

## East District Cross Country Relay Championships

# Dechmont Law Livingston Saturday 7th October 2023

Race	<u>Start</u>	<u>Dist.</u>
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 RED - All other laps WHITE



Convenor	Sandra Hardacre
Announcer (Presentations)	Jackie Stewart/Andy Ronald
Announcer (Course)	Jackie Stewart/Andy Ronald
Declarations (Chief)	Tracy Hendry
Declarations	Ted Finch
Declarations	Gillian Lopez
Officials Report	Sandra Hardacre
Presentations	Peter Jennings
Presentations	Sandra Hardacre
Presentations	Ken Morris
Results	Tracy Hendry
Results	Ted Finch
Referee	Alex Jackson
Starter (Chief)	Kevin Rose
Starters' Assistant	Peter Jennings
Timekeeper (Chief)	Alan Carruthers
Timekeeper	Ian Docherty
Timekeeper	lan Mann
Time Recorder	Douglas Carruthers
Time Recorder	Frances Wood
Time Recorder	Gilian Gibson
Time Recorder	Claire / Alan Cunningham
Line Judge (Chief)	Megan Wright
Line Judge	Graham Chambers
Place Caller (Chief)	Allan Smith
Place Caller	Steven Burchill
Place Recorder	Carol Rose
Place Recorder	Linden Nicholson
Funnel / Finish Area Control	Hannah Lopez
Funnel / Finish Area Control	Graham Chambers
Funnel / Finish Area Control	Andrea Gavin
Funnel / Finish Area Control	Mark Crawford
Relay Changeover (Chief)	Andy Law
Relay Changeover	John Purcell
Relay Changeover	Elspeth Burton
Clerk Of Course	Martin Leadbetter
Course Marshalls	Lothian RC/Linlithgow AC





## COMPETITION INFORMATION SHEET

Event: East District Cross Country Relay Championships

EAST XCR

(Incorporating Masters Championships)

Parking Venue: Dechmont Law, Deans, Livingston

Declarations:

Deans Community High School, Eastwood Park, Livingston, EH54 8PS

(7min walk to course)

Date: Saturday 7th October 2023

Dec		

**NO LATE ENTRIES** 

				Deciarations		
Race	Age Group	BORN DU	JRING	Close	Race Starts	Laps
YOUNG FEMALES	U13 U15 U17	01/09/2010 to 01/09/2008 to 01/09/2006 to	31/08/2012 31/08/2010 31/08/2008	1130hrs	1200hrs	3x2500m
YOUNG MALES	U13 U15 U17	01/09/2010 to 01/09/2008 to 01/09/2006 to	31/08/2012 31/08/2010 31/08/2008	1210hrs	1240hrs	3x2500m
SENIOR/JUNIOR + MASTERS WOMEN		BORN BE 01/09/2 Masters Ag	1250hrs	1320hrs	3x4000m	
SENIOR/JUNIOR + MASTERS MEN inc Non Binary Race		BORN BE 01/09/2 Masters Ag	2006	1350hrs	1420hrs	4x4000m

All entries must be submitted through the club portal

Thur 21st September 2023 @ 5pm

YOUNG ATHLETES RACES

1st LAP Under 13 2nd LAP Under 15 OR 3rd LAP Under 17 OR Under 13 Under 15

Bank Details: RBS, Sort Code: 83-19-04 Acc No 00667222

#### **Important Notes**

**Entires Close:** 

- (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 entered athletes must be members of scottishathletics at the time of the closing date and be in date on race day.
- (3) Athletes who have an out of date membership cannot be added after the closing date.
- (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 may only enter as many eligible athletes in their squad as they choose, teams will then be selected from these lists on the day.
- (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.

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

## Lindsays scottishathletics East District Cross Country Relay Championships Saturday 7th October 2023 TEAM NUMBERS

ΙĽ	vir	igston
_,	v 11	1531011

	100-149	Young Females Team Numbers									
Club	50	A	В	C	D	E	F	G	Н		
Aberdeen AAC	3	101	102	103							
Banchory Stonehaven AC	1	104									
Central AC	4	105	106	107	108						
Corstorphine AAC	3	109	110	111							
Dundee Hawkhill Harriers	2	112	113								
Dunfermline Track and Field AC	1	114									
Edinburgh AC	5	115	116	117	118	119					
Falkirk Victoria Harriers	8	120	121	122	123	124	125	126	127		
Gala Harriers	3	128	129	130							
Haddington RC	2	131	132								
Harmeny AC	8	133	134	135	136	137	138	149	100		
Lasswade AC	3	139	140	141							
Livingston AC	2	142	143								
Lothian RC	1	144									
Strathearn Harriers	1	145									
Team East Lothian	3	146	147	148							

