

**scottishathletics National Road Relay
Championships**

Men 6 Stage
Start: 1130am

Women 4 Stage
1140am

Livingston (Almondvale)

Saturday 25th March 2023

SHORT LAP (3.15miles)

LONG LAP (5.8miles) Lap 2 and Lap 4

LONG LEG (5.8 miles) Lap 6

Numbers

RED

YELLOW

WHITE

M40 Men's teams run 6 Legs only and have an 'V' next to their number.

W40 Women's teams run 4 legs only and have an 'V' next to their number.

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

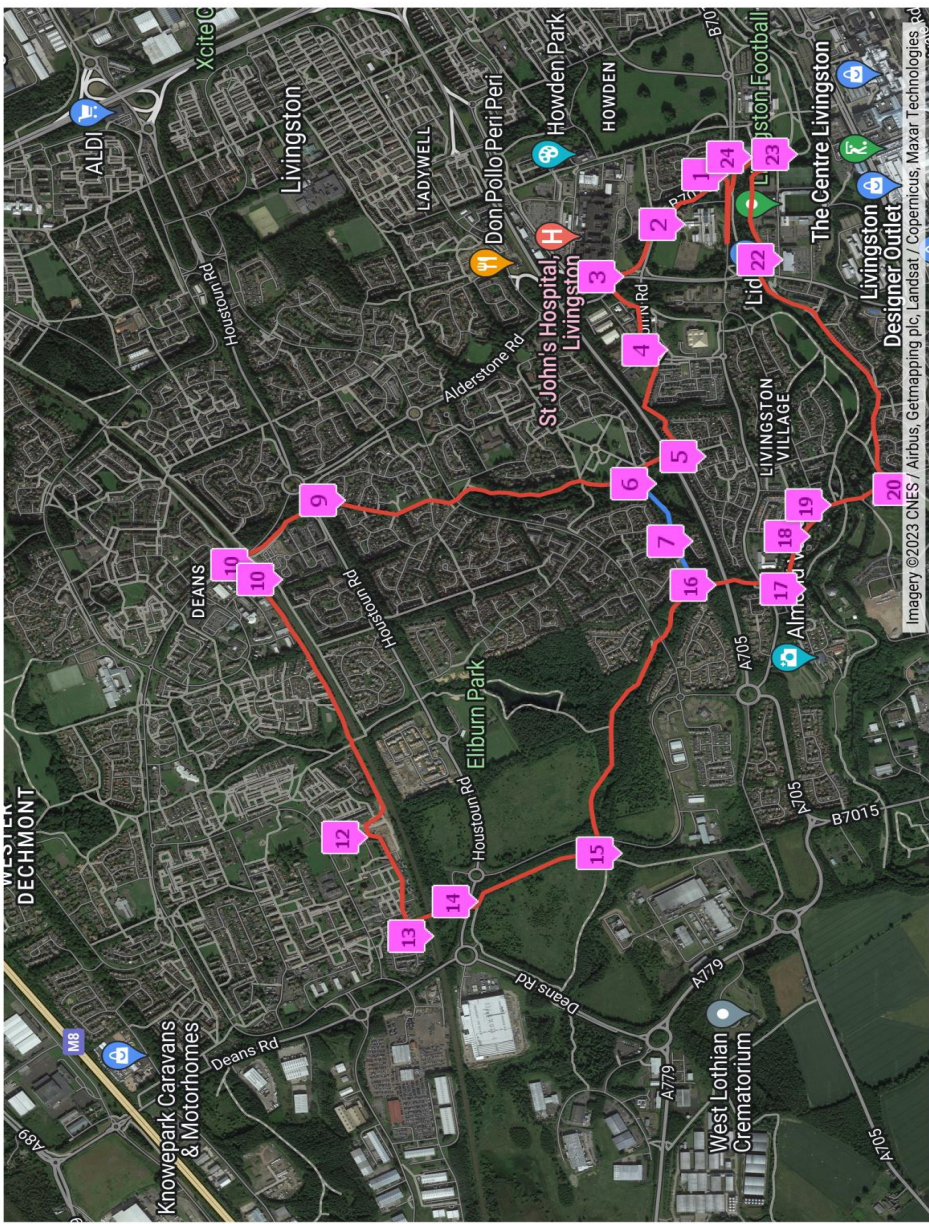
W50 Women's teams run 3 legs only and have an 'X' next to their number.



