

scottishathletics



**National Cross Country
Relay Championships
(Incorporating Masters Relays)**

For Males and Females

Cumbernauld Park

CUMBERNAULD

Saturday 28th October 2017

Sponsored by



lindsays

**SCOTTISH
CROSSCOUNTRY
SEASON**



RACE	START
Young Females	12.00
Young Males	12.40
Sen/Jun Females	13.20
Sen/Jun Males	14.45

NUMBERS

Men's numbers will be 1st Lap White 2nd Lap White 3rd Lap YELLOW 4th Lap White
Women's numbers will be 1st Lap White 2nd Lap White 3rd Lap YELLOW 4th Lap White

National Cross Country Relay Championships – Cumbernauld 28/10/2017

SCOTTISH ATHLETICS OFFICE BEARERS

Hon President	Rt. Hon. Jack McConnell
President	Leslie Roy
Chairman	Ian Beattie
Chief Executive	Mark Munro

ROAD RUNNING AND CROSS COUNTRY COMMISSION

Convener	John Rodger (Kilbarchan AAC)
Hon Secretary	Julia Henderson (Stirling Triathlon Club)

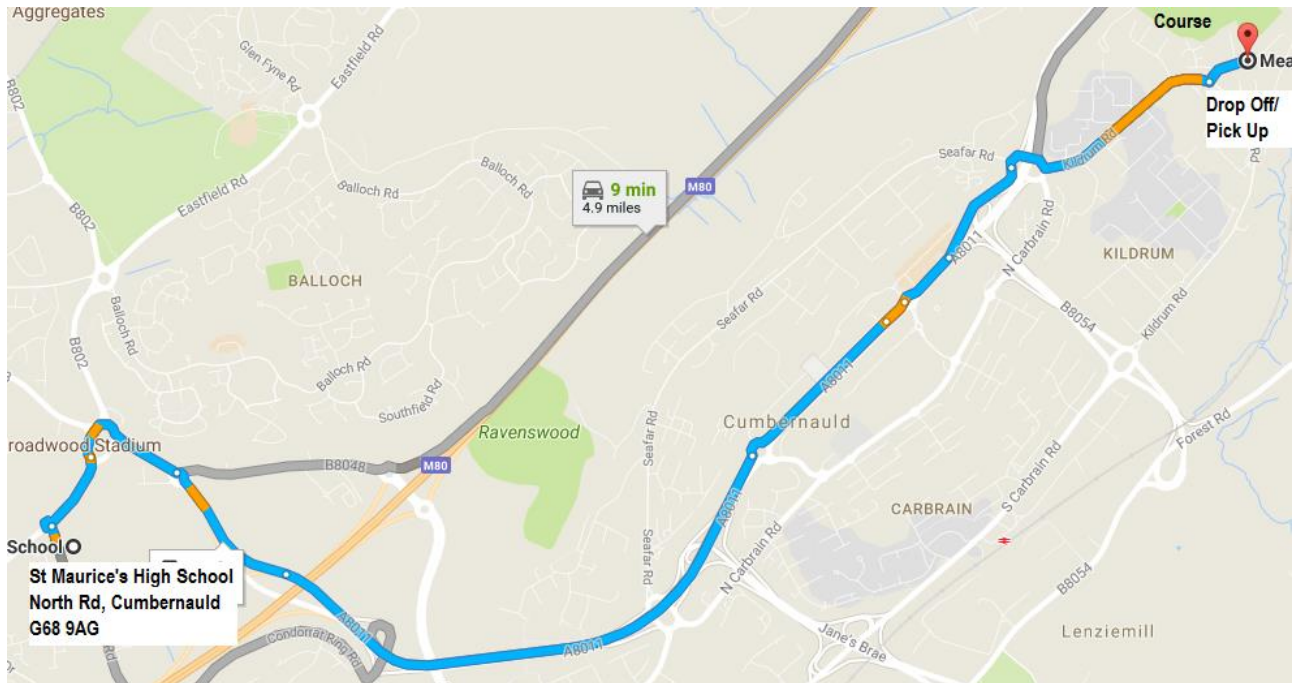
RACE OFFICIALS

Referee	Ron Morrison
Assistant Referee	Dave Cairns
Clerk of Course	Donald Pegrum
Course Builders	Members of Cumbernauld AC & Kirkintilloch Olympians
Officials Report	Alex Jackson
Judges/Funnel Control	
Changeovers	Andy Law(Chief), Ian Hislop, Fred McCluskie, Ken Morris
Timekeepers	
Recorders (Places)	
De-Chipping Control	Police Scotland Youth Volunteers
Starter	Mike Belch
Marksman	
Declarations	Caitlin Watt (Chief), Marjory Cook, Phyllis Law Ron Cheyne, Marion Donachie, Linden Nicholson, Neil Donachie
Chip Results	HS Sports
Announcers	Graham Bennison, Alex Jackson, John Wands
Press Officer	Peter Jardine
Course Stewards	Donald Pegrum (Chief), Members of Kirkintilloch Olympians & Cumbernauld AC
Presentations	Sandra Hardacre, Alex Jackson
Jury of Appeal	Alex Jackson, John Rodger, Sandra Hardacre
North Lanarkshire Event Manager	Kat Heron
Medical Services	Ambulance Scotland
Event Manager	Alasdhair Love
Convener	Alex Jackson

**Lindsays National Cross Country Relay Championships (incorporating Masters Relays)
Cumbernauld (Cumbernauld Park)
SATURDAY 28th October 2017**

PARKING

Due to the New School build at Cumbernauld High School, there will be a PARK AND RIDE system operating from St Maurice's High School, North Road, Cumbernauld G68 9AG



There will be a minibus shuttle system operating from 0830hrs until 1630hrs between the High School and Meadow View near the course. Those teams arriving by Coach will be able to drop off athletes on the ring road who will then be able to walk to the course.

CLUB TENTS can be dropped off at the Theatre Car Park – this will be DROP OFF only cars will not be permitted to park in the theatre car park whilst tents are taken to the course. Car Drivers must have adequate help to drop off tents and return to St Maurice's High School.

Please car share if possible, the school car park will fill up.

There will be access to toilets at the school.

