

**scottish**athletics



**National Cross Country  
Relay Championships  
(Incorporating Masters Relays)**

**For Males and Females**

**Cumbernauld Park**

**CUMBERNAULD**

**Saturday 27th October 2018**

Sponsored by



<b>RACE</b>	<b>START</b>
Young Females	12.00
Young Males	12.40
Sen/Jun Females	13.20
Sen/Jun Males	14.45

**NUMBERS**

Men's numbers will be 1st Lap White 2nd Lap White 3rd Lap White 4th Lap **YELLOW**

Women's numbers will be 1st Lap White 2nd Lap White 3rd Lap White 4th Lap **YELLOW**



SCOTTISH ATHLETICS OFFICE BEARERS	
<b>Hon President</b>	<b>Rt. Hon. Jack McConnell</b>
<b>President</b>	<b>Leslie Roy</b>
<b>Chairman</b>	<b>Ian Beattie</b>
<b>Chief Executive</b>	<b>Mark Munro</b>

ROAD RUNNING AND CROSS COUNTRY COMMISSION	
<b>Convener</b>	<b>John Rodger (Kilbarchan AAC)</b>
<b>Hon Secretary</b>	<b>Julia McAfee (Central AC)</b>

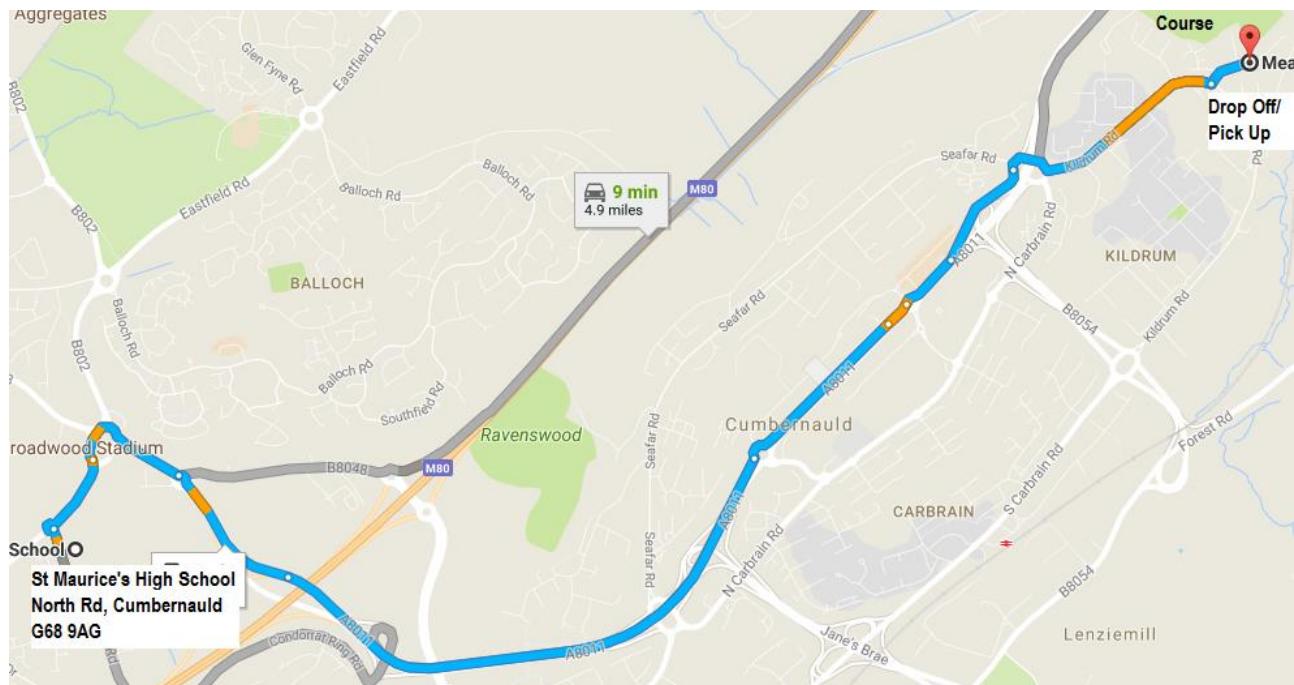
RACE OFFICIALS	
<b>Referee</b>	<b>Ron Morrison</b>
<b>Assistant Referee</b>	<b>Dave Cairns</b>
<b>Clerk of Course</b>	<b>Stephen Wallace</b>
<b>Course Builders</b>	<b>Members of Cumbernauld AC &amp; Kirkintilloch Olympians</b>
<b>Officials Report</b>	<b>Alex Jackson</b>
<b>Judges/Funnel Control</b>	
<b>Changeovers</b>	<b>Andy Law(Chief), Fred McCluskie, Ian Mann</b>
<b>Timekeepers</b>	
<b>Recorders (Places)</b>	
<b>Starter</b>	<b>Mike Belch</b>
<b>Starters Assistant</b>	<b>Doleen Galbraith</b>
<b>Declarations</b>	<b>Caitlin Watt (Chief), Marjory Cook, Phyllis Law Ron Cheyne, Linden Nicholson</b>
<b>Chip Results</b>	<b>FR Systems</b>
<b>Announcers</b>	<b>Graham Bennison (Course), Leslie Roy (Presentations)</b>
<b>Press Officer</b>	<b>Peter Jardine</b>
<b>Course Stewards</b>	<b>Stephen Wallace (Chief), Members of Kirkintilloch Olympians &amp; Cumbernauld AC</b>
<b>Presentations</b>	<b>Sandra Hardacre, Alex Jackson, Julia McAfee</b>
<b>Jury of Appeal</b>	<b>Alex Jackson, John Rodger, Sandra Hardacre</b>
<b>North Lanarkshire Event Manager</b>	<b>Grant Shearer</b>
<b>Medical Services</b>	<b>Ambulance Scotland</b>
<b>Event Manager</b>	<b>Alasdair Love</b>
<b>Convener</b>	<b>Alex Jackson</b>