Marshals Road Relay Championships 2023

Long/Short Stages

- 1 1 St Margaret's HS
- 2 2 Under Howden S Road
- 3 3 Underpass Alderston Rd
- 4 4 - Fairbairn Rd
- 5 5 Kirkfield E.
- 6 6 Long/Short Split
- 7 7 Housepark Pl.
- 9 9 Houston Rd Underpass
- 10 10 Livingston N Station
- 10a 10a Exit from Car Park
- 12 Point 12
- 13 13 - Deans S corner
- 14 14 School House Road
- 15 15 R. 75 W of Appleton Pkwy
- 16 16 Path N of Cousland Rd
- 17 17 Path Jct W of Kirk Lane
- 18 18 Kirk Lane Jct
- 19 19 Livingston Inn
- 20 20 Charlefield Lane
- 22 22 - Path by Stadium Rd
- 23 23 Blue Foot Bridge
- 24 24 W of Bowling Club
- Short Leg Cut Off
- Long Leg



SCOTTISH ATHLETICS NATIONAL ROAD RELAY CHMPIONSHIPS

LIVINGSTON (ALMONDVALE)

Its 25 years since the Road Relays started being held at Livingston Almondvale, the venue first being used in 1998 when Martin Hyman came up with a new traffic free venue for the event.

Over the years the Short Leg (3.15 miles) has seen little change but the Long Leg has undergone a number of changes due to path closures, house building and diversions.

The Men's fastest Short lap is 14.58 by Steve Cairns (Hunters Bog T) in 2002. In last year's event Tom Graham Marr (Central AC) came close to that time with 15.04.

The Women's fastest Short lap is 16.42 by Madeline Murray (Edinburgh AC) in 2016. 2nd fastest all time is 16.50 by Morag Millar (Central) in 2022. Morag's record on the Short lap is impressive she has 5 of the top 11 fastest times.

The Men's fastest Long lap is 27.33 Glen Stewart (Mizuno RC) in 1999. This was on a shorter course than is now run. Last year the long lap was lengthened due to house building. This year we can return to the shorter long lap run in 2019 and previous years. The Women's fastest Long Lap is a very fast 31.04 by Hayley Hailing (Kilbarchan AC) in 2007.

The most successful Men's 6 stage team at Almondvale are Cambuslang Harriers. who have a total of 17 medals, 6 of them Gold, next are Central AC with 13 medals 6 Gold and 7 Silver, Central have never finished 3rd. Shettleston Harriers also have 13 medals 6 of them Gold.

The most successful Women's 4 stage team are Central AC with 11 medals 6 of them Gold, next are City of Glasgow 8 medals, 6 of them Gold followed by Kilbarchan AC 6 medals 4 of them Gold.

From 2004 Master Over 40 team medals have been awarded, followed by Master's Over 50 teams in 2012. This year over 80 teams medals will be awarded in categories.

At the 2006 event there was a sign displayed at declarations stating as there was a new low pedestrian underpass on the Long lap, no athletes taller than 6 ft would be allowed to run the Long Lap. There were a number of anxious people coming to declarations about this sign when it was pointed out it was 1st April.

On a personal note although I have been convenor or co-convenor at every Almondvale Road Relay I have managed to run a Short lap leg for my club Ferranti AC a number of times with people like Martin Hyman and Alex McEwan around to look after any issues. In the first year of the event Ferranti had 2 full teams of 6 running, with no place for me, this year we have no teams but have 3 people out as Course Marshals from the club.

