

scottishathletics



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

**Cumbernauld House Park
Cumbernauld**

Saturday 21st October 2023

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





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| National Cross Country Relay Championships – Cumbernauld 21/10/2023 |
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| SCOTTISH ATHLETICS OFFICE BEARERS | |
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| | |
|------------------------|--------------------------------|
| Hon President | Rt. Hon. Jack McConnell |
| President | John Rodger |
| Chairman | David Ovens |
| Chief Executive | Colin Hutchison |

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| ROAD RUNNING AND CROSS COUNTRY COMMISSION | |
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| | |
|----------------------|---|
| Convener | Michael Johnston (Cambuslang H.) |
| Hon Secretary | Julia McAfee (Helensburgh AC) |

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| RACE OFFICIALS | |
|-----------------------|--|

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|---------------------------------|--|
| Referee | Dave Carins |
| Assistant Referees | Gary Wood |
| Clerk of Course | Stephen Wallace |
| Course Builders | Members of Cumbernauld AC |
| Officials Report | Alex Jackson, Sandra Hardacre |
| Changeovers | Andy Law (Chief), Diane Ramsay, Peter Jennings, Grant Wooler |
| Finish Area Control | Margaret Ann McLachlan, Jackie Stewart, Gary Barker |
| Starters | David Hughes, Sharon Taylor |
| Timekeeping/Recording | Peter Ramsay (Chief) Ian Docherty, Ian Mann, Ken Morris, Dave Hanlon |
| Declarations | Margaret Daly (Chief), Isobel Martin, Tracy Hendry |
| Place Recording | Linden Nicholson, Jean Youden |
| Results | FR Systems, Trish Johnston, Ken Monaghan |
| Announcers | Andy Ronald, John Mackay (Course) Leslie Roy (Presentations) |
| Scottish Athletics Media | Peter Jardine, Sue Gyford |
| Course Marshals | Stephen Wallace (Chief) Andrea Gavin, Vicky Lyon, Evelyn Roxburgh, Jim Dunstan, Hannah Lopez, Mark, Crawford, Ann Malcolm, Emma Lindsay, Ben Wallace, Caoimhe Breslin, Amanda Nichol, Olivia Reilly, Members of Cumbernauld AAC |
| Presentations | Sandra Hardacre, Francis Wood, Michael Johnston, Ron Morrison, John Rodger |
| | |
| Medical Services | Amvale Scotland |
| Scottish Athletics | Alasdhair Love, Caitlin Watt, Sophie Allan, Angela Mudge, Shona Malcolm- Martin, Ross Mackey |
| Convener | Alex Jackson |





Lindsays scottishathletics National XC Relay Championships
Saturday 21st October 2023
Cumbernauld House Park, Kildrum, Cumbernauld, G67 3JG

Information for Clubs and Team Managers

We look forward to seeing you at the National XC Relay Championships, and wish you and your teams an enjoyable and rewarding competition. This document contains information on what to expect whilst attending the event, as well as instructions for online declarations.

All relevant information can be downloaded from the Fixture Page on the **scottishathletics** website here:
[Lindsays scottishathletics National Cross Country Relay Championships](#)

5 Steps to Competing

1. **Pre-event – check the start list for your team's race time and athletes' arrival time(s)**
2. **Declare Online – Closes 30 minutes before each race: don't be late! Team Managers should declare on behalf of their team. All clubs have been sent online login details to declare teams. Team Managers will still need to collect teams' 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.)**
5. **Compete!**

Don't forget to collect any medals your club may have won before you leave!

Parking

Parking is available at Cumbernauld Academy, South Ring Road, Kildrum, Cumbernauld, G67 2UF. The course is approximately 1.5 miles from the school, please allow 15-20 mins walking time.

There will be NO public parking at the course. Tents may be dropped off at Meadow View and walked to the start finish area (approx. 800m), but cars must move away from this area after drop-off.

Admissions

The venue will be open to athletes, coaches and spectators from 0900hrs via the path from Meadow View.

Declarations

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

Athletes will not need to declare individually: team managers will declare on behalf of their teams. 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 numbers can be collected from the declarations gazebo on the day from 1000hrs. Numbers must not be folded, mutilated or concealed in any way. This year, timing chips will be attached to numbers: there will be no timing chips to attach to shoes. Any unused timing bibs **MUST** be returned to declarations.

