



**Lindsays scottishathletics National Road Relay
Championships**

Men 6 Stage

Start: 1130am

Women 4 Stage

1140am

Livingston (Almondvale)

Saturday 21st March 2026

	<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 21st March 2026 at Livingston

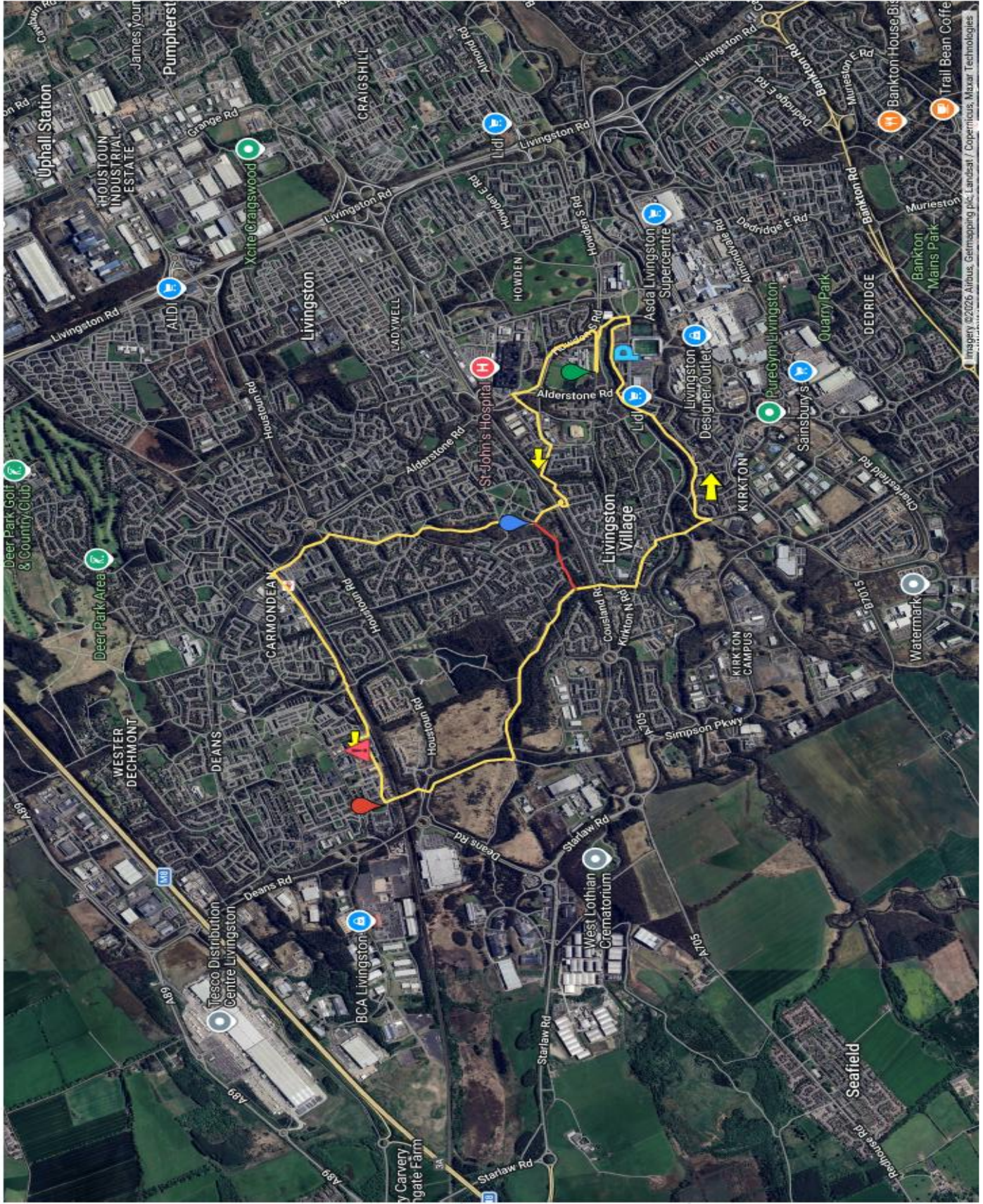
Time and Place Recording

RESULTS

- **Results Team:** Ian Gebbie, Duncan Ball
- 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.

TIME & PLACE RECORDING

- **Timekeeping:**
 - Team 1 Timekeeper/ Recorders Alan Carruthers, Ian Docherty, Douglas Carruthers
 - Team 2 Timekeeper/ Recorders Peter Ramsay, Ian Mann, Paul Collins
- **Place Recording:**
 - Team 1 Recorders Megan Wright, Gillian Gibson, Elspeth Burton
 - Team 2 Recorders Linden Nicholson, Jackie Stewart, Dave Cairns
- 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 1st 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 mens 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 Mens race at 11:30am.
- Womens 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" runners 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.