Throughout the years at Almondvale the work done by the host club has been vital to its success, in early years Livingston and District AC and now Lothian Running Club

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)

Alex Jackson

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

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

OFFICIALS

Referee:	Ron Morrison
Assistant Referee	John Mackay
Clerk of Course	Martin Leadbetter
Course Consultant	Ted Finch
Course Designer	Martin Hyman
Starter:	Kevin Rose
Changeovers and Funnel Control	Andy Law (Chief) David Hughes, Gary Barker, Gillian Gibson Jackie Stewart, Janice McFarlane
Timekeepers	Alan Carruthers/Peter Ramsay (Team 1) Dave Cairns (Team 2)
Time Recorders	
Team 1	Douglas Carruthers, Dave Hanlon
Team 2	Carol Rose, Bill Gentleman
Place Recorders	
Team 1	Ian Hislop, Linden Nicholson, Peter Jennings
Team 2	George McKay, Sharon Taylor, Jim Dunstan
Declarations:	Sandra Hardacre, Linden Nicholson,
Declarations Input	Alasdhair Love, Sophie Allan
Results:	Ian Gebbie, Tracy Hendry, Peter McLaughlin
Announcers	
Course	Andy Ronald
Presentations	Alex Jackson
Presentations	Sandra Hardacre, Gary Woods, Mike Johnston
Course Marshals	Lothian RC, Cambuslang H, Corstorphine AC, Ferranti AAC, Hunters Bog Trotters.
First Aid	Amvale
Scottish Athletics	Alasdhair Love, Sophie Allan
Convenor	Alex Jackson

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

Club	Women's Teams			
Aberdeen AAC	81			
Bellahouston Harriers	82	83		
Cambuslang Harriers	84	85	122X	
Central AC	86	87		
Corstorphine AAC	88	89	114V	
Cumbernauld AAC	90			
East Kilbride AC	91			
Edinburgh AC	92	93	115V	123X
Edinburgh Univ Hare and Hounds	94	95		
Falkirk Victoria Harriers	96			
Gala Harriers	97	98	116V	124X
Garscube Harriers	117V			
Giffnock North AC	125X			
Glasgow University Hares and Hounds	99	100		
Hunters Bog Trotters	101	118V		
Kinross RR	119V	120V	126X	
Kirkintilloch Olympians	102	127X		
Law & District AAC	103			
Linlithgow AC	104	128X		
Lothian RC	105	106	129X	
Metro Aberdeen RC	107	108		
Motherwell AC	109	110	130X	
Perth RR	121V	131X		
Pitreavie AAC	111			
Shettleston Harriers	112	113		

ROAD RELAYS SATURDAY 25TH MARCH 2023 MARSHALS ALLOCATION					
Number	Allocated	Name	Club	Description	Notes
1	YES	T.Collings M.Turnbull & A. Weir	Lothian RC	Gate Car Park	With Radio
2	NO			Before Underpass	
3	YES	Jonathan Barclay	Lothian RC	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	
7	NO			Built over	
7A	YES	Donna Duncan	Lothian RC	Minor Road Crossing	2 off CAUTION RUNNERS signs
8	NO			Before small bridge	
9	YES	Stephanie Melrose	Lothian RC	Before underpass	
10 (2 off)	YES	Stuart Hildersley & Andy Brown	Lothian RC	Slope at Station Car Park	One at start of bridge over railway, one directing down ZIG ZAG path
11	NO			New Path to Deans North	
12	YES	Colin Cleland	Lothian RC	Top of Estate Road	Stakes and tape needed to prevent athletes running on new grass
13	YES	Roy Frost	Lothian RC	Deans turn to bridge	
14	YES	Peter West	Lothian RC	onto lockshot	
15	YES	John Jamieson	Lothian RC	Lockshot Burn	
16	YES	Keith Weston	Ferranti AAC	Long lap joins Short Lap	
17	NO			into Livi village	LARGE ARROW TO LEFT Gate now gone. Athletes run through bollards
18	YES	Robin Thomas	Hunters Bog Trotters	Livi Inn to bridge	CAUTION RUNNER sign
19	YES	Graem Kafka	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	Kenny Mearns	Lothian RC	At end of bridge	With Radio
24	NO			Indoor Bowling entrance	
		Keith Mulraney	Lothian RC	Sweep Cyclist	Leaves Start/Finish at approx 1.50pm



scottishathletics

Livingston North
Station

National Road Relay Championships

Men 6 stage. Women 4 stage.

Almondvale, Livingston

Men 11.30 Women 11.40

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

PARKING

