

scottishathletics



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

For Males and Females

Cumbernauld House Park

Cumbernauld

Saturday 22nd October 2022

Sponsored by



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 22/10/2022
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SCOTTISH ATHLETICS OFFICE BEARERS	
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Hon President	Rt. Hon. Jack McConnell
President	Ron Morrison
Chairman	David Ovens
Chief Executive	Colin Hutchison

ROAD RUNNING AND CROSS COUNTRY COMMISSION	
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Convener	Michael Johnston (Cambuslang H.)
Hon Secretary	Julia McAfee (Central AC)

RACE OFFICIALS	
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Referee	Ron Morrison
Assistant Referees	Dave Cairns, Jackie Stewart
Clerk of Course	Stephen Wallace
Course Builders	Members of Cumbernauld AC
Officials Report	Alex Jackson
Changeovers	Andy Law (Chief), Ian Mann, Diane Ramsay, Gary Barker
Finish Area Control	Margaret Ann McLachlan, Peter Jennings
Starter	David Hughes
Timekeeping/Recording	Jason Pender (Chief) Ian Docherty, Peter Ramsay, Elspeth Burton
Declarations	Janice McFarlane (Chief) Margaret Daly, Ken Monaghan, Isobel Martin
Place Recording	Linden Nicholson, Ken Morris
Results	FRS Systems, Tracy Hendry, Gillian Gibson
Announcers	Andy Ronald (Course) Leslie Roy (Presentations)
Press Officer	Peter Jardine
Course Stewards	Members of Cumbernauld AAC
Presentations	Sandra Hardacre, Adrian Stott, Michael Johnston
Jury of Appeal	Alex Jackson, Michael Johnston, John Rodger
Medical Services	Amvale Scotland
Scottish Athletics	Alasdhair Love, Caitlin Watt, Sophie Allan
Convener	Alex Jackson



2022 Lindsays scottishathletics National XC Relay Championships
Saturday 22nd October 2022
Cumbernauld House Park, Kildrum, Cumbernauld, G67 3JG

Information for Clubs and Team Managers

We look forward to seeing you at the National XC Relay Championships and wish you and your teams an enjoyable and rewarding competition. This document contains information on what to expect whilst attending the event, as well as instructions for online declarations.

All relevant information can be downloaded from the Fixture Page on the **scottishathletics** website here:

<https://scottishathletics.sportserve.net/pages/event/athletics/athleticsbookingdetails.aspx?id=12476>

5 Steps to Competing

- 1. Pre-event – check the start list for your team’s race time and athletes’ arrival time(s)**
- 2. Declare Online – Closes 30 minutes before each race: don't be late! Team Managers should declare on behalf of their team. All clubs have been sent online login details to declare teams. Team Managers will still need to collect teams’ bibs and chips on the day.**
- 3. Warm up – athletes should be careful to avoid competing runners whilst warming up**
- 4. Report to Start – first leg runners should assemble 5-10 minutes before their race is due to start and be ready to race (no additional kit, water bottles, etc.)**
- 5. Compete!**

Don't forget to collect any medals your club may have won before you leave!

Parking

Parking is available at Cumbernauld Academy, South Ring Road, Kildrum, Cumbernauld, G67 2UF. The course is approximately 1.5 miles from the school, please allow 15-20 mins walking time.

There will be NO public parking at the course. Tents may be dropped off at Meadow View and walked to the start finish area (approx 800m), but cars must move away from this area after drop-off.

Admissions

The venue will be open to athletes, coaches and spectators from 0900hrs via the path from Meadow View.

Declarations

Event Declarations Closing Time: **30mins prior to Race Start Time**

Athletes will not need to declare individually: team managers will declare on behalf of their teams. Teams will be selected from the pre-entered athlete pools submitted at the point of entry. **No additional names may be added on the day.**

Team Numbers can be collected from the declarations gazebo on the day from 1000hrs. Numbers must not be folded, mutilated or concealed in any way. Any unused timing chips **MUST** be returned to declarations.

Team Managers will declare their teams online at

<http://chipresults.co.uk/xc/?q=2E92FC46EB8A96CE18BECCF50248942C> in advance of or on the day. To declare online, all clubs will require a unique username and PIN, which has been sent to the e-mail address included in the entry form at the point of entry.

