Lindsays scottishathletics National Cross Country Relay Championships
Cumbernauld House Park, Cumbernauld, G67 3JG
Saturday 25th October 2025
Referees' Report

1. **Introduction:**
   - Thanks to North Lanarkshire Council for their continued support of our National Cross-Country Relay Championships at Cumbernauld House Park for this, the 23rd staging of the event at that venue. Their cooperation, support and assistance from their Parks Department in preparing the course are greatly appreciated.
   - We must also thank Cumbernauld AAC for setting and marshalling the course, FR Systems Sports Timing, Amvale Scotland and not least, all the officials and volunteers who give freely of their time for the benefit of our sport.

2. **Event Information and Facilities:**
   - **Competition Information**: Available on **scottish**athletics Events Calendar webpage included information for Clubs and Team Managers, Team Summary, Competition Information, "Incomplete Team" guidance and Tent & Gazebo erection guidance.
   - **Parking**: Team / spectator parking at Cumbernauld Academy, approximately 1.5miles (15-20mins walk) from the event site and club tent drop-off at Meadow View (800m approx. walk to the start / finish area).
   - **Officials Parking**: At Cumbernauld Theatre carpark.
   - **Bib Numbers**: Chip timed races with chip in bib. Young Athletes races all white numbers. Seniors' 1st & 2nd laps white, 3rd lap yellow & 4th lap white. Bib numbers suffixed A, B, C, etc. (running order) with V (40-49) or X (50+) masters. Masters also wore V or X as appropriate on their back.
   - **On-Site Catering & Portaloos**: Located adjacent to the start / finish area.

3. **"Incomplete Teams":**
   Procedures were developed to address the "incomplete team" issues experienced at the 2024 Relay Championships, as outlined below:
   - Team Managers declared Young Athletes "Incomplete Team" individuals (those with no first leg or only first and third leg runner) through a paper declarations process, with a Green X marked on "second leg" runners' bibs and a Red X on "third leg" runners' bibs. These runners were asked to report to the start for respective second and third leg "mass starts".
   - Young Females: One U13 (age not clear on declaration sheet but identified by chip timing) + one U15 and two U17 Young Females declared. No additions at start.
     Young Males: Two U15 and four U17 declared. Two U15 and four U17 added at start.
   - Following declarations closing, several issues of first leg runners not tuning up or failing to finish were reported. The affected second or third leg runners were added to the "Incomplete Team" sheets.
   - Young Athletes "Incomplete Team Mass Start" runners assembled at the start, within the taped off area adjacent to the relay changeover funnel and in front of the outgoing relay changeover runner holding pen.
   - "Second and third leg "mass starts" were set off at approximately 13 and 25 minutes race time respectively, off a running race watch, whilst ensuring that "mass start" runners did not interfere or compromise the main relay race.
   - Exact "mass start" times were noted and passed to the designated timekeeping team along with the "Incomplete Team" sheets, who recorded runners finishing times and bib numbers. "Incomplete Team" runners were also recorded by manual back-up place and time recording teams.
   - Only one runner was missed by the manual timing team but was recorded on chip timing and by manual place recording.

4. **Entries and Declarations:**
   - Online Entries though **JustGo**, clubs only required to enter a minimum of one eligible athlete per team at entry stage. Entries closed 5pm on Thursday 9th October.
   - Final teams and any amendment to running order declared from a list of all eligible members via **FR Systems Declaration System**, from the week before the fixture up until declarations closed 30 minutes before Race Start Times.

- Bib numbers collected from **scottish**athletics on-site gazebo adjacent to the start/finish area from 10am up until 30mins prior to Race Start Times.

5. Race Timetable:

- The 2024 race timetable was review with the following changes made:
  - Young Females 12:00 (2024 - 12:00)
  - Young Males 12:40 (2024 - 12:40)
  - Senior / Junior Females 13:10 (2024 - 13:20)
  - Senior / Junior Males 14:40 (2024 - 14:45)
- Several leading YM first leg finishers caught the last YF team finisher, but the second last YF team finished 3min+ ahead of first YM finisher. Both chip timing and manual place back-up recorded the last YF finisher.
- The critical factor in setting the Senior / Junior Female start time is to address SF's catching YM backmarkers before the "gate" into the inner Senior loop on the high plateau. Pulling the SF race forward did result in the leading females catching a few of the YM backmarkers prior to them reaching the M7 "gate" (See 10, Course Marshal Map), but the density of runners was such that M7 course marshal was able to identify the YM runners and correctly separate the runners. The last YM team finished almost 6.5min. ahead of the first SF finisher.
- The last SF team finished 7+mins. ahead of the first SM finisher (Note: In 2023 last SF finisher was 1.5min. slower that 2025).