Team Managers will declare their teams online at

<https://chipresults.co.uk/xc/?!=B4E2D7EBA7CD73209364AA6B9E3AB289> in advance of or on the day.
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 online 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 one leg and may be declared in one team only on the day.



Any team manager without login details should contact their club's Club Secretary or Club Portal contact in the first instance. If you are unable to reach your club, please contact events@scottishathletics.org.uk to request your team's details. Clubs who are unable to declare online should also contact **scottishathletics** in advance of the day to make alternative declarations arrangements.

Composition of Relay Teams

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

Senior/Junior Men and Women; Masters Men – 4 legs

Masters Women, M50 and W50 – 3 legs

3rd Lap in Sen/Jun Men, Masters Men and Sen/Jun Women wear **Yellow** numbers

Masters Teams

Masters teams will be identified by a V, with athletes attaching a "V" to the BACK of team members' vests.

V50 teams will be identified by an X, with athletes attaching a "X" to the BACK of team members' vests.

"X"s and "V"s for the BACK will be supplied within team packs.

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

Event Help Line

Any team who may be running late on the day must contact mobile no. **07522 556771** 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. Please listen to the directions of officials and marshals at all times.

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 vest-design as their teammates.

Finish Area

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 2022. 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 of the event site 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.

Assistance in Competition

Any athlete requiring assistance during competition should complete and return an assistance request form **by 4pm on Wednesday 18th 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: Cumbernauld House Park, Cumbernauld, G67 3JG
Date: Saturday 21st October 2023

NAT XCR

| Race | Age Group | BORN DURING | Declarations | | Race Starts | Laps |
|---|-----------|--|--------------|---------|-------------|------|
| | | | Close | | | |
| YOUNG FEMALES | U13 | 01/09/2010 to 31/08/2012 | | | | |
| | U15 | 01/09/2008 to 31/08/2010 | 1130hrs | 1200hrs | 3x2500m | |
| | U17 | 01/09/2006 to 31/08/2008 | | | | |
| YOUNG MALES | U13 | 01/09/2010 to 31/08/2012 | | | | |
| | U15 | 01/09/2008 to 31/08/2010 | 1210hrs | 1240hrs | 3x2500m | |
| | U17 | 01/09/2006 to 31/08/2008 | | | | |
| YOUNG ATHLETES' TEAMS: Lap 1 - U13, Lap 2 - U15 or U13, Lap 3 - U17 or U15 | | | | | | |
| SENIOR/JUNIOR MASTER WOMEN | | BORN BEFORE 01/09/2003 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 01/09/2003 Masters Age on Day 4 Laps for Masters Men, 3 Laps for M50 | 1415hrs | 1445hrs | 4x4000m | |

Entries Close: **Thursday 5th October 2023** **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.
- (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 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).
- (10) Any athlete with Additional Support Needs should contact scottishathletics for an athlete assistance form.



| Young Females | 94 | Teams 500-593 | | | | | | | | | | |
|----------------------------|---------------------|---------------|-----|-----|-----|-----|-----|-----|-----|-----|-----|--|
| Declarations Close 1130hrs | Race Starts 1200hrs | | | | | | | | | | | |
| Aberdeen AAC | 3 | 500 | 501 | 502 | | | | | | | | |
| Airdrie Harriers | 2 | 503 | 504 | | | | | | | | | |
| Ayr Seaforth AC | 1 | 505 | | | | | | | | | | |
| Cambuslang Harriers | 2 | 506 | 507 | | | | | | | | | |
| Central AC | 3 | 508 | 509 | 510 | | | | | | | | |
| Clydesdale Harriers | 2 | 511 | 512 | | | | | | | | | |
| Corstorphine AAC | 1 | 513 | | | | | | | | | | |
| Cumbernauld AAC | 1 | 514 | | | | | | | | | | |
| Dundee Hawkhill Harriers | 3 | 515 | 516 | 517 | | | | | | | | |
| East Kilbride AC | 4 | 518 | 519 | 520 | 521 | | | | | | | |
| Edinburgh AC | 3 | 522 | 523 | 524 | | | | | | | | |
| Falkirk Victoria Harriers | 8 | 525 | 526 | 527 | 528 | 529 | 530 | 531 | 532 | | | |
| Gala Harriers | 3 | 533 | 534 | 535 | | | | | | | | |
| Garscube Harriers | 5 | 536 | 537 | 538 | 539 | 540 | | | | | | |
| Giffnock North AC | 10 | 541 | 542 | 543 | 544 | 545 | 546 | 547 | 548 | 549 | 550 | |
| Harmeny AC | 6 | 551 | 552 | 553 | 554 | 555 | 556 | | | | | |
| Inverclyde AC | 3 | 557 | 558 | 559 | | | | | | | | |
| Inverness Harriers AAC | 3 | 560 | 561 | 562 | | | | | | | | |
| Kilbarchan AAC | 6 | 563 | 564 | 565 | 566 | 567 | 568 | | | | | |
| Kilmarnock H&AC | 2 | 569 | 570 | | | | | | | | | |
| Lasswade AC | 2 | 571 | 572 | | | | | | | | | |
| Law & District AAC | 2 | 573 | 574 | | | | | | | | | |
| Livingston AC | 1 | 575 | | | | | | | | | | |
| Lothian RC | 1 | 576 | | | | | | | | | | |
| Perth Strathtay Harriers | 3 | 577 | 578 | 579 | | | | | | | | |
| Pitreavie AAC | 2 | 580 | 581 | | | | | | | | | |
| Shettleston Harriers | 4 | 582 | 583 | 584 | 585 | | | | | | | |
| Springburn Harriers | 3 | 586 | 587 | 588 | | | | | | | | |
| Strathearn Harriers | 1 | 589 | | | | | | | | | | |
| Team East Lothian | 1 | 590 | | | | | | | | | | |
| VP-Glasgow AC | 3 | 591 | 592 | 593 | | | | | | | | |