There is NO PUBLIC PARKING at the course. Officials & staff parking by permit only near the course (details and permits will be sent out separately). The course is approximately 10mins bus transfer from the High School. Any Car illegally parked will be subject to local Police measures, which may include ticketing or removal.



DECLARATIONS

Declarations will take place at the Start/Finish area of the course in Cumbernauld Park NOT the School. Team Managers should collect the declaration sheets on the day and fill them in as instructed on the form. A list of athletes entered will be attached. Upon completing the declaration form, return it to declarations where you will then be issued with your relay team packs, one pack per relay team. Each pack will contain:

- Race number (1 per leg of the relay team)
- Timing chip (1 per leg of the relay team)
- Zip ties (to attach timing chip)

All timing chips not used **MUST** be returned to declarations otherwise you will incur a charge.

3rd Lap in Senior/Junior Men's AND Women's race wear Yellow numbers

Young Females and Young Males declarations will open at 10am

Women's and Men's Declarations will open at 1115am

Senior/Junior Women will run 4 Laps - Masters Women and W50+ will run 3 laps as in previous years.

Women's Teams with 4 athletes will be considered for the Senior/Junior Race only.

Senior/Junior and Master Men will run 4 Laps - Masters M50 will run 3 laps only.

CHIP TIMING

The event will be CHIP timed for 2017. The chips will be within the relay team packs. Within the packs, each CHIP will be in individual envelopes and marked up as to which leg it is assigned to i.e. Team 1 - Leg 1, Team 1 – Leg 2, Team 1 – Leg 3. **IMPORTANT** you must wear the correct chip for the leg you are running. All chips must be returned upon completion of the event; any non-returned chips will incur a charge. There will be no manual backup or funnels, **NO CHIP, NO TIME** for your team.

FACILITIES

There will be food available to purchase at the course along with toilets.

Toilets within St Maurice's School will be available for use.

Do not use Cumbernauld Park as a toilet, use the facilities provided.

FREE Showering will be available at the Tryst Sports Centre, tryst Walk, Cumbernauld, G67 1EW until 6pm.



YOUNG ATHLETES TEAMS

1st Lap U13 2nd Lap U15 OR U13 3rd Lap U17 OR U15.

MASTERS TEAMS

Men and Women Masters are aged 40+ on day of the race and need to

(1) Clearly mark on the declaration form on the day which teams are Masters.

(2) Mark a **LARGE and clear "V"** to the right on their numbers.

Medals for 1st three Masters teams for Men and Women

Men and Women Masters also for age 50+ on day of the race and need to

(1) Clearly mark on the declaration form on the day which teams are Masters 50+.

