

scottishathletics



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

Cumbernauld House Park

Cumbernauld

Saturday 19 October 2024

Sponsored by

lindsays

**SCOTTISH
CROSSCOUNTRY
SEASON**



RACE	START
Young Females	12.00
Young Males	12.40
Sen/Jun Females	13.20
Sen/Jun Males	14.45

NUMBERS

Senior numbers will be 1st Lap White 2nd Lap White 3rd Lap YELLOW 4th Lap White





National Cross Country Relay Championships – Cumbernauld 19/10/2024
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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

ROAD RUNNING AND CROSS COUNTRY COMMISSION	
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Convener	Michael Johnston (Cambuslang H.)
Hon Secretary	Sandra Hardacre (Livingston AC)

RACE OFFICIALS	
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Referee	Ron Morrison
Assistant Referees	Dave Cairns, Carol Rose
Clerk of Course	Marika Kennedy
Course Builders	Members of Cumbernauld AC
Officials Report	Alex Jackson, Sandra Hardacre
Changeovers	Andy Law (Chief), Diane Ramsay, Jackie Stewart, Caroline Johnston
Finish Area Control	Peter Jennings, Isobel Martin, Janice Hendrie, Linden Nicholson
Starters	Kevin Rose, David Hughes
Timekeeping/Recording	Peter Ramsay (Chief) Ian Mann, Ken Monaghan. Early Shift Only Duncan Ball, Jim Dunstan, Paul Collins
Declarations	Sharon Taylor (Chief) Margaret Daly, Michael Clelland,
Results	FR Systems,
Announcers	John Mackay (Course) Leslie Roy, Ann Malcolm (Presentations)
Scottish Athletics Media	Peter Jardine, Morven Bruce
Course Marshals	Marika Kennedy (Chief) Members of Cumbernauld AAC Late Shift Only, Duncan Ball, Jim Dunstan, Paul Collins
Presentations	Sandra Hardacre, Elspeth Burton, Michael Johnston, John Rodger
Medical Services	Amvale Scotland
Scottish Athletics	Caitlin Watt, Sophie Allan, David Fallon, Francesca Snitjer, Angela Mudge
Convener Assistant Convenor	Alex Jackson Gary Woods





Lindsays scottishathletics National XC Relay Championships
Saturday 19 October 2024
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

Bib Collection 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://www.chipresults.co.uk/xc/?q=484F0F5075A00702066AE7A68198E0D8> 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. **07718 526373** 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 2024. A copy is available for download from the British Athletics website: [Competition Rules](https://www.britishathletics.org.uk/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 16th 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 19th October 2024

NAT XCR

Race	Age Group	BORN DURING	Declarations Close	Race Starts	Laps
YOUNG FEMALES	U13	01/09/2011 to 31/08/2013			
	U15	01/09/2009 to 31/08/2011	1130hrs	1200hrs	3x2500m
	U17	01/09/2007 to 31/08/2009			
YOUNG MALES	U13	01/09/2011 to 31/08/2013			
	U15	01/09/2009 to 31/08/2011	1210hrs	1240hrs	3x2500m
	U17	01/09/2007 to 31/08/2009			
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: 5pm on Thursday 3rd October 2024 **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 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	85	Teams 500-584											
Declarations Close 1130hrs	Race Starts 1200hrs												
Aberdeen AAC	3	551	552	553									
Airdrie Harriers	1	554											
Calderglen Harriers	1	555											
Cambuslang Harriers	2	556	557										
Central AC	1	558											
Clydesdale Harriers	1	559											
Corstorphine AAC	2	560	561										
Dundee Hawkhill Harriers	1	562											
East Kilbride AC	4	563	564	565	566								
Edinburgh AC	5	567	568	569	570	571							
Falkirk Victoria Harriers	5	572	573	574	575	576							
Fife AC	1	577											
Gala Harriers	3	578	579	580									
Garscube Harriers	3	581	582	583									
George Heriots School XC Club	1	584											
Giffnock North AC	11	500	501	502	503	504	505	506	507	508	509	510	
Greenock Glenpark Harriers	1	511											
Harmeny AC	6	512	513	514	515	516	517						
Inverclyde AC	3	518	519	520									
Inverness Harriers AAC	3	521	522	523									
Kilbarchan AAC	1	524											
Kilmarnock H&AC	4	525	526	527	528								
Larkhall YMCA Harriers	1	529											
Lasswade AC	2	530	531										
Law & District AAC	1	532											
Livingston AC	1	533											
Lothian RC	3	534	535	536									
Perth Strathtay Harriers	2	537	538										
Pitreavie AAC	1	539											
Shettleston Harriers	3	540	541	542									
Springburn Harriers	1	543											
Strathearn Harriers	1	544											
Team East Lothian	1	545											
VP-Glasgow AC	5	546	547	548	549	550							



