lindsays | SCOTTISH cross country SEASON

East District Cross Country Relay Championships

Dechmont Law
Livingston
Saturday 10th October 2026

Race	Start	Dist.
Young Females	**1200**	**3x2500m**
Young Males	**1240**	**3x2500m**
Senior / Junior / Masters Women	**1320**	**3x4000m**
Senior / Junior / Masters Men	**1420**	**4x4000m**

NUMBERS: Girls, Boys, Women - All Laps WHITE
Men - **3rd Lap YELLOW** - All other laps WHITE



Officials Roles	East XC Relay Champs Deans, Livingston 10/10/2026
Convenor	**Sandra Hardacre**
Clerk of Course	Mick McKeon
Announcer (Presentations)	Andy Ronald
Announcer (Course)	Andy Ronald
Declarations (Chief)	Linden Nicholson
Declarations	Christine Myerscough
Declarations	Elspeth Burton
Officials Report	Sandra Hardacre
Presentations (Chief)	Ron Morrison
Presentations	Trish Johnson
Presentations	Christine Myerscough
Results (Chief)	Ted Finch
Results	Elspeth Burton
Referee	Jackie Stewart
Starter (Chief)	Kevin Rose
Starters' Assistant	Peter Gray
Timekeeper (Chief)	Alan Carruthers
Timekeeper	Ian Docherty
Time Recorder	Douglas Carruthers
Time Recorder	Adrian Stott
Time Recorder	Ngeme Ntuli
Line Judge (Chief)	Gary Barker
Place Caller (Chief)	Ian Hislop
Place Caller	Dave Cairns
Place Recorder	Catrona Bruce
Place Recorder	Ann Malcolm
Funnel / Finish Area Control	Alex Jackson
Funnel / Finish Area Control	Christine Stevenson
Relay Changeover (Chief)	Andy Law
Relay Changeover	Peter Jennings
Relay Changeover	Gillian Gibson
Lead Marshal	Kirsty Gray
Lead Marshal	Lothian RC
First Aid	Amvale Medical

COMPETITION INFORMATION SHEET

Event: East District Cross Country Relay Championships **EAST XCR**
(Incorporating Masters Championships)
Parking Venue: ACEO Limited, 5 Royston Road, Livingston, EH54 8AH
Declarations: At the Course - Dechmont Law
Date: Saturday 10th October 2026

Race	Age Group	BORN IN	Declarations Close	**Race Starts**	Laps
YOUNG FEMALES	U14 U16 U18	2014 OR 2015 2012 OR 2013 2010 OR 2011	1130hrs	**1200hrs**	3x2500m
YOUNG MALES	U14 U16 U18	2014 OR 2015 2012 OR 2013 2010 OR 2011	1210hrs	**1240hrs**	3x2500m
SENIOR/JUNIOR + MASTERS WOMEN		BORN BEFORE 2010 Masters Age on Day	1250hrs	**1320hrs**	3x4000m
SENIOR/JUNIOR + MASTERS MEN inc Non Binary Race		BORN BEFORE 2010 Masters Age on Day	1350hrs	**1420hrs**	4x4000m

Entries Close: **Thur 24th September 2026 @ 5pm** **NO LATE ENTRIES**
All entries must be submitted through the JustGo System

YOUNG ATHLETES RACES

1st LAP Under 14 2nd LAP Under 16 OR Under 14 3rd LAP Under 18 OR Under 16

Important Notes

(1) District relays incorporate Masters Championships. There will be a set of Masters gold, silver and bronze medals for both Men and Women. Masters Age Group: from 40 for both Men and Women on race day.

(2) All declared athletes must be members of scottishathletics and be in date on race day.

(3) Athletes who have an out of date membership cannot be declared.

(4) All competitors MUST compete in the declared order, and an entered athlete MUST NOT be substituted by a non-entered athlete at any time.

(5) Club colours MUST be worn

(6) Students in Full-time Education in Scotland

Students in full-time education in Scotland may compete as 1st claim for both their educational establishment and another Scottish club, but not in the same competition. This is provided that the educational establishment club is confined to students of that establishment. Thus, a student may be entered for two clubs but has to choose one at declaration.

(7) Further information, including Location Map and Course Map, will be available on the Scottish Athletics website.

(8) Club's should declare at least one eligible athletes at the time of entry, teams will then be selected from valid membership lists on the day via an online declaration system.

(9) Club entries must ensure that entrants are medically fit to compete, have no medical issues or disability that would endanger themselves or others by taking part (and will not run if unfit to do so on the day).
By entering all athletes agree that Photographs and/or video footage may be taken and used for PR/Marketing purposes. To opt out please contact Scottish Athletics

(10) Any athlete with Additional Support Needs should contact scottishathletics for an athlete assistance form.