6. Medical & First Aid:

- First Aid with defibrillator provided by Amvale Scotland, two first aiders at start / finish area and two as a roving team around the course.
- Event radios and course marshal map were provided to facilitate course communication and response.
- Runners bib numbers had provision for medical and emergency contact details on the back.
- Amvale reported only minor "incidents", treatment was provided and patients subsequently discharged. Amvale confirmed they would submit Report to **scottish**athletics Event Manager.

7. Weather:

- Weather was closely monitored leading up to the event, mild autumnal conditions with broken sunshine and generally light wind.

8. The Start:

- Despite start / finish area restrictions (large tree to the east and ground sloping away to the west) the start line width, although tight for the senior races, proved adequate.
- A sterile zone was formed between the start/finish to address the risk of outgoing runners' chips triggering on the finish mats and agreed with FR Systems.
- The Starter signalled starts using electronic audible/visual start system. Each race start went off without major incident.
- Immediately after race starts, the changeover team assembled the changeover holding pen and funnel, incorporating the wider 3m funnel successfully trialled in 2024.
- It was noted that the low winter sun made reading incoming finishers bib numbers difficult.

9. Changeovers:

- A complaint was received from Kilbarchan AAC that their Young Female Athlete team (573) first leg runner finished 4th but their outgoing runner was delayed in getting to the changeover. The referee checked with the changeover judges who confirmed that the incoming runner's number was called but no outgoing runner came forward. The Referee explained the situation to Kilbarchan AAC, stressing that no action could be taken.
- One Motherwell Senior Female runner was spotted in the changeover holding pen with no bib number, she explained that it was in the Club Tent at the top of the hill and that her incoming runner was approaching. The Referee asked her to retrieve her bib and advised that she could not run without it. The runner was later spotted around the end of the finish funnel, still without a bib number, but very soon after arrived in the finish funnel wearing 495C and took over from their incoming runner.
- Central AC Senior Men team second leg runner (3B) set off early but stopped and returned to the start therefore no action taken.

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10. The Course:

- Course maps:



Young Athletes 2.5km Loop



Seniors 4km Loop

- The Conveners' pre-event Course Visit with Clerk of Course and North Lanarkshire Council Parks Department identified areas where additional grass cutting was required to widen the course at pinch points, a fallen tree branch and holes near the start / finish.
- Pre-event course clearing and grass cutting was completed by the Parks Department, with holes at start / finish area dug over and flattened prior to course inspection.
- The Referee and Assistant Referees walked the course with the Clerk of Course. A few issues of overhanging tree branches, taping around bends, "gate" set-ups and holes, etc. were identified and addressed.
- During the course walk it was noted that a few club tents had been set up on the high plateau rather than adjacent to the start, with potential impact on the inner senior course loop. These clubs were asked to move their tents and baggage back off the course. However, clubs arriving later proceeded to pitch their tents in the same area. Convener and Event Manager responded to concerns raised by the Clerk of Course and asked these clubs to move their tents back clear of the course and laid additional taping to clearly define the course both sides.
- Prior to the first race queues for the portaloos extended over the course, the Event Manager subsequently laid additional course taping to address the problem.
- Underfoot conditions were generally soft, but the course stood up well.

11. Club Tents:

- There was no Club Tent area designated in Event Information or shown on the published Site Map, but Tent & Gazebo Guidelines did note tents should not be pitched on the Start / Finish Line or on the course.
- Several Clubs arrived early, ahead of Start / Finish area set-up and course marking completion, with resulting issues at the start area and previously described senior race course marking.

12. Course Marshalling:

- Marshals' map identified Marshalling positions:



Course Marshal Map

- Marshals and key personnel were provided with Radios, radio protocols and instruction on their use. There were no reported reception blackspots.

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13. Place & Time Recording:

- "Chip in bib" timing was provided by FR Systems, with back-up video and manual time / place recording.
- Despite the sterile zone between the start / finish, FR Systems reported isolated issues of outgoing runners' chips being "read" on finish mats, duly corrected.
- It was further noted that finishers raising their hands to stop their own "Garmin / watch" and covering their bib chip blocked the signal between the chip and finish mat reader.
- One lost bib was reported. A spare was provided with the appropriate adjustment made in the timing system.