Young Males	83	Teams 400-482									
Declarations Close 1210hrs	Race Starts 1240hrs										
Aberdeen AAC	3	451	452	453							
Bellahouston Harriers	1	454									
Cambuslang Harriers	4	455	456	457	458						
Central AC	1	459									
Clydesdale Harriers	1	460									
Corstorphine AAC	1	461									
Dundee Hawkhill Harriers	1	462									
East Kilbride AC	4	463	464	465	466						
Edinburgh AC	5	467	468	469	470	471					
Falkirk Victoria Harriers	2	472	473								
Fife AC	1	474									
Gala Harriers	3	475	476	477							
Garscube Harriers	4	478	479	480	481						
George Heriots School XC Club	1	482									
Giffnock North AC	9	400	401	402	403	404	405	406	407	408	
Harmeny AC	6	409	410	411	412	413	414				
Helensburgh AAC	1	415									
Inverclyde AC	1	416									
Kilbarchan AAC	8	417	418	419	420	421	422	423	424		
Kilmarnock H&AC	3	425	426	427							
Larkhall YMCA Harriers	1	428									
Lasswade AC	2	429	430								
Law & District AAC	1	431									
Livingston AC	1	432									
Lothian RC	2	433	434								
Moray RR	3	435	436	437							
Perth Strathtay Harriers	2	438	439								
Shettleston Harriers	2	440	441								
Springburn Harriers	1	442									
Strathearn Harriers	2	443	444								
Team East Lothian	2	445	446								
VP-Glasgow AC	4	447	448	449	450						



Sen/Jun Women	88	Teams 200-287							
Declarations Close 1250hrs	Race Starts 1320hrs								
Aberdeen AAC	1	258							
Ayr Seaforth AC	1	259							
Bellahouston Harriers	4	260	261	262	263				
Bellahouston RR	3	264	265	266					
Cambuslang Harriers	3	267	268	269					
Carnegie Harriers	1	270							
Central AC	5	271	272	273	274	275			
Corstorphine AAC	2	276	277						
Cumbernauld AAC	2	278	279						
Dumbarton AAC	1	280							
Dundee Hawkhill Harriers	1	281							
Dundee Road Runners	1	282							
East Kilbride AC	2	283	284						
Edinburgh AC	3	285	286	287					
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	2	211	212						
Giffnock North AC	3	213	214	215					
Glasgow FrontRunners	1	216							
Glasgow University Hares and Hounds	6	217	218	219	220	221	222		
Greenock Glenpark Harriers	3	223	224	225					
Inverclyde AC	2	226	227						
Kilbarchan AAC	1	228							
Kilmarnock H&AC	2	229	230						
Kirkintilloch Olympians	1	231							
Larkhall YMCA Harriers	1	232							
Lasswade AC	1	233							
Linlithgow AC	1	234							
Livingston AC	1	235							
Lothian RC	1	236							
Moray RR	1	237							
Motherwell AC	2	238	239						
Perth RR	1	240							
Pitreavie AAC	1	241							
Portobello RC	2	242	243						
Shettleston Harriers	4	244	245	246	247				
Springburn Harriers	1	248							
Stirling University AC	3	249	250	251					
Strathclyde Univ Harriers	2	252	253						
University of St. Andrews CC	1	254							
VP-Glasgow AC	2	255	256						
West End RR	1	257							



Mas Women	14	Teams 288-301			
Declarations Close 1250hrs	Race Starts 1320hrs				
Calderglen Harriers	1	299			
Cambuslang Harriers	1	300			
Edinburgh AC	1	301			
Garscube Harriers	2	288	289		
Giffnock North AC	1	290			
Greenock Glenpark Harriers	1	291			
Harmeny AC	1	292			
Inverclyde AC	1	293			
Kilmarnock H&AC	1	294			
Linlithgow AC	1	295			
Perth RR	1	296			
VP-Glasgow AC	1	297			
West End RR	1	298			
W50	19	Teams 302-320			
Declarations Close 1250hrs	Race Starts 1320hrs				
Cambuslang Harriers	1	317			
Carnegie Harriers	1	318			
Central AC	1	319			
Dundee Hawkhill Harriers	1	320			
Edinburgh AC	1	302			
Fife AC	4	303	304	305	306
Garscube Harriers	2	307	308		
Greenock Glenpark Harriers	2	309	310		
Inverclyde AC	1	311			
Kirkintilloch Olympians	1	312			
Linlithgow AC	2	313	314		
Lothian RC	1	315			
Pitreavie AAC	1	316			