Long/Short Stages

- Start/Finish
- Long Leg
- Short Leg Out Off
- Long / Short split
- 3 Miles
- Parking
- Note route change here!

Arrows

- Run this way
- Run this way!
- Run this way

Men 6 stage. Women 4 stage.
Almondvale Livingston.
11:30 Men's Start.
11:40 Women's Start
Based on original route by
Martin Hyman

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

Convenor **Mike Johnston**
Hon. Secretary **Sandra Hardacre**

**NATIONAL ROAD RELAY CHAMPIONSHIPS
LIVINGSTON 21st MARCH 2026
OFFICIALS**

Referee:	Ron Morrison
Assistant Referee	John Mackay
Clerk of Course	Fraser Ballantine
Course Consultant	Ted Finch
Course Designer	Martin Hyman
Officials Report	Sandra Hardacre, Alex Jackson
Starter:	Kevin Rose
Changeovers	Andy Law (Chief) David Hughes, Ann Malcolm, Kevin Rose
Funnel Control	Margaret Ann McLachlan, Alan Potts
Timekeepers and Time Recorders	Alan Carruthers (Chief), Peter Ramsay, Ian Docherty, Ian Mann, Douglas Carruthers, Paul Collins
Place Recorders	Megan Wright(Chief) Linden Nicholson, Dave Cairns, Jackie Stewart, Elspeth Burton, Gillian Gibson
Declarations:	Isobel Martin, Simone Young
Results:	Ian Gebbie, Duncan Ball
Announcers	
Course	Andy Ronald, Peter Jennings (Feed)
Presentations	Alex Jackson