Teams may amend their running order online up to 30 minutes prior to the start time for their race. All competitors **MUST** compete in the declared order. Athletes may run a maximum of one leg and may be declared in one team only on the day.

Any team manager without login details should contact their club’s Club Secretary or Club Portal contact in the first instance. If you are unable to reach your club, please contact events@scottishathletics.org.uk to request your team’s details. Clubs who are unable to declare online should also contact **scottishathletics** in advance of the day to make alternative declarations arrangements.

Composition of Relay Teams

Young Athletes - Lap 1 - U13, Lap 2 - U15 or U13, Lap 3 - U17 or U15

Senior/Junior Teams and Masters Men – 4 legs

Masters Women, M50 and W50 – 3 legs

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

3rd Lap in Sen/Jun Men, Masters Men and Sen/Jun Women wear **Yellow** numbers

Masters-only Teams

Masters teams will be identified by a V, with athletes attaching a "V" to the BACK of team members' vests.

V50 teams – will be identified by a X, with athletes attaching a "X" to the BACK of team members' vests.

"X"s and "V"s for the BACK can be collected from declarations on the day of the event.

Masters/V50 athletes running in Senior teams do not need this additional indicator.

Event Help Line

Any team who may be running late must contact mobile no. **07522 556771** to notify us of your anticipated arrival time. If unanswered, a message should be left detailing name, issue and return contact telephone number.

Warm Up

There will be no designated warm up area for this event, but all athletes are asked to be mindful of other runners whilst warming up. Teams should use the designated crossing points to access/exit busy areas of the course, and must take care when warming up close to the course. Please listen to the directions of officials and marshals at all times.

Start Assembly

First leg athletes must report to the start 5-10 minutes prior to their event ready to race. Subsequent runners should report in time for the finish of their team-mate and must not start running until directed by the designated official.

Vests, competitor numbers and spikes may be checked at the start. Athletes must compete in the colours of the club under which they entered, and in the same design as those of their teammates.

Finish Area

Athletes, after completing their run, must not sit/lie down in this area and should move through as quickly as possible to return to spectator areas. Anyone requiring medical attention within this area will be attended to.

Presentations

Presentations will be conducted as soon as possible following the conclusion of each race, and will be held on the podium by the presentations gazebo. Athletes should report directly to presentations immediately following the conclusion of their race.

Rules

These Championships will be held under UKA Rules for Competition Incorporating IAAF Rules effective from 1st April 2022. A copy is available for download from the British Athletics website: [Competition Rules](#).

All athletes should be aware that no false start will be allowed without the liability of disqualification of any false starting athlete. U13 athletes will receive a warning for one false start and disqualification for two.

Unsporting or Improper Behaviour: spitting (or similar) in any area of the event site may be treated as a conduct offence and will be dealt with by a warning or disqualification. Officials will remind athletes of this rule prior to each race. Any instances of athletes spitting within busy areas of the event site will be reported to the Referee who will issue the appropriate sanction, which may result in disqualification.

All athletes must make themselves familiar with the recently amended World and UK Athletics rules around shoes available [here](#). It is the athlete's responsibility to ensure compliance with these rules. Visual checks will be made at the event, with any suspect shoes reported to the Referee for investigation

Assistance in Competition

Any athlete requiring assistance during competition should complete and return an assistance request form **by 4pm on Wednesday 19th October**. If you require a form, please contact events@scottishathletics.org.uk



COMPETITION INFORMATION SHEET

Event: National Cross Country Relay Championships
(Incorporating Masters Championships)
Venue: Cumbernauld House Park, Cumbernauld, G67 3JG
Date: Saturday 22nd October 2022

