

scottishathletics



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

**For Males and Females
Scone Palace Parklands**

SCONE

Saturday 23rd October 2021

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



National Cross Country Relay Championships – Perth, Scone 23/10/2021

SCOTTISH ATHLETICS OFFICE BEARERS

Hon President	Rt. Hon. Jack McConnell
President	Ron Morrison
Chairman	David Ovens
Chief Executive	Colin Hutchison

ROAD RUNNING AND CROSS COUNTRY COMMISSION

Convener	Michael Johnston (Cambuslang H.)
Hon Secretary	Julia McAfee (Central AC)

RACE OFFICIALS

Referee	Ron Morrison
Assistant Referee	Dave Cairns
Clerk of Course	Grant Wooler
Course Builders	Members of Perth Road Runners
Officials Report	Alex Jackson
Changeovers	Andy Law (Chief), Ian Mann, Ian Hislop,
Finish Area Control	Margaret Ann McLachlan, Dave Hanlon
Starter Marksman	Richard O’Grady, Ken Rose (assistant) George Newman
Timekeeping	Ian Docherty, Jean Youden
Declarations	Caitlin Watt (Chief), Phyllis Law, Ken Monaghan, Jean Youden (Early only)
Chip Results	FRS Systems
Announcers	Andy Ronald (Course) Tracy Hendry , Alex Jackson (Presentations)
Press Officer	Peter Jardine
Course Stewards	Grant Wooler (Chief), Members of Perth Road Runners
Presentations	Sandra Hardacre, Linden Nicolson.
Jury of Appeal	Alex Jackson, Michael Johnston, John Rodger
Medical Services	Amvale Scotland
Event Managers	Alasdhair Love, Caitlin Watt
Convener	Alex Jackson



2021 Lindsays scottishathletics National XC Relay Championships

Saturday 23rd October 2021

Scone Palace, Perth, PH2 6BD

Information for Clubs and Team Managers

5 Steps to Competing

1. **Pre-event** – check the start list for your team's race time and athletes' arrival time(s).
2. **Declare** – closes 30 minutes before each race. Don't be late! Team Managers should declare on behalf of their team. You can declare in advance, but you will still need to collect your team's bibs and chips on the day.
3. **Warm up** – athletes should be careful to avoid competing runners whilst warming up
4. **Report to Start** – first leg runners should assemble 5-10 minutes before their race is due to start and be ready to race (no additional kit, water bottles, etc.)

COVID-19 Information

Due to the ongoing COVID-19 pandemic there are a number of changes to procedures and protocols for all attendees at these events. These changes are for everyone's safety, and all attendees must take responsibility for their own hygiene and safe conduct before, during and after the event. **scottishathletics'** COVID-19 protocols will be in place for this event, including the wearing of appropriate face coverings, hand sanitiser stations and physical distancing. For further details please [click here](#).

Although physical distancing is no longer required within a COVID-secure environment, **scottishathletics** recommends that all athletes and spectators should remain 1m apart when possible. If visiting the Palace, face coverings must be worn whilst indoors, including in the café and toilets.

Attending the Event

Admission and Parking

The venue will be open to athletes, coaches and spectators from 0900hrs via the entrance from the car park. Attending clubs are responsible for recording attending Spectators and coaches. In the event of a Test & Protect request from NHS Scotland team managers details will be shared.

Parking

There will be **NO** parking at Scone Palace. Access to the site is via Stormontfield Road accessed off the A93 approximately 1mile NORTH of the entrance to the Scone Palace grounds. Parking is available on the grass area to the left of the access road. Please park responsibly.

Declarations

Declarations Opening Hours: from 1000hrs

Event Closing Times: **30mins prior to Race Start Time**

Athletes will not need to declare individually. Teams will be selected from the pre-entered athlete pools submitted at the point of entry. **No additional names may be added on the day. Team Managers must return completed Team Declaration forms to receive their team packs.** Numbers are issued within team packs at declarations. Numbers must not be folded, mutilated or concealed in any way. Any unused timing chips **MUST** be returned to declarations.

Team Managers can declare their teams online at <http://www.chipresults.co.uk/xcadmin/> in advance of the day, or through a paper form on the morning of the event. To declare online, all clubs will require a unique username and PIN, which has been sent to the e-mail address included in the entry form at the point of entry.

Teams may amend their running order, either online or at declarations, up to 30 minutes prior to the start time for their race. All competitors **MUST** compete in the declared order. Athletes may run a maximum of 1 leg and may be declared in 1 team only on the day.