Presentations	Sandra Hardacre, Gary Woods, Mike Johnston,
Course Marshals	Lothian RC, Caroline Johnston, Jim Dunstan, Claire Gilchrist Betty Gilchrist
First Aid	Amvale
Scottish Athletics Convenor	Alasdhair Love Alex Jackson

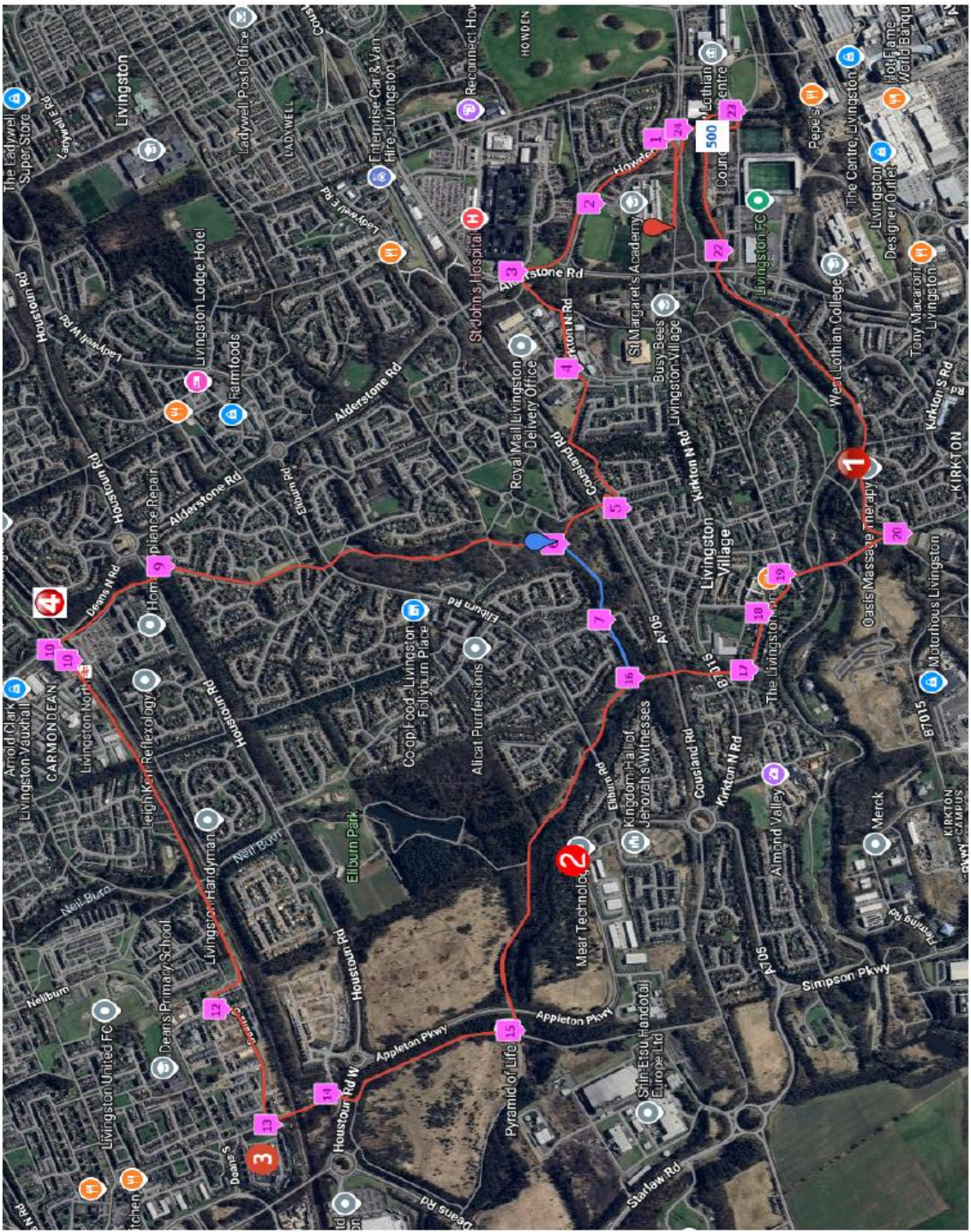
Men Club	Age			Team							
	SM	M40	M50	A	B	C	D	E	F	G	H
Bellahouston Harriers	3			1	2	3					
Calderglen Harriers		1		48V							
Cambuslang Harriers	3		2	4	5	6	57X	58X			
Central AC	5		1	7	8	9	10	11	59X		
Clydesdale Harriers	1			12							
Corstorphine AAC	4	2	2	13	14	15	16	49V	50V	60X	61X
Cumbernauld AAC			1	62X							
Dundee Hawkhill Harriers	1			17							
East Kilbride AC	2			18	19						
Edinburgh AC	4	2	2	20	21	22	23	51V	52V	63X	64X
Edinburgh University HH	3			24	25	26					
Falkirk Victoria Harriers											
Fife AC	2			27	28						
Gala Harriers AC	1		1	29	65X						
Garscube Harriers	1		1	30	66X						
Glasgow University HH	2			31	32						
Hunters Bog Trotters	2			33	34						
Inverclyde AC	1			35							
Kilbarchan AAC	1			36							
Kirkintilloch Olympians	1			37							
Lothian RC	2			38	39						
Metro Aberdeen RC	3	2	1	40	41	42	53V	54V	67X		
Moray Road Runners			3	68X	69X	70X					
Peterhead AC	1	1		43	55V						
Shettleston Harriers	2	1	1	44	45	56V	71X				
Stirling University AC	2			46	47						

