



**scottishathletics National Road Relay
Championships**

Men 6 Stage

Start: 1130am

Women 4 Stage

1140am

Livingston (Almondvale)

Saturday 22nd March 2025

SHORT LAP (3.15miles)

Numbers

RED

LONG LAP (5.8miles) Lap 2 and Lap 4

YELLOW

LONG LEG (5.8 miles) Lap 6

WHITE

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

W40 Women's teams run 4 legs only and have a '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.



RESULTS

- **Results: Jamie Provan**
- 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, **all times are taking on Men's start**, the software will compensate for the 10 mins difference.

TIME & PLACE RECORDING

Team 1 Timekeepers / Recorders: Alan Carruthers (Chief), Peter Ramsay, Ian Docherty, Ian Mann

Team 2 Timekeeper / Recorders: Douglas Carruthers (Chief), Margaret Daly, Isobel Martin, Paul Collins

- Team 1 **Place Caller / Recording:** Ian Hislop (Chief), Bill Gentleman, Sheila Lewis
- Team 2 **Place Caller / Recording:** Jim Dunstan (Chief), Linden Nicholson, 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

Scottish Athletics 6/4 Stage Road Relays 2025
Officials Duty Sheet

Convenor: **Sharon Taylor**
Assistant Convenor: **Ted Finch**

Referee: **Andy Law**
Assistant Referee: **Gary Barker**

Clerk of Course: **Fraser Ballantine**

Officials Report: **Sharon Taylor**
Declarations: **Linden Nicholson (Chief) Gary Woods**

Starter: **David Hughes**

Announcer Course: **Jackie Stewart**
Announcer Feed: **Louise Singleton**

Timekeeper / Recorders Team 1:
Alan Carruthers (Chief) Peter Ramsay, Ian Docherty, Ian Mann

Timekeeper / Recorders Team 2:
Douglas Carruthers (Chief), Margaret Daley, Isobel Martin, Paul Collins

Place Caller / Recorders Team 1:
Ian Hislop (Chief), Bill Gentleman, Sheila Lewis

Place Caller / Recorders Team 2:
Jim Dunstan, Linden Nicholson, Andrea Gavin,

Relay Changeover:
Peter Jenning (Chief) John Mackay, Duncan Ball, Bob Webster

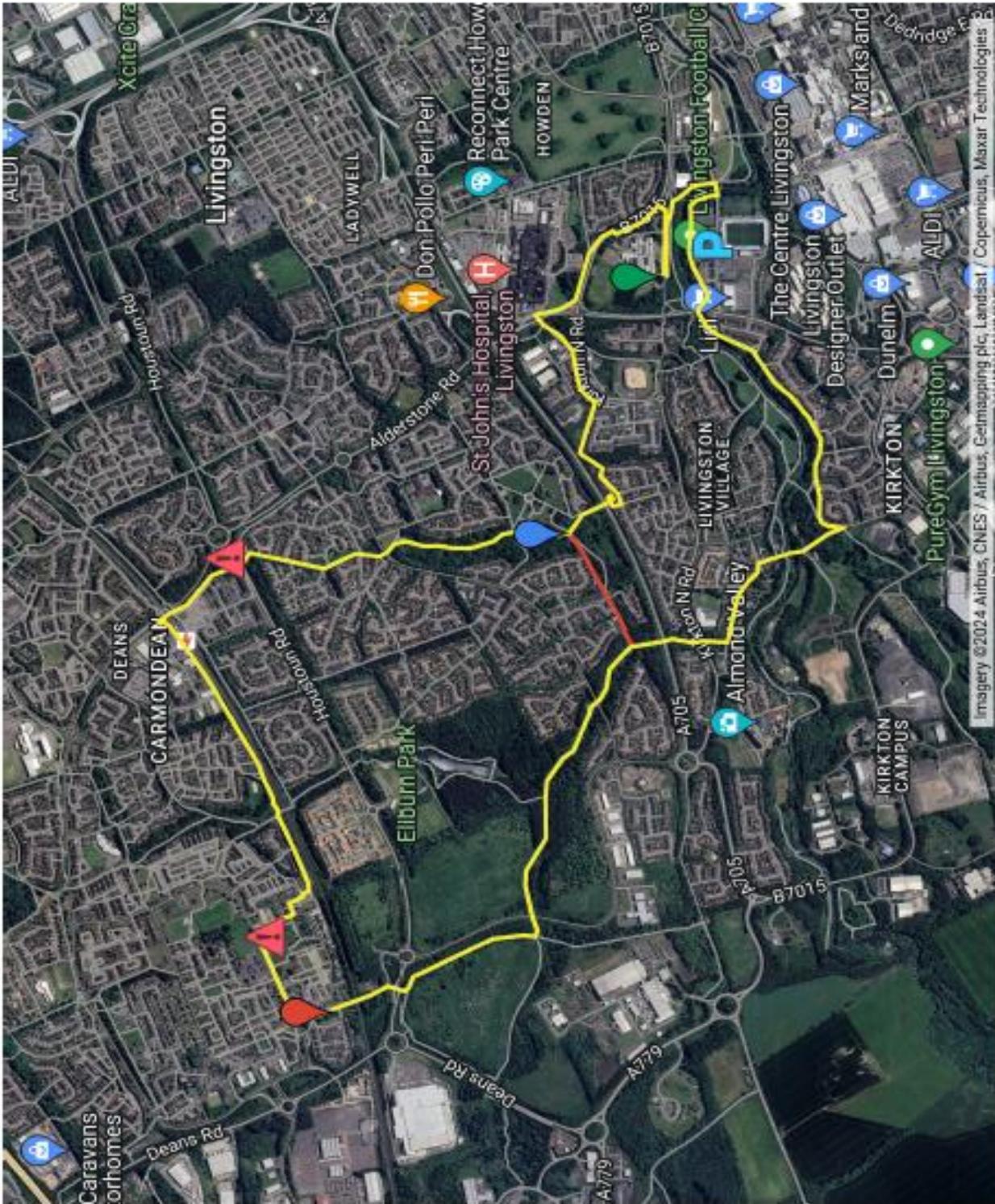
Presentation:
Gary Woods (Chief), Elspeth Burton, Mike Johnston, Ron Morrison