14. The Finish:

- Finish located to the west of the start, with start / finish lines aligned and an exclusion zone formed around and beyond the finish, through which finishers were ushered by the finish area control team.
- Sound / Chip Timing contractors plus manual back-up timing team located to the west of the finish (NB manual back-up timing team located a few meters ahead of the finish line), all enclosed by exclusion zone taping.
- Manual back-up place recording team were located towards the end of the exclusion zone "funnel" beyond the finish line.
- An Assistant Referee fulfilled the Line Judge role, noting first three finishers in each race plus master categories and cross-checked with chip timing team. This enabled early identification of one chip miss-reading error, which was duly adjusted.

15. Results:

- The Referee collected all manual back-up recording and "incomplete team" sheets, referring to these in results scrutiny.
- Provisional results were posted live on *FR Systems Results* and subsequently posted in pdf format on **scottish**athletics event webpage.
- Feedback on provisional results included missing runners, team running orders (possible club declarations errors) and Young Athletes "incomplete team" individuals results. All queries were recorded by the Event Manager and submitted to both the referee and FR Systems for resolution. Following review and identification of missing runners from back-up video and manual recording sheets all queries were resolved and Final results approved by the Referee.

16. Prizegiving:

- Individual and team medal winners were identified by the Presentation team and checked against chip timing / line judge results prior to presentations.
- Presentations were made shortly after each race at the Start / Finish presentation area.

17. Entries and Finishers:

	Entered		Finished		Incomplete**		Total on the day	
Young Athletes	**2024**	**2025**	**2024**	**2025**	**2024**	**2025**	**2024**	**2025**
• Young Females	85	112	52	77	12	15	64	92
• Young Males	83	102	44	70	11	14	55	84
Senior / Junior / Masters								
• Senior / Junior Females	88	86	54	52	19	19	73	71
• Masters Women	14	21	10	17	0	0	10	17
• Masters W50	19	17	11	12	1	1	12	13
• Senior / Junior Males / NB	132	129	93	99	23	21	116	120
• Masters Men	31	34	18	24	3	5	21	29
• Masters M50	36	32	21	24	4	4	25	28

Relay team Composition:

- Young Athletes: Lap 1 - U13, Lap 2 - U13 / U15, Lap 3 - U15 / U17
- Senior / Junior Men & Women, NB and Masters Men – 4 legs
- Masters Women, W50 & M50 – 3 Legs

* Masters Men included in 2025 Senior Mens Results, numbers extracted in this table.

** Incomplete team reference in this table relates to Young Athletes Teams with 1 or 2 finishers and Seniors with 1, 2 or 3 finishers running consecutive legs.

18. Referees' Closing Remarks & Recommendations:

- It is understood that parking at Cumbernauld Academy reached capacity and North Lanarkshire Council subsequently received numerous complaints from residents over the level of on-street parking around the venue, prompting the Events Team to investigate additional overspill parking.
- There was confusion over "Incomplete Team" referencing, rewording might therefore be considered. Refer to APPENDIX 1 for Referees comments and summary procedure proposals.
- Further refinement of Senior/Junior Mens race timetabling might be possible.
- Chip timing provider should be asked to confirm minimum sterile zone width between the start / finish prior to Start/Finish Area set-up to ensure that there are no issues with outgoing runner's chips being 'triggered' on the finish mats.
- Portaloo queuing might benefit from signposting/marshalling and double-sided course taping to clearly define the course.
- Only a few minor Course Marking adjustments needed during Referees course walk but Club tents on the high plateau did encroach on the inner senior course loop. Whilst there is every sympathy for the distance clubs must carry their tents from the tent drop-off point to the start area, it is recommended that designated Club Tent areas should be identified and detailed guidance provided in Event Information, with appropriate areas of the course taped both sides.
- Marshal point M7 pre-race briefing/instruction should include warning of Senior Females possibly catching Young Male backmarkers prior to the gate into the inner senior loop on the high plateau.
- Finishers raising their hands to stop their "Garmin / watch" and covering their bib chip, blocking the signal between the chip and finish mat reader is something we should be aware of and including in pre-race start line runners briefing.

David Cairns, Assistant Referee (Level 4 Endurance; License No. 2659560)
Carol Rose, Assistant Referee (Level 2 Endurance; License No. 3412988)
Jim Dunstan, Assistant Referee (Level 2 Endurance; License No. 4054005)

APPENDIX 1
"INCOMPLETE TEAMS or MISSING STAGE RUNNERS"

Historically, the rule for "incomplete relay teams" with no first leg runner was that they were not allowed to run. More recently and at the discretion of the Referee, this was relaxed to allow athletes who found themselves in the position where they had no incoming runner but were entered and had travelled to the event the opportunity to run the course; albeit that they were asked to remove their bib number and not run through the finish, with no time or finishing position given.