Women Club	Age			Team				
	SW	W40	W50	A	B	C	D	E
Bellahouston Harriers	2			72	73			
Cambuslang Harriers	1			74				
Central AC	1			75				
Corstorphine AAC	2		1	76	77	112X		
East Kilbride AC	2			78	79			
Edinburgh AC	3	1	1	80	81	82	106V	113X
Edinburgh University HH	2			83	84			
Gala Harriers AC	2		1	85	86	114X		
Garscube Harriers	1	1		87	107V			
Glasgow University HH	2			88	89			
Harmeny AC	1			90				
Helensburgh AAC			2	115X	116X			
Inverclyde AC	1			91				
Kinross Road Runners		1		108V				
Kirkintilloch Olympians	1		1	92	117X			
Linlithgow AC	1	1		93	109V			
Lothian RC	3		1	94	95	96	118X	
Metro Aberdeen RC	3	1		97	98	99	110V	
Moray Road Runners			1	119X				
Peterhead AC	1			100				
Pitreavie AAC	1	1	1	101	111V	120X		
Shettleston Harriers	2			102	103			
Stirling University AC	2			104	105			

ROAD RELAYS SATURDAY 21st MARCH 2026 MARSHALS ALLOCATION

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

Marshal position number	Name	Club	Description	Notes	What3Words
1 (2 people)	Alan Weir 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)	
2	Sandy Jack Cha King	Lothian RC	Before & After underpass at back of St Mags before runners go up hill to St Johns If Sandy is helping Mark then Cha must stand on St Mags side of underpass!!!	Runners go under road and then left uphill towards St Johns	parts.tulip.factor noses.moral.trick
3	Andy Brown	Lothian RC	At underpass outside St Johns (in the dip) pointing runners under the underpass ***** 3a not detailed on map - halfway between marshal points 3 & 4 on the map *****	OPTIONAL - can be moved elsewhere if call-offs LARGE ARROW on railings above underpass Small arrow on plastic stake on right-corner	Spots.Flips.Middle
3a	Rory Whelan	Lothian RC	Entrance to underpass (DO NOT let them go thorough underpass) & runners turn right (Marshal's left) towards Royal Mail building up the slight incline		Novel.Front.Tape
4 (2 people)	Claire Gilchrist (via Alex J) Alex Robertson	Ferranti Corstorphine	Traffic in and out @ Royal Mail building	2 x CAUTION RUNNERS sign at Royal Mail collection depot	Bunks.Fence.Valve
5	Betty Gilchrist (via Alex J)	Ferranti	Whirley Bridge		Jabs.Commented.Wrong
6 (2 people)	Caroline Jones (via Alex J) Martin Leadbetter	Lothian RC	Splits Short/Long Laps 5k runners go their left / 10k runners go their right	Yvonne done before so will help Steph FB to confirm bib number colours in advance	Drop.Masters.Fees
7	Philip Jurczyk	Lothian RC	Minor Road Crossing (Allardice Path) - runners continue along path	2 x CAUTION RUNNERS signs either side of road	Prep.Slap.Globe
7a	Finlay Slane	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 10a	Stephanie Kerr Robert McBride	Lothian RC	Slope at Livi North Station car park/stairs	One at start of bridge over railway, one directing down ZIG ZAG path	
		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 SMALL arrow sign on lampost where path goes diagonal	nail.target.cage
12	Kenny Fisher	Lothian RC	Stand at t-junction - runners go LEFT through the new houses - they DO NOT go to main road!!		mats.lion.degree
		Lothian RC	Runners take the diagonal path (you'll see this when you get there - although arrow will be on street sign)		deck.tile.bunch
		Lothian RC	Advising runners to turn down off main road & over bridge - ensure you are visible to them!! *** this needs changing in road open ***		Pouch.Giving.Abode
13	Mark Gordon	Lothian RC	Direct runner down small path at side of last house (NOT ON THE ROAD & NOT OVER GARDEN!!) to go over bridge	Runners approach from road via new houses	think.grapes.button
14	Janine Fletcher Claire Weir	Lothian RC	Path onto Lockshot Claire - near side of underpass pointing runners under the underpass Janine - other side of underpass & runners go left (marshal's "right")	Large arrow either side of underpass	Begins.Risks.Chips
15	John Robertson	Lothian RC	Lockshot Burn (obelisk / Pyramid of Life) - direct runners towards Livi Inn		Rental.Translated.Crazy
16	Maria Hildersley	Lothian RC	Long lap joins Short Lap (at bottom of steps of Allardice Path)	Maria H did this one last year!!	Needed.Medium.Apples
17			into Livi village	LARGE ARROW TO LEFT - Athletes run through bollards	
18			Junction in Livi village		
19	Stuart Hildersley	Lothian RC	Livi Inn to bridge - direct runners down the hill	CAUTION RUNNER sign before pub	resist.bolts.mixer
		Lothian RC	Bridge - direct runners towards next marshal (replace with 2 x small arrows!!)		flap.plates.worth
20	Richard Pacey	Lothian RC	Gate - direct runners through gates to trail path, runners turn left (your right)	Open 2 gates if not open / trail path is final section of summer fiddlers	fingernails.claims.scare
21					
22					
23	Jim Dunstan (via Alex J)	Lothian RC	End of blue bridge pointing runners to St Mags (parkrun start area)	With radio to inform finish area of club name as they come over bridge	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)		
	Jen Priestley	Lothian RC	Put out "long loop" signs (from short loop split to where they rejoin)		
	Kevin Godfrey	Lothian RC	Collect "short loop" signs on Saturday or Sunday		
	Sandy Orr	Lothian RC	Collect "long loop" signs (from short loop split to where they rejoin) on Saturday or Sunday		



Individual styles

- 1 St Margaret's HS
- 2 Under Howden S Road
- 3 Underpass Alderston Rd
- 4 - Fairbairn Rd
- 5 Kirkfield E.
- 6 Long/Short Split
- 7 Housepark Pl.
- 9 Houston Rd Underpass
- 10 Livingston N Station
- 10a Exit from Car Park
- 12 Deans South Junction
- 13 - Deans S corner
- 14 School House Road
- 15 R. 75 W of Appleton Pkwy
- 16 Path N of Cousland Rd
- 17 Path Jct W of Kirk Lane
- 18 Kirk Lane Jct
- 19 Livingston Inn
- 20 Charlefield Lane
- 22 - Path by Stadium Rd
- 23 Blue Foot Bridge
- 24 W of Bowling Club
- Short Leg Cut Off
- Long Leg

Untitled layer

Individual styles

- 500 500m to go!
- 1 Mile to Go
- 2 Miles to go!
- 3 Miles
- 4 Miles still to go

Untitled layer

Individual styles

- Long / Short split
- Start/Finish