

**scottishathletics National Road Relay  
Championships**

**Men 6 Stage**

**Start: 1130am**

**Women 4 Stage**

**1140am**

**Livingston (Almondvale)**

**Saturday 23rd March 2024**

**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.**



## National 6/4 Stage Road Relays: Saturday 23rd March 2024 at Livingston

### Results and Time and Place Recording

#### RESULTS

- **Results Team:** Ian Gebbie, Alastair Murray, Tracy Hendry and Peter McLaughlin
- The results programme does not need to differentiate between short and long laps when data is inputted, the software will take care of that. Short and long laps can therefore be recorded together on the same sheet without needing to show what is short or long.
- Women's Race starts 10 mins after Men's but all times are taken on Men's start, the software will compensate for the 10 mins difference.
- Above is the successful way we have operated the last 2 years at this event.

#### TIME & PLACE RECORDING

- **Timekeeping:**

Team 1	Timekeepers	Alan Caruthers, Michael Clelland
	Recorders	Douglas Carruthers, Catherine Adams
Team 2	Timekeepers	Peter Ramsay
	Recorders	Margaret Daly, Simone Young,
- **Place Recording:**

Team 1	Recorders	Margaret Ann McLachlan, Carol Rose, Duncan Ball
Team 2	Recorders	Linden Nicholson, Jim Dunstan, Andrea Gavin
- Each Team 1 and Team 2 Time and Place recorder will have separate boards and to ensure clarity, sheets will be marked:
  - Team 1 Sheets numbered 1,3,5,7,9 (4 boards, 2 time & 2 place)
  - Team 2 Sheets numbered 2,4,6,8,10 (4 boards, 2 time & 2 place)
- At a convenient point Team 1 (Time and Place) will stop and Team 2 (Time & Place) will take over. Changeovers will be signalled on a "Team Change" call from a Timekeeper when a suitable gap appears with no runners nearing finish, there will be plenty of opportunities.
- For the 1<sup>st</sup> Leg Team 1 (Time and Place) it is likely that sheets will be collected early by a member of the Results Team. It is anticipated that most men's teams (around 80) might be in by this point. As Timekeeper will call "Team Change" and Team 2 (Time & Place) will take over. Thereafter there will be a mixture of short and long leg times and places.
- All times (except "Mass Start", see below) taken off running watch from start of Men's race at 11:30am.
- Women's Race start at 11.40am to be co-ordinated off a running watch but it doesn't need to be 10 mins exact, as long as results team know what the difference is. Timekeeper to note elapsed time and pass on to the Results Team.
- Include "spots" on Time Recording sheets.
- Before delivering to the Results Team the time & place sheets should be scrutinized by the "stood down" teams to check for any discrepancies. Following scrutinizing, one designated place or time team official to deliver sheets (2 time & 2 place) to the Results Team in the school
- **"Mass Start":** 'Mass' start after 1st 3 teams finished at approx. 2hrs 20mins race time (1:50pm).
  - These times to be recorded independent of the main recording boards (NB they are **NOT** to be recorded on the main time and record sheets). The "Mass" may be only 3 or 4 runners.
  - A Timekeeper to take a note of the "Mass Start" runner's numbers and start a separate watch for these runners. Laps times for these runners written down separately and given to the Results Team. Quiet time and easy to identify them at the finish.
  - Sweep bike rider goes out at back of "Mass Start" to stand down marshals as last runner passes.

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

<b>Convenor</b>	<b>Mike Johnston (Cambuslang H))</b>
<b>Hon. Secretary</b>	<b>Julia McAfee (Helensburgh AC)</b>

