



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

For Males and Females

Scone Palace Parklands

SCONE

Saturday 23rd October 2021

Sponsored by

lindsay

**SCOTTISH
CROSSCOUNTRY
SEASON**



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	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	Alasdair 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	Close	Race Starts	Laps			
YOUNG FEMALE	U13	01/09/2008	to	31/08/2010						
	U15	01/09/2006	to	31/08/2008	1130hrs	1200hrs	3x2500m			
	U17	01/09/2004	to	31/08/2006						
YOUNG MALES	U13	01/09/2008	to	31/08/2010						
	U15	01/09/2006	to	31/08/2008	1210hrs	1240hrs	3x2500m			
	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			1250hrs	1320hrs	4x4000m				
	01/09/2004									
	Masters Age on Day									
Senior/Junior Women will run 4 Legs										
Masters Women and W50+ will run 3 legs										
SENIOR/JUNIOR MASTER MEN + Non Binary Race	BORN BEFORE			1415hrs	1445hrs	4x4000m				
	01/09/2004									
	Masters Age on Day									
4 Laps for Masters Men, 3 Laps for M50										

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

	No.	Team Numbers		
Shuttleston 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

DECLARATIONS OPEN

1000HRS

DECLARATIONS CLOSE

1130HRS

RACE STARTS

1200RS

Young Females

No.

Team Numbers

Team Name	Team Number
Aberdeen AAC	662
Ayr Seaforth AC	663
Banchory Stonehaven AC	664
Cambuslang Harriers	665
Central AC	666
Corstorphine AAC	667
Cumbernauld AAC	668
Dundee Hawkhill Harriers	669
East Kilbride AC	670
Edinburgh AC	671
Falkirk Victoria Harriers	672
Fife AC	673
Gala Harriers	674
Garscube Harriers	675
Giffnock North AC	676
Giffnock North AC	677
Glasgow School of Sport	678
Inverclyde AC	679
Inverness Harriers AAC	680
Kilbarchan AAC	681
Kilmarnock H&AC	682
Kirkintilloch Olympians	683
Lasswade AC	684
Law & District AAC	685
Livingston AC	686
Perth Strathtay Harriers	687
Pitreavie AAC	688
Ross County AC	689
Shuttleston Harriers	690
Springburn Harriers	691
Team East Lothian	692
VP-Glasgow AC	693
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YOUNG MALES

YOUNG MALES DECLARATIONS OPEN

1000HRS

DECLARATIONS CLOSE

1210HRS

RACE STARTS

1240HRS

Young Males

Young Names	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	407
Giffnock North AC		410	411	412				408
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	432
Kilmarnock H&AC	2	434	435					433
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					
Shuttleston 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				



