lindsays | SCOTTISH cross country SEASON

West District Cross Country Relay Championships

Ayrshire Athletics Arena
Kilmarnock
Saturday 10th October 2026

Race	Start	Dist.
Young Females	**1100**	**3x2500m**
Young Males	**1145**	**3x2500m**
Senior / Junior / Masters Women	**1300**	**3x4000m**
Senior / Junior / Masters Men	**1415**	**4x4000m**

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

Officials Roles	West XC Relay Champs AA Arena, Kilmarnock 10/10/2026
Convenor	**Gerry Gaffney**
Assistant Convenor	Sharon Taylor
Clerk of Course	Ian Gebbie
Announcer (Presentations)	John MacKay
Declarations (Chief)	Margaret Daley
Officials Report	Gerry Gaffney
Presentations (Chief)	Mike Johnson
Results (Chief)	Alasdair Murray
Results	Eileen Murray
Referee	Gary Woods
Starter (Chief)	Mike Belch
Starters' Assistant	David Hughes
Timekeeper (Chief)	Peter Ramsey
Timekeeper	Jim Galbraith
Time Recorder	Paul Collins
Time Recorder	Louise Singleton
Place Caller (Chief)	Jean Youden
Place Recorder	Isobel Martin
Place Recorder	Laurence Baker
Funnel / Finish Area Control	Janice Hendry
Funnel / Finish Area Control	Caroline Johnson
Funnel / Finish Area Control	Ken Monaghan
Relay Changeover (Chief)	Diane Ramsey
First Aid	Amvale Medical

COMPETITION INFORMATION SHEET

Event: West District Cross Country Relay Championships **WEST XCR**
(Incorporating Masters Championships)
Venue: Ayrshire Athletics Arena, Queens Drive, Kilmarnock, KA1 3XF
Registration: Ayrshire Athletics Arena, Queens Drive, Kilmarnock, KA1 3XF
Date: Saturday 10th October 2026

Race	Age Group	BORN DURING	Declarations Close	**Race Starts**	Laps (Approx)
YOUNG FEMALES	U14 U16 U18	2014 OR 2015 2012 OR 2013 2010 OR 2011	1015hrs	**1100hrs**	3x2800m
YOUNG MALES	U14 U16 U18	2014 OR 2015 2012 OR 2013 2010 OR 2011	1100hrs	**1145hrs**	3x2800m
SENIOR/JUNIOR + MASTERS WOMEN		BORN BEFORE 2010 Masters Age on Day	1215hrs	**1300hrs**	3x4000m
SENIOR/JUNIOR + MASTERS MEN inc Binary Race		BORN BEFORE 2010 Masters Age on Day	1330hrs	**1415hrs**	4x4000m

Entries close: **Thur 25th September 2025 @ 5pm** **NO LATE ENTRIES**
All entries must be submitted through JustGo

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

Lindsays scottishathletics West District Cross Country Relay Championships Kilmarnock

Saturday 10th October 2026 TEAM NUMBERS

Club	201-250	Young Females Team Numbers										
	58	A	B	C	D	E	F	G	H	I	J	K
Airdrie Harriers AC	2	201	202									
Ayr Seaforth AC	3	203	204	205								
Bellahouston Harriers	2	206	207									
Calderglen Harriers	2	208	209									
Cambuslang Harriers	2	210	211									
East Kilbride AC	2	212	213									
Garscube Harriers	4	214	215	216	217							
Giffnock North AC	11	218	219	220	221	222	223	224	225	226	227	228
Greenock Glenpark Harriers	2	229	230									
Inverclyde AC	4	231	232	233	234							
Kilbarchan AAC	4	235	236	237	238							
Kilmarnock Harrier & AC	4	239	240	241	242							
Kirkintilloch Olympians	1	243										
Law & District AAC	5	244	245	246	247	248						
Motherwell AC	2	249	250									
North Ayrshire AC	1	251										
Shettleston Harriers	1	252										
Victoria Park City Of Glasgow AC	6	253	254	255	256	257	258					

Lindsays scottishathletics West District Cross Country Relay Championships Kilmarnock