**OFFICIALS**

<b>Referee:</b>	<b>Ron Morrison</b>
<b>Assistant Referee</b>	<b>John Mackay</b>
<b>Clerk of Course</b>	<b>Fraser Ballantine</b>
<b>Course Consultant</b>	<b>Ted Finch</b>
<b>Course Designer</b>	<b>Martin Hyman</b>
<b>Officials Report</b>	<b>Alex Jackson</b>
<b>Starter:</b>	<b>Kevin Rose</b>
<b>Changeovers</b>	<b>Andy Law (Chief) Peter Jennings Gillian Gibson, Gary Barker,</b>
<b>Funnel Control</b>	<b>Ken Morris</b>
<b>Timekeepers</b>	<b>Alan Carruthers (Chief), Peter Ramsay, Michael Clelland,</b>
<b>Time Recorders</b>	<b>Douglas Carruthers (Chief) Margaret Daly, Catherine Adams Simone Young</b>
<b>Place Recorders</b>	<b>Margaret Ann McLachlan (Chief) Carol Rose, Linden Nicholson Jim Dunstan, Duncan Ball, Andrea Gavin</b>
<b>Declarations:</b>	<b>Sandra Hardacre, Linden Nicholson,</b>
<b>Declarations Input</b>	<b>Alasdhair Love</b>
<b>Results:</b>	<b>Ian Gebbie, Tracy Hendry, Alastair Murray, Peter McLaughlin</b>
<b>Announcers</b>	
<b>Course</b>	<b>Jackie Stewart, Elspeth Burton</b>
<b>Presentations</b>	<b>Alex Jackson</b>
<b>Presentations</b>	<b>Sandra Hardacre, Gary Woods, Mike Johnston, John Rodger, Claire Cunningham</b>
<b>Course Marshals</b>	<b>Lothian RC, Corstorphine AC, Ferranti AAC, Hunters Bog Trotters.</b>
<b>First Aid</b>	<b>Amvale</b>
<b>Scottish Athletics</b>	<b>Alasdhair Love</b>
<b>Convenor</b>	<b>Alex Jackson</b>



# scottishathletics National Road Relay Championships

Long/Short Stages



Start/Finish



Short Leg Cut Off



Long / Short split



3 Miles



Parking



Note route change here 2017!!



Long Leg



Change 2024

Men 6 stage. Women 4 stage.

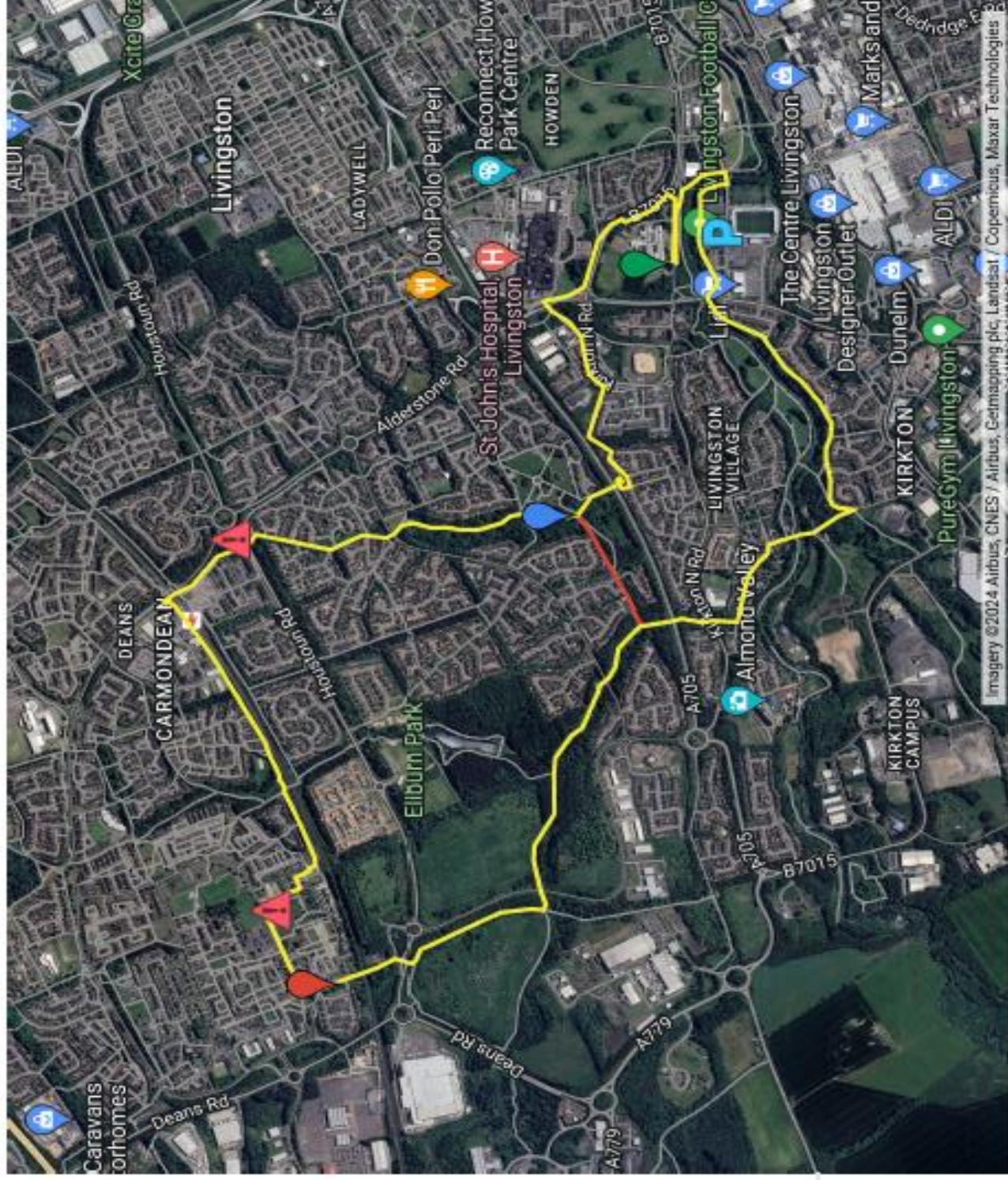
Almondvale Livingston.