| Young Males | 84 | Teams 400-476 | | | | | | | | | | |
|----------------------------|---------------------|---------------|-----|-----|-----|-----|-----|-----|-----|-----|-----|--|
| Declarations Close 1210hrs | Race Starts 1240hrs | | | | | | | | | | | |
| Aberdeen AAC | 4 | 400 | 401 | 402 | 403 | | | | | | | |
| Ayr Seaforth AC | 2 | 404 | 405 | | | | | | | | | |
| Cambuslang Harriers | 4 | 406 | 407 | 408 | 409 | | | | | | | |
| Central AC | 3 | 410 | 411 | 412 | | | | | | | | |
| Clydesdale Harriers | 1 | 413 | | | | | | | | | | |
| Corstorphine AAC | 2 | 414 | 415 | | | | | | | | | |
| Cumbernauld AAC | 1 | 416 | | | | | | | | | | |
| Dundee Hawkhill Harriers | 1 | 417 | | | | | | | | | | |
| East Kilbride AC | 4 | 418 | 419 | 420 | 421 | | | | | | | |
| Edinburgh AC | 3 | 481 | 482 | 483 | | | | | | | | |
| Falkirk Victoria Harriers | 5 | 422 | 423 | 424 | 425 | 426 | | | | | | |
| Gala Harriers | 3 | 427 | 428 | 429 | | | | | | | | |
| Garscube Harriers | 7 | 430 | 431 | 432 | 433 | 434 | 435 | 436 | | | | |
| Giffnock North AC | 7 | 437 | 438 | 439 | 440 | 441 | 442 | 443 | | | | |
| Harmeny AC | 3 | 444 | 445 | 446 | | | | | | | | |
| Helensburgh AAC | 1 | 447 | | | | | | | | | | |
| Inverclyde AC | 1 | 448 | | | | | | | | | | |
| Inverness Harriers AAC | 2 | 449 | 450 | | | | | | | | | |
| Kilbarchan AAC | 10 | 451 | 452 | 453 | 454 | 455 | 456 | 457 | 458 | 459 | 460 | |
| Kilmarnock H&AC | 1 | 461 | | | | | | | | | | |
| Lasswade AC | 2 | 462 | 463 | | | | | | | | | |
| Law & District AAC | 2 | 464 | 465 | | | | | | | | | |
| Livingston AC | 1 | 466 | | | | | | | | | | |
| Lothian RC | 1 | 467 | | | | | | | | | | |
| Motherwell AC | 1 | 468 | | | | | | | | | | |
| Perth Strathtay Harriers | 1 | 469 | | | | | | | | | | |
| Pitreavie AAC | 1 | 470 | | | | | | | | | | |
| Shettleston Harriers | 4 | 471 | 472 | 473 | 474 | | | | | | | |
| Springburn Harriers | 1 | 475 | | | | | | | | | | |
| Strathearn Harriers | 2 | 476 | 477 | | | | | | | | | |
| Team East Lothian | 1 | 478 | | | | | | | | | | |
| VP-Glasgow AC | 2 | 479 | 480 | | | | | | | | | |