## Saturday 7th October 2023

185 & 186 not used	150-195	Young Males Team Number								
Club	44	A	В	C	D	E	F	$\mathbf{G}$		
Aberdeen AAC	5	150	151	152	153	154				
Banchory Stonehaven AC	1	155								
Central AC	4	156	157	158	159					
Corstorphine AAC	3	160	161	162						
Dundee Hawkhill Harriers	2	163	164							
Edinburgh AC	5	165	166	167	168	169				
Falkirk Victoria Harriers	4	170	171	172	173					
Gala Harriers	3	174	175	176						
Haddington RC	3	177	178	179						
Harmeny AC	5	180	181	182	183	184				
Lasswade AC	2	187	188							
Livingston AC	2	189	190							
Lothian RC	1	191								
Pitreavie AAC	2	192	193							
Team East Lothian	1	194								
Teviotdale Harriers	1	195								

### Saturday 7th October 2023

277 not used	Sen Wom	_											Mas Wom			
	201-244		Sen Wom Team Numbers											Mas Wom Team Numbers		
Club	44	Α	В	С	D	Е	F	G	Н	I	J	K	22	Α	В	С
Aberdeen AAC	3	201	202	203												
Carnegie Harriers	1	204											3	260	261	262
Central AC	6	205	206	207	208	209	210									
Corstorphine AAC	3	211	212	213									1	263		
Dundee Road Runners	1	214											1	264		
Dundee University AC and XC club	1	215														
Edinburgh AC	4	216	217	218	219								2	265	266	
Edinburgh Univ Hare and Hounds	11	220	221	222	223	224	225	226	227	228	229	230				
Falkirk Victoria Harriers	3	231	232	233									1	267		
Gala Harriers	1	234											2	268	269	
Harmeny AC													2	270	271	
Hunters Bog Trotters	1	235											1	272		
Kinross RR													1	273		
Lasswade AC	1	236														
Linlithgow AC	1	237											1	274		
Lothian RC	2	238	239										2	275	276	
Metro Aberdeen RC													1	278		
Ochil Hill Runners													1	279		
Perth RR	1	240											2	280	281	
PH Racing Club	1	241														
Pitreavie AAC	1	242														
Portobello RC	1	243											1	282		
Stirling University AC	1	244														

## Saturday 7th October 2023

**TEAM NUMBERS** 

	Sen Men							Mas Men							
	1 to 54	Sen Men Team Numbers						60 to 98	60 to 98 Mas Men Team Numbe						
Club	54	Α	а в с		C D		F	39	Α	В	в С		Ε	F	
Aberdeen AAC	3	1	2	3											
Banchory Stonehaven AC	1	4													
Carnegie Harriers	1	5						2	60	61					
Central AC	4	6	7	8	9			3	62	63	64				
Corstorphine AAC	4	10	11	12	13			4	65	66	67	68			
Dunbar AC								1	69						
Dundee Hawkhill Harriers	2	14	15												
Dundee Road Runners	1	16													
Dundee University AC and XC club	1	17													
Edinburgh AC	5	18	19	20	21	22		6	70	71	72	73	74	75	
Edinburgh Univ Hare and Hounds	6	23	24	25	26	27	28								
Falkirk Victoria Harriers	4	29	30	31	32			2	76	77					
Fife AC	2	33	34					1	78						
Gala Harriers	1	35						1	79						
Harmeny AC	2	36	37					2	80	81					
Hunters Bog Trotters	2	38	39					2	82	83					
Kinross RR	1	40													
Lasswade AC								1	84						
Linlithgow AC								2	85	86					
Lothian RC	1	41						1	87						
Metro Aberdeen RC	2	42	43					2	88	89					
Musselburgh and District AC	1	44						2	90	91					
Ochil Hill Runners	1	45													
Perth RR	1	46						1	92						
PH Racing Club	1	47						3	93	94	95				
Pitreavie AAC								2	96	97					
Portobello RC	2	48	49					1	98						
Stirling University AC	3	50	51	52											
Strathearn Harriers	1	53													
Team East Lothian	1	54													