Men 11:30 start.

Women 11:40 start

Based on an original route by

Martin Hyman



scottishathletics National Road Relay Championships

Sunday 23rd March 2024

MALE Entered Teams

Team

Livingston

Club	SM	M40	M50	A	B	C	D	E	F	G	H	I	J
Aberdeen AAC	2			1	2								
Bellahouston Harriers	3			3	4	5							
Bellahouston RR	1			6									
Cambuslang Harriers	2	1	2	7	8	60V	74X	75X					
Central AC	4		2	9	10	11	94	76X	77X				
Clydesdale Harriers	1			12									
Corstorphine AAC	4	2	2	13	14	15	16	61V	62V	78X	79X		
Cumbernauld AAC		1	2	63V	80X	81X							
Dundee Road Runners	1			17									
East Kilbride AC	3			18	19	20							
Edinburgh AC	5	2	3	21	22	23	24	25	95V	64V	82X	83X	84X
Edinburgh Univ Hare and Hounds	2			26	27								
Falkirk Victoria Harriers	1			28									
Fife AC	2	1		29	30	65V							
Gala Harriers	1			31									
Garscube Harriers	2			32	33								
Giffnock North AC	2			34	35								
Glasgow University Hares and Hounds	4			36	37	38	39						
Greenock Glenpark Harriers	1			40									
Harmeny AC													
Helensburgh AAC		1		66V									
Hunters Bog Trotters	1	1		41	67V								
Inverclyde AC	3			42	43	44							
Kilmarnock H&AC	1			45									
Kirkintilloch Olympians	1		1	46	85X								
Linlithgow AC	1		1	47	86X								
Lothian RC	3	1	2	48	49	50	68V	87X	88X				
Metro Aberdeen RC	2	2	2	51	52	69V	70V	89X	90X				
Motherwell AC	3			53	54	55							
Musselburgh and District AC	1			56									
Pitreavie AAC		1		71V									
Shettleston Harriers	2	1	2	57	58	72V	91X	92X					
Teviotdale Harriers	1			59									
VP-Glasgow AC		1	1	73V	93X								

scottishathletics National Road Relay Championships

Sunday 23rd March 2024

Women

FEMALE Entered Teams

Team

Livingston

Club	SW	W40	W50	<u>A</u>	<u>B</u>	<u>C</u>	<u>D</u>	<u>E</u>	<u>F</u>	<u>G</u>
Aberdeen AAC	1			132						
Bellahouston Harriers	1			133						
Bellahouston RR	1			134						
Cambuslang Harriers	2		1	135	136	183X				
Central AC	3			137	138	139				
Corstorphine AAC	2	1		140	141	174V				
Cumbernauld AAC	1			142						
Dundee Road Runners	1			143						
East Kilbride AC	1			144						
Edinburgh AC	4	1	2	145	146	147	148	175V	184X	185X
Edinburgh Univ Hare and Hounds	1			149						
Falkirk Victoria Harriers	1			150						
Fife AC	2	1		151	152	176V				
Gala Harriers	1	1	1	153	177V	186X				
Garscube Harriers	2	1		154	155	178V				
Giffnock North AC	1			156						
Glasgow University Hares and Hounds	2			157	158					
Greenock Glenpark Harriers		1		179V						
Harmeny AC			1	187X						
Helensburgh AAC	1	1	1	159	180V	188X				
Hunters Bog Trotters	1			160						
Kilmarnock H&AC	1			161						
Kirkintilloch Olympians	1		1	162	189X					
Linlithgow AC	1	1		163	181V					
Lothian RC	2		1	164	165	190X				
Metro Aberdeen RC	2	1		166	167	182V				
Motherwell AC	1			168						
Musselburgh and District AC	1			169						
Perth RR	1			170						
Shettleston Harriers	3			171	172	173				

