



FIRST

**INVITATIONAL 8 STAGE
ROAD RELAY RACE**

SUNDAY 16 NOVEMBER, 2003

**Organised by the
ROAD RUNNING and CROSS COUNTRY COMMISSION**

8 STAGE INVITATIONAL ROAD RELAY RACE

SUNDAY 16th NOVEMBER 2003 at 8.30am

SCOTTISH ATHLETICS - OFFICE BEARERS

Honorary President	W.M. Campbell CBE QC MP	
President	Alan Potts	City of Glasgow AC
Chief Executive	David Joy	
Chairman - Board of Management	Liz McColgan	Dundee Hawkhill Harriers

ROAD RUNNING & CROSS COUNTRY COMMISSION - OFFICE BEARERS

Convener	Mrs. Marjory Cook	City of Edinburgh AC
Vice Convener	Robin Thomas	Hunters Bog Trotters
Secretary	Brian Goodwin	Bellahouston Harriers
Finance Officer	Graham Sword	Kirkintilloch Olympians

RACE OFFICIALS

Starter	A Robertson
Referee	R McSwein
Results Service	A Jackson, J Jackson, P Jackson
Clerks of Course	J. Innes, I Beattie
Assistant Clerks of Course	B. Watson, I. Tatton

Change Over	Location	Judge	Timekeeper(s)	Recorders	Est. Time
First	Broxburn	I Clifton	R Hutcheson J Bruce	S Cameron J Young, J Brash	8.45
Second	Bathgate	A Stott	I McWatt	B Craighead M Daly	9.15
Third	Blackridge	H MacNeill	A Poulton	I Hislop B Hislop	9.45
Fourth	Caldercruix	S Hardacre	G Sword	E Gunstone A Robertson	10.10
Fifth	Avonbridge	A Stott	I McWatt	B Craighead M Daly	10.35
Sixth	Polmont	H MacNeill	A Poulton	I Hislop B Hislop	10.55
Seventh	Callander Park	I Clifton	J Bruce	J Young J Brash	11.25
Finish	Callander Park	S Hardacre	R Hutcheson, G Sword	E Gunstone A Robertson	11.45

Organising Committee BA Goodwin (Convener), J Innes, I Beattie, R Hutcheson,
A Jackson

STEWARDING BY MEMBERS OF COMPETING CLUBS TO WHOM THE COMMISSION ARE
EXTREMELY GRATEFUL

The first three Scottish Teams to finish will receive a set of awards.

Route

For the Invitational 8 Stage Road Relay

Please remember that the normal Road Traffic Regulations apply to every one of you and that any person taken to task by a Police Officer will be solely responsible for any outcome. **ALL TRAFFIC LEAVING THE START AREA MUST LEAVE BY PASSING THE AIRPORT ENTRANCE AND MUST NOT ATTEMPT TO FOLLOW THE RUNNERS OUT OF INGLISTON.**

In the interest of safety, vehicles **MUST** not be parked on the A8.

To assist in the smooth running of the event you are asked to ensure that any instructions issued in connection with the Race, whether in advance or by an Official on the day, are adhered to by all your Members as non-compliance with this requirement could result in the Race being permanently removed from the Calendar.

Route Details

Start Headquarters will be in the Quality Airport Hotel.

The race will start in the grounds of Ingliston Showground outside the Quality Hotel and following a loop in the grounds will leave by way of Halyards Road joining (by turning **RIGHT**) the A8 from where it will continue along the A8 (on the footpath) crossing the Newbridge Interchange by way of the footbridge onto the A89 to Broxburn where the **FIRST CHANGEOVER** will be situated outside the Parish Church

Approx 5.5 miles.

Leg 2 will be from Broxburn and the race will continue on the **RIGHT HAND** side of the A89 to Bathgate and shortly after entering Bathgate will cross to the LEFT HAND side of the road. At the **FIRST** Roundabout within Bathgate the course will turn **LEFT** onto B792 and continue on the left hand side of the road until the Runners are instructed to cross the road and proceed into the spur from the roundabout which leads to the National Cycle Path (No 75). This point will be the end of Leg 2.