Composition of Relay Teams

Young Athletes - Lap 1 - U13, Lap 2 - U15 or U13, Lap 3 - U17 or U15

Senior/Junior Teams and Masters Men – 4 legs

Masters Women, M50 and W50 – 3 legs

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

3rd Lap in Senior/Junior Men's AND Women's race wear **Yellow** numbers

Masters-only Teams

Masters teams - attach "V" to the FRONT and BACK of team members' vests.

V50 teams - attach "X" to the FRONT and BACK of team members' vests.

"X"s and "V"s can be collected from declarations on the day of the event.

Masters/V50 athletes running in Senior teams do not need this additional indicator.

Event Help Line

Any team who may be running late must contact mobile no. **07718 526 373** to notify us of your anticipated arrival time. If unanswered, a message should be left detailing name, issue and return contact telephone number.

Warm Up

There will be no designated warm up area for this event, but all athletes are asked to be mindful of other runners whilst warming up. Teams should use the designated crossing points to access/exit busy areas of the course, and must take care when warming up close to the course.

Start Assembly

First leg athletes must report to the start 5-10 minutes prior to their event ready to race. Subsequent runners should report in time for the finish of their team mate and must not start running until directed by the designated official.

Vests, competitor numbers and spikes may be checked at the start. Athletes must compete in the colours of the club under which they entered and in the same design as those of their teammates.

Finish Area

In line with current COVID-19 guidance, athletes and spectators are asked not to gather around the finish line. Athletes, after completing their run, must not sit/lie down in this area, and should move through as quickly as possible to return to spectator areas. Anyone requiring medical attention within this area will be attended to.

Presentations

Presentations will be conducted as soon as possible following the conclusion of each race, and will be held on the podium by the presentations gazebo. Athletes should report directly to presentations immediately following the conclusion of their race.

Rules

These Championships will be held under UKA Rules for Competition Incorporating IAAF Rules effective from 1st April 2020. A copy is available for download from the British Athletics website [Competition Rules](#).

All athletes should be aware that no false start will be allowed without the liability of disqualification of any false starting athlete. U13 athletes will receive a warning for one false start and disqualification for two.

Unsporting or Improper Behaviour: spitting (or similar) in any area may be treated as a conduct offence and will be dealt with by a warning or disqualification. Officials will remind athletes of this rule prior to each race. Any instances of athletes spitting within busy areas of the event site will be reported to the Referee who will issue the appropriate sanction, which may result in disqualification.

All athletes must make themselves familiar with the recently amended World and UK Athletics rules around shoes available [here](#). It is the athlete's responsibility to ensure compliance with these rules. Visual checks will be made at the event, with any suspect shoes reported to the Referee for investigation

Assistance in Competition

Any athlete requiring assistance during competition should complete and return an assistance request form **by 4pm on Wednesday 20th October**. If you require a form, please contact events@scottishathletics.org.uk



COMPETITION INFORMATION SHEET

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

Venue: Scone Palace, Perth, PH2 6BD

Date: Saturday 23rd October 2021

NAT XCR

Race	Age Group	BORN DURING			Declarations Close	Race Starts	Laps
YOUNG FEMALES	U13	01/09/2008	to	31/08/2010	1130hrs	1200hrs	3x2500m
	U15	01/09/2006	to	31/08/2008			
	U17	01/09/2004	to	31/08/2006			
YOUNG MALES	U13	01/09/2008	to	31/08/2010	1210hrs	1240hrs	3x2500m
	U15	01/09/2006	to	31/08/2008			
	U17	01/09/2004	to	31/08/2006			
YOUNG ATHLETES' TEAMS:		Lap 1 - U13, Lap 2 - U15 or U13, Lap 3 - U17 or U15					
SENIOR/JUNIOR MASTER WOMEN	BORN BEFORE 01/09/2004 Masters Age on Day Senior/Junior Women will run 4 Legs Masters Women and W50+ will run 3 legs				1250hrs	1320hrs	4x4000m
SENIOR/JUNIOR MASTER MEN + Non Binary Race	BORN BEFORE 01/09/2004 Masters Age on Day 4 Laps for Masters Men, 3 Laps for M50				1415hrs	1445hrs	4x4000m

Entries Close: **Thursday 7th October 2021** **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.
- (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) 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.
- (4) Athletes who are do not hold a valid membership or out of date membership cannot be added after the closing date.
- (5) All competitors MUST compete in the declared order, and an entered athlete MUST NOT be substituted by a non-entered athlete at any time.
- (6) Club colours MUST be worn
- (7) 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.
- (8) Further information, including Location Map and Course Map, will be available on the Scottish Athletics website.
- (9) 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.
- (10) 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.
- (11) Any athlete with Additional Support Needs should contact scottishathletics for an athlete assistance form.



