

scottishathletics



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

For Males and Females

Cumbernauld Park

CUMBERNAULD

Saturday 26th October 2019

Sponsored by



RACE	START
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 YELLOW 4th Lap White

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



SCOTTISH ATHLETICS OFFICE BEARERS	
Hon President	Rt. Hon. Jack McConnell
President	Ron Morrison
Chairman	Ian Beattie
Chief Executive	Mark Munro

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

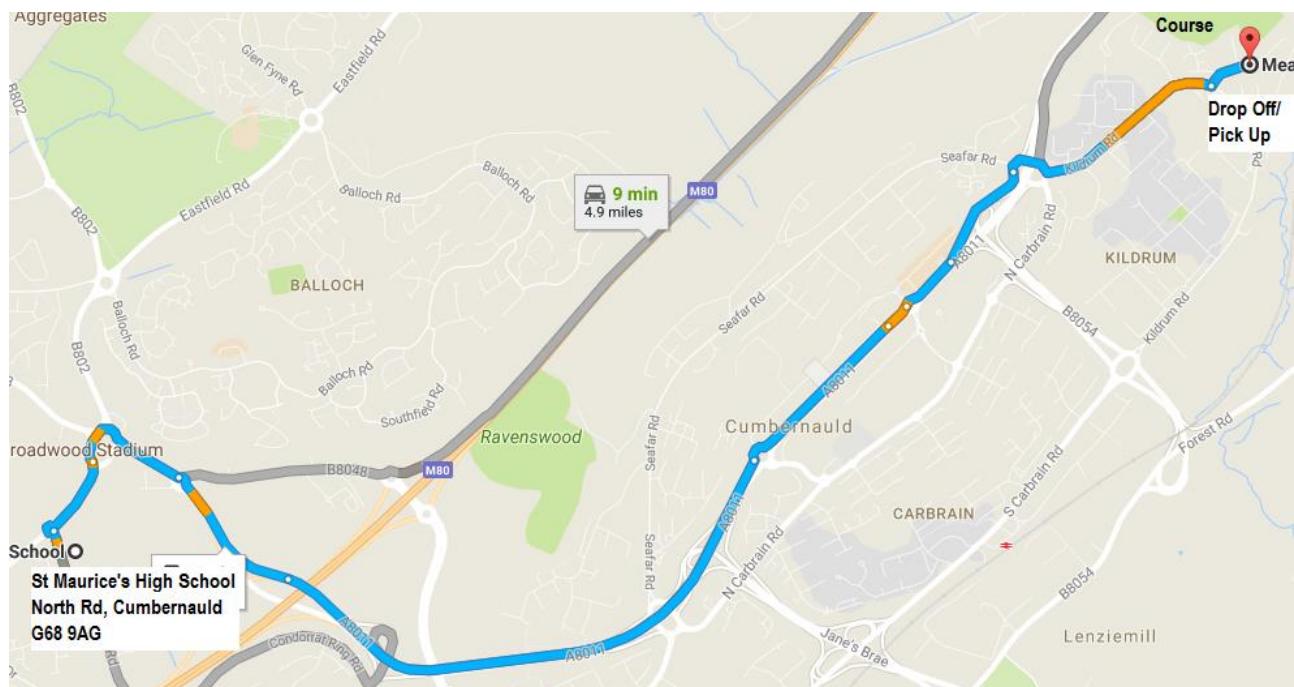
RACE OFFICIALS	
Referee	Ron Morrison
Assistant Referee	Dave Cairns
Clerk of Course	Stephen Wallace
Course Builders	Members of Cumbernauld AC & Kirkintilloch Oly
Officials Report	Alex Jackson
Changeovers	Andy Law (Chief), Ian Mann, Jim Galbraith
Finish Area Control	Ken Morris, Louise Singleton
Starter	Mike Belch
Marksman	Doleen Galbraith
Declarations	Caitlin Watt (Chief), Marjory Cook, Phyllis Law Ron Cheyne, Louise Singleton, Dave Campbell
Chip Results	FRS Systems
Announcers	Graham Bennison (Course) Connor Henderson (Presentations)
Press Officer	Peter Jardine
Course Stewards	Stephen Wallace (Chief), Members of Kirkintilloch Olympians & Cumbernauld AC
Presentations	Linden Nicolson, Leslie Roy, Julia McAfee
Jury of Appeal	Alex Jackson, John Rodger, Leslie Roy
North Lanarkshire Event Manager	Grant Shearer
Medical Services	Ambulance Scotland
Event Manager	Alasdair Love
Convener	Alex Jackson



**Lindsay's National Cross Country Relay Championships (incorporating Masters Relays)
Cumbernauld (Cumbernauld Park)
SATURDAY 26th October 2019**

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.