Approx distance 7 miles

Leg 3 will proceed on the Cycle Path and continue on this passing under the B8084 to a point where it passes over the B708 just past Armadale (Netherhouse Cottage and Netherhouses) and will continue on the Cycle Track to the point where there is an **EXIT to BLACKRIDGE VILLAGE** where the runners will leave the Cycle Track and turning **RIGHT** will join and cross the B718 which will lead them to the A89 onto which they will turn **LEFT**. A short distance along this road they will cross to the **RIGHT HAND SIDE** with the **CHANGE OVER POINT** outside the Broxi Rangers Supporters' Club. [This **CHANGE OVER POINT** (No 3) will replace that which last year was on the bridge over the narrow road near Armadale]

Leg length 6.5 miles

Leg 4 From here the runners will continue on the **RIGHT HAND SIDE** of the road until they reach the Airdrie Fishing Club Grounds on the loch side at which point they will **rejoin the Cycle Track** and run on that until they reach **Caldercruix**. When they **EXIT** from the Cycle Track they will **TURN RIGHT** and head into the Village crossing the road to the **CHANGE OVER POINT** (No 4) at the Bus Stop.

Leg length 5.5 miles

FROM THIS POINT, APART FROM PARTS OF THE ROUTE DESIGNATED OTHERWISE, RUNNERS MUST RUN ON THE LEFT HAND SIDE OF THE ROAD AND WHERE POSSIBLE SHOULD USE THE PAVEMENT. THIS IS ESSENTIAL FOR THEIR OWN SAFETY AND TO AVOID ANY PROBLEMS WITH OTHER ROAD USERS.

Leg 5 They will then continue **FORWARD** and **TURN LEFT** onto the B825 via the short **FOOTPATH** at the junction. They will continue to run on the **LEFT HAND SIDE** of the Road from here until they reach **AVONBRIDGE VILLAGE**. Here they will **TURN LEFT** onto the B8028 and the next **CHANGE OVER POINT (No 5)** will be at the piece of waste ground on the **LEFT HAND SIDE** of the Road opposite the Avonside Pub (which has a Car Park).

Leg length 6.5 miles

Leg 6 From here they will continue on the **LEFT HAND SIDE** until the **FAR END** of **CALIFORNIA VILLAGE** and will cross the road after the Last House on **LEFT HAND SIDE** (the pavement ends at this point and one is in existence on the **RIGHT HAND SIDE** of the Road) and at **SHIELDHILL** will **TURN RIGHT (B810 towards POLMONT)** and cross to the **LEFT HAND SIDE**. This road leads through **REDDINGMUIRHEAD** and at Newlands Road Roundabout the runners will **TURN LEFT** towards **LAURIESTON** with the next **CHANGE OVER POINT (No 6)** at the Entrance to the Scottish Prison Service College (plenty parking available in the grounds).

Leg length 4.5 miles

Leg 7 The route along **BURNSIDE TERRACE** and **REDDING ROAD** follows the road to **FALKIRK** and at a **ROUNDAABOUT** the runners **TURN LEFT** onto **HALLGREEN ROAD** and then **LEFT** into **GLENBURN ROAD** and then **NEW HALLGREEN ROAD** crossing to the **RIGHT HAND SIDE** from the Bus Stop at Glen Village School and cross the junction with **TREE PLACE** and at the 'T' Junction **TURN RIGHT** onto **GLEN BRAE** and move onto the **PAVEMENT**. Continue down the hill and **TURN RIGHT** into **KEMPER AVENUE** staying on the **RIGHT HAND PAVEMENT** and enter Callendar Park grounds and follow the entry path round the side of the Golf Course until **TURNING LEFT** at the sign for 'The Tea Shop'. Continue past the Tea Shop and emerge behind the **High Flats** and after passing them **TURN RIGHT** and staying on **RIGHT HAND SIDE** continue down the hill to the Roundabout where you **TURN RIGHT** and staying on the Pavement enter **Callendar Park** again via the pedestrian entrance just short of the new Graham High School grounds (mini roundabout at the School entrance). The final **CHANGE OVER POINT (No 7)** will be after **TURNING RIGHT** at the end of that stretch of path.