(2) Mark a **LARGE and clear "X"** to the right of their numbers.

Medals for 1st three Master's W50 and M50 teams.

4 Legs – Masters Men

3 Legs – M50+, Masters Women, W50+

Athletes who are Masters but are not in complete Masters teams should not mark a "V" or "X" next to their number.

PRESENTATIONS

All medal presentations including the Senior Men will take place at the finish immediately after each race. This includes the Master's team medals.

INELIGIBLE ATHLETES

Athletes can only run once, any team with an athlete running a 2nd time will have the whole team removed from the results.

Athletes who compete in a **scottish**athletics championship **MUST** be current members of the Scottish Athletics Membership Scheme.

Furthermore, an entered athlete **MUST** not be substituted by a non-entered athlete at any time.

Non observance of the above leaves the athlete at a health risk in the case of a wrong identification of an athlete and makes the results invalid as an historic record.

LITTER

At previous year's events there was an unacceptable amount of litter left in Cumbernauld Park. Please put litter in the bins provided or take it home



COMPETITION INFORMATION SHEET

Event: National Cross Country Relay Championships

(Incorporating Masters Championships)

Venue: Cumbernauld House, Cumbernauld, G67 3JG

Date: Saturday 28th October 2017

Race	Age Group	BORN DURING	Declarations Close	f	Laps
YOUNG FEMALES	U13	01/09/2004 to 31/08/2006			
	U15	01/09/2002 to 31/08/2004	1130hrs	1200hrs	3x2500m
	U17	01/09/2000 to 31/08/2002			
YOUNG MALES	U13	01/09/2004 to 31/08/2006			
	U15	01/09/2002 to 31/08/2004	1210hrs	1240hrs	3x2500m
	U17	01/09/2000 to 31/08/2002			

	BORN BEFORE	Declarations Close	f	Laps
SENIOR/JUNIOR MASTER WOMEN	01/09/2000	1250hrs	1320hrs	4x4000m

Masters Age on Day
Senior/Junior Women will run 4 Legs
Masters Women and W50+ will run 3 legs as in previous years.

	BORN BEFORE	Declarations Close	f	Laps
SENIOR/JUNIOR MASTER MEN	01/09/2000	1415hrs	1445hrs	4x4000m

Masters Age on Day

4 Laps for Masters Men, 3 Laps for M50

YOUNG ATHLETE RACES

1 ST LAP	2 ND LAP	3 RD LAP
UNDER 13	UNDER 13 OR UNDER 15	UNDER 15 OR UNDER 17

Important Notes

(1) Please read Important Information in relation to parking on the scottishathletics website - there will be NO parking at Cumbernauld High School, a Park & Ride system will be in operation from St Maurice's High School

(2) National relays incorporate Masters Championships. There will be a set of Masters and V50 gold, silver and bronze medals for both men and women. Masters Age Group: from 40 for both men and women on race day.

(3) Athletes who compete in an SAL championship MUST be current members of scottishathletics. SA numbers must be quoted on the entry form.

(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 must choose one at declaration.

