

scottishathletics



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

Cumbernauld House Park

Cumbernauld

Saturday 25 October 2025

Sponsored by



RACE	START
Young Females	12.00
Young Males	12.40
Sen/Jun Females	13.10
Sen/Jun Males	14.40

NUMBERS

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





National Cross Country Relay Championships – Cumbernauld 25/10/2025
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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	David Cairns
Assistant Referees	Jim Dunstan, Carol Rose
Clerk of Course	Stephen Wallace
Course Builders	Members of Cumbernauld AC
Officials Report	Gary Woods, Sandra Hardacre
Changeovers	Andy Law (Chief), Isobel Martin, Diane Ramsay, Andrew Ronald
Finish Area Control	Margaret-Ann McLachlan (Chief), Caroline Johnston, Janice Hendrie, Evelyn Roxburgh (Late Shift Only)
Starters	Kevin Rose, Bob Webster
Timekeeping/Recording	Peter Ramsay (Chief), Paul Collins, Adrian Stott, Jean Youden, Louise Singleton, Michael Clelland, Trish Johnson
Declarations	Margaret Daly (Chief), Linden Nicholson, Alex Jackson, Sharon Taylor
Results	FR Systems
Announcers	John Mackay (Course) Leslie Roy (Presentations)
Scottish Athletics Media	Peter Jardine
Course Marshals	Stephen Wallace (Chief), Members of Cumbernauld AAC, Evelyn Roxburgh (Early Shift Only)
Presentations	Sandra Hardacre, Ron Morrison, Michael Johnston, John Rodger
Medical Services	Amvale Scotland
Scottish Athletics	Alasdair Love, Caitlin Watt, Sophie Allan
Convener Assistant Convenor	Gary Woods Alex Jackson





Lindsays scottishathletics National XC Relay Championships
Saturday 25 October 2025
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!**

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.

Following complaints from local residents in 2024, all attendees must park responsibly without blocking access or on grass verges. Parking enforcement officers will be on duty throughout the day and will ticket or remove vehicles if necessary. Official event parking is at Cumbernauld Academy.

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. 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. 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 in advance of or on the day at: www.chipresults.co.uk/xc

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 only one team on the day.

Any team manager without login details should contact their club's Club Secretary 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.

Incomplete Young Teams

Clubs with entered Young Male or Young Female teams that do not have an eligible athlete available for leg 1 may be declared offline on the day, and athletes will be included in mass starts for legs 2 (U15s) and 3 (U15s or U17s). These athletes will still receive official individual times. Please refer to the Incomplete Teams document on the **scottishathletics** website for more details. Athletes not part of pre registered teams cannot be accommodated within the race programme.

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 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](#).

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 22nd October**. If you require a form, please contact events@scottishathletics.org.uk



scottishathletics provides Cross Country Relay Championships at District and National level for athletes of all ages. Young athlete teams consist of athletes in the following age groups: U13, U15 and Under 17. The format of the races are 3 legs of an approximate 2500m-lap course.

Leg 1 Must be an Under 13 athlete, Leg 2 may be an U13 or an U15, Leg 3 may be an U15 or U17 athlete.

It is recognised that some clubs may not be able to field a full team. Therefore, the following procedures will be adopted to accommodate as many eligible athletes as possible.

Declarations Process

- All athletes competing on the day must be part of an entered team, ie. If a club has entered three teams, they could run two complete teams and an incomplete team if they wish. No athlete may compete without an allocated bib number.
- Full teams will be declared via the online declaration process by team managers and will collect their bib numbers from declarations on the day of the race.
- A team with a first-leg runner only, or first and second leg runners only will declare as normal and finish the race when all team members have run. This assumes no runner on leg three, but athletes on legs 1-2 will run for individual times. This is the same process as followed for Senior teams.
- “Incomplete teams” are defined as an entered team that does not have an eligible athlete available to run leg one. These teams should follow the process below.

Incomplete Teams Process

Declarations

- If a team is incomplete, a paper declarations process will take place.
- Team Manager reports to declarations to advise the officials of the need for an incomplete team.
- A paper declaration is completed to confirm the athlete details of each leg. Note: U15s will run on Leg 2; U15/U17 on Leg 3
- The declarations official will mark the athletes’ bib numbers with a GREEN cross for Leg 2 or a RED cross for leg 3.

Race Start

- Athletes on Leg 2 will report 5mins prior to the Leg 2 mass start time at the changeover zone. The mass start time for leg 2 will be at 13:00 RACE TIME.
 - Young Females approx report 1208hrs, start 1213hrs
 - Young Males approx report 1248hrs, start 1253hrs
- Athletes on Leg 3 will report 5mins prior to the Leg 3 mass start time at the changeover zone. The mass start time for leg 3 will be at 25:00 RACE TIME.
 - Young Females approx report 1220hrs, start 1225hrs
 - Young Males approx report 1300hrs, start 1305hrs

Results

- All incomplete team athletes will be timed by the officials on duty with the results listed and ranked separately to the complete teams’ results.