NAT XCR

Race	Age Group	BORN DURING	Declarations		Race Starts	Laps
			Close			
YOUNG FEMALES	U13	01/09/2009 to 31/08/2011				
	U15	01/09/2007 to 31/08/2009	1130hrs	1200hrs	3x2500m	
	U17	01/09/2005 to 31/08/2007				
YOUNG MALES	U13	01/09/2009 to 31/08/2011				
	U15	01/09/2007 to 31/08/2009	1210hrs	1240hrs	3x2500m	
	U17	01/09/2005 to 31/08/2007				
YOUNG ATHLETES' TEAMS: Lap 1 - U13, Lap 2 - U15 or U13, Lap 3 - U17 or U15						
SENIOR/JUNIOR MASTER WOMEN		BORN BEFORE 01/09/2002	1250hrs	1320hrs	4x4000m	
		Masters Age on Day				
		Senior/Junior Women will run 4 Legs Masters Women and W50+ will run 3 legs				
SENIOR/JUNIOR MASTER MEN + Non Binary Race		BORN BEFORE 01/09/2002	1415hrs	1445hrs	4x4000m	
		Masters Age on Day				
		4 Laps for Masters Men, 3 Laps for M50				

Entries Close: **Thursday 6th October 2022** **NO LATE ENTRIES**
Entries must be submitted online through the Club Portal

Email Address for Queries: events@scottishathletics.org.uk

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

Important Notes

- (1) Please read Important Information in relation to parking on the scottishathletics website.
- (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) All entered athletes must be members of scottishathletics at the time of the closing date and be in date on race day.
- (4) Athletes who do not hold a valid membership or out of date membership cannot be added after the closing date.
- (5) All competitors MUST compete in the declared order, and an entered athlete MUST NOT be substituted by a non-entered athlete at any time.
- (6) Club colours MUST be worn
- (7) 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.
- (8) Further information, including Location Map and Course Map, will be available on the Scottish Athletics website.
- (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).
- (10) Any athlete with Additional Support Needs should contact scottishathletics for an athlete assistance form.



Declarations Close 1130hrs	Race Starts 1200hrs					
Young Females	1st Lap U13 / 2nd Lap U13 or U15 / 3rd Lap U15 or U17					
Aberdeen AAC	3	500	501	502		
Airdrie Harriers	3	503	504	505		
Ayr Seaforth AC	3	506	507	508		
Banchory Stonehaven AC	1	509				
Bellahouston Harriers	1	510				
Cambuslang Harriers	5	511	512	513	514	515
Central AC	4	516	517	518	519	
Corstorphine AAC	1	520				
Cumbernauld AAC	1	521				
Dundee Hawkhill Harriers	1	522				
East Kilbride AC	2	523	524			
Edinburgh AC	2	525	526			
Falkirk Victoria Harriers	7	527	528	529	530	531
Falkirk Victoria Harriers		532	533			
Fife AC	2	534	535			
Gala Harriers	2	536	537			
Garscube Harriers	6	538	539	540	541	542
Garscube Harriers		543				
Giffnock North AC	10	544	545	546	547	548
Giffnock North AC		549	550	551	552	553
Greenock Glenpark Harriers	3	554	555	556		
Harmeny AC	2	557	558			
Helensburgh AAC	1	559				
Inverclyde AC	2	560	561			
Inverness Harriers AAC	2	562	563			
Kilbarchan AAC	2	564	565			
Kilmarnock H&AC	2	566	567			
Kirkintilloch Olympians	1	568				
Lasswade AC	1	569				
Law & District AAC	3	570	571	572		
Livingston AC	1	573				
Lothian RC	1	574				
Musselburgh and District AC	1	575				
Perth Strathtay Harriers	2	576	577			
Pitreavie AAC	1	578				
Shettleston Harriers	3	579	580	581		
Springburn Harriers	1	582				
Strathearn Harriers	2	583	584			
Team East Lothian	3	585	586	587		
Teviotdale Harriers	1	588				
VP-Glasgow AC	3	589	590	591		