**Lindsay's National Cross Country Relay Championships (incorporating Masters Relays)  
Cumbernauld (Cumbernauld Park)  
SATURDAY 27<sup>th</sup> October 2018**

**PARKING**

Due to the New School build at Cumbernauld High School, there will be a PARK AND RIDE system operating from St Maurice's High School, North Road, Cumbernauld G68 9AG



There will be a minibus shuttle system operating from 0845hrs until 1630hrs between the High School and Meadow View near the course.

Those teams arriving by Coach will be able to drop off athletes on the ring road who will then be able to walk to the course.

CLUB TENTS can be dropped off also at Meadow View – Cars will not be permitted access to the theatre car park access road. Car Drivers must have adequate help to drop off tents and return to St Maurice's High School.

**Please car share if possible, the school car park will fill up.**

There will be access to toilets at the school.

There is NO PUBLIC PARKING at the course. Officials & staff parking by permit only near the course (details and permits will be sent out separately).

The course is approximately 10mins bus transfer from the High School.

Any Car illegally parked will be subject to local Police measures, which may include ticketing or removal.



## **DECLARATIONS**

**Declarations will take place at the Start/Finish area of the course in Cumbernauld Park NOT the School.**

### **Online Declarations**

All teams have been sent log in details for online team declarations, these can be completed up to 30minutes prior to the start of each race.  
Masters and Incomplete teams can also be declared this way.

### **Paper Declarations**

Team Managers should collect the declaration sheets on the day and fill them in as instructed on the form. A list of athletes entered will be attached. Upon completing the declaration form, return it to declarations where you will then be issued with your relay team packs, one pack per relay team. Each pack will contain:

- Race number (1 per leg of the relay team)
- Timing chip (1 per leg of the relay team)

All timing chips not used MUST be returned to declarations.