COMPETITION INFORMATION SHEET

Event: National Cross Country Relay Championships
(Incorporating Masters Championships)
Venue: Cumbernauld House Park, Cumbernauld, G67 3JG
Date: Saturday 25th October 2025

NAT XCR

Race	Age Group	BORN DURING	Declarations Close	Race Starts	Laps
YOUNG FEMALES	U13	01/09/2012 to 31/08/2014			
	U15	01/09/2010 to 31/08/2012	1130hrs	1200hrs	3x2500m
	U17	01/09/2008 to 31/08/2010			
YOUNG MALES	U13	01/09/2012 to 31/08/2014			
	U15	01/09/2010 to 31/08/2012	1210hrs	1240hrs	3x2500m
	U17	01/09/2008 to 31/08/2010			
YOUNG ATHLETES' TEAMS: Lap 1 - U13, Lap 2 - U15 or U13, Lap 3 - U17 or U15					
SENIOR/JUNIOR MASTER WOMEN		BORN BEFORE 01/09/2008 Masters Age on Day Senior/Junior Women will run 4 Legs Masters Women and W50+ will run 3 legs	1240hrs	1310hrs	4x4000m
SENIOR/JUNIOR MASTER MEN + Non Binary Race		BORN BEFORE 01/09/2008 Masters Age on Day 4 Laps for Masters Men, 3 Laps for M50	1410hrs	1440hrs	4x4000m

Entries Close: 5pm on Thursday 9th October 2025 **NO LATE ENTRIES**
Entries must be submitted online through JustGo

Email Address for Queries: events@scottishathletics.org.uk

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) Club's should declare at least one eligible athlete at the time of entry, teams will then be selected from valid membership lists on the day via an online declaration system.
- (4) All declared athletes must be members of scottishathletics and be in date on race day.
- (5) Athletes who have an out of date membership cannot be declared.
- (6) All competitors MUST compete in the declared order, and an entered athlete MUST NOT be substituted by a non-entered athlete at any time.
- (7) Club colours MUST be worn
- (8) 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.
- (9) Further information, including Location Map and Course Map, will be available on the Scottish Athletics website.
- (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.



Young Females	112	Teams 500-610											
Declarations Close 1130hrs	Race Starts 1200hrs												
Aberdeen AAC	4	500	501	502	503								
Airdrie Harriers	1	504											
Ayr Seaforth AC	2	505	506										
Banchory Stonehaven AC	2	507	508										
Bellahouston Harriers	1	509											
Calderglen Harriers	2	510	511										
Cambuslang Harriers	1	512											
Central AC	2	513	514										
Corstorphine AAC	1	515											
Cumbernauld AAC	2	516	517										
Dunfermline Track & Field Club	1	518											
Dundee Hawkhill Harriers	2	519	520										
East Kilbride AC	4	521	522	523	524								
Edinburgh AC	7	525	526	527	528	529	530	531					
Falkirk Victoria Harriers	3	532	533	534									
Fife AC	2	535	536										
Gala Harriers	4	537	538	539	540								
Garscube Harriers	5	541	542	543	544	545							
George Heriots School XC Club	2	546	547										
Giffnock North AC	12	548	549	550	551	552	553	554	555	556	557	558	559
Harmeny AC	5	560	561	562	563	564							
Inverclyde AC	4	565	566	567	568								
Inverness Harriers AAC	4	569	570	571	572								
Kilbarchan AAC	5	573	574	575	576	577							
Kilmarnock H&AC	4	578	579	580	581								
Lasswade AC	3	582	583	584									
Law & District AAC	4	585	586	587	588								
Linlithgow AC	1	589											
Livingston AC	1	590											
Lothian RC	2	591	592										
Motherwell AC	3	593	594	595									
Perth Strathtay Harriers	2	596	597										
Pitreavie AAC	3	598	599	600									
Shettleston Harriers	2	601	602										
Springburn Harriers	1	603											
Strathearn Harriers	1	604											
Team East Lothian	1	605											
VP-Glasgow AC	6	606	607	608	609	610							