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



SENIOR / JUNIOR / MASTER MEN

DECLARATIONS OPEN

1115HRS

DECLARATIONS CLOSE

1415HRS

RACE STARTS

1445HRS

SENIOR / JUNIOR / M40 4 LAPS

M50 3 LAPS

Sen/Jun Men	No.	Team Numbers											
Aberdeen	6	9	10	11	12	13	14						
Airdrie Harriers	2	15	16										
Ayr Seaforth	4	17	18	19	20								
Banchory & Stonehaven	1	21											
Bellahouston Harriers	5	22	23	24	25	26							
Bellahouston Road Runners	3	27	28	29									
Calderglen Harriers	4	30	31	32	33								
Cambuslang	9	34	35	36	37	38	39	40	41	42			
Carnegie Harriers	2	43	44										
Central AC	8	1	2	3	4	5	6	7	8				
Clydesdale Harriers	2	45	46										
Corstorphine	12	47	48	49	50	51	52	53	54	55	56	57	58
Cumbernauld	3	59	60	61									
Dumbarton	2	62	63										
Dundee Hawkhill	4	64	65	66	67								
East Kilbride	3	68	69	70									
Edinburgh	9	71	72	73	74	75	76	77	78	79			
Edinburgh University H&H	2	80	81										
Falkirk Victoria Harriers	6	82	83	84	85	86	87						
Ferranti	1	88											
Fife	4	89	90	91	92								
Gala Harriers	4	93	94	95	96								
Garscube Harriers	8	97	98	99	100	101	102	103	104				
Giffnock North	6	105	106	107	108	109	110						
Glasgow University H&H	3	111	112	113									
Greenock Glenpark	7	114	115	116	117	118	119	120					
Hamilton Harriers	2	121	122										
Harmeny AC	1	123											
Hunters Bog Trotters	4	124	125	126	127								
Inverclyde AC	6	128	129	130	131	132	133						
Inverness	2	134	135										
Irvine Running Club	1	136											
Kilbarchan	4	137	138	139	140								
Kilmarnock Harriers	5	141	142	143	144	145							
Kirkintilloch Olympians	3	146	147	148									
Lasswade	2	149	150										
Law & District	3	151	152	153									
Lothian Running Club	3	154	155	156									
Metro Aberdeen	8	157	158	159	160	161	162	163	164				
Moray Road Runners	2	165	166										
Motherwell	4	167	168	169	170								
Ochil Hill Runners	1	171											
Perth Road Runners	3	172	173	174									
PH Racing Club	2	175	176										
Pitreavie	2	177	178										
Portobello Running Club	5	179	180	181	182	183							
Shettleston Harriers	6	184	185	186	187	188	189						
Springburn Harriers	3	190	191	192									
Strathclyde Uni	1	193											
Teviotdale Harriers	3	196	197	198									
VP Glasgow	5	199	200	201	202	203							
Westerlands	2	204	205										
TOTAL TEAMS	203												



SENIOR / JUNIOR / MASTER WOMMEN

DECLARATIONS OPEN

1115HRS

DECLARATIONS CLOSE

1250HRS

RACE STARTS

1240HRS

SENIOR / JUNIOR 4 LAPS

W40 / W50+ 3 LAPS

Sen/Jun Women	No.	Team Numbers					
Aberdeen	2	332	333				
Airdrie Harriers	1	334					
Ayr Seaforth	1	335					
Banchory & Stonehaven	1	336					
Bellahouston Harriers	6	337	338	339	340	341	342
Bellahouston Road Runners	3	343	344	345			
Calderglen Harriers	2	346	347				
Cambuslang	1	348					
Carnegie Harriers	1	349					
Central AC	5	350	351	352	353	354	
Clydesdale Harriers	1	355					
Corstorphine	2	356	357				
Cumbernauld	1	358					
Dumbarton	1	359					
Dundee Hawkhill	4	360	361	362	363		
East Kilbride	1	364					
Edinburgh	5	365	366	367	368	369	
Edinburgh University H&H	5	251	252	253	254	255	
Falkirk Victoria Harriers	2	256	257				
Ferranti	2	258	259				
Fife	4	260	261	262	263		
Gala Harriers	3	264	265	266			
Garscube Harriers	4	267	268	269	270		
Giffnock North	4	271	272	273	274		
Glasgow University H&H	5	275	276	277	278	279	
Greenock Glenpark	5	280	281	282	283	284	
Harmeny AC	1	285					
Hunters Bog Trotters	3	286	287	288			
Inverclyde AC	1	289					
Inverness	3	290	291	292			
Kilbarchan	4	293	294	295	296		
Kilmarnock Harriers	3	297	298	299			
Kirkintilloch Olympians	2	300	301				
Law & District	1	302					
Linlithgow	1	303					
Lothian Running Club	1	304					
Metro Aberdeen	2	305	306				
Motherwell	2	307	308				
Ochil Hill Runners	1	309					
Perth Road Runners	1	310					
PH Racing Club	2	311	312				
Pitreavie	2	313	314				
Portobello Running Club	2	315	316				
Shettleston Harriers	3	317	318	319			
Springburn Harriers	3	320	321	322			
Strathclyde Uni	2	323	324				
Teviotdale Harriers	1	326					
VP Glasgow	4	327	328	329	330		
Westerlands	1	331					
TOTAL TEAMS	118						