| SenJun Women | 89 | Teams 200-288 | | | | | | |
|-------------------------------------|---------------------|---------------|-----|-----|-----|-----|-----|-----|
| Declarations Close 1250hrs | Race Starts 1320hrs | | | | | | | |
| Aberdeen AAC | 3 | 251 | 252 | 253 | | | | |
| Airdrie Harriers | 1 | 254 | | | | | | |
| Bellahouston Harriers | 3 | 255 | 256 | 257 | | | | |
| Bellahouston RR | 3 | 258 | 259 | 260 | | | | |
| Calderglen Harriers | 1 | 261 | | | | | | |
| Cambuslang Harriers | 3 | 262 | 263 | 264 | | | | |
| Carnegie Harriers | 2 | 265 | 266 | | | | | |
| Central AC | 5 | 267 | 268 | 269 | 270 | 271 | | |
| Clydesdale Harriers | 1 | 272 | | | | | | |
| Corstorphine AAC | 5 | 273 | 274 | 275 | 276 | 277 | | |
| Cumbernauld AAC | 2 | 278 | 279 | | | | | |
| Dumbarton AAC | 1 | 280 | | | | | | |
| Dundee Hawkhill Harriers | 1 | 281 | | | | | | |
| Dundee Road Runners | 2 | 282 | 283 | | | | | |
| East Kilbride AC | 2 | 284 | 285 | | | | | |
| Edinburgh AC | 3 | 286 | 287 | 288 | | | | |
| Edinburgh Univ Hare and Hounds | 7 | 200 | 201 | 202 | 203 | 204 | 205 | 206 |
| Falkirk Victoria Harriers | 2 | 207 | 208 | | | | | |
| Fife AC | 2 | 209 | 210 | | | | | |
| Garscube Harriers | 3 | 211 | 212 | 213 | | | | |
| Giffnock North AC | 2 | 214 | 215 | | | | | |
| Glasgow University Hares and Hounds | 4 | 216 | 217 | 218 | 219 | | | |
| Greenock Glenpark Harriers | 1 | 220 | | | | | | |
| Helensburgh AAC | 1 | 221 | | | | | | |
| Hunters Bog Trotters | 1 | 222 | | | | | | |
| Inverclyde AC | 1 | 223 | | | | | | |
| Inverness Harriers AAC | 1 | 224 | | | | | | |
| Kilbarchan AAC | 1 | 225 | | | | | | |
| Kilmarnock H&AC | 2 | 226 | 227 | | | | | |
| Lasswade AC | 1 | 228 | | | | | | |
| Law & District AAC | 1 | 229 | | | | | | |
| Linlithgow AC | 1 | 230 | | | | | | |
| Moray RR | 2 | 231 | 232 | | | | | |
| Motherwell AC | 2 | 233 | 234 | | | | | |
| Musselburgh and District AC | 1 | 235 | | | | | | |
| PH Racing Club | 1 | 236 | | | | | | |
| Pitreavie AAC | 1 | 237 | | | | | | |
| Shettleston Harriers | 4 | 238 | 239 | 240 | 241 | | | |
| Springburn Harriers | 2 | 242 | 243 | | | | | |
| Stirling University AC | 1 | 244 | | | | | | |
| Strathclyde Univ Harriers | 1 | 245 | | | | | | |
| Strathearn Harriers | 1 | 246 | | | | | | |
| University of St. Andrews CC | 1 | 247 | | | | | | |
| VP-Glasgow AC | 2 | 248 | 249 | | | | | |
| West End RR | 1 | 250 | | | | | | |