Following extensive debate on how the Young Female and Young Male "Incomplete Team" issues experienced in 2024 should be addressed, the trial procedures outlined in the preceding report were therefore agreed and implemented for 2025, with FR Systems fully briefed by the Event Manager.

The Ethos behind introduction of these procedures is to ensure that the best interests of the athletes are safeguarded whilst also encouraging participation and retention of young athletes.

Young Female and Young Male athletes, "Incomplete Teams" were defined as "*an entered team that does not have an eligible athlete available to run leg one*". However, the term "Incomplete Teams" lead to some confusion as teams with a leg 1 but no leg 2 or 3 runners, or leg 1 and 2 but no leg 3 runner might also be termed incomplete teams, the difference being that these athletes run consecutively and are recorded in the main relay results. To avoid confusion, consideration might be given to renaming these affected athletes, for this report I've termed them "Missing Runners' Mass Start".

In addition to the Young Athletes with no first leg runner scenario, there is the additional possibility to consider of any runner, irrespective of age group, either not turning up or failing to start or finish their relay leg through illness or injury. In these situations, declarations will likely have closed but the subsequent relay stage athletes should still be given the opportunity to run the course and would also be classified as "Missing Stage Runners".

The adopted procedures were new to officials and created some confusion but generally proved satisfactory. For clarity and ease of future reference, updated proposals are summarised below.

"Missing Stage Runners" – Proposed Procedures

- "**Missing Stage Runners**" defined as:
  - An entered Young Athletes team that does not have an eligible athlete available to run leg one.
  - Any entered Young Athletes, Senior/Junior or Masters team where an athlete in a preceding leg has failed to turn up or been forced to retire through illness / injury, either in warm-up or while running their allocated stage of the relay.

    For clarity: In the case of Senior/Junior or Masters teams, if a missing athlete is identified after declarations close or a runner suffers illness / injury occurs in warm-up and there is sufficient time to reorganise the remaining declared team runners and reallocate respective stage bib numbers, the remaining runners should be promoted to the next relay stage, with the Team Manager subsequently declaring the change in incomplete team running order.

    If there is insufficient time to reorganise runners and reallocate bib numbers, then the remaining runners will be "Missing Stage Runners" and follow the appropriate process.
- All athletes competing on the day must be part of an entered team.
- No athlete may compete without an allocated bib number.
- The appropriate relay stage suffixed bib number should be worn e.g. B (leg 2), C (leg 3), etc.
- **Young Athletes Declarations:**
  - If a team has "Missing Stage Runners", a paper declarations process will take place.
  - Team Manger reports to declarations to advise the need to declare "Missing Stage Runners" and completes a paper declaration to confirm the athlete details of each leg. Note: U15 will run Leg 2 and U15/U17 Leg 3.
  - The declarations official will mark the athletes' bib numbers with a GREEN cross for Leg 2 or a RED cross for leg 3 and confirm that runners should report to the "Mass Start Coordinator" adjacent to the changeover start at the appropriate times outlined below.

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- **Senior/Junior and Masters Declarations:**
  - Teams with less than the appropriate number of runners should declare the incomplete team in relay stage running order as normal, these athletes are not termed "Missing Stage Runners".
  - Should any Senior/Junior or Masters teams fall into the "Missing Stage Runner" category through runners not turning up, injury or illness after declarations have closed, they should be advised to report to the "Mass Start Coordinator" adjacent to the changeover start at the appropriate times outlined below.
- **Report to "Mass Start Controller" 5 minutes prior to appropriate "Mass Start" times:**
  - Young Female Athletes:
    Leg 2 runners (Green Cross) report 8 minutes after race start (12:08*)
    Leg 3 runners (Red Cross) report 19 minutes after race start (12:19*)
  - Young Male Athletes:
    Leg 2 runners (Green Cross) report 7 minutes after race start (12:47*)
    Leg 3 runners (Red Cross) report 18 minutes after race start (12:58*)
  - Senior/Junior / Masters Female Athletes:
    Leg 2 runners (Green Cross) report 17 minutes after race start (13:27*)
    Leg 3 runners (Red Cross) report 32 minutes after race start (13:42*)
    Leg 4 runners (Blue Cross) report 46 minutes after race start (13:56*)
  - Senior/Junior / Masters Male Athletes:
    Leg 2 runners (Green Cross) report 13 minutes after race start (13:37*)
    Leg 3 runners (Red Cross) report 25 minutes after race start (13:53*)
    Leg 4 runners (Blue Cross) report 36 minutes after race start (14:09*)

