

**TruWealth scottishathletics National Road Relay
Championships**

Men 6 Stage

Start: 1130am

Women 4 Stage

1140am

Livingston (Almondvale)

Saturday 26th March 2022

SHORT LAP (3.15miles)

LONG LAP (6.0miles) Lap 2 and Lap 4

LONG LEG (6.0miles) Lap 6

Numbers

RED

YELLOW

WHITE

M50 Men's teams run 4 Legs only and have an 'X' next to their number.

W50 Women's teams run 3 legs only and have an 'X' next to their number.

SCOTTISH ATHLETICS NATIONAL ROAD RELAY CHMPIONSHIPS

LIVINGSTON (ALMONDVALE)

In the summer of 1997 Martin Hyman, Jim Young (CC and RR Championship Convenor) and Alex Jackson (East Secretary) walked short and long laps at Livingston (Almondvale) that Martin was proposing would be the new course for the Scottish Athletics National Road Relay Championships.

Martin had devised the then existing Course for the road relays at Livingston (Murieston) starting in 1988. However that course was on roads open to traffic with safety issues and Martin was convinced that to secure the future of the event it should be on a traffic free course. All 3 who walked the laps that day thought the new course was great.

The first Livingston (Almondvale) Road Relays took place on Saturday 28th March 1998.

Mizuno Racing Club won the Men's race with 33 complete teams finishing. Shettleston Ladies won the Women's race with 9 complete teams finishing. If we move on to the 2017 event 38 complete Women's teams finished.

In the 25-year history of the event at Almondvale the Short Lap has remained largely unchanged on the same course. Fastest Laps are Men, Steve Cairns (Hunters Bog Trotters) 14.58 in 2002 Women, Madeline Murray (Edinburgh AC) 16.42 in 2016.

The Long Lap has undergone a number of changes due to path closures, house building and diversions. Fastest Laps are Men, Glen Stewart (Mizuno RC) 27.33 in 1999. Women, Hayley Haining (Kilbarchan AAC) 31.04 in 2007

As well as devising the 2 Road Relay courses at Livingston Martin Hyman's contribution to different aspects of athletics in Scotland, Road, Cross Country, Hill and Coaching was huge.

Martin Hyman 1933-2021

A wealth of information on the relay's, results, fastest laps, programmes, venues etc on the CC and RR archive at

[Scottish 6 & 4 Stage Road Relay Championships \(salroadrunningandcrosscountrymedalists.co.uk\)](http://salroadrunningandcrosscountrymedalists.co.uk)

**SCOTTISH ATHLETICS
ROAD RUNNING AND CROSS COUNTRY COMMISSION**

Convenor	Mike Johnston (Cambuslang H))
Hon. Secretary	Julia McAfee (Central AC)

OFFICIALS

Referee	Margaret Ann McLachlan
Clerk of Course	Owen Williams
Course Consultant	Ted Finch
Course Designer	Martin Hyman
Starter	David Hughes
Changeovers	Andy Law (Chief) David Hughes, Peter Jennings, John Mackay
Timekeepers	Alan Carruthers (Team 1) Dave Cairns (Team 2)
Time Recorders Team 1	Douglas Carruthers, Carol Rose
Time Recorders Team 2	Bill Gentleman, Ian Docherty
Place Recorders Team 1	Ian Hislop, Rachel Halliday, Janice McFarlane
Place Recorders Team 2	Linden Nicholson, Jackie Stewart, George McKay
Declarations	Sandra Hardacre, Linden Nicholson,
Declarations Input	Ian Gebbie, Tracy Hendry, Peter McLaughlin
Results	Ian Gebbie, Tracy Hendry, Peter McLaughlin
Announcers	
Course	Andy Ronald
Presentations	Alex Jackson
Presentations	Sandra Hardacre, Mike Johnston, Alex Jackson
Course Marshals	Lothian RC, Cambuslang H, Corstorphine AC, Ferranti AAC, Giffnock North, Hunters Bog Trotters, Livingston AC, Motherwell AC
First Aid	St Andrews Ambulance
Events Team	Alasdhair Love
Convenor	Alex Jackson