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Saturday 10th October 2026 TEAM NUMBERS

Club	171-226	Young Females Team Numbers				
	56	A	B	C	D	E
Aberdeen AAC	5	171	172	173	174	175
Banchory Stonehaven AC	1	176				
Central AC	3	177	178	179		
Corstorphine AAC	2	180	181			
Dundee Hawkhill Harriers	3	182	183	184		
Dunfermline TFC	2	185	186			
Edinburgh AC	4	187	188	189	190	
Falkirk Victoria Harriers	4	191	192	193	194	
Fife AC	1	195				
Gala Harriers AC	3	196	197	198		
George Heriots School	1	199				
Haddington RC	3	200	201	202		
Harmeny AC	5	203	204	205	206	207
Lasswade AAC	3	208	209	210		
Linlithgow AC	1	211				
Livingston AC	1	212				
Lothian RC	4	213	214	215	216	
Metro Aberdeen RC	1	217				
Perth Strathtay Harriers	2	218	219			
Pitreavie AAC	3	220	221	222		
Strathearn Harriers	1	223				
Team East Lothian AC	2	224	225			
Teviotdale Harriers	1	226				

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Saturday 10th October 2026 TEAM NUMBERS

Club	231-287	Young Males Team Numbers				
	57	A	B	C	D	E
Aberdeen AAC	4	231	232	233	234	
Banchory Stonehaven AC	2	235	236			
Central AC	4	237	238	239	240	
Corstorphine AAC	3	241	242	243		
Dundee Hawkhill Harriers	2	244	245			
Dunfermline TFC	2	246	247			
Edinburgh AC	4	248	249	250	251	
Falkirk Victoria Harriers	1	252				
Fife AC	3	253	254	255		
Gala Harriers AC	3	256	257	258		
George Heriots School	1	259				
Haddington RC	2	260	261			
Harmeny AC	5	262	263	264	265	266
Lasswade AAC	3	267	268	269		
Linlithgow AC	2	270	271			
Livingston AC	1	272				
Lothian RC	3	273	274	275		
Perth Strathtay Harriers	4	276	277	278	279	
Pitreavie AAC	4	280	281	282	283	
Strathearn Harriers	2	284	285			
Team East Lothian AC	1	286				
Teviotdale Harriers	1	287				

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Saturday 10th October 2026 TEAM NUMBERS

	Sen Wom								Mas Wom					
	91-140	Sen Wom Team Numbers							141-170	Mas Wom Team Numbers				
Club	**51**	A	B	C	D	E	F	G	**34**	A	B	C	D	E
Aberdeen AAC	2	91	92											
Carnegie Harriers	1	93							1	141				
Carnethy HRC	1	94												
Central AC	4	95	96	97	98				2	142	143			
Corstorphine AAC	4	99	100	101	102									
Dundee Hawkhill Harriers									1	144				
Dundee Roadrunners	2	103	104											
Edinburgh AC	4	105	106	107	108				5	145	146	147	148	149
Edinburgh University HH	7	109	110	111	112	113	114	115						
Falkirk Victoria Harriers	2	116	117						1	150				
Fife AC	1	118							3	151	152	153		
Gala Harriers AC	2	119	120						1	154				
Harmeny AC	1	121							2	155	156			
Hunters Bog Trotters	1	122							1	157				
Kinross Road Runners	1	123							1	158				
Lasswade AAC	1	124												
Linlithgow AC	2	125	126						4	159	160	161	162	
Livingston AC	1	127												
Lothian RC	2	128	293						5	163	288	289	290	291
Metro Aberdeen RC	2	129	130											
Musselburgh & District AC	1	131							1	164				
Perth Road Runners	1	132							2	165	166			
Perth Strathtay Harriers									1	167				
PH Racing Club									1	168				
Pitreavie AAC	2	133	134						1	169				
Portobello RC	1	135							1	170				
Stirling University AC	4	136	137	138	139									
Wee County Harriers	1	140												

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Saturday 10th October 2026 TEAM NUMBERS

	Sen Men								Mas Men				
	1-45	Sen Men Team Numbers							51-83	Mas Men Team Numbers			
Club	**46**	A	B	C	D	E	F	G	**33**	A	B	C	D
Aberdeen AAC	2	1	2										
Central AC	5	3	4	5	6	7			3	51	52	53	
Corstorphine AAC	4	8	9	10	11				3	54	55	56	
Dunbar RC									1	57			
Dundee Hawkhill Harriers	1	12											
Dundee Roadrunners	1	13							1	58			
Edinburgh AC	4	14	15	16	17				4	59	60	61	62
Edinburgh University HH	7	18	19	20	21	22	23	24					
Falkirk Victoria Harriers	2	25	26						2	63	64		
Fife AC	3	27	28	29					2	65	66		
Gala Harriers AC	1	30							1	67			
Harmeny AC	1	31							1	68			
Hunters Bog Trotters	2	32	33						2	69	70		
Lasswade AAC	1	34											
Linlithgow AC	1	35							3	71	72	73	
Livingston AC	1	36											
Lothian RC	2	37	292						2	74	75		
Metro Aberdeen RC	1	38							1	76			
Ochil Hill Runners									1	77			
Perth Road Runners									1	78			
Perth Strathtay Harriers									2	79	80		
Pitreavie AAC	1	39							1	81			
Portobello RC									2	82	83		
Stirling University AC	3	40	41	42									
Strathearn Harriers	2	43	44										
Team East Lothian AC	1	45											