# **4<sup>th</sup> Lap**

in Senior/Junior Men's AND Women's race wear **Yellow** numbers

Young Females and Young Males declarations will open at 10am

Women's and Men's Declarations will open at 1115am

Senior/Junior Women will run 4 Laps - Masters Women and W50+ will run 3 laps as in previous years.

Women's Teams with 4 athletes will be considered for the Senior/Junior Race only.

Senior/Junior and Master Men will run 4 Laps - Masters M50 will run 3 laps only.

### **CHIP TIMING**

The event will be CHIP timed. The chips will be within the relay team packs. Within the packs, each CHIP will be in individual envelopes and marked up as to which leg it is assigned to i.e. Team 1 - Leg A, Team 1 – Leg B, Team 1 – Leg C. **IMPORTANT** you must wear the correct chip for the leg you are running.

CHIPS are disposable and do not need to be returned after use.

There will be no manual backup or funnels, **NO CHIP, NO TIME** for your team.

### **FACILITIES**

There will be food available to purchase at the course along with toilets.

Toilets within St Maurice's School will be available for use.

Do not use Cumbernauld Park as a toilet, use the facilities provided.

FREE Showering will be available at the Tryst Sports Centre, tryst Walk, Cumbernauld, G67 1EW until 6pm.



## **YOUNG ATHLETES TEAMS**

1st Lap U13      2<sup>nd</sup> Lap U15 OR U13

3<sup>rd</sup> Lap U17 OR U15.

## **MASTERS TEAMS**

**Men and Women Masters are aged 40+ on day of the race and need to**

(1) Clearly mark on the declaration form on the day which teams are Masters.

(2) Attach a "V" to the FRONT and BACK of team members vests.

Medals for 1st three Masters teams for Men and Women

**Men and Women Masters also for age 50+ on day of the race and need to**

(1) Clearly mark on the declaration form on the day which teams are Masters 50+.

(2) Attach a "X" to the FRONT and BACK of team members vest.

Medals for 1st three Master's W50 and M50 teams.

**4 Legs – Masters Men**

**3 Legs – M50+, Masters Women, W50+**

**Athletes who are Masters but are not in complete Masters teams should not wear a "V" or "X" identifiers.**

## **PRESENTATIONS**

All medal presentations including the Senior Men will take place at the finish immediately after each race. This includes the Master's team medals.

## **INELIGIBLE ATHLETES**

Athletes can only run once, any team with an athlete running a 2<sup>nd</sup> time will have the whole team removed from the results.

Athletes who compete in a **scottishathletics** championship MUST be current members of the Scottish Athletics Membership Scheme.

Furthermore, an entered athlete MUST not be substituted by a non-entered athlete at any time.

Non observance of the above leaves the athlete at a health risk in the case of a wrong identification of an athlete and makes the results invalid as an historic record.

## **LITTER**

At previous year's events there was an unacceptable amount of litter left in Cumbernauld Park. Please put litter in the bins provided or take it home.



# COMPETITION INFORMATION SHEET

Event: National Cross Country Relay Championships  
 (Incorporating Masters Championships)

Venue: Cumbernauld House, Cumbernauld, G67 3JG

Date: Saturday 27th October 2018

**NAT XCR**

Race	Age Group	Declarations			Race Starts	Laps
		BORN DURING	Close	Race Starts		
YOUNG FEMALE	U13	01/09/2005 to 31/08/2007				
	U15	01/09/2003 to 31/08/2005	1130hrs	1200hrs	3x2500m	
	U17	01/09/2001 to 31/08/2003				
YOUNG MALES	U13	01/09/2005 to 31/08/2007				
	U15	01/09/2003 to 31/08/2005	1210hrs	1240hrs	3x2500m	
	U17	01/09/2001 to 31/08/2003				
SENIOR/JUNIOR MASTER WOMEN	BORN BEFORE 01/09/2001			1250hrs	1320hrs	4x4000m
	Masters Age on Day					
	<b>Senior/Junior Women will run 4 Legs</b> <b>Masters Women and W50+ will run 3 legs as in previous years.</b>					
SENIOR/JUNIOR MASTER MEN	BORN BEFORE 01/09/2001			1415hrs	1445hrs	4x4000m
	Masters Age on Day					
	<b>4 Laps for Masters Men, 3 Laps for M50</b>					

