

East District Cross Country Relay Championships

**Dechmont Law
Livingston
Saturday 7th October 2023**

<u>Race</u>	<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	Ian 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	Elsbeth 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

Race		Age Group	BORN DURING	Declarations Close	Race Starts	Laps
YOUNG FEMALES	U13	01/09/2010 to	31/08/2012	1130hrs	1200hrs	3x2500m
	U15	01/09/2008 to	31/08/2010			
	U17	01/09/2006 to	31/08/2008			
YOUNG MALES	U13	01/09/2010 to	31/08/2012	1210hrs	1240hrs	3x2500m
	U15	01/09/2008 to	31/08/2010			
	U17	01/09/2006 to	31/08/2008			
SENIOR/JUNIOR + MASTERS WOMEN		BORN BEFORE 01/09/2006 Masters Age on Day		1250hrs	1320hrs	3x4000m
SENIOR/JUNIOR + MASTERS MEN inc Non Binary Race		BORN BEFORE 01/09/2006 Masters Age on Day		1350hrs	1420hrs	4x4000m
Entires Close:		Thur 21st September 2023 @ 5pm			NO LATE ENTRIES	
All entries must be submitted through the club portal						

YOUNG ATHLETES RACES

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

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

Important Notes

- (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.

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TEAM NUMBERS

	100-149	Young Females Team Numbers							
Club	50	A	B	C	D	E	F	G	H
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					

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TEAM NUMBERS

185 & 186 not used	150-195	Young Males Team Numbers						
Club	44	A	B	C	D	E	F	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						

TEAM NUMBERS

[illegible]

[illegible]

East District Cross Country Relays

07/10/2023

Dechmont Law, Deans,

Livingston

EH54 8PS

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**SCOTTISH
CROSSCOUNTRY
SEASON**