Leg length 5.5 miles

Leg 8 (The Final Leg) will exit the Park by way of the Path used for the Seventh Leg to enter it the first time and follow the route in reverse until, on the way up Glen Brae it turns **LEFT** onto **WOODEND WALK**, which runs virtually parallel to the edge of the Park. This emerges onto **NEW HALLGLEN ROAD** and the runners will **turn LEFT** and follow Redding Road and Howfe Road to join Callendar Road where they will turn Left. From this they will turn **LEFT** towards Callendar Business Park and then will re-enter the Park at the entrance (bypassing a locked gate) and follow the path towards Callendar House and the **FINISH** will be at the point where the seventh leg re-entered the Park.

Leg length 3.5 miles

No	Club	Athletes
1	Aberdeen AAC	Iain Donnan, Malcolm Beattie, David Duguid, Adam Watt, Ben Hukins, Dave Burlton, Richard Wainford, Mike Paddon, Keith Charlton, Neil Murdock, Alan Wales, Frank Boyne, Calum Davidson, Gary Riddell, Steve Cassells, David Armitage, Mark Kennedy, Mel Edwards, Bob Thornhill
2	Calderglen Harriers	David Watt, Martin Duthie, Alan Derrick, Graham Allan, Blair Matthew, Alan Cullie, Stuart Gibson, Kevin Downie, J Tracey, Brian Carrigan, Gerard Mullen, Jim Holmes, John Freer, J McIntyre, Gerry McParland, George Stewart, Chris Brooks, Roderick Shanks, Colin Jarvie, Edward Reid
3	Central AC	Robert Russell, Alastair Hay, Alasdair Anthony, Ewan Gault, Jamie McDonald, Ross Houston, Steve Laing, Alex Milne, Lewis Millar, Michael Wright, William Hensman, Craig Walker, David Armour, Alan Hume, Robert Hutchison, Roger Greenaway, John Millar, Derek Easton, Fraser Purves, Paul Whitelam
4	City of Edinburgh AC	Aidan Woods, Daniel Green, Martin Ferguson, Thomas Ellacott, David Blackie, Graham Beal, Juan Mareque, Adam Ward, Mark Johnstone, Robert Riddell, Lars Ottemoller, Gael Le Coz, Owen Flage, Scott Campbell, Steven Wright, Grant Stewart, Rob Hooton, Darren Gauson, John Steel, James Pringle
5	Corstorphine AAC	Moray Anderson, Kris Berry, Scott Bissett, Bryan Clark, Tom Ferrington, Keith Hood, David Law, Chris O'Brien, Steven O'Brien, Scott Pilkington, Ewan Stark, Graeme Fletcher, Martin Hulme
6	Dundee Hawkhill Harriers	Joe Symonds, John Hepburn, Charlie Haskett, Briab Cook, Craig Ross, Gordon Barrie, D McDonald, Ian Campbell, Stephen Borland, Alan Wilson, Stephen Mason, Eddie Holmes, Elizabeth McColgan
7	Energy Zone Carnegie Harriers	Iain Taylor, Robert Milton, Stevie Ogg, Dougie McGarry, Dennis Howett, Tim Walker, Ian Stewart, Andy Hunter, Mike Harvey, Ian Johnston, Derek Simpson, Frank Harper, Kevin Clark, Peter Morrison, Paul Bundy, Colin Reid, John Lambie, Pete Simpson, Lewis Lawson
8	Falkirk Victoria Harriers	Alec Davidson, William Day, Eric Donaldson, William Higgins, John Martin, Robert McGill, Duncan McGougan, Paul McKerracher, Robin McNelis, Michael McQuaid, Stephen Moore, David Murray, Steven Purser, Kenneth Rankin, Neil Robertson, Andrew Ronald, Michael Ross, Alasdair Stewart, Kerr Johnstone, Douglas Gillespie
9	Fife Athletic Club	Andrew Lemoncello, Dan Leggate, Graham Bee, Andrew Liston, Chris Russell, William Spates, Chris Foley, Terry Mitchell, John Murdoch, Neil Young, Tom Scott, David Ovens, Chris Thorne, Simon Haworth, John Thomson, Sandy Moss, Bryan McManus, Quentin Reeve, Hugh McKay, William Law