Club	Men's Teams					
Aberdeen AAC	1	2				
Bellahouston Harriers	3	4	5			
Bellahouston RR	6					
Calderglen Harriers	7					
Cambuslang Harriers	8	56V	69X	70X		
Central AC	9	10	11	57V	71X	
Corstorphine AAC	12	13	14	58V	72X	73X
Cumbernauld AAC	15	59V	74X			
Dumfries RC	75X					
East Kilbride AC	16	17	18	76X		
Edinburgh AC	19	20	21	22	77X	78X
Edinburgh Univ Hare and Hounds	23	24				
Falkirk Victoria Harriers	25	26	60V			
Fife AC	27	28	29	61V	62V	
Gala Harriers	30	63V	79X			
Garscube Harriers	31					
Giffnock North AC	32					
Glasgow University Hares and Hounds	33	34				
Hunters Bog Trotters	35	36	64V			
Kinross RR	37					
Lasswade AC	38					
Lauderdale Limpers RC	39					
Law & District AAC	40					
Lothian RC	41	42	43	80X	81X	
Metro Aberdeen RC	44	65V				
Motherwell AC	45					
Musselburgh and District AC	66V					
Perth RR	46	82X				
PH Racing Club	47	48	67V	83X		
Pitreavie AAC	49	84X				
Shettleston Harriers	50	51	52	68V	85X	86X
Teviotdale Harriers	53	54	87X			
VP-Glasgow AC	55					

Club	Women's Teams			
Aberdeen AAC	88			
Bellahouston RR	89			
Calderglen Harriers	90			
Cambuslang Harriers	91	92		
Central AC	93	94	95	
Corstorphine AAC	96	97	98	
Cumbernauld AAC	99	100		
East Kilbride AC	101			
Edinburgh AC	102	103	104	127X
Edinburgh Univ Hare and Hounds	105	106	107	
Falkirk Victoria Harriers	108			
Fife AC	109	110		
Gala Harriers	122V	128X	129X	
Glasgow University Hares and Hounds	111			
Hunters Bog Trotters	112	113	123V	
Kinross RR	124V	130X		
Kirkintilloch Olympians	131X			
Lasswade AC	114			
Linlithgow AC	115	116		
Lothian RC	125V	126V		
Metro Aberdeen RC	117			
Perth RR	132X			
Pitreavie AAC	118	133X		
Shettleston Harriers	119	120	121	

<u>Number</u>	<u>Allocated</u>	<u>Name</u>	<u>Club</u>	<u>Description</u>	<u>Notes</u>
1	YES	Ally Love, AN Other	Scottish Athletics/Lothian RC	Gate Car Park	
2	YES			Before Underpass	
3	YES	Hazel Wilson		Before Underpass	
4 (2 off)	YES	Claire Gilchrist/Graeme Reid	Ferranti AAC/Corstorphine AAC	Traffic in and out	1 off CAUTION RUNNERS sign Royal Mail collection depot
5	YES	Betty Gilchrist	Ferranti AAC	Whirley Bridge	
6 (2 off)	YES	John McCluskey/David Stirling	Cambuslang H	Splits Short/Long Laps	SAME MARSHALS AS 2019
7	NO			Built over	
7A	YES	Shelia Lewis (can stay till 1.00pm)	Giffnock North AAC	Minor Road Crossing	2 off CAUTION RUNNERS signs
8	NO			Before small bridge	
9	YES	Stephen Marshall	Livingston AAC	Before underpass	
10 (2 off)	YES	Phyllis Hands/ Mags Turnbull	Motherwell AC/Lothian RC	Slope at Station Car Park	One at start of bridge over railway, one directing down bank
11	NO			Paths stops at Heris Fencing	LARGE ARROW POINTING TO THE RIGHT
12	YES	Peter West	Lothian RC	Top of Estate Road	
13	YES	Robert McBride	Lothian RC	Deans turn to bridge	
14	YES	Roy Frost	Lothian RC	onto lockshot	
15	YES	Alan Robertson	Lothian RC	Lockshot Burn	Pete West in 2019
16	YES	Keith Weston	Ferranti AAC	Long lap joins Short Lap	
17	NO			into Livi village	LARGE ARROW TO LEFT Gate needs unlocked. Note Toner's have key
18	YES	Robin Thomas	Hunters Bog Trotters	Livi Inn to bridge	CAUTION RUNNER sign
19	YES	David Fulton/ Dave Ward	Hunters Bog Trotters	Bridge	CAUTION RUNNER sign
20	YES	Dave Taylor	Hunters Bog Trotters	Leave road into path on left	Open 2 gates if not open
21	NO			Stay up top	
22	NO			Stay near river	
23	YES	Murray Close		At end of bridge	
24	NO			Indoor Bowling entrance	



Tru Wealth

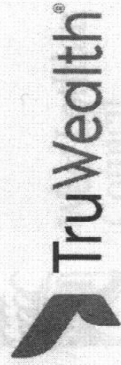
National Road Relays

Saturday 26th March 2022

Almondvale, Livingston

Starts. Men 11.30 Women 11.40

Livingston North
Station



Key	
Road	
Asphalt	
Footpath	
Cinder	
Footpath	
Railway	
Long Lap	
Short Lap	
Cut Off	
Miles to go markers	

Scale in Metres



PARKING

Almondvale
Stadium

St John's
Hospital

St Margaret's Academy
S/F

Whitburn A705

River Almond

M8 Exit 3
A899

A705