| | | | | | |
|-----------------------------------|----------------------------|----------------------|-----|-----|-----|
| Mas Women | 24 | Teams 300-323 | | | |
| Declarations Close 1250hrs | Race Starts 1320hrs | | | | |
| Calderglen Harriers | 1 | 300 | | | |
| Cambuslang Harriers | 1 | 301 | | | |
| Dundee Road Runners | 1 | 302 | | | |
| Edinburgh AC | 2 | 303 | 304 | | |
| Fife AC | 2 | 305 | 306 | | |
| Gala Harriers | 1 | 307 | | | |
| Garscube Harriers | 2 | 308 | 309 | | |
| Giffnock North AC | 1 | 310 | | | |
| Greenock Glenpark Harriers | 3 | 311 | 312 | 313 | |
| Harmeny AC | 1 | 314 | | | |
| Hunters Bog Trotters | 1 | 315 | | | |
| Inverclyde AC | 1 | 316 | | | |
| Linlithgow AC | 1 | 317 | | | |
| Lothian RC | 1 | 318 | | | |
| Newton Road Runners | 1 | 319 | | | |
| Ochil Hill Runners | 2 | 320 | 321 | | |
| PH Racing Club | 1 | 322 | | | |
| VP-Glasgow AC | 1 | 323 | | | |
| W50 | 19 | Teams 330-349 | | | |
| Declarations Close 1250hrs | Race Starts 1320hrs | | | | |
| Dundee Hawkhill Harriers | 1 | 330 | | | |
| Edinburgh AC | 1 | 331 | | | |
| Falkirk Victoria Harriers | 1 | 332 | | | |
| Fife AC | 1 | 333 | | | |
| Gala Harriers | 1 | 334 | | | |
| Garscube Harriers | 4 | 335 | 336 | 337 | 338 |
| Giffnock North AC | 2 | 339 | 340 | | |
| Greenock Glenpark Harriers | 2 | 341 | 342 | | |
| Kirkintilloch Olympians | 1 | 343 | 344 | | |
| Lothian RC | 1 | 345 | | | |
| Perth RR | 2 | 346 | 347 | | |
| Pitreavie AAC | 1 | 348 | | | |
| Springburn Harriers | 1 | 349 | | | |



| Sen Jun Men | 129 | Teams 1-129 | | | | | |
|-------------------------------------|---------------------|-------------|-----|-----|-----|-----|-----|
| Declarations Close 1415hrs | Race Starts 1445hrs | | | | | | |
| Aberdeen AAC | 3 | 105 | 106 | 107 | | | |
| Airdrie Harriers | 2 | 108 | 109 | | | | |
| Ayr Seaforth AC | 1 | 110 | | | | | |
| Banchory Stonehaven AC | 1 | 111 | | | | | |
| Bellahouston Harriers | 3 | 112 | 113 | 114 | | | |
| Bellahouston RR | 6 | 115 | 116 | 117 | 118 | 119 | 120 |
| Calderglen Harriers | 2 | 121 | 122 | | | | |
| Cambuslang Harriers | 4 | 123 | 124 | 125 | 126 | | |
| Carnegie Harriers | 3 | 127 | 128 | 129 | | | |
| Central AC | 4 | 1 | 2 | 3 | 4 | | |
| Clydesdale Harriers | 2 | 5 | 6 | | | | |
| Corstorphine AAC | 5 | 7 | 8 | 9 | 10 | 11 | |
| Cumbernauld AAC | 1 | 12 | | | | | |
| Dumbarton AAC | 1 | 13 | | | | | |
| Dundee Hawkhill Harriers | 2 | 14 | 15 | | | | |
| Dundee Road Runners | 1 | 16 | | | | | |
| East Kilbride AC | 4 | 17 | 18 | 19 | 20 | | |
| East Sutherland AC | 1 | 21 | | | | | |
| Edinburgh AC | 5 | 22 | 23 | 24 | 25 | 26 | |
| Edinburgh Univ Hare and Hounds | 5 | 27 | 28 | 29 | 30 | 31 | |
| Falkirk Victoria Harriers | 3 | 32 | 33 | 34 | | | |
| Fife AC | 3 | 35 | 36 | 37 | | | |
| Gala Harriers | 1 | 38 | | | | | |
| Garscube Harriers | 5 | 39 | 40 | 41 | 42 | 43 | |
| Giffnock North AC | 4 | 44 | 45 | 46 | 47 | | |
| Glasgow FrontRunners | 1 | 48 | | | | | |
| Glasgow University Hares and Hounds | 6 | 49 | 50 | 51 | 52 | 53 | 54 |
| Greenock Glenpark Harriers | 3 | 55 | 56 | 57 | | | |
| Harmeny AC | 1 | 58 | | | | | |
| Hunters Bog Trotters | 1 | 59 | | | | | |
| Inverclyde AC | 3 | 60 | 61 | 62 | | | |
| Kilbarchan AAC | 2 | 63 | 64 | | | | |
| Kilmarnock H&AC | 4 | 65 | 66 | 67 | 68 | | |
| Kirkintilloch Olympians | 2 | 69 | 70 | | | | |
| Law & District AAC | 3 | 71 | 72 | 73 | | | |
| Linlithgow AC | 1 | 74 | | | | | |
| Metro Aberdeen RC | 2 | 75 | 76 | | | | |
| Moray RR | 2 | 77 | 78 | | | | |
| Motherwell AC | 3 | 79 | 80 | 81 | | | |
| Musselburgh and District AC | 1 | 82 | | | | | |
| Newton Road Runners | 1 | 83 | | | | | |
| Perth RR | 1 | 84 | | | | | |
| Pitreavie AAC | 1 | 85 | | | | | |
| Portobello RC | 1 | 86 | | | | | |



