



Inspired by the Commonwealth Games? Want to get fit? Take part in competition?

Why not enter

RUTHERGLEN AND CAMBUSLANG SCHOOLS CROSS COUNTRY RACES

SATURDAY 19TH SEPTEMBER 2015



RACES AT CAMBUSLANG RUGBY AND SPORTS CLUB LANGLEA ROAD G72 8HG

PROVISIONAL TIMETABLE

PRIMARY 6/7 GIRLS	10.00 AM	1 MILE
PRIMARY 6/7 BOYS	10.15 AM	1 MILE
SECONDARY S1/2 GIRLS	10.30 AM	1.5 MILES
SECONDARY S1/2 BOYS	10.50 AM	1.5 MILES
SECONDARY S3-6 GIRLS AND BOYS	11.10 AM	1.5 MILES



MEDALS FOR ALL AND NO ENTRY FEE

COURSE DESCRIPTION - MAINLY FLAT ON GRASS

CONTACT DAVID COONEY email: davidccooney@gmail.com

ENTRIES WITH NAME, SCHOOL AND YEAR GROUP TO BE SENT BY EMAIL TO DAVID BY WEDNESDAY 16 SEPTEMBER

RACE NUMBERS TO BE ISSUED ON THE DAY

NOTE! ATHLETES SHOULD REPORT 30 MINUTES BEFORE THEIR RACE START TIME

ORGANISED BY RONHILL CAMBUSLANG HARRIERS