East District Cross Country Relays

10/10/2026

Dechmont Law, Deans,
Livingston
EH54 8PS

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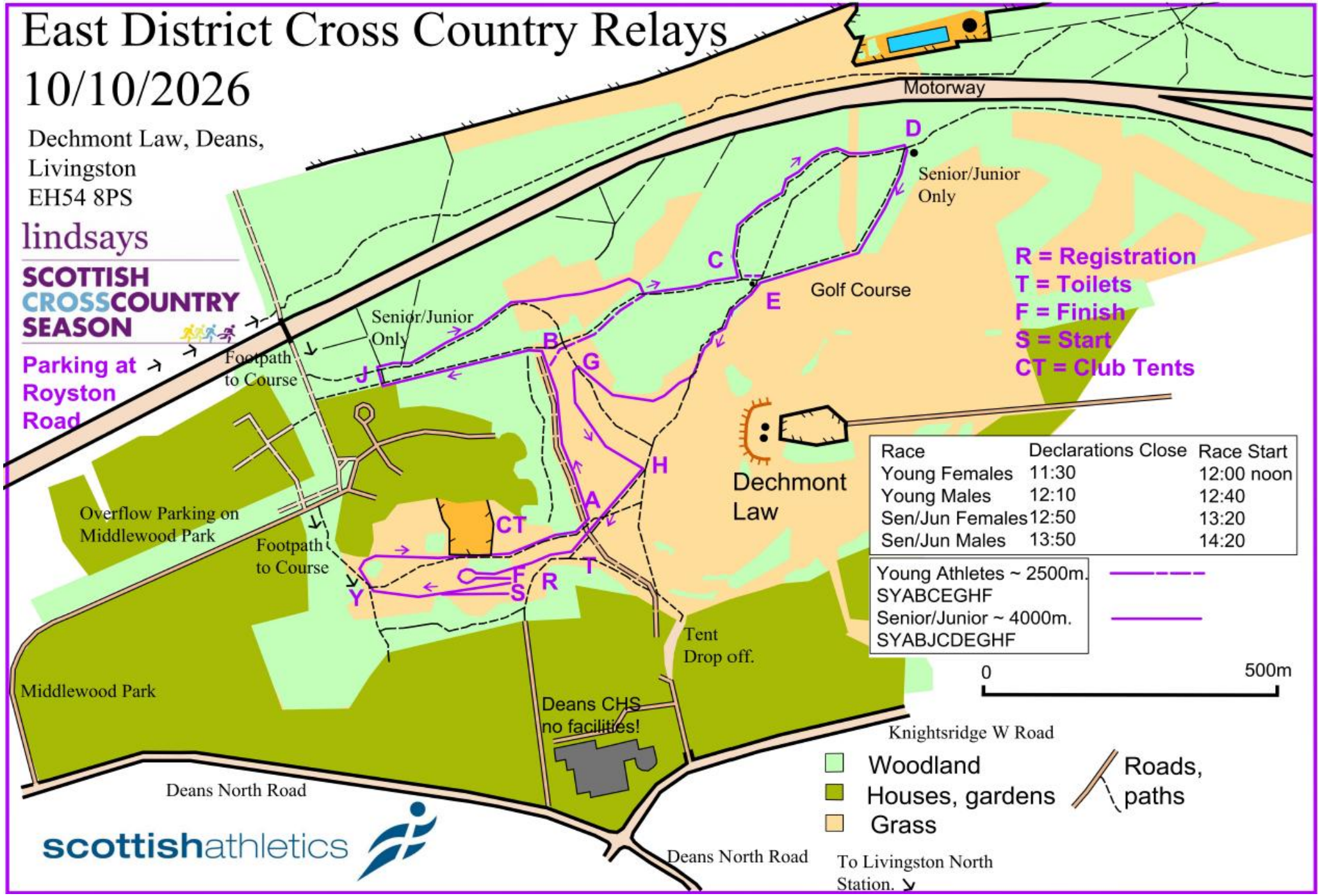
SCOTTISH CROSSCOUNTRY SEASON



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