3rd 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 2nd Lap U15 OR U13

3rd 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 2nd 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 26th October 2019

NAT XCR

Race	Age Group	Declarations				Race Starts	Laps
		BORN DURING	Close				
YOUNG FEMALES	U13	01/09/2006 to 31/08/2008					
	U15	01/09/2004 to 31/08/2006	1130hrs			1200hrs	3x2500m
	U17	01/09/2002 to 31/08/2004					
YOUNG MALES	U13	01/09/2006 to 31/08/2008					
	U15	01/09/2004 to 31/08/2006	1210hrs			1240hrs	3x2500m
	U17	01/09/2002 to 31/08/2004					
YOUNG ATHLETES' TEAMS:		Lap 1 - U13, Lap 2 - U15 or U13, Lap 3 - U17 or U15					
SENIOR/JUNIOR MASTER WOMEN	BORN BEFORE 01/09/2002 Masters Age on Day			1250hrs		1320hrs	4x4000m
	Senior/Junior Women will run 4 Legs						
	Masters Women and W50+ will run 3 legs as in previous years.						
SENIOR/JUNIOR MASTER MEN	BORN BEFORE 01/09/2002 Masters Age on Day			1415hrs		1445hrs	4x4000m
	4 Laps for Masters Men, 3 Laps for M50						

Entries Close:

Thursday 10th October 2019

NO LATE ENTRIES

Entries must be submitted online through the Club Portal

Email Address for Queries:

events@scottishathletics.org.uk

Bank Details for Fees:

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

Important Notes

(1) Please read **Important Information** in relation to parking on the scottishathletics website - there will be **NO** parking at Cumbernauld High School, a Park & Ride system will be in operation from St Maurice's High School

(2) National relays incorporate Masters Championships. There will be a set of Masters and V50 gold, silver and bronze medals for both men and women. Masters Age Group: from 40 for both men and women on race day.

(3) Athletes who compete in an SAL championship **MUST** be current members of scottishathletics. SA numbers must be quoted on the entry form. As per UKA Rule 21

(4) All entered athletes must be members of scottishathletics at the time of the closing date and be in date on race day. Entry forms must include SA Numbers, athletes without valid membership numbers will not be processed.

(5) Athletes who are do not hold a valid membership or out of date membership cannot be added after the closing date.

(6) All competitors **MUST** compete in the declared order, and an entered athlete **MUST NOT** be substituted by a non-entered athlete at any time.

(7) Club colours **MUST** be worn

(8) Students in Full-time Education in Scotland

Students in full-time education in Scotland may compete as 1st claim for both their educational establishment and another Scottish club, but not in the same competition. This is provided that the educational establishment club is confined to students of that establishment. Thus, a student may be entered for two clubs but has to choose one at declaration.

(9) Further information, including Location Map and Course Map, will be available on the Scottish Athletics website.

(10) Club's may only enter a **MAXIMUM** of 3 TIMES the number of athletes entitled to compete. E.g. For two Senior Men Teams a maximum of 24 eligible athletes.

(11) Club entries must ensure that entrants are medically fit to compete, have no medical issues or disability that would endanger themselves or others by taking part (and will not run if unfit to do so on the day).

By entering all athletes agree that Photographs and/or video footage may be taken and used for PR/Marketing purposes.



SENIOR / JUNIOR / MASTER MEN**DECLARATIONS OPEN****1115HRS****RACE STARTS****1445HRS****SENIOR / JUNIOR / M40 4 LAPS****M50 3 LAPS****DECLARATIONS CLOSE****1415HRS**