Entries Close first post on: **Thursday 11th October 2018** **NO LATE ENTRIES**

Postal Address for Entries: National CC Relays,  
 scottishathletics Ltd, Caledonia House, South Gyle, Edinburgh, EH12 9DQ

email address: [events@scottishathletics.org.uk](mailto:events@scottishathletics.org.uk)

**Bank Details:** RBS, Sort Code: 83-19-04 Acc No 00667222

**YOUNG ATHLETES RACES**

1st LAP	Under 13	2nd LAP	Under 15 OR Under 13	3rd LAP	Under 17 OR Under 15
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**SENIOR / JUNIOR / MASTER MEN****DECLARATIONS OPEN****1115HRS****DECLARATIONS CLOSE****1415HRS****RACE STARTS****1445HRS****SENIOR / JUNIOR / M40 4 LAPS****M50 3 LAPS**

Sen Jun Men	No.	Team Numbers						
Aberdeen AAC	6	687	688	689	690	691	692	
Airdire Harriers	2	693	694					
Ayr Seaforth	4	695	696	697	698			
Banchory Stonehaven	1	699						
Bellahouston Harriers	6	700	701	702	703	704	705	
Bellahouston Road Runners	5	706	707	708	709	710		
Calderglen Harriers	3	711	712	713				
Cambuslang Harriers	7	714	715	716	717	718	719	720
Carnegie Harriers	3	721	722	723				
Central AC	8	724	725	726	727	728	729	730
Clydesdale Harriers	4	732	733	734	735			
Corstorphine AAC	10	736	737	738	739	740	741	742
Cumbernauld	4	746	747	748	749			
Dumbarton AAC	2	750	751					
Dundee Hawkhill Harriers	4	752	753	754	755			
East Kilbride AC	4	756	757	758	759			
Edinburgh AC	8	760	761	762	763	764	765	766
Edinburgh University H&H	3	768	769	770				
Falkirk Vics	5	771	772	773	774	775		
Ferranti AAC	1	776						
Fife AC	3	777	778	779				
Gala Harriers	2	780	781					
Garscube Harriers	11	782	783	784	785	786	787	788
Giffnock North	7	793	794	795	796	797	798	799
Glasgow Uni H&H	4	800	801	802	803			
Greenock Glenpark Harriers	5	804	805	806	807	808		
Hunters Bog Trotters	4	809	810	811	812			
Inverclyde AC	8	601	602	603	604	605	606	607
Inverness Harriers	2	609	610					
Irvine Running Club	3	611	612	613				
Kilbarchan AAC	5	614	615	616	617	618		
Kilmarnock Harriers	2	619	620					
Kirkintilloch Olympians	6	621	622	623	624	625	626	
Lasswade	2	627	628					
Law & District AC	3	629	630	631				
Lothian Running Club	3	623	633	634				
Metro Aberdeen RC	6	635	636	637	638	639	640	
Moorfoot Runners	1	641						
Moray Road Runners	3	642	643	644				
Motherwell	4	645	646	647	Spare			
Ochil Hill Runners	2	648	649					
Penicuik Harriers	1	650						
Perth Road Runners	2	651	652					
PH Racing Club	3	653	654	655				
Pitreavie AAC	4	656	657	658	659			
Portobello Running Club	1	660						
Run GMC	1	661						
Shuttleston Harriers	8	662	663	664	665	666	667	668
Springburn Harriers	2	670	671					
Stirling Univesity	2	672	673					
Strathclyde Uni	2	674	675					
Teviotdale Harriers	3	676	677	678				
Troon Tortoises	1	679						
VP-Glasgow	5	680	681	682	683	684		
Westerlands CCC	2	685	686					
<b>TOTAL TEAMS</b>		<b>213</b>						