Saturday 10th October 2026 TEAM NUMBERS

Club	259-300	Young Males Team Numbers						
	42	A	B	C	D	E	F	G
Ayr Seaforth AC	3	259	260	261				
Bellahouston Harriers	1	262						
Calderglen Harriers	1	263						
Cambuslang Harriers	5	264	265	266	267	268		
East Kilbride AC	1	269						
Garscube Harriers	3	270	271	272				
Giffnock North AC	7	273	274	275	276	277	278	279
Greenock Glenpark Harriers	2	280	281					
Inverclyde AC	1	282						
Kilbarchan AAC	3	283	284	285				
Kilmarnock Harrier & AC	5	286	287	288	289	290		
Kirkintilloch Olympians	1	291						
Law & District AAC	2	292	293					
Motherwell AC	2	294	295					
North Ayrshire AC	1	296						
Shettleston Harriers	3	297	298	299				
Victoria Park City Of Glasgow AC	1	300						

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Saturday 10th October 2026 TEAM NUMBERS

	Sen Wom							Mas Men				
	101-153	Sen Wom Team Numbers						161-184	Mas Wom Team Numbers			
Club	**53**	A	B	C	D	E	F	**24**	A	B	C	D
Airdrie Harriers AC	1	101										
Ayr Seaforth AC	1	102						1	161			
Bellahouston Harriers	4	103	104	105	106			2	162	163		
Bellahouston Road Runners	2	107	108					3	164	165	166	
Calderglen Harriers	2	109	110					1	167			
Cambuslang Harriers	2	111	112					1	168			
Dumbarton AAC	2	113	114									
East Kilbride AC	2	115	116					1	169			
Garscube Harriers	1	117						4	170	171	172	173
Giffnock North AC	1	118						2	174	175		
Glasgow University HH	6	119	120	121	122	123	124					
Greenock Glenpark Harriers	5	125	126	127	128	129		2	176	177		
Helensburgh AAC	1	130						1	178			
Inverclyde AC	2	131	132					2	179	180		
Kilbarchan AAC	1	133										
Kilmarnock Harrier & AC	3	134	135	136				1	181			
Kirkintilloch Olympians	1	137						2	182	183		
Law & District AAC	1	138										
Motherwell AC	3	139	140	141								
Queen's Park AC	1	142										
Shettleston Harriers	3	143	144	145								
Strathclyde University Harriers	3	146	147	148								
Victoria Park City Of Glasgow AC	3	149	150	151								
West End Road Runners	1	152						1	184			
Westerlands CCC	1	153										

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Saturday 10th October 2026 TEAM NUMBERS

	Sen Men							Mas Men			
	1-64	Sen Men Team Numbers						65-90	Mas Men Team Numbers		
Club	**64**	A	B	C	D	E	F	**25**	A	B	C
Ayr Seaforth AC	1	1						1	65		
Bellahouston Harriers	5	2	3	4	5	6					
Bellahouston Road Runners	1	7						3	66	67	68
Calderglen Harriers	2	8	9					1	69		
Cambuslang Harriers	5	10	11	12	13	14		3	70	71	72
Clydesdale Harriers	1	15									
Dumbarton AAC	1	16									
East Kilbride AC	6	17	18	19	20	21	22	1	73		
Garscube Harriers	3	23	24	25				3	74	75	76
Giffnock North AC	2	26	27								
Glasgow Frontrunners	1	28						1	77		
Glasgow University HH	5	29	30	31	32	33					
Greenock Glenpark Harriers	5	34	35	36	37	38		1	78		
Helensburgh AAC	1	39									
Inverclyde AC	2	40	41					2	79	80	
Kilbarchan AAC	3	42	43	44							
Kilmarnock Harrier & AC	4	45	46	47	48						
Kirkintilloch Olympians	1	49						1	81		
Law & District AAC	2	50	51					1	82		
Motherwell AC	1	52						2	83	84	
Queen's Park AC	1	53						1	85		
Shettleston Harriers	3	54	55	56				1	86		
Springburn Harriers & AC	1	57									
Strathclyde University Harriers	2	58	59								
Troon Tortoises AC	1	60									
Victoria Park City Of Glasgow AC	2	61	62					1	87		
West End Road Runners	1	63						2	88	89	
Westerlands CCC	1	64									



Young Females - 1100
3 x Blue Lap (2500m)

Young Males - 1145
3 x Blue Lap (2500m)

Sen/Jun/Mas Women 1300
3 x Red Lap (4000m)

Sen/Jun/Mas Men 1415
4 x Red Lap (4000m)

** Course subject to change to reflect local conditions