Young Males	239	Teams 390-491							
Declarations Close 1210hrs	Race Starts 1240hrs								
Aberdeen AAC	3	390	391	392					
Airdrie Harriers	1	393							
Ayr Seaforth AC	1	394							
Calderglen Harriers	2	395	396						
Cambuslang Harriers	5	397	398	399	400	401			
Central AC	2	402	403						
Corstorphine AAC	2	404	405						
Cumbernauld AAC	1	406							
Dundee Hawkhill Harriers	2	407	408						
East Kilbride AC	4	409	410	411	412				
Edinburgh AC	6	413	414	415	416	417	418		
Falkirk Victoria Harriers	2	419	420						
Fife AC	2	421	422						
Gala Harriers	3	423	424	425					
Garscube Harriers	7	426	427	428	429	430	431	432	
George Heriots School XC Club	2	433	434						
Giffnock North AC	7	435	436	437	438	439	440	441	
Harmeny AC	7	442	443	444	445	446	447	448	
Inverclyde AC	1	449							
Inverness Harriers AAC	4	450	451	452	453				
Kilbarchan AAC	5	454	455	456	457	458			
Kilmarnock H&AC	3	459	460	461					
Lasswade AC	3	462	463	464					
Law & District AAC	3	465	466	467					
Linlithgow AC	1	468							
Livingston AC	1	469							
Lothian RC	1	470							
Motherwell AC	2	471	472						
Perth Straththay Harriers	3	473	474	475					
Pitreavie AAC	2	476	477						
Shettleston Harriers	4	478	479	480	481				
Springburn Harriers	2	482	483						
Strathearn Harriers	2	484	485						
Team East Lothian	3	486	487	488					
Teviotdale Harriers	1	489							
VP-Glasgow AC	2	490	491						



Sen Jun Women	756	Teams 200-285						
Declarations Close 1240hrs	Race Starts 1310hrs							
Aberdeen AAC	2	266	267					
Bellahouston Harriers	3	268	269	270				
Bellahouston RR	2	271	272					
Calderglen Harriers	1	273						
Cambuslang Harriers	2	274	275					
Carnegie Harriers	1	276						
Central AC	3	277	278	279				
Corstorphine AAC	3	280	281	282				
Cumbernauld AAC	1	283						
Dundee Road Runners	1	284						
East Kilbride AC	1	285						
Edinburgh AC	4	200	201	202	203			
Edinburgh Univ Hare and Hounds	7	204	205	206	207	208	209	210
Falkirk Victoria Harriers	3	211	212	213				
Fife AC	1	214						
Gala Harriers	1	215						
Garscube Harriers	2	216	217					
Giffnock North AC	2	218	219					
Glasgow FrontRunners	1	220						
Glasgow University Hares and Hounds	7	221	222	223	224	225	226	227
Greenock Glenpark Harriers	1	228						
Harmeny AC	1	229						
Hunters Bog Trotters	2	230	231					
Inverclyde AC	2	232	233					
Inverness Harriers AAC	1	234						
Kilbarchan AAC	1	235						
Kilmarnock H&AC	2	236	237					
Lasswade AC	1	238						
Law & District AAC	1	239						
Linlithgow AC	1	240						
Livingston AC	1	241						
Lothian RC	1	242						
Metro Aberdeen RC	1	243						
Motherwell AC	2	244	245					
Musselburgh and District AC	1	246						
Perth RR	1	247						
Pitreavie AAC	1	248						
Portobello RC	1	249						
Shettleston Harriers	3	250	251	252				
Springburn Harriers	1	253						
Stirling University AC	4	254	255	256	257			
Strathclyde Univ Harriers	2	258	259					
Team East Lothian	1	260						
University of St. Andrews CC	1	261						
VP-Glasgow AC	2	262	263					
West End RR	1	264						
Westerland CCC	1	265						



Mas Women	668	Teams 300-320					
Declarations Close 1240hrs	Race Starts 1310hrs						
Airdrie Harriers	1	300					
Ayr Seaforth AC	1	301					
Bellahouston RR	1	302					
Cambuslang Harriers	1	303					
Dundee Road Runners	1	304					
East Kilbride AC	1	305					
Edinburgh AC	2	306	307				
Gala Harriers	1	308					
Garscube Harriers	2	309	310				
Giffnock North AC	2	311	312				
Greenock Glenpark Harriers	1	313					
Harmeny AC	1	314					
Inverclyde AC	1	315					
Kilmarnock H&AC	1	316					
Motherwell AC	1	317					
Newton Road Runners	1	318					
Strathearn Harriers	1	319					
West End RR	1	320					
W50	355	Teams 325-341					
Declarations Close 1240hrs	Race Starts 1310hrs						
Bellahouston RR	1	325					
Cambuslang Harriers	1	326					
Edinburgh AC	1	327					
Falkirk Victoria Harriers	1	328					
Gala Harriers	1	329					
Garscube Harriers	1	330					
Giffnock North AC	1	331					
Greenock Glenpark Harriers	1	332					
Hunters Bog Trotters	1	333					
Inverclyde AC	1	334					
Kirkintilloch Olympians	2	335	336				
Linlithgow AC	1	337					
Lothian RC	2	338	339				
Perth RR	1	340					
Strathearn Harriers	1	341					