**SENIOR / JUNIOR / MASTER WOMEN****DECLARATIONS OPEN****1115HRS****DECLARATIONS CLOSE****1250HRS****RACE STARTS****1240HRS****SENIOR / JUNIOR 4 LAPS****W40 / W50+ 3 LAPS**

Sen Jun Women	No.	Team Numbers					
Aberdeen AAC	2	476	477				
Airdire Harriers	1	478					
Ayr Seaforth	2	479	480				
Bellahouston Harriers	6	481	482	483	484	485	486
Bellahouston Road Runners	5	487	488	489	490	491	
Calderglen Harriers	3	492	493	494			
Cambuslang Harriers	1	495					
Carnegie Harriers	2	496	497				
Central AC	4	498	499	500	501		
Clydesdale Harriers	1	502					
Corstorphine AAC	3	503	504	505			
Cumbernauld	1	506					
Dumbarton AAC	1	507					
Dundee Hawkhill Harriers	2	508	509				
East Kilbride AC	2	510	511				
Edinburgh AC	5	512	513	514	515	516	
Edinburgh University H&H	4	401	402	403	404		
Falkirk Vics	4	405	406	407	408		
Ferranti AAC	2	409	410				
Fife AC	6	411	412	413	414	415	416
Gala Harriers	1	417					
Garscube Harriers	5	418	419	420	421	422	
Giffnock North	4	423	424	425	426		
Glasgow Uni H&H	3	427	428	429			
Greenock Glenpark Harriers	2	430	431				
Hunters Bog Trotters	4	432	433	434	435		
Inverclyde AC	1	436					
Inverness Harriers	2	437	438				
Kilbarchan AAC	3	439	440	441			
Kilmarnock Harriers	1	442					
Kirkintilloch Olympians	3	443	444	445			
Lasswade	1	446					
Law & District AC	1	447					
Lothian Running Club	1	448					
Metro Aberdeen RC	3	449	450	451			
Moray Road Runners	1	452					
Motherwell	1	453					
Ochil Hill Runners	1	454					
Perth Road Runners	1	455					
PH Racing Club	2	456	457				
Pitreavie AAC	4	458	459	460	461		
Shuttleston Harriers	3	462	463	464			
Springburn Harriers	2	465	466				
Strathclyde Uni	2	467	468				
Teviotdale Harriers	2	469	470				
VP-Glasgow	4	471	472	473	474		
Westerlands CCC	1	475					
<b>TOTAL TEAMS</b>		<b>116</b>					



**YOUNG FEMALES****DECLARATIONS OPEN****1000HRS****DECLARATIONS CLOSE****1130HRS****RACE STARTS****1200RS****1<sup>ST</sup> LAP UNDER 13****2<sup>ND</sup> LAP UNDER 13 OR UNDER 15****3<sup>RD</sup> LAP UNDER 15 OR UNDER 17**

Young Females	No.	Team Numbers						
Aberdeen AAC	3	92	93	94				
Ayr Seaforth	6	95	96	97	98	99	100	
Banchory Stonehaven	1	101						
Bellahouston Harriers	2	102	103					
Cambuslang Harriers	4	104	105	106	107			
Central AC	5	108	109	110	111	112		
Clydesdale Harriers	1	113						
Corstorphine AAC	4	114	115	116	117			
Cumbernauld	2	118	119					
Dundee Hawkhill Harriers	5	120	121	122	123	124		
East Kilbride AC	5	125	126	127	128	129		
Edinburgh AC	6	1	2	3	4	5	6	
Falkirk Vics	3	7	8	9				
Fife AC	5	10	11	12	13	14		
Gala Harriers	2	15	16					
Garscube Harriers	5	17	18	19	20	21		
George Heriots	1	22						
Giffnock North	14	23	24	25	26	27	28	29
Glasgow School of Sport	2	37	38					
Greenock Glenpark Harriers	2	39	40					
Helensburgh AC	2	41	42					
Inverclyde AC	4	43	44	45	46			
Inverness Harriers	4	47	48	49	50			
Kilbarchan AAC	7	51	52	53	54	55	56	57
Kilmarnock Harriers	6	58	59	60	61	62	63	
Kirkintilloch Olympians	3	64	65	66				
Larkhall YMCA Harriers	1	67						
Lasswade	1	68						
Law & District AC	4	69	70	71	72			
Livingston	2	73	74					
North Ayrshire Athletics Club	1	75						
Perth Strathtay Harriers	1	76						
Pitreavie AAC	3	77	78	79				
Shuttleston Harriers	2	80	81					
Springburn Harriers	2	82	83					
Team East Lothian	3	84	85	86				
Teviotdale Harriers	1	87						
VP-Glasgow	4	88	89	90	91			
<b>TOTAL TEAMS</b>		<b>129</b>						