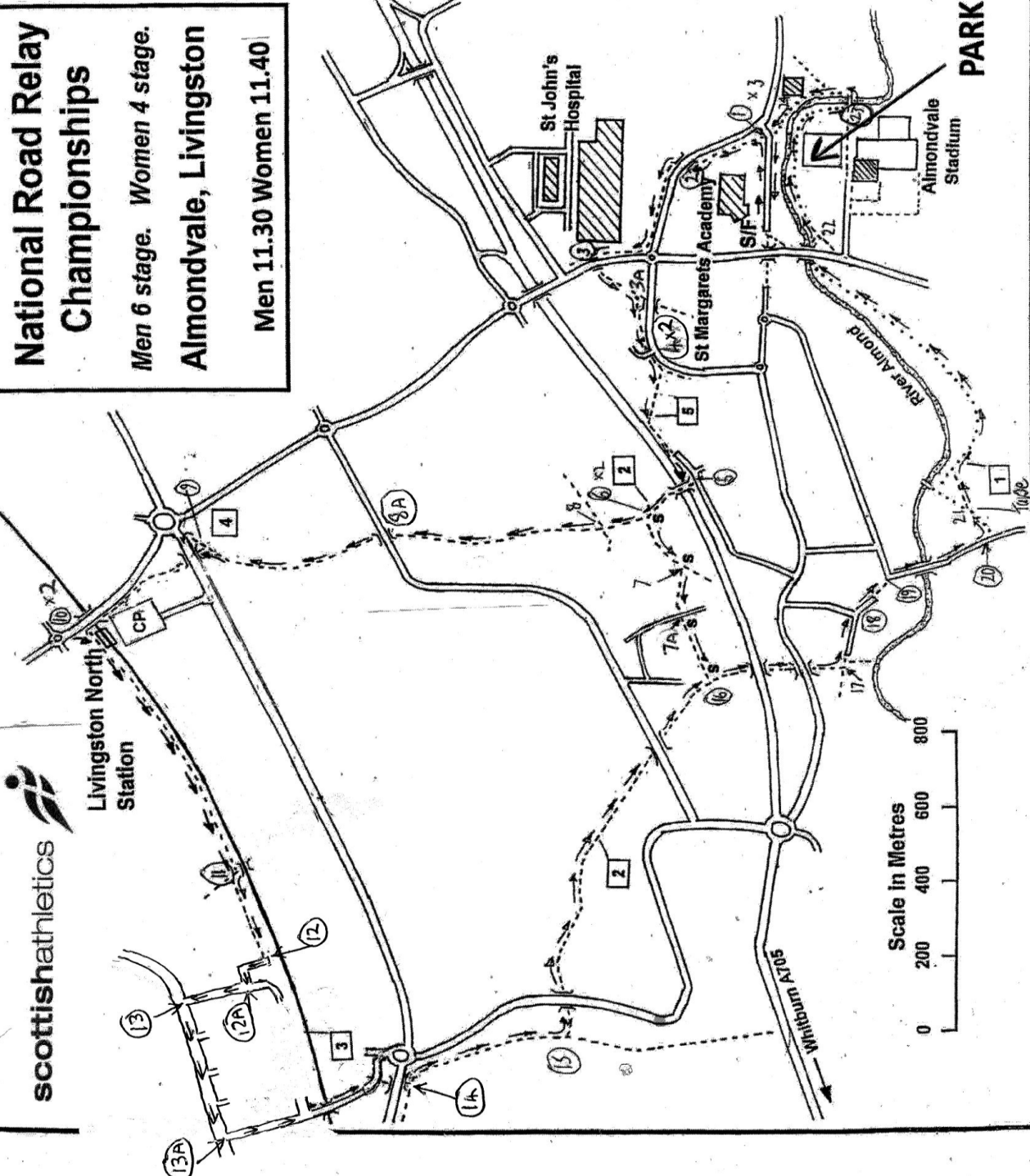
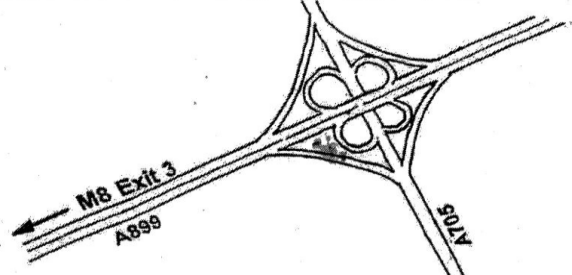