Results: **Jamie Provan, Ally Love**

Course Marshals: **Lothian RC**

Scottish Athletics: **Alasdair Love**

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

Imagery ©2024 Airbus, CNES / Airbus, Geosatellite, Copernicus, Maxar Technologies

scottishathletics National Road Relay Championships

Saturday 22 March 2025

MALE Entered Teams

Livingston

Men	Club	Age						Team					
		SM	M40	M50	A	B	C	D	E	F	G	H	
	Bellahouston Harriers	1			1								
	Calderglen Harriers	2			2	3							
	Cambuslang Harriers	4	1	2	4	5	6	51V		65X	66X		
	Central AC	3		2	7	8	9			67X	68X		
	Clydesdale Harriers	1			10								
	Corstorphine AAC	3	2	2	11	12	13	52V	53V	69X	70X		
	Cumbernauld AAC	1			14					71X			
	East Kilbride AC	2			15	16							
	Edinburgh AC	3	2	3	17	18	19	54V	55V	72X	73X	74X	
	Edinburgh Univ Hare and Hounds	1			20								
	Falkirk Victoria Harriers	2			21	22							
	Fife AC	2	1	1	23	24		56V		75X			
	Gala Harriers	1	1	1	25			57V		76X			
	Garscube Harriers	1			1	26				77X			
	Giffnock North AC	2			27	28							
	Glasgow University Hares and Hounds	4			29	30	31	32					
	Inverness Harriers AAC			1				58V					
	Kilbarchan AAC	1				33							
	Kilmarnock H&AC	1				34							
	Kirkintilloch Olympians	1	1		35			59V					
	Linlithgow AC				1						78X		
	Lothian RC	5			36	37	38	39	40				
	Metro Aberdeen RC	3	2	1	41	42	43	60V	61V	79X			
	Peterhead AC	1				44							
	Pitreavie AAC	1	1	1	45			62V		80X			
	Shuttleston Harriers	3	1	1	46	47	48	63V		81X			
	Stirling University AC	1			49								
	Teviotdale Harriers	1			50								
	VP-Glasgow AC			1						82X			

Women	Club	Age				Team		
		SW	W40	W50	A	B	C	D
	Bellahouston Harriers	2			134	135		
	Cambuslang Harriers	2		1	136	137		174X
	Central AC	3			138	139	140	
	Corstorphine AAC	3			141	142	143	
	Cumbernauld AAC	2			144	145		
	East Kilbride AC	1			146			
	Edinburgh AC	3		1	147	148	149	175X
	Edinburgh Univ Hare and Hounds	3			150	151	152	
	Falkirk Victoria Harriers	2			153	154		
	Gala Harriers	1	1	1	155		169V	176X
	Garscube Harriers	1	1		156		170V	
	Giffnock North AC	1		1	157			177X
	Glasgow University Hares and Hounds	1			158			
	Greenock Glenpark Harriers		1				171V	
	Helensburgh AAC			1				178X
	Inverness Harriers AAC	2			159	160		
	Kirkintilloch Olympians	1		2	161			179X 180X
	Linlithgow AC	1		1	162			181X
	Lothian RC	2	1		163	164	172V	
	Metro Aberdeen RC	1	1		165		173V	
	Perth RR			1				182X
	Pitreavie AAC	1		2	166			183X 184X
	Shettleston Harriers	1			167			
	Stirling University AC	1			168			