Sen Jun Men / NB	132	Teams 1-132					
Declarations Close 1415hrs	Race Starts 1445hrs						
Aberdeen AAC	3	112	113	114			
Airdrie Harriers	2	115	116				
Ayr Seaforth AC	1	117					
Banchory Stonehaven AC	1	118					
Bellahouston Harriers	5	119	120	121	122	123	
Bellahouston RR	1	124					
Calderglen Harriers	2	125	126				
Cambuslang Harriers	6	127	128	129	130	131	132
Central AC	6	1	2	3	4	5	6
Clydesdale Harriers	1	7					
Corstorphine AAC	3	8	9	10			
Cumbernauld AAC	1	11					
Dumbarton AAC	1	12					
Dundee Hawkhill Harriers	4	13	14	15	16		
Dundee Road Runners	2	17	18				
East Kilbride AC	6	19	20	21	22	23	24
Edinburgh AC	6	25	26	27	28	29	30
Edinburgh Univ Hare and Hounds	5	31	32	33	34	35	
Falkirk Victoria Harriers	3	36	37	38			
Fife AC	4	39	40	41	42		
Gala Harriers	1	43					
Garscube Harriers	2	44	45				
Giffnock North AC	3	46	47	48			
Glasgow FrontRunners	1	49					
Glasgow FrontRunners NB	1	50					
Glasgow University Hares and Hounds	5	51	52	53	54	55	
Greenock Glenpark Harriers	3	56	57	58			
Helensburgh AAC	1	59					
Inverclyde AC	3	60	61	62			
Irvine RC	1	63					
Kilbarchan AAC	1	64					
Kilmarnock H&AC	2	65	66				
Kirkintilloch Olympians	1	67					
Larkhall YMCA Harriers	1	68					
Lasswade AC	2	69	70				
Law & District AAC	2	71	72				
Linlithgow AC	1	73					
Livingston AC	1	74					
Lothian RC	4	75	76	77	78		
Metro Aberdeen RC	2	79	80				
Moray RR	2	81	82				
Motherwell AC	4	83	84	85	86		
Perth RR	1	87					
Perth Strathtay Harriers	1	88					



Sen Jun Men	132	Teams 1-132					
Declarations Close 1415hrs	Race Starts 1445hrs						
PH Racing Club	1	89					
Pitreavie AAC	1	90					
Portobello RC	1	91					
Shettleston Harriers	4	92	93	94	95		
Springburn Harriers	2	96	97				
Stirling University AC	5	98	99	100	101	102	
Strathclyde Univ Harriers	2	103	104				
Strathearn Harriers	2	105	106				
University of St. Andrews CC	2	107	108				
VP-Glasgow AC	2	109	110				
West End RR	1	111					