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	3	152	153	154						
Airdrie Harriers	1	155								
Ayr Seaforth AC	3	156	157	158						
Banchory Stonehaven AC	1	159								
Bellahouston Harriers	3	160	161	162						
Bellahouston RR	5	163	164	165	166	167				
Calderglen Harriers	2	168	169							
Cambuslang Harriers	9	170	171	172	173	174	175	176	177	178
Carnegie Harriers	3	179	180	181						
Central AC	7	1	2	3	4	5	6	7		
Corstorphine AAC	7	8	9	10	11	12	13	14		
Cumbernauld AAC	5	15	16	17	18	19				
Dumbarton AAC	1	20								
Dundee Hawkhill Harriers	3	21	22	23						
Dundee Road Runners	5	24	25	26	27	28				
Dundee University AC and XC Club	1	29								
East Kilbride AC	6	30	31	32	33	34	35			
East Sutherland AC	1	36								
Edinburgh AC	8	37	38	39	40	41	42	43	44	
Edinburgh Univ Hare and Hounds	5	45	46	47	48	49				
Falkirk Victoria Harriers	5	50	51	52	53	54				
Fife AC	6	55	56	57	58	59	60			
Gala Harriers	3	61	62	63						
Garscube Harriers	5	64	65	66	67	68				
Giffnock North AC	5	69	70	71	72	73				
Glasgow Caledonian University	1	74								
Glasgow School of Sport	1	75								
Glasgow University Hares and Hounds	3	76	77	78						
Greenock Glenpark Harriers	4	79	80	81	82					
Harmeny AC	1	83								
Heriot-Watt Univ AC	1	84								
Hunters Bog Trotters	3	85	86	87						
Inverclyde AC	5	88	89	90	91	92				
Inverness Harriers AAC	1	93								
Kilbarchan AAC	3	94	95	96						
Kilmarnock H&AC	3	97	98	99						
Kirkintilloch Olympians	3	100	101	102						
Lasswade AC	2	103	104							
Law & District AAC	4	105	106	107	108					
Livingston AC	1	109								
Lothian RC	2	110	111							
Metro Aberdeen RC	1	182								
Motherwell AC	2	112	113							
Newton Road Runners	1	114								



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**

Perth RR	4	115	116	117	118
PH Racing Club	4	119	120	121	122
Portobello RC	2	123	124		
Red Star AC	1	125			
Shettleston Harriers	5	126	127	128	129 130
Springburn Harriers	2	131	132		
Stirling University AC	2	133	134		
Strathclyde Univ Harriers	3	135	136	137	
Teviotdale Harriers	2	138	139		
University of St. Andrews CC	4	140	141	142	143
VP-Glasgow AC	4	144	145	146	147
West End RR	3	148	149	150	
Westerlands CCC	1	151			



SENIOR / JUNIOR / MASTER WOMMEN**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	270	271				
Airdrie Harriers	1	272					
Ayr Seaforth AC	4	273	274	275	276		
Bellahouston Harriers	1	277					
Bellahouston RR	6	278	279	280	281	282	283
Calderglen Harriers	1	284					
Cambuslang Harriers	2	285	286				
Carnegie Harriers	1	287					
Central AC	2	288	289				
Corstorphine AAC	3	290	291	292			
Cumbernauld AAC	1	293					
Dumbarton AAC	1	294					
Dundee Hawkhill Harriers	1	295					
Dundee Road Runners	3	296	297	298			
Dundee University AC and XC Club	1	299					
East Kilbride AC	3	300	301	302			
Edinburgh AC	6	303	304	305	306	307	308
Edinburgh Univ Hare and Hounds	5	201	202	203	204	205	
Falkirk Victoria Harriers	1	206					
Ferranti AAC	1	207					
Fife AC	3	208	209	210			
Gala Harriers	3	211	212	213			
Garscube Harriers	5	214	215	216	217	218	
Giffnock North AC	5	219	220	221	222	223	
Glasgow Caledonian University	1	224					
Glasgow University Hares and Hounds	4	225	226	227	228		
Greenock Glenpark Harriers	1	229					
Harmeny AC	1	230					
Hunters Bog Trotters	3	231	232	233			
Inverclyde AC	2	234	235				
Kilbarchan AAC	2	236	237				
Kilmarnock H&AC	2	238	239				
Kirkintilloch Olympians	1	240					
Lasswade AC	1	241					
Law & District AAC	2	242	243				
Linlithgow AC	3	244	245	246			
Lothian RC	1	247					
Metro Aberdeen RC	1	309					
Motherwell AC	1	248					
Newton Road Runners	1	249					
Perth RR	4	250	251	252	253		
PH Racing Club	1	254					
Portobello RC	1	255					



SENIOR / JUNIOR / MASTER WOMMEN

DECLARATIONS OPEN

1115HRS

DECLARATIONS CLOSE

1250HRS

RACE STARTS

1240HRS

SENIOR / JUNIOR 4 LAPS

W40 / W50+ 3 LAPS

Sen/Jun Women

No.