Sen Jun NB Men	129	Teams 1-129							
Declarations Close 1410hrs	Race Starts 1440hrs								
Aberdeen AAC	4	109	110	111	112				
Airdrie Harriers	1	113							
Ayr Seaforth AC	1	114							
Banchory Stonehaven AC	1	115							
Bellahouston Harriers	6	116	117	118	119	120	121		
Bellahouston RR	2	122	123						
Calderglen Harriers	1	124							
Cambuslang Harriers	4	125	126	127	128				
Carnegie Harriers	1	129							
Central AC	5	1	2	3	4	5			
Clydesdale Harriers	2	6	7						
Corstorphine AAC	4	8	9	10	11				
Cumbernauld AAC	2	12	13						
Dundee Hawkhill Harriers	3	14	15	16					
Dundee Road Runners	2	17	18						
Dundee University ACCC	1	19							
East Kilbride AC	4	20	21	22	23				
Edinburgh AC	5	24	25	26	27	28			
Edinburgh Univ Hare and Hounds	8	29	30	31	32	33	34	35	36
Falkirk Victoria Harriers	2	37	38						
Fife AC	5	39	40	41	42	43			
Gala Harriers	2	44	45						
Garscube Harriers	2	46	47						
Giffnock North AC	3	48	49	50					
Glasgow FrontRunners	1	51							
Glasgow University Hares and Hounds	6	52	53	54	55	56	57		
Greenock Glenpark Harriers	3	58	59	60					
Harmeny AC	1	61							
Hunters Bog Trotters	3	62	63	64					



Sen Jun NB Men	129	Teams 1-129							
Declarations Close 1410hrs	Race Starts 1440hrs								
Inverclyde AC	3	65	66	67					
Inverness Harriers AAC	1	68							
Kilbarchan AAC	6	69	70	71	72	73	74		
Kilmarnock H&AC	2	75	76						
Kirkintilloch Olympians	2	77	78						
Law & District AAC	2	79	80						
Linlithgow AC	1	81							
Livingston AC	1	82							
Lothian RC	1	83							
Metro Aberdeen RC	2	84	85						
Motherwell AC	2	86	87						
Newton Road Runners	1	88							
Perth RR	1	89							
Pitreavie AAC	1	90							
Shettleston Harriers	4	91	92	93	94				
Springburn Harriers	2	95	96						
Stirling University AC	5	97	98	99	100	101			
Strathclyde Univ Harriers	2	102	103						
Strathearn Harriers	1	104							
University of St. Andrews CC	1	105							
VP-Glasgow AC	2	106	107						
West End RR	1	108							



Mas Men	1678	Teams 130-163					
Declarations Close 1410hrs	Race Starts 1440hrs						
Bellahouston RR	2	130	131				
Cambuslang Harriers	1	132					
Central AC	1	133					
Corstorphine AAC	3	134	135	136			
Cumbernauld AAC	2	137	138				
Dundee Road Runners	1	139					
East Kilbride AC	1	140					
Edinburgh AC	2	141	142				
Gala Harriers	1	143					
Garscube Harriers	1	144					
Harmeny AC	1	145					
Hunters Bog Trotters	2	146	147				
Inverclyde AC	1	148					
Lasswade AC	1	149					
Linlithgow AC	1	150					
Lothian RC	1	151					
Metro Aberdeen RC	1	152					
Motherwell AC	2	153	154				
Perth Strathtay Harriers	1	155					
Portobello RC	1	156					
Shettleston Harriers	2	157	158				
Strathearn Harriers	1	159					
Teviotdale Harriers	1	160					
West End RR	1	161					
Westerland CCC	2	162	163				
M50	849	Teams 165-196					
Declarations Close 1410hrs	Race Starts 1440hrs						
Calderglen Harriers	1	165					
Cambuslang Harriers	2	166	167				
Central AC	3	168	169	170			
Corstorphine AAC	2	171	172				
Cumbernauld AAC	2	173	174				
East Kilbride AC	1	175					
Edinburgh AC	3	176	177	178			
Gala Harriers	2	179	180				
Garscube Harriers	3	181	182	183			
Greenock Glenpark Harriers	2	184	185				
Kirkintilloch Olympians	1	186					
Lothian RC	2	187	188				
Motherwell AC	1	189					
Musselburgh and District AC	1	190					
Perth RR	2	191	192				
PH Racing Club	1	193					
Pitreavie AAC	1	194					
Shettleston Harriers	1	195					
VP-Glasgow AC	1	196					



MARSHALLS MAP