Sen/Jun Men	No.	Team Numbers							
Aberdeen AAC	5	168	169	170	171	172			
Airdrie Harriers	2	173	174						
Ayr Seaforth AC	5	175	176	177	178	179			
Banchory Stonehaven AC	1	180							
Bellahouston Harriers	5	181	182	183	184	185			
Bellahouston Road Runners	9	186	187	188	189	190	191	192	193
Calderglen Harriers	3	195	196	197					
Cambuslang Harriers	9	198	199	200	201	202	203	204	205
Carnegie Harriers	1								206
Carnethy Hill Runners	1	207							
Central AC	8	1	2	3	4	5	6	7	8
Clydesdale Harriers	3	9	10	11					
Corstorphine AAC	8	12	13	14	15	16	17	18	19
Cumbernauld	3	20	21	22					
Dumbarton AAC	1	23							
Dunbar RC	1	24							
Dundee Hawkhill Harriers	5	25	26	27	28	29			
Dundee RR	1	30							
East Kilbride AC	5	31	32	33	34	35			
East Sutherland AC	1	36							
Edinburgh AC	10	37	38	39	40	41	42	43	44
Edinburgh Univ Hare and Hounds	3	47	48	49					
Falkirk Victoria Harriers	6	50	51	52	53	54	55		
Ferranti AAC	1	56							
Fife AC	5	57	58	59	60	61			
Gala Harriers	2	62	63						
Garscube Harriers	7	64	65	66	67	68	69	70	
Giffnock North AC	7	71	72	73	74	75	76	77	
Glasgow University Hares and Hounds	3	78	79	80					
Greenock Glenpark Harriers	4	81	82	83	84				
Harmeny AC	1	85							
Hunters Bog Trotters	4	86	87	88	89				
Inverclyde AC	6	90	91	92	93	94	95		
Inverness Harriers AC	1	96							
Kilbarchan AAC	4	97	98	99	100				
Kilmarnock H&AC	2	101	102						
Kirkintilloch Olympians	4	103	104	105	106				
Lasswade	2	107	108						
Law & District AAC	2	109	110						
Linlithgow AC	1	111							
Lothian Running Club	4	112	113	114	115				
Metro Aberdeen RC	5	116	117	118	119	120			
Moray RR	2	121	122						
Motherwell AC	5	123	124	125	126	127			
Ochil Hill Runners	1	128							



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						
Penicuik Harriers	1	129						
Perth RR	4	130	131	132	133			
PH Racing Club	3	134	135	136				
Pitreavie AAC	3	137	138	139				
Portobello Running Club	2	140	141					
Royal Mail Run GMC	1	142						
Shuttleston Harriers	7	143	144	145	146	147	148	149
Springburn Harriers	2	150	151					
Stirling Univesity	1	152						
Strathclyde Uni	2	153	154					
Team East Lothian	1	155						
Teviotdale Harriers	3	156	157	158				
VP-Glasgow AC	4	159	160	161	162			
West End RR	4	163	164	165	166			
Westerlands CCC	1	167						



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

Sen/Jun Women	No.	Team Numbers				
Aberdeen AAC	2	380	381			
Ayr Seaforth AC	2	382	383			
Bellahouston Harriers	6	384	385	386	387	388
Bellahouston Road Runners	5	390	391	392	393	394
Calderglen Harriers	1	395				
Cambuslang Harriers	1	396				
Carnegie Harriers	2	397	398			
Central AC	4	399	400	401	402	
Corstorphine AAC	3	403	404	405		
Dumbarton AAC	1	406				
Dundee Hawkhill Harriers	2	407	408			
Dundee RR	1	409				
East Kilbride AC	2	410	411			
Edinburgh AC	5	412	413	414	415	416
Edinburgh Univ Hare and Hounds	4	301	302	303	304	
Falkirk Victoria Harriers	3	305	306	307		
Ferranti AAC	2	308	309			
Fife AC	5	310	311	312	313	314
Gala Harriers	2	315	316			
Garscube Harriers	5	317	318	319	320	321
Giffnock North AC	4	322	323	324	325	
Glasgow University Hares and Hounds	4	326	327	328	329	
Greenock Glenpark Harriers	3	330	331	332		
Harmeny AC	2	333	334			
Hunters Bog Trotters	3	335	336	337		
Inverclyde AC	2	338	339			
Inverness Harriers AC	1	340				
Kilbarchan AAC	4	341	342	343	344	
Kilmarnock H&AC	1	345				
Kirkintilloch Olympians	2	346	347			
Lasswade	2	348	349			
Law & District AAC	1	350				
Linlithgow AC	1	351				
Lothian Running Club	2	352	353			
Metro Aberdeen RC	1	354				
Motherwell AC	1	355				
Ochil Hill Runners	1	356				
Perth RR	3	357	358	359		
PH Racing Club	1	360				
Pitreavie AAC	3	361	362	363		
Portobello Running Club	1	364				
Shuttleston Harriers	3	365	366	367		
Springburn Harriers	2	368	369			
Stirling University	1	370				
Strathclyde Uni	2	371	372			
Teviotdale Harriers	1	373				
VP-Glasgow AC	1	374				
West End RR	4	375	376	377	378	
Westerlands CCC	1	379				