| Sen Jun Men | 129 | Teams 1-129 | | | | | |
|------------------------------|---------------------|-------------|-----|----|--|--|--|
| Declarations Close 1415hrs | Race Starts 1445hrs | | | | | | |
| Shettleston Harriers | 3 | 87 | 88 | 89 | | | |
| Springburn Harriers | 2 | 90 | 91 | | | | |
| Stirling University AC | 3 | 92 | 93 | 94 | | | |
| Strathclyde Univ Harriers | 3 | 95 | 96 | 97 | | | |
| Strathearn Harriers | 1 | 98 | | | | | |
| Team East Lothian | 1 | 99 | | | | | |
| University of St. Andrews CC | 2 | 100 | 101 | | | | |
| VP-Glasgow AC | 2 | 102 | 103 | | | | |
| West End RR | 1 | 104 | | | | | |

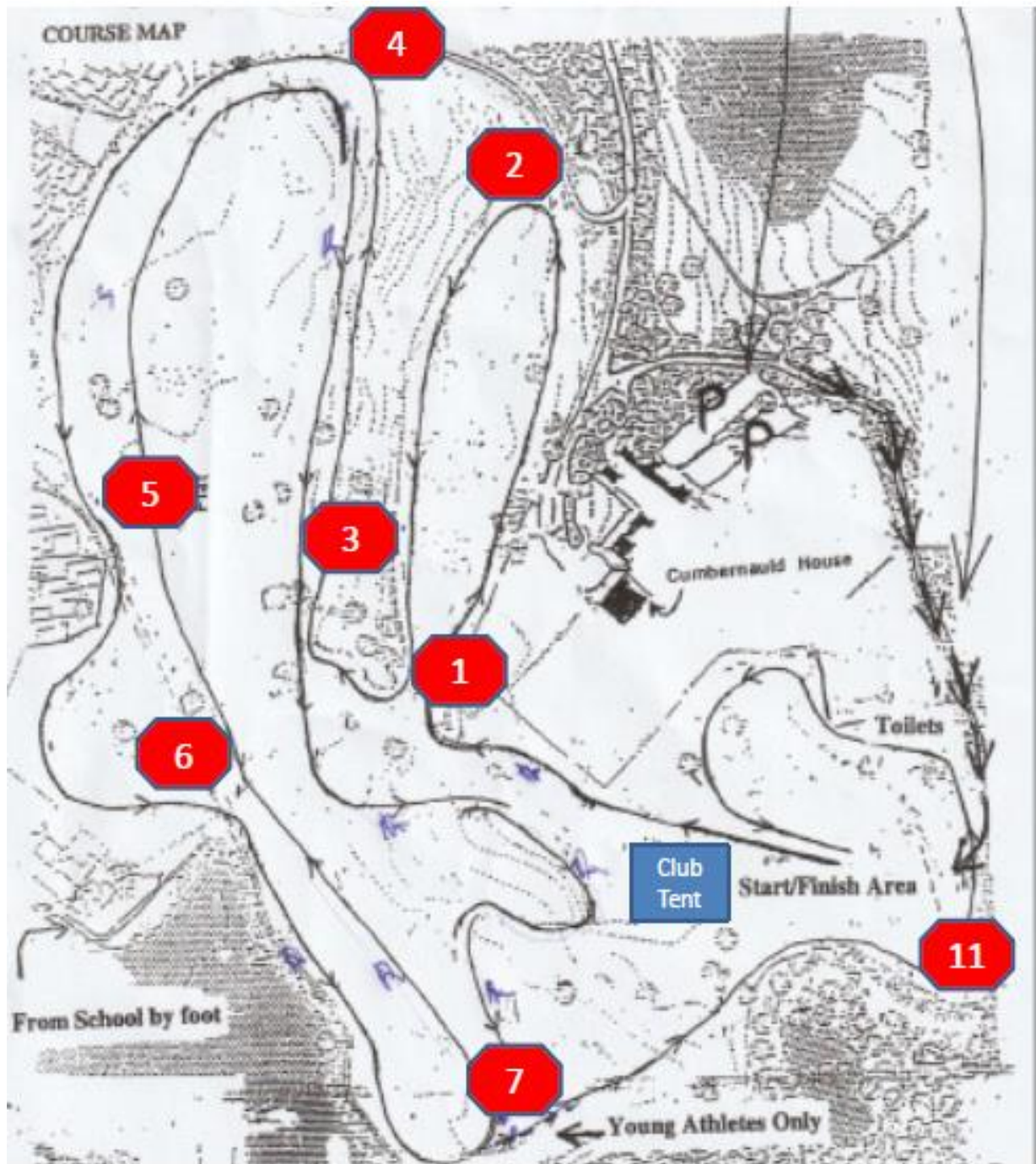
| Mas Men | 34 | Teams 130-163 | | | |
|-----------------------------|---------------------|---------------|-----|--|--|
| Declarations Close 1415hrs | Race Starts 1445hrs | | | | |
| Calderglen Harriers | 1 | 130 | | | |
| Cambuslang Harriers | 2 | 131 | 132 | | |
| Central AC | 1 | 133 | | | |
| Corstorphine AAC | 2 | 134 | 135 | | |
| Cumbernauld AAC | 2 | 136 | 137 | | |
| Dundee Road Runners | 1 | 138 | | | |
| Edinburgh AC | 2 | 139 | 140 | | |
| Falkirk Victoria Harriers | 1 | 141 | | | |
| Fife AC | 2 | 142 | 143 | | |
| Gala Harriers | 1 | 144 | | | |
| Garscube Harriers | 1 | 145 | | | |
| Giffnock North AC | 1 | 146 | | | |
| Greenock Glenpark Harriers | 2 | 147 | 148 | | |
| Harmeny AC | 1 | 149 | | | |
| Helensburgh AAC | 1 | 150 | | | |
| Hunters Bog Trotters | 1 | 151 | | | |
| Inverclyde AC | 1 | 152 | | | |
| Kirkintilloch Olympians | 1 | 153 | | | |
| Law & District AAC | 1 | 154 | | | |
| Linlithgow AC | 1 | 155 | | | |
| Lothian RC | 1 | 156 | | | |
| Musselburgh and District AC | 1 | 157 | | | |
| PH Racing Club | 2 | 158 | 159 | | |
| Shettleston Harriers | 2 | 160 | 161 | | |
| VP-Glasgow AC | 1 | 162 | | | |
| West End RR | 1 | 163 | | | |