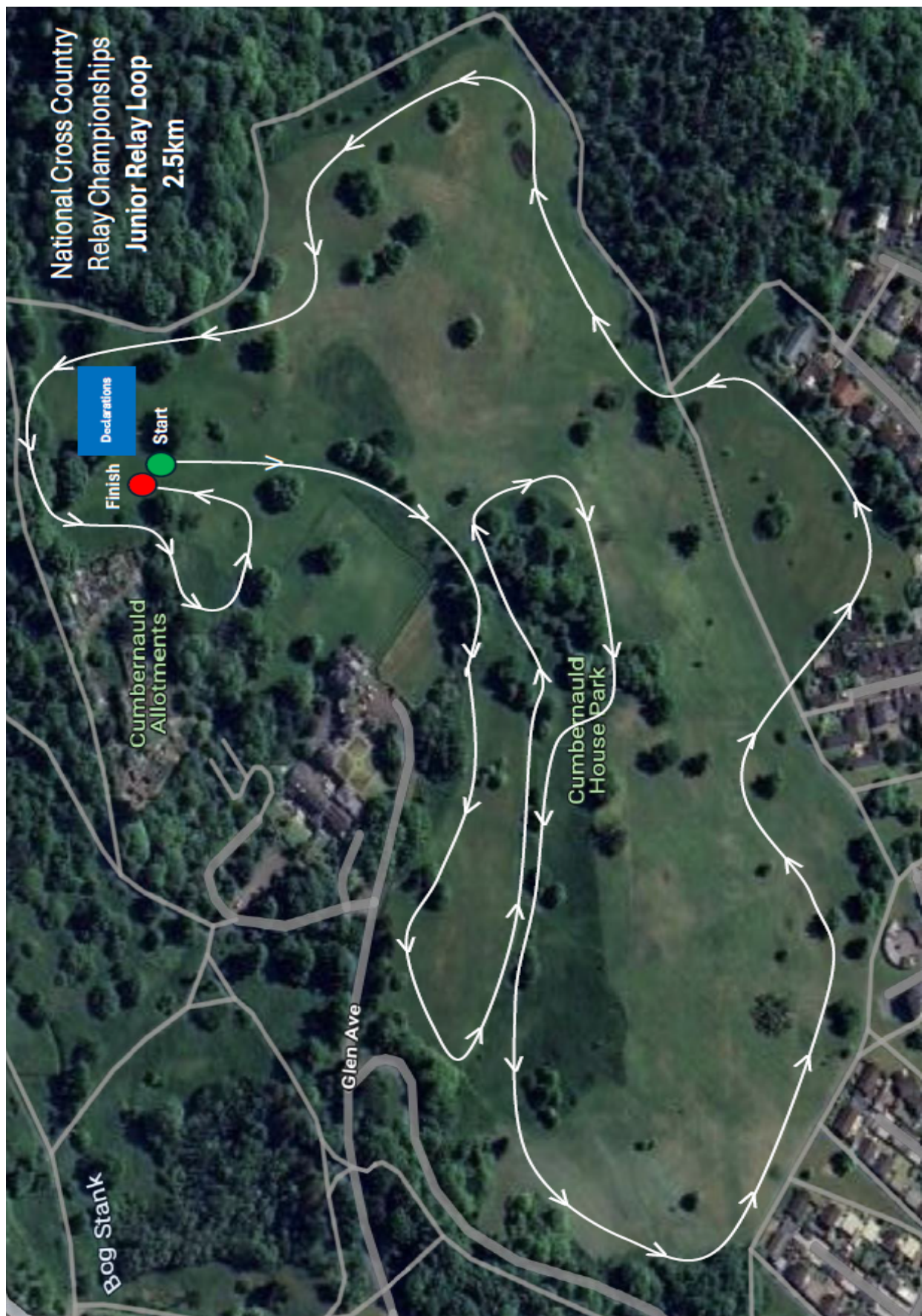
Mas Men	31	Teams 1333-163			
Declarations Close 1415hrs	Race Starts 1445hrs				
Bellahouston Harriers	3	161	162	163	
Cambuslang Harriers	2	133	134		
Carnegie Harriers	1	135			
Central AC	1	136			
Corstorphine AAC	3	137	138	139	
Cumbernauld AAC	1	140			
Dundee Hawkhill Harriers	1	141			
Dundee Road Runners	1	142			
Edinburgh AC	1	143			
Fife AC	2	144	145		
Gala Harriers	1	146			
Garscube Harriers	3	147	148	149	
Harmeny AC	2	150	151		
Inverclyde AC	2	152	153		
Kilmarnock H&AC	1	154			
Kirkintilloch Olympians	1	155			
Linlithgow AC	1	156			
Metro Aberdeen RC	1	157			
PH Racing Club	1	158			
Shettleston Harriers	1	159			
VP-Glasgow AC	1	160			



M50	36	Teams 164-197				
Declarations Close 1415hrs	Race Starts 1445hrs					
Bellahouston RR	1	197				
Cambuslang Harriers	2	164	165			
Central AC	4	166	167	168	169	
Corstorphine AAC	2	170	171			
Cumbernauld AAC	2	172	173			
Edinburgh AC	5	174	175	176	177	178
Fife AC	1	179				
Gala Harriers	1	180				
Garscube Harriers	4	181	182	183	184	
Giffnock North AC	2	185	186			
Greenock Glenpark Harriers	1	187				
Kirkintilloch Olympians	1	188				
Musselburgh and District AC	2	189	190			
Perth RR	1	191				
PH Racing Club	1	192				
Pitreavie AAC	1	193				
Shettleston Harriers	1	194				
VP-Glasgow AC	1	195				
West End RR	1	196				



MARSHALLS MAP – JUNIOR RACES



MARSHALLS MAP – SENIOR RACES

