



**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





National Cross Country Relay Championships – Cumbernauld 21/10/2023

SCOTTISH ATHLETICS OFFICE BEARERS	
Hon President	Rt. Hon. Jack McConnell
President	John Rodger
Chairman	David Ovens
Chief Executive	Colin Hutchison

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

RACE OFFICIALS	
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	Alasdair Love, Caitlin Watt, Sophie Allan, Angela Mudge, Shona Malcolm- Martin, Ross Mackey
Convener	Alex Jackson



Lindsay's Scottish Athletics 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 **Scottish Athletics** website here: [Lindsay's Scottish Athletics National Cross Country Relay Championships](https://www.scottishathletics.org.uk/athletics/fixtures/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 15-20mins 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				
			Close	Race Starts	Laps		
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		1250hrs	1320hrs	4x4000m		
	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	BORN BEFORE		1415hrs	1445hrs	4x4000m		
	01/09/2003						
	Masters Age on Day						
Race 4 Laps for Masters Men, 3 Laps for M50							

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 W50 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 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
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							
Shuttleston 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
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							
Shuttleston 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						
Shuttleston 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			

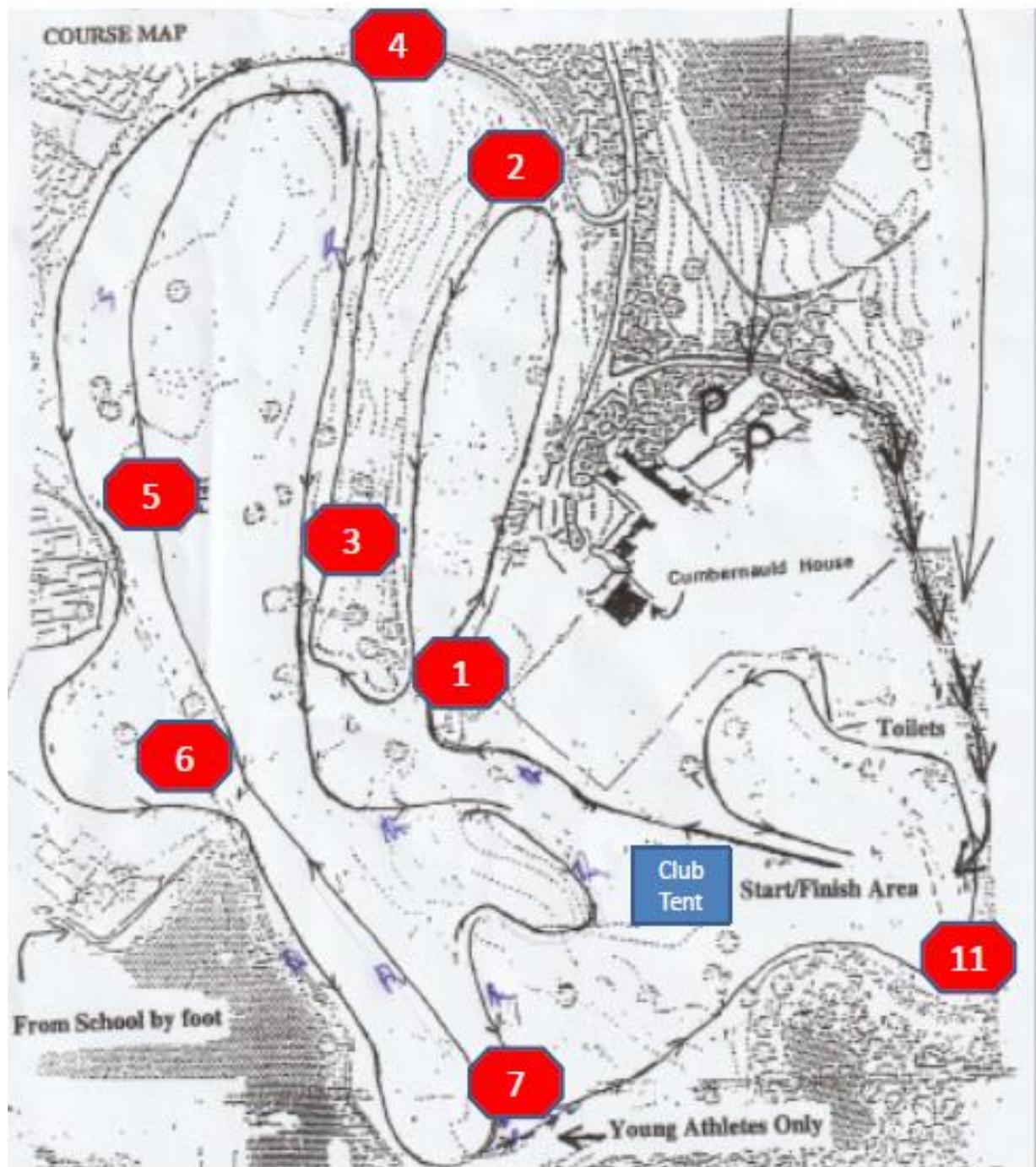
Sen Jun Men	129	Teams 1-129				
Declarations Close 1415hrs	Race Starts 1445hrs					
Aberdeen AAC	3	105	106	107		
Airdrie Harriers	2	108	109			
Ayr Seaforth AC	1	110				
Banchory Stonehaven AC	1	111				
Bellahouston Harriers	3	112	113	114		
Bellahouston RR	6	115	116	117	118	119
Calderglen Harriers	2	121	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
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					
Shuttleston 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			
Shuttleston 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

