH DISTRICT CROSS COUNTRY LEAGUE - NAIRN**  
**Saturday 14 February 2015**  
**Nairn Community Centre / Nairn Beach**  
**Nairn**

**Directions:**

For the start of the race competitors will need to head to Nairn Beach via the Maggot Rd, passing through Lochloy Caravan Park.

Refreshments, changing facilities and prize giving will be held at Nairn Community Centre which can be found at the Centre of town, it is situated alongside the Nairn Police Station and is well signposted from the A96 (Sat Nav IV12 4BQ)

Please remove muddy footwear and spikes before entering the Community Centre. Thank you.

**Parking:**

There is ample parking at Nairn Beach.

There is limited parking at the Community Centre, however there are plenty spaces across the road within the Co-op and Library parking areas.

**Course:**

The course boasts a challenging route starting out along Nairn Beach, up through the dunes and into the Culbin Forest. All courses pass through water crossings except the U11 races. Footwear is very much down to personal preference and underfoot conditions on the day.

The course will be well marshalled and marked, but ultimately it is the responsibility of each individual to familiarise themselves with their route.

**Prizegivings:**

Prizegivings will take place at Nairn Community Centre after the races are complete.

**Race times:**

U11 Girls	1.15pm
U11 Boys	1.20pm
U13 Girls	1.25pm
U13 Boys	1.35pm
U15 Girls/U17 Women	1.45pm
U15 Boys	2.00pm
Senior Women	2.15pm
U17 Men	2.30pm
Senior Men	2.30pm

Many thanks.

Nairn Area Amateur Athletic Club &  
Nairn Road Runners

Contact information:

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