    * Times based on 2025 Race Start Times (13:10 S/J/M Females & 12:40 S/J/M Males)
- **Proposed "Mass Start" times:**
  - Young Female Athletes:
    Leg 2 runners (Green Cross) race start approximately (12:13*)
    Leg 3 runners (Red Cross) race start approximately (12:24*)
  - Young Male Athletes:
    Leg 2 runners (Green Cross) race start approximately (12:52*)
    Leg 3 runners (Red Cross) race start approximately (13:03*)
  - Senior/Junior / Masters Female Athletes:
    Leg 2 runners (Green Cross) race start approximately (13:32*)
    Leg 3 runners (Red Cross) race start approximately (13:47*)
    Leg 4 runners (Blue Cross) race start approximately (14:01*)
  - Senior/Junior / Masters Male Athletes:
    Leg 2 runners (Green Cross) race start approximately (14:58*)
    Leg 3 runners (Red Cross) race start approximately (15:10*)
    Leg 4 runners (Blue Cross) race start approximately (15:21*)

    * Times based on 2025 Race Start Times (13:10 S/J/M Females & 14:40 S/J/M Males)
- **"Mass Start" Timekeeper:**
  - Start race watches on each appropriate relay race start signal and record each leg "mass start" finishers finish times off the race running watch.
  - Liaise with Mass Start Coordinator to ensure that the mass start team has a race running watch for recording "mass start", start times and cross-check watches.
- **"Mass Start" Timekeeping Recorder:**
  - Record each leg "Mass Start" finishers finish time and bib number, pass results to the "Mass Start Coordinator".
- **"Mass Start Coordinator":**
  - Collect "Missing Stage Runners" declarations sheets from Declarations.
  - Add any additional "Missing Stage Runners", ensuring that runners bib number, name and club are recorded.
  - Ensure all "Missing Stage Runners" are wearing their allocated bib number marked with appropriately coloured cross; GREEN cross for Leg 2, RED cross for leg 3 or BLUE cross for leg 4 (Seniors/Juniors/Masters only). If not already marked, mark bib numbers as appropriate.

- Start race watch on each appropriate relay race start signal and cross-check race running watch time with Mass Start Timekeeper.
- Coordinate "mass starts" with the Referee to ensure that "mass start" runners do not interfere with the main relay race and note start times off race running watch.
- Provide transponder timing company with a note of all "Missing Stage Runners" details.
- Collect "mass start" finish recording sheets for each leg from the Mass Start Timekeeping Recorder, note these times on the appropriate declarations' sheets.
- Calculate net leg times and note on the appropriate declarations' sheets.
- Pass all paperwork to the referee for cross-checking against transponder timing results.

- **"Assistant Mass Start Coordinator":**
  - Assist Mass Start Coordinator as required in the execution of the above.
- **"Main Relay Manual Back-up Time and Place Recording Teams":**
  - Record everyone crossing the finish line with an X against appropriate leg "mass start" runners.
  - Pass all results paperwork to the referee for cross-checking against transponder timing results.
- **Results:**
  - The above proposals will require to be agreed with the chip timing provider to ensure that their system can accommodate the above procedures.
  - All "Missing Stage Runners" will be timed with the results listed and ranked separately to the complete relay team results.

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APPENDIX 2
PROPOSED "MISSING STAGE RUNNERS" DECLARATIONS / RECORDING SHEET

NATIONAL XC RELAYS - MISSING STAGE RUNNERS					**DATE:**		
Race*					**Times**		
Leg	**Club**	**Name**	**Age Group**	**Bib**	**Start**	**Finish**	**Net Time**

* Note as appropriate as follows:

Young Females – Leg 2 (Green Cross)
Young Females – Leg 3 (Red Cross)
Young Males – Leg 2 (Green Cross)
Young Males – Leg 3 (Red Cross)

Senior/Junior/Masters Females – Leg 2 (Green Cross)
Senior/Junior/Masters Females – Leg 3 (Red Cross)
Senior/Junior/Masters Females – Leg 4 (Blue Cross)

Senior/Junior/Masters Males – Leg 2 (Green Cross)
Senior/Junior/Masters Males – Leg 3 (Red Cross)
Senior/Junior/Masters Males – Leg 4 (Blue Cross)