Number	Allocated	Name	Club	Description	Notes	What3Words
1 (2off)	YES	Alan Weir, Peter West	Lothian RC	Gate Car Park	With Radio	
2	YES	Danny Fletcher, Janine Fletcher	Lothian RC	Before & After underpass at back of St Mags		
3	YES	Jim Alexander	Lothian RC	At underpass outside St Johns (in the dip)		Spots.Flips.Middle
3A	YES	Emma Purdie	Lothian RC	Before Underpass		Novel.Front.Tape
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	Bunks.Fence.Valve
5	YES	Betty Gilchrist	Ferranti AAC	Whirley Bridge		Jabs.Commented.Wrong
6 (2 off)	YES	Yvonne Crilly, Fiona Bartley	Lothian RC	Splits Short/Long Laps		Drop.Masters.Fees
7	NO			Built over		
7A	YES	Donna Duncan	Lothian RC	Minor Road Crossing (Allardice Path)	2 off CAUTION RUNNERS signs	Prep.Slap.Globe
8	YES	Elizabeth Rennie	Lothian RC	Junction with small bridge, runners head towards Livi North station		Exam.Dose.Kings
8A	NO	*** optional ***	Lothian RC	Before underpass		
9	YES	Lindsay Anne	Lothian RC	Path turn-off to underpass		Survey.Races.Slowly
10 (2 off)	YES	Andy Brown, Robert McBride	Lothian RC	Slope at Station Car Park	One at start of bridge over railway, one directing down ZIG ZAG path	
11	NO	*** optional ***	Lothian RC	New Path to Deans North		
12	YES	Shona Marshall	Lothian RC	End of footpath (do not allow runners to go across the grass)		Nail.Target.Cage
12A	YES	Debbie Ross	Lothian RC	Up to main road (t-junction)		Mats.Lion.Degree
13	YES	Kenny Fisher	Lothian RC	On to main road (advise runners to stay on L side close to fencing)	CAUTION RUNNERS sign There is 50 metres of no pavement	Hung.Served.Puff
13A	YES	Philip Jurczyk	Lothian RC	Advising runners to turn down off main road & over bridge	CAUTION RUNNERS sign	Pouch.Giving.Abode
14	YES	Helen Woollven	Lothian RC	Path onto Lockshot (runners go to their left / this is the marshalls right)		Begins.Risks.Chips
15	YES	Alan Robertson	Lothian RC	Lockshot Burn (obelisk / Pyramid of Life)		Rental.Translated.Crazy
16	YES	Maria Hildersley	Lothian RC	Long lap joins Short Lap (at bottom of steps of Allardice Path)		Needed.Medium.Apples
17	NO			into Livi village	LARGE ARROW TO LEFT Gate now gone. Athletes run through bollards	
18	YES	Jennifer Dunn	Hunters Bog Trotters	Livi Inn to bridge	CAUTION RUNNER sign	
19	YES	Coll Williamson	Hunters Bog Trotters	Bridge	CAUTION RUNNER sign	
20	YES	Dave Ward	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	Chloe McClung	Lothian RC	End of blude bridge pointing runners to St Mags	With radio to radio club name as they come over bridge	Fall.Search.Employ
24	NO			Indoor Bowling entrance		
	YES	Peter West	Lothian RC	Sweep Cyclist	Leaves Start/Finish at approx 1.50pm	

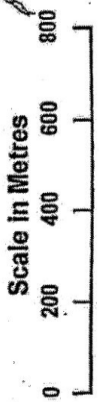


Livingston North  
Station

**National Road Relay  
Championships**  
Men 6 stage. Women 4 stage.  
Almondvale, Livingston  
Men 11.30 Women 11.40



Key	
Road	—
Asphalt	—
Footpath	---
Clinder	...
Footpath	---
Railway	—
Long Lap	—
Short Lap	—
Cut Off	S → S
Miles to go markers	5



**PARKING**

Almondvale  
Stadium

St John's  
Hospital

St Margaret's Academy  
S/F

River Almond

Whithorn A706

A705

A899

M8 Exit 3