

**scottishathletics National Road Relay
Championships**

Men 6 Stage

Start: 1130am

Women 4 Stage

1140am

Livingston (Almondvale)

Saturday 22nd March 2025

	<u>Numbers</u>
SHORT LAP (3.15miles)	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.



National 6/4 Stage Road Relays: Saturday 22nd March 2025 at Livingston

Time and Place Recording

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 Ballentine

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 Jennings (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.

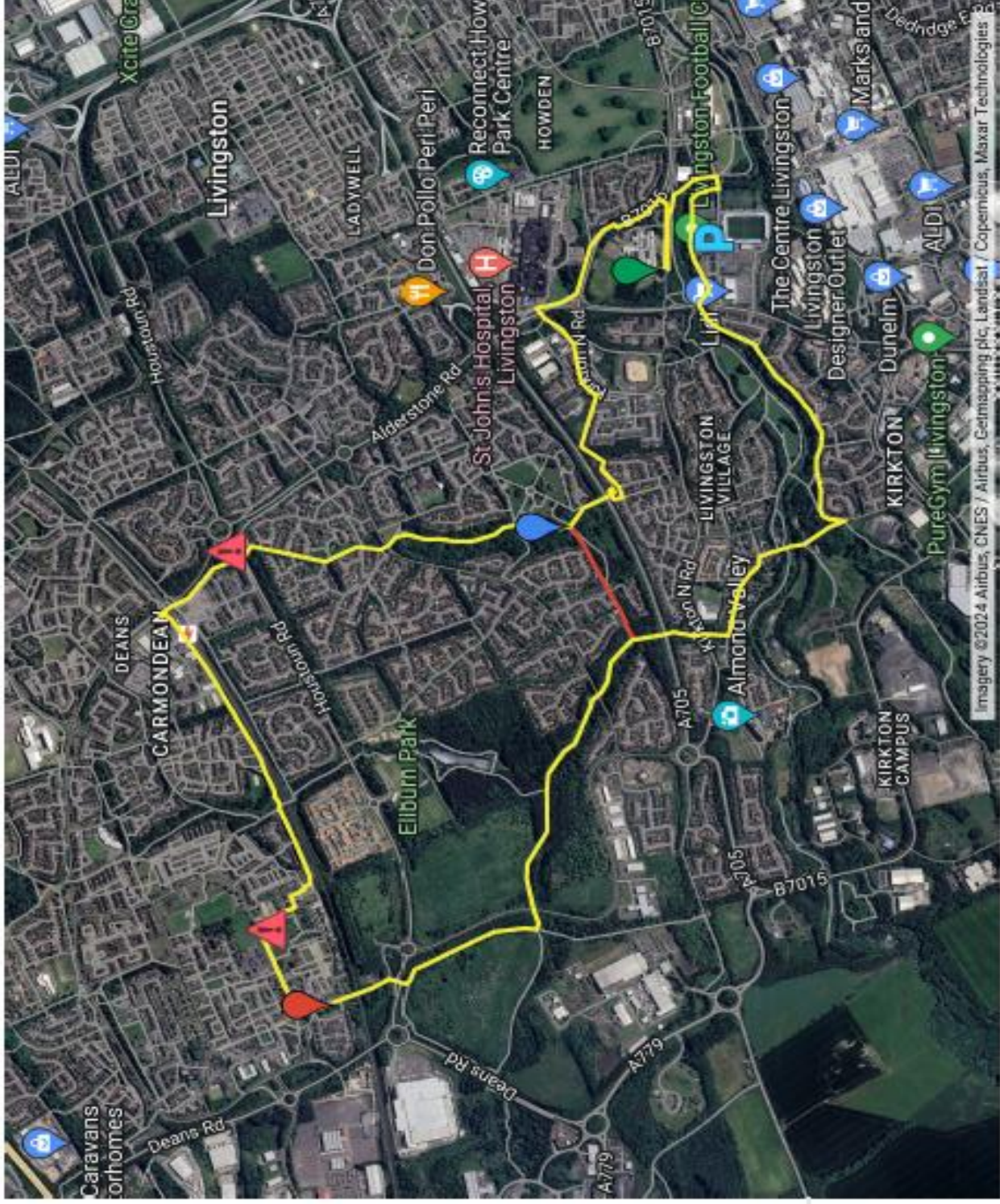
Almondvale Livingston.

Men 11:30 start.