Declarations Close 1210hrs	Race Starts 1240hrs					
Young Males	1st Lap U13 / 2nd Lap U13 or U15 / 3rd Lap U15 or U17					
Aberdeen AAC	4	400	401	402	403	
Ayr Seaforth AC	6	404	403	406	407	408
Ayr Seaforth AC		409				
Banchory Stonehaven AC	1	410				
Bellahouston Harriers	1	411				
Cambuslang Harriers	5	412	413	414	415	416
Central AC	3	417	418	419		
Corstorphine AAC	2	420	421			
Cumbernauld AAC	1	422				
Dundee Hawkhill Harriers	2	423	424			
East Kilbride AC	3	425	426	427		
Edinburgh AC	2	428	429			
Falkirk Victoria Harriers	4	430	431	432	433	
Fife AC	2	434	435			
Gala Harriers	2	436	437			
Garscube Harriers	8	438	439	440	441	442
Garscube Harriers		443	444	445		
George Heriots School XC Club	1	446				
Giffnock North AC	11	447	448	449	450	451
Giffnock North AC		452	453	454	455	456
Giffnock North AC		457				
Harmeny AC	5	458	459	460	461	462
Helensburgh AAC	1	463				
Inverclyde AC	3	464	465	466		
Inverness Harriers AAC	1	467				
Kilbarchan AAC	6	468	469	470	471	472
Kilbarchan AAC		473				
Kilmarnock H&AC	2	474	475			
Kirkintilloch Olympians	1	476				
Lasswade AC	2	477	478			
Law & District AAC	2	479	480			
Livingston AC	1	481				
Lothian RC	1	482				
Metro Aberdeen RC	2	483	484			
Perth Strathtay Harriers	1	485				
Pitreavie AAC	1	486				
Shettleston Harriers	3	487	488	489		
Springburn Harriers	2	490	491			
Strathearn Harriers	1	492				
Team East Lothian	3	493	494	495		
Teviotdale Harriers	2	496	497			
VP-Glasgow AC	2	498	499			



Declarations Close 1250hrs	Race Starts 1320hrs					
Sen Jun Women	No.	Teams				
Aberdeen AAC	1	250				
Ayr Seaforth AC	2	251	252			
Bellahouston Harriers	4	253	254	255	256	
Bellahouston RR	3	257	258	259		
Calderglen Harriers	1	260				
Cambuslang Harriers	2	261	262			
Carnegie Harriers	1	263				
Central AC	2	264	265			
Corstorphine AAC	3	266	267	268		
Cumbernauld AAC	3	269	270	271		
Dumbarton AAC	1	272				
Dundee Hawkhill Harriers	1	273				
Dundee Road Runners	2	274	275			
Dundee University AC and XC club	1	276				
Edinburgh AC	4	277	278	279	280	
Edinburgh Univ Hare and Hounds	9	281	282	283	284	
Edinburgh Univ Hare and Hounds		285	286	287	288	
Edinburgh Univ Hare and Hounds		289				
Falkirk Victoria Harriers	1	290				
Fife AC	4	291	292	293	294	
Gala Harriers	1	295				
Garscube Harriers	1	296				
Giffnock North AC	3	297	298	299		
Glasgow University Hares and Hounds	4	300	301	302	303	
Greenock Glenpark Harriers	2	304	305			
Hunters Bog Trotters	1	306				
Inverclyde AC	2	307	308			
Kilbarchan AAC	1	309				
Kilmarnock H&AC	2	310	311			
Lasswade AC	1	312				
Law & District AAC	1	313				
Linlithgow AC	2	314	315			
Lothian RC	1	316				
Metro Aberdeen RC	1	317				
Motherwell AC	1	318				
Newton Road Runners	2	319	320			
Perth RR	1	321				
PH Racing Club	1	322				
Pitreavie AAC	1	323				
Shettleston Harriers	3	324	325	326		
Stirling University AC	2	327	328			
Strathclyde Univ Harriers	2	329	330			
University of St. Andrews CC	2	331	332			
VP-Glasgow AC	4	333	334	335	336	
West End RR	1	337				
Westerlands XCC	2	338	339			



Declarations Close 1250hrs	Race Starts 1320hrs					
Masters Women	No.	Teams				
Ayr Seaforth AC	1	345V				
Bellahouston RR	4	346V	347V	348V	349V	
Cambuslang Harriers	1	350V				
Carnegie Harriers	1	351V				
Corstorphine AAC	1	352V				
Dundee Road Runners	1	353V				
East Kilbride AC	1	354V				
Edinburgh AC	1	355V				
Falkirk Victoria Harriers	1	356V				
Fife AC	1	357V				
Gala Harriers	1	358V				
Garscube Harriers	4	359V	360V	361V	362V	
Giffnock North AC	1	363V				
Greenock Glenpark Harriers	1	364V				
Harmeny AC	1	365V				
Hunters Bog Trotters	2	366V	367V			
Kirkintilloch Olympians	1	395V				
Linlithgow AC	1	368V				
Lothian RC	1	369V				
Newton Road Runners	1	370V				
Penicuik Harriers	1	371V				
PH Racing Club	1	372V				
Springburn Harriers	1	373V				
West End RR	4	374V	375V	376V	377V	