**YOUNG MALES****DECLARATIONS OPEN****1000HRS****DECLARATIONS CLOSE****1210HRS****RACE STARTS****1240HRS****1<sup>ST</sup> LAP UNDER 13****2<sup>ND</sup> LAP UNDER 13 OR UNDER 15****3<sup>RD</sup> LAP UNDER 15 OR UNDER 17**

Young Males	No.	Team Numbers												
Aberdeen AAC	6	273	274	275	276	277	278							
Ayr Seaforth	5	279	280	281	282	283								
Banchory Stonehaven	2	284	285											
Cambuslang Harriers	9	286	287	288	289	290	291	292	293	294				
Central AC	7	295	296	297	298	299	300	301						
Clydesdale Harriers	2	302	303											
Corstorphine AAC	5	304	305	306	307	308								
Cumbernauld	4	309	310	311	312									
Dundee Hawkhill Harriers	5	313	314	315	316	317								
East Kilbride AC	4	318	319	320	321									
Edinburgh AC	5	322	323	324	325	326								
Falkirk Vics	5	327	328	329	330	331								
Fife AC	3	332	333	334										
Garscube Harriers	10	335	336	337	338	339	340	341	342	343	344			
George Heriots	2	345	346											
Giffnock North	13	201	202	203	204	205	206	207	208	209	210	211	212	213
Glasgow School of Sport	1	214												
Greenock Glenpark Harriers	3	215	216	217										
Helensburgh AC	2	218	219											
Inverclyde AC	4	220	221	222	223									
Inverness Harriers	4	224	225	226	227									
Kilbarchan AAC	8	228	229	230	231	232	233	234	235					
Kilmarnock Harriers	6	236	237	238	239	240	241							
Kirkintilloch Olympians	1	242												
Larkhall YMCA Harriers	1	243												
Lasswade	1	244												
Law & District AC	4	245	246	247	248									
Livingston	2	249	250											
Perth Strathtay Harriers	4	251	252	253	254									
Pitreavie AAC	3	255	256	257										
Shuttleston Harriers	3	258	259	260										
Springburn Harriers	2	261	262											
Strathearn Harriers	1	263												
Team East Lothian	4	264	265	266	267									
Teviotdale Harriers	2	268	269											
VP-Glasgow	3	270	271	272										
<b>TOTAL TEAMS</b>		<b>146</b>												



## NOTES



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SCOTTISH  
CROSSCOUNTRY  
SEASON



<u>Race</u>	<u>Declarations</u>	<u>Close</u>	<u>Race Starts</u>	<u>Laps</u>
Young Females	1130hrs		1200hrs	3x2500m
Young Males	1210hrs		1240hrs	3x2500m
Sen/Jun/Mas Female	1250hrs		1320hrs	4x4000m
Sen/Jun/Mas Male	1415hrs		1445hrs	4x4000m

Declarations Open 1000hrs Young Athletes  
Declarations Open 1115hrs Senior Athletes

NL  
LEISURE

lindsay's  
**SCOTTISH  
CROSS COUNTRY  
SEASON** 