Women 11:40 start

Based on an original route by

Martin Hyman



scottishathletics National Road Relay Championships

Saturday 22 March 2025

MALE Entered Teams

Livingston

Men	Age			Team								
Club	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		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			
Shettleston Harriers	3	1	1	46	47	48	63V		81X			
Stirling University AC	1			49								
Teviotdale Harriers	1			50								
VP-Glasgow AC			1						82X			

scottishathletics National Road Relay Championships

Saturday 22nd March 2025

FEMALE Entered Teams

Livingston

Women	Age			Team				
Club	SW	W40	W50	A	B	C	D	E
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)	Alan Weir	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)					
	Peter West		Before & After underpass at back of St Mags before runners go up hill to St Johns							
	Sandy Jack		If Sandy is helping Mark then Cha must stand on St Mags side of underpass!!!							
2	Cha King	Lothian RC	At underpass outside St Johns (in the dip) pointing runners under the underpass	Runners go under road and then left uphill towards St Johns	parts.tulip.factor noses.moral.trick					
3	Gillian Gillespie	Lothian RC	***** 3a not detailed on map - halfway between marshal points 3 & 4 on the map *****	OPTIONAL - can be moved elsewhere if call-offs	Spots.Flips.Middle					
			Before underpass & runners turn right (Marshal's left) towards Royal Mail building	LARGE ARROW on railings above underpass						
3A	Jim Salvage	Lothian RC	Traffic in and out @ Royal Mail building	2 x CAUTION RUNNERS sign at Royal Mail collection depot	Novel.Front.Tape					
4 (2 off)	Claire Gilchrist	Ferranti			Bunks.Fence.Valve					
	Murdo Trail	Corstorphine			Jabs.Commented.Wrong					
5	Betty Gilchrist	Ferranti	Whirley Bridge		g					
	Yvonne Crilly	Lothian RC	Splits Short/Long Laps	Yvonne done before so will help Steph						
6 (2 off)	Stephanie Kerr	Lothian RC		FB to confirm bib number colours in advance	Drop.Masters.Fees					
7	Colin Clelland	Lothian RC	Minor Road Crossing (Allardice Path) - runners continue along path	2 x CAUTION RUNNERS signs either side of road	Prep.Slap.Globe					
8	Elizabeth Rennie	Lothian RC	Junction with small bridge, runners head towards Livi North station		Exam.Dose.Kings					
9	Lindsay Anne	Lothian RC	Path turn-off to underpass		Survey.Races.Slowly					
10	Andy Brown	Lothian RC	Slope at Station Car Park	One at start of bridge over railway, one directing down Zig						
10a	Robert McBride	Lothian RC		ZAG path						
10b	Paul Ross	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	nail.target.cage					
			***** 10c not detailed on map *****	SMALL arrow sign on lamppost where path goes diagonal						
10c	Debbie Ross	Lothian RC	Stand at t-junction and direct to main road towards marshal 12		mats.lion.degree					
			Runners take the diagonal path (you'll see this when you get there - although arrow will be on street sign)		deck.tile.bunch					
12	Sandy Orr	Lothian RC			Pouch.Giving.Abode					
13	Helen Woolven	Lothian RC	Advising runners to turn down off main road & over bridge - ensure you are visible to them!!							
			Path onto Lockshot (Helen Woolven was here last year)							
			Danny - pointing runners under the underpass							
			Janine - other side of underpass & runners go left (marshall's "right")	Small arrow sign both sides	Begins.Risks.Chips					
14	Janine & Danny Fletcher	Lothian RC								
			Lockshot Burn (obelisk / Pyramid of Life) - direct runners towards Livi Inn		Rental.Translated.Crazy					
15	John Robertson	Lothian RC								
			Long lap joins Short Lap (at bottom of steps of Allardice Path)	Maria H did this one last year!!	Needed.Medium.Apples					
16	Stuart Hildersley	Lothian RC	into Livi village	LARGE ARROW TO LEFT - Athletes run through bollards						
17				CAUTION RUNNER sign before pub	resist.bolts.mixer					
18	Susan Graham	Lothian RC	Livi Inn to bridge - direct runners down the hill		flap.plates.worth					
19	Amanda Fairbairn	Lothian RC	Bridge - direct runners towards next marshal							
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	fingernails.claims.scare					
				With radio to inform finish area of club name as they come over bridge						
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							



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