Declarations Close 1250hrs	Race Starts 1320hrs					
Masters Women W50	No.	Teams				
Cambuslang Harriers	1	380X				
Carnegie Harriers	2	381X	382X			
Dundee Road Runners	1	383X				
Edinburgh AC	1	384X				
Falkirk Victoria Harriers	1	385X				
Fife AC	1	386X				
Gala Harriers	1	387X				
Giffnock North AC	2	388X	389X			
Greenock Glenpark Harriers	2	390X	391X			
Harmeny AC	1	392X				
Helensburgh AAC	1	393X				
Inverclyde AC	1	394X				
Linlithgow AC	1	396X				
Perth RR	2	397X	398X			



Declarations Close 1415hrs	Race Starts 1445hrs					
Sen Jun Men	No.	Teams				
Aberdeen AAC	3	1	2	3		
Ayr Seaforth AC	2	4	5			
Banchory Stonehaven AC	1	6				
Bellahouston Harriers	4	7	8	9	10	
Bellahouston RR	1	11				
Calderglen Harriers	2	12	13			
Cambuslang Harriers	3	14	15	16		
Carnegie Harriers	1	17				
Central AC	5	18	19	20	21	
Central AC		22				
Corstorphine AAC	4	23	24	25	26	
Cumbernauld AAC	2	27	28			
Dumbarton AAC	1	29				
Dundee Hawkhill Harriers	2	30	31			
Dundee Road Runners	2	32	33			
Dundee University AC and XC club	1	34				
East Kilbride AC	4	35	36	37	38	
East Sutherland AC	1	39				
Edinburgh AC	7	40	41	42	43	
Edinburgh AC		44	45	46		
Edinburgh Univ Hare and Hounds	6	47	48	49	50	
Edinburgh Univ Hare and Hounds		51	52			
Falkirk Victoria Harriers	5	53	54	55	56	
Falkirk Victoria Harriers		57				
Fife AC	4	58	59	60	61	
Gala Harriers	2	62	63			
Garscube Harriers	4	64	65	66	67	
Giffnock North AC	5	68	69	70	71	
Giffnock North AC		72				
Glasgow FrontRunners	1	73				
Glasgow University Hares and Hounds	7	74	75	76	77	
Glasgow University Hares and Hounds		78	79	80		
Greenock Glenpark Harriers	3	81	82	83		
Harmeny AC	1	84				
Hunters Bog Trotters	2	85	86			
Inverclyde AC	4	87	88	89	90	
Inverness Harriers AAC	1	91				
Irvine RC	2	92	93			
Kilbarchan AAC	2	94	95			
Kilmarnock H&AC	4	96	97	98	99	
Kirkintilloch Olympians	3	100	101	102		
Lasswade AC	1	103				
Law & District AAC	2	104	105			
Linlithgow AC	1	106				
Metro Aberdeen RC	1	107	600	601		
Moray RR	1	108				



Declarations Close 1415hrs	Race Starts 1445hrs					
Sen Jun Men	No.	Teams				
Motherwell AC	3	109	110	111		
Musselburgh and District AC	1	112				
Newton Road Runners	2	113	114			
Perth RR	1	115				
PH Racing Club	1	116				
Pitreavie AAC	1	117				
Portobello RC	2	118	119			
Shettleston Harriers	3	120	121	122		
Springburn Harriers	1	123				
Stirling University AC	4	124	125	126	127	
Strathclyde Univ Harriers	2	128	129			
Teviotdale Harriers	2	130	131			
University of St. Andrews CC	4	132	133	134	135	
VP-Glasgow AC	1	136				
West End RR	1	137				
Westerlands XCC	1	138				