YOUNG FEMALES

DECLARATIONS OPEN

1000HRS

DECLARATIONS CLOSE

1130HRS

RACE STARTS

1200RS

1ST LAP UNDER 13

D LAP UNDER 13 OR UNDER 15

3RD LAP UNDER 15 OR UNDER 17

Young Females	No.	Team Numbers								
Aberdeen AAC	4	576	577	578	579					
Ayr Seaforth AC	7	580	581	582	583	584	585	586		
Banchory Stonehaven AC	1	587								
Cambuslang Harriers	6	588	589	590	591	592	593			
Central AC	7	594	595	596	597	598	599	600		
Clydesdale Harriers	2	601	602							
Corstorphine AAC	3	603	604	605						
Cumbernauld	1	606								
Dundee Hawkhill Harriers	6	607	608	609	610	611	612			
East Kilbride AC	4	613	614	615	616					
Edinburgh AC	4	617	618	619	620					
Falkirk Victoria Harriers	3	621	622	623						
Fife AC	3	501	502	503						
Gala Harriers	1	504								
Garscube Harriers	5	505	506	507	508	509				
Giffnock North AC	16	510	511	512	513	514	515	516	517	518
Glasgow School of Sport	4	526	527	528	529					
Greenock Glenpark Harriers	4	530	531	532	533					
Helensburgh AC	2	534	535							
Inverclyde AC	1	536								
Inverness Harriers AC	2	537	538							
Kilbarchan AAC	5	539	540	541	542	543				
Kilmarnock H&AC	6	544	545	546	547	548	549			
Kirkintilloch Olympians	1	550								
Lasswade	3	551	552	553						
Law & District AAC	4	554	555	556	557					
Livingston	1	558								
North Ayrshire Athletics Club	1	559								
Perth Strathtay Harriers	1	560								
Pitreavie AAC	2	561	562							
Shuttleston Harriers	5	563	564	565	566	567				
Springburn Harriers	2	568	569							
Team East Lothian	2	570	571							
Teviotdale Harriers	2	572	573							
VP-Glasgow AC	2	574	575							



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

Young Males	No.	Team Numbers								
Aberdeen AAC	4	773	774	775	776					
Ayr Seaforth AC	7	777	778	779	780	781	782	783		
Banchory Stonehaven AC	1	784								
Cambuslang Harriers	6	785	786	787	788	789	790			
Central AC	4	791	792	793	794					
Clydesdale Harriers	2	795	796							
Corstorphine AAC	3	797	798	799						
Cumbernauld	4	800	801	802	803					
Dundee Hawkhill Harriers	7	804	805	806	807	808	809	810		
East Kilbride AC	4	811	812	813	814					
Edinburgh AC	6	815	816	817	818	819	820			
Falkirk Victoria Harriers	2	821	822							
Fife AC	4	823	824	825	826					
Gala Harriers	2	827	828							
Garscube Harriers	4	829	830	831	832					
George Heriots School	3	833	834	835						
Giffnock North AC	12	701	702	703	704	705	706	707	708	709
Glasgow School of Sport	1	713								
Greenock Glenpark Harriers	3	714	715	716						
Harmeny AC	1	717								
Helensburgh AC	2	718	719							
Inverclyde AC	4	720	721	722	723					
Inverness Harriers AC	3	724	725	726						
Kilbarchan AAC	7	727	728	729	730	731	732	733		
Kilmarnock H&AC	6	734	735	736	737	738	739			
Kirkintilloch Olympians	1	740								
Lasswade	3	741	742	743						
Law & District AAC	5	744	745	746	747	748				
Livingston	2	749	750							
Lothian Running Club	1	751								
Perth Strathtay Harriers	3	752	753	754						
Pitreavie AAC	3	755	756	757						
Ross County	1	758								
Shuttleston Harriers	4	759	760	761	762					
Springburn Harriers	2	763	764							
Team East Lothian	4	765	766	767	768					
Teviotdale Harriers	3	769	770	771						
VP-Glasgow AC	1	772								



