

Moray Road Runners cross country at Quarrelwood, IV30 8XJ

The breakdown for each race is as follows:

Under 11 boys / girls = 1 small loop ABCDB Finish

Under 13 Boys / girls = 1 large loop AEF GHIJKDB Finish

Under 15 boys / girls and under 17 ladies = 1 small loop plus 1 large loop

Under 17 men and ladies = 2 large loops

Men = 3 large loops

The start is reached via a steep path through the woods to the rear of the hall.

Travelling from the north or west, on the A96, approx 700 metres after the junction with the B9013 Burghead, turn left signed Spynie Kirk. *In about ½ km there is a car park. Approx 1 km further on is the hall with further parking. There is also parking at Spynie Kirk around 200 metres further along.

From Elgin, travel west on the A96 for 3km, turn right signed, Spynie Kirk, then as above from*. OR

From the centre of Elgin (Halfords) take the A941 north (Lossiemouth) for 800m, turn left onto the B9012 and in 200m turn right, continuing on the B9012 for approx 2 km, then turn left to Spynie Kirk. The church, with parking is approx. 800 metres on the right, with the hall slightly further on, on the left, with more parking. Further parking is available approx. 1 km further along at the picnic area.

Coaches may be parked at Spynie church. Please avoid parking on the roadside.

Spynie Hall will be open from 12.00. There are toilets and changing facilities in the hall. Refreshments will be in the hall following the races.