- 10 Gala Harriers Neil Renton, Ron Logan, Euan Jardine, Rob McCrirrick, Mark Bryson, Graham Capper, Robin Murray, John Borthwick, Martin Clarke, Fergus Cochrane, Fergus Johnston, Iain Arnott, Struan King, George Runciman, Roger Kerr, Alistair Laurie, Bryan Bailey, Patricia Affleck, Suzanne Carson
- 11 Hunters Bog Trotters Steve Cairns, Megan Clark, Colin Farquerson, Siggy Gould, Ian Harkness, Alistair Hart, John Heap, James Jarvis, Hayden Lorimer, Jessica Legaz-Clua, Billy Minto, Phil Mowbray, Niall Munro, Ivor Normand, Patrick O'Kane, Geoff Simpson, Ray Ward, Ian Wellock, David Wright, Steve Wright
- 12 Irvine AC Lee Richardson, Billy Richardson, David Millar, George Irving, Andy Rennie, Joe McNamee, Jim White, Tony McKnight, Colin Miller, Brian Craig, Manuel Fernandez, Iain Fraser, Ashley Shedden, Finlay Dowell, Fergie Collier, Helen Morton, Imran Ali, Jim Stevenson
- 13 Kilbarchan AAC Tom Anderson, Paul Arcari, David Boal, Robert Fitzsimmons, Gordon Gallacher, George Gibson, John Hannigan, Steve Hards, Tom Hearle, Tommy Lawrence, David McCormack, Michael McGinley, Kenny McKenzie, John McMillan, Dave Mewse, Calum Morrison, Donald Petrie, Robert Quinn, James Snodgrass, Robert Snodgrass
- 14 Kirkintilloch Olympians Colin Burns, Edward McLoone, John McLoone, Stuart Kerr, Kris Stewart, Euan Jack, Robert Rogerson, Neil McCover, David Gardiner, Gordon McLean, Craig McWilliam, Jim McLoone, Colin McLennan
- 15 Lothian Running Club Euan McIntosh, Graeme Ackland, Steve Cottom, Colin Eades, David Godfree, Scott Fraser, Tim Lenton, Colin Meek, Andreas Merdes, Ross Milne, Murray Robertson, Dave Simmons, Brian Turner, Alan Shanley, Robert Lee, Andrew Kitchen, Christine Milne, Jack Ewing, George Gilhooley, Donald Shaw
- 16 Metro Aberdeen Running Club Keith Farquhar, Simon Pride, Mike Simpson, Alan Reid, Nick Milosorov, Kevin Tulloch, Robert Taylor, Bruce Moroney, John Matheson, Duncan Wood, Peter Jennings, Colin Youngson, Gary Walker, George Jamieson, Alistair Murray, Neil Jackson, John Lenehan, Martin Buchan, Craig Stewart, Paul Allanach
- 17 Pitreavie AAC Stewart Reid, David Arnott, David Candlish, Nigel Cunningham, Glyn Gardiner, Douglas Smith, Cameron Watson, Barry Davie, Stephen Irwin, Paul McCloskey, John Newsom, Derek Simpson, Peter Beltcher, Peter Baxter, Peter Coleman, Kenny Duncan, Steve Newsom, Stuart Forrester, Dougie Gray, Alasdair Donaldson, Trudi Thomson