| M50 | 34 | Teams 165-199 | | | |
|-----------------------------|---------------------|---------------|-----|-----|-----|
| Declarations Close 1415hrs | Race Starts 1445hrs | | | | |
| Calderglen Harriers | 1 | 165 | | | |
| Cambuslang Harriers | 2 | 166 | 167 | | |
| Central AC | 3 | 168 | 169 | 170 | |
| Corstorphine AAC | 3 | 171 | 172 | 173 | |
| Cumbernauld AAC | 4 | 174 | 175 | 176 | 177 |
| East Kilbride AC | 1 | 178 | | | |
| Edinburgh AC | 3 | 179 | 180 | 181 | |
| Falkirk Victoria Harriers | 2 | 182 | 183 | | |
| Gala Harriers | 1 | 184 | | | |
| Garscube Harriers | 2 | 185 | 186 | | |
| Giffnock North AC | 1 | 187 | | | |
| Greenock Glenpark Harriers | 1 | 188 | | | |
| Kirkintilloch Olympians | 1 | 189 | | | |
| Lothian RC | 2 | 190 | 191 | | |
| Moray RR | 1 | 192 | | | |
| Musselburgh and District AC | 1 | 193 | | | |
| Perth RR | 1 | 194 | | | |
| PH Racing Club | 1 | 195 | | | |
| Pitreavie AAC | 1 | 196 | | | |
| Shettleston Harriers | 1 | 197 | | | |
| VP-Glasgow AC | 1 | 198 | | | |



MARSHALLS MAP – JUNIOR RACES



MARSHALLS MAP – SENIOR RACES