Team Numbers

Shettleston Harriers	2	256	257
Springburn Harriers	1	258	
Stirling University AC	2	259	260
Strathclyde Univ Harriers	2	261	262
Teviotdale Harriers	1	263	
University of St. Andrews CC	2	264	265
VP-Glasgow AC	1	266	
West End RR	3	267	268 269



YOUNG FEMALES		1000HRS		DECLARATIONS CLOSE		1130HRS					
DECLARATIONS OPEN		1200RS									
RACE STARTS											
1 ST LAP UNDER 13	2 ND LAP UNDER 13 OR UNDER 15	3 RD LAP UNDER 15 OR UNDER 17									
Young Females	No.	Team Numbers									
Aberdeen AAC	1	662									
Ayr Seaforth AC	3	663	664	665							
Banchory Stonehaven AC	1	666									
Cambuslang Harriers	5	667	668	669	670	671					
Central AC	5	672	673	674	675	676					
Corstorphine AAC	3	677	678	679							
Cumbernauld AAC	1	680									
Dundee Hawkhill Harriers	4	681	682	683	684						
East Kilbride AC	3	685	686	687							
Edinburgh AC	4	688	689	690	691						
Falkirk Victoria Harriers	7	692	693	694	695	696	697 698				
Fife AC	2	601	602								
Gala Harriers	2	603	604								
Garscube Harriers	5	605	606	607	608	609					
Giffnock North AC	18	610	611	612	613	614	615 616 617 618				
Giffnock North AC		619	620	621	622	623	624 625 626 627				
Glasgow School of Sport	2	628	629								
Inverclyde AC	2	630	631								
Inverness Harriers AAC	2	632	633								
Kilbarchan AAC	5	634	635	636	637	638					
Kilmarnock H&AC	2	639	640								
Kirkintilloch Olympians	1	641									
Lasswade AC	1	642									
Law & District AAC	5	643	644	645	646	647					
Livingston AC	2	648	649								
Perth Strathtay Harriers	1	650									
Pitreavie AAC	2	651	652								
Ross County AC	1	653									
Shettleston Harriers	3	654	655	656							
Springburn Harriers	2	657	658								
Team East Lothian	2	659	660								
VP-Glasgow AC	1	661									



YOUNG MALES		1000HRS		DECLARATIONS CLOSE		1210HRS	
DECLARATIONS OPEN		1240HRS					
RACE STARTS							
1 ST LAP UNDER 13	2 ND LAP UNDER 13 OR UNDER 15	3 RD LAP UNDER 15 OR UNDER 17					
Young Males	No.	Team Numbers					
Aberdeen AAC	2	461	462				
Ayr Seaforth AC	5	463	464	465	466	467	
Cambuslang Harriers	5	468	469	470	471	472	
Central AC	2	473	474				
Corstorphine AAC	4	475	476	477	478		
Dundee Hawkhill Harriers	1	479					
East Kilbride AC	6	480	481	482	483	484	485
Edinburgh AC	3	486	487	488			
Falkirk Victoria Harriers	3	489	490	491			
Fife AC	3	492	493	494			
Gala Harriers	2	495	496				
Garscube Harriers	6	497	498	499	500	501	502
Giffnock North AC	12	401	402	403	404	405	406
Giffnock North AC		410	411	412			
Harmeny AC	6	413	414	415	416	417	418
Helensburgh AAC	2	419	420				
Inverclyde AC	2	421	422				
Inverness Harriers AAC	3	423	424	425			
Kilbarchan AAC	8	426	427	428	429	430	431
Kilmarnock H&AC	2	434	435				
Lasswade AC	2	436	437				
Law & District AAC	3	438	439	440			
Livingston AC	2	441	442				
Lothian RC	1	443					
Nithsdale AC	1	444					
Perth Strathtay Harriers	1	445					
Pitreavie AAC	1	446					
Ross County AC	2	447	448				
Shettleston Harriers	3	449	450	451			
Springburn Harriers	1	452					
Strathearn Harriers	2	453	454				
Team East Lothian	3	455	456	457			
VP-Glasgow AC	3	458	459	460			