You can only leave your position once tail-bike passes you

Number	Name	Club	Description	Notes	What3Words
1 (2 off)	Peter West	Lothian RC	Gate Car Park (Peter then does tail cyclist so needs to be at start line for approx 1.30pm - TBC)	With Radio CAUTION RUNNER sign on St Mags path (and at opposite end at underpass)	
	Sandy Jack	Lothian RC	Before & After underpass at back of St Mags before runners go up hill to St Johns	parts.tulip factor	
2	Cha King	Lothian RC	If Sandy is helping Mark then Cha must stand on St Mags side of underpass!!!	noses.moral.trick	
3	Gillian Gillespie	Lothian RC	At underpass outside St Johns (in the dip) pointing runners under the underpass	Spots.Flips.Middle	
			**** 3a not detailed on map - halfway between marshal points 3 & 4 on the map ****	OPTIONAL - can be moved elsewhere if call-offs	
3A	Jim Salvage	Lothian RC	Before underpass & runners turn right (Marshal's left) towards Royal Mail building	LARGE ARROW on railings above underpass	Novel.Front.Tape
4 (2 off)	Claire Gilchrist	Ferranti	Traffic in and out @ Royal Mail building	2 x CAUTION RUNNERS sign at Royal Mail collection depot	Bunks.Fence.Valve
	Murdo Trail	Corstorphine		Jabs.Commented.Wrong	
5	Berry Gilchrist	Ferranti	Whinley Bridge	g	
	Yvonne Crilly	Lothian RC	Splits Short/Long Laps	Yvonne done before so will help Steph	
6 (2 off)	Stephanie Kerr	Lothian RC	Minor Road Crossing (Allardice Path) - runners continue along path	FB to confirm bib number colours in advance	Drop.Masters.Fees
7	Colin Clelland	Lothian RC	Junction with small bridge, runners head towards Livi North station	2 x CAUTION RUNNERS signs either side of road	Prep.Slap.Globe
8	Elizabeth Rennie	Lothian RC	Path turn-off to underpass	Exam.Dose.Kings	
9	Lindsay Anne	Lothian RC		Survey.Races.Slowly	
10	Andy Brown	Lothian RC	Slope at Station Car Park	One at start of bridge over railway, one directing down ZIG ZAG path	
10a	Robert McBride	Lothian RC	End of Deans footpath in Deans - about 30secs from 10c - don't allow runners to go across the grass	OPTIONAL - can be moved elsewhere if call-offs	
10b	Paul Ross	Lothian RC	**** 10c not detailed on map ****	SMALL arrow sign on lampost where path goes diagonal	
10c	Debbie Ross	Lothian RC	Stand at t-junction and direct to main road towards marshal 12	nail.target.cage	
12	Sandy Orr	Lothian RC	Runners take the diagonal path (you'll see this when you get there - although arrow will be on street sign)	mat.lion.degree	
13	Helen Wooliven	Lothian RC	Advising runners to turn down off main road & over bridge - ensure you are visible to them!!	deck tile bunch	
			Path onto Lockshot (Helen Wooliven was here last year)	Pouch.Giving.Above	
			Danny - pointing runners under the underpass		
14	Janine & Danny Fletcher	Lothian RC	Janine - other side of underpass & runners go left. (marshal's "right")	Small arrow sign both sides	Begins.Risks.Chips
15	John Robertson	Lothian RC	Lockshot Burn (obelisk / Pyramid of Life) - direct runners towards Livi Inn		
16	Stuart Hildersley	Lothian RC	Long lap joins Short Lap (at bottom of steps of Allardice Path)	Maria H did this one last year!!	Rental.Translated.Crazy
17			into Livi village	LARGE ARROW TO LEFT - Athletes run through bollards	Needed.Medium.Apples
18	Susan Graham	Lothian RC	Livi Inn to bridge - direct runners down the hill	CAUTION RUNNER sign before pub	resist.bolts.mixer
19	Amanda Fairbairn	Lothian RC	Bridge - direct runners towards next marshal	flap.plates.worth	
20	Sonia Johnston	Lothian RC	Gate - direct runners right through gates to top trail path, runners turn left (your right)	Open 2 gates if not open	
				With radio to inform finish area of club name as they come over bridge	fingernails.claims.scare
23	Martin Leadbetter	Lothian RC	End of blude bridge pointing runners to St Mags (parkrun start area)		Fall.Search.Employ
	Andrew Beattie	Lothian RC	Put out "short loop" signs before race, incl RED arrows & 1 x LARGE sign pointing left to Livi Village (see 17)		
	Keving Godfrey	Lothian RC	Put out "long loop" signs (from short loop split to where they rejoin) before race		
	Kirsty Gray	Lothian RC	Collect "short loop" signs on Saturday or Sunday		
	Colin Partridge	Lothian RC	Collect "long loop" signs (from short loop split to where they rejoin) on Saturday or Sunday		



Scottish Athletics

National Road Relay Championships

Men 6 stage. Women 4 stage.
Almondvale, Livingston

Men 11.30 Women 11.40