YOUNG FEMALES

DECLARATIONS OPEN

1000HRS

DECLARATIONS CLOSE

1130HRS

RACE STARTS

1200RS

1ST LAP UNDER 13

2ND LAP UNDER 13 OR UNDER 15

3RD LAP UNDER 15 OR UNDER 17

Young Females	No.	Team Numbers											
Aberdeen	4	676	677	678	679								
Ayr Seaforth	7	680	681	682	683	684	685	686					
Banchory & Stonehaven	1	687											
Bellahouston Harriers	1	688											
Cambuslang	4	689	690	691	692								
Central AC	4	693	694	695	696								
Clydesdale Harriers	1	697											
Corstorphine	3	698	699	700									
Cumbernauld	2	701	702										
Dundee Hawkhill	3	703	704	705									
East Kilbride	3	706	707	708									
Edinburgh	4	601	602	603	604								
Falkirk Victoria Harriers	6	605	606	607	608	609	610						
Fife	3	611	612	613									
Garscube Harriers	6	614	615	616	617	618	619						
Giffnock North	12	620	621	622	623	624	625	626	627	628	629	630	631
Glasgow School of Sport	2	632	633										
Greenock Glenpark	1	634											
Helensburgh	2	635	636										
Inverclyde AC	4	637	638	639	640								
Inverness	5	641	642	643	644	645							
Kilbarchan	6	646	647	648	649	650	651						
Kilmarnock Harriers	3	652	653	654									
Kirkintilloch Olympians	2	655	656										
Law & District	3	657	658	659									
Livingston	2	660	661										
Lothian Running Club	1	662											
Pitreavie	2	663	664										
Shettleston Harriers	2	665	666										
Strathearn Harriers	1	667											
Team East Lothian	2	668	669										
Teviotdale Harriers	2	670	671										
VP Glasgow	4	672	673	674	675								
TOTAL TEAMS	108												



YOUNG MALES
DECLARATIONS OPEN **1000HRS** **DECLARATIONS CLOSE** **1210HRS**
RACE STARTS **1240HRS**
1ST LAP UNDER 13 **2ND LAP UNDER 13 OR UNDER 15** **3RD LAP UNDER 15 OR UNDER 17**

Young Males	No.	Team Numbers											
Aberdeen	4	496	497	498	499								
Ayr Seaforth	6	500	501	502	503	504	505						
Banchory & Stonehaven	1	506											
Calderglen Harriers	1	507											
Cambuslang	6	508	509	510	511	512	513						
Central AC	5	514	515	516	517	518							
Clydesdale Harriers	1	519											
Corstorphine	8	520	521	522	523	524	525	526	527				
Cumbernauld	5	528	529	530	531	532							
Dundee Hawkhill	5	533	534	535	536	537							
East Kilbride	2	538	539										
Edinburgh	4	401	402	403	404								
Falkirk Victoria Harriers	3	405	406	407									
Fife	3	408	409	410									
Gala Harriers	3	411	412	413									
Garscube Harriers	10	414	415	416	417	418	419	420	421	422	423		
George Heriots Cross Country Club	3	424	425	426									
Giffnock North	11	427	428	429	430	431	432	433	434	435	436	437	
Glasgow School of Sport	2	438	439										
Greenock Glenpark	3	440	441	442									
Helensburgh	2	443	444										
Inverclyde AC	4	445	446	447	448								
Inverness	5	449	450	451	452	453							
Kilbarchan	8	454	455	456	457	458	459	460	461				
Kilmarnock Harriers	5	462	463	464	465	466							
Kirkintilloch Olympians	2	467	468										
Lasswade	3	469	470	471									
Law & District	4	472	473	474	475								
Livingston	2	476	477										
Pitreavie	3	478	479	480									
Shettleston Harriers	3	481	482	483									
Strathearn Harriers	2	484	485										
Team East Lothian	4	486	487	488	489								
Teviotdale Harriers	2	490	491										
VP Glasgow	4	492	493	494	495								
TOTAL TEAMS	139												



NOTES



Race

Young Females
Young Males
Sen/Jun/Mas Female
Sen/Jun/Mas Male

Declarations Close

1130hrs
1210hrs
1250hrs
1415hrs

Race Starts

1200hrs
1240hrs
1320hrs
1445hrs

Laps

3x2500m
3x2500m
4x4000m
4x4000m

Declarations Open 1000hrs Young Athletes
Declarations Open 1115hrs Senior Athletes

Event Village

Cumbernauld Allotments

Cumbernauld House Park

Shuttle Bus Drop Off

Cumbernauld Theatre
Theatre Car Park
Officials and Tent Drop Off Only

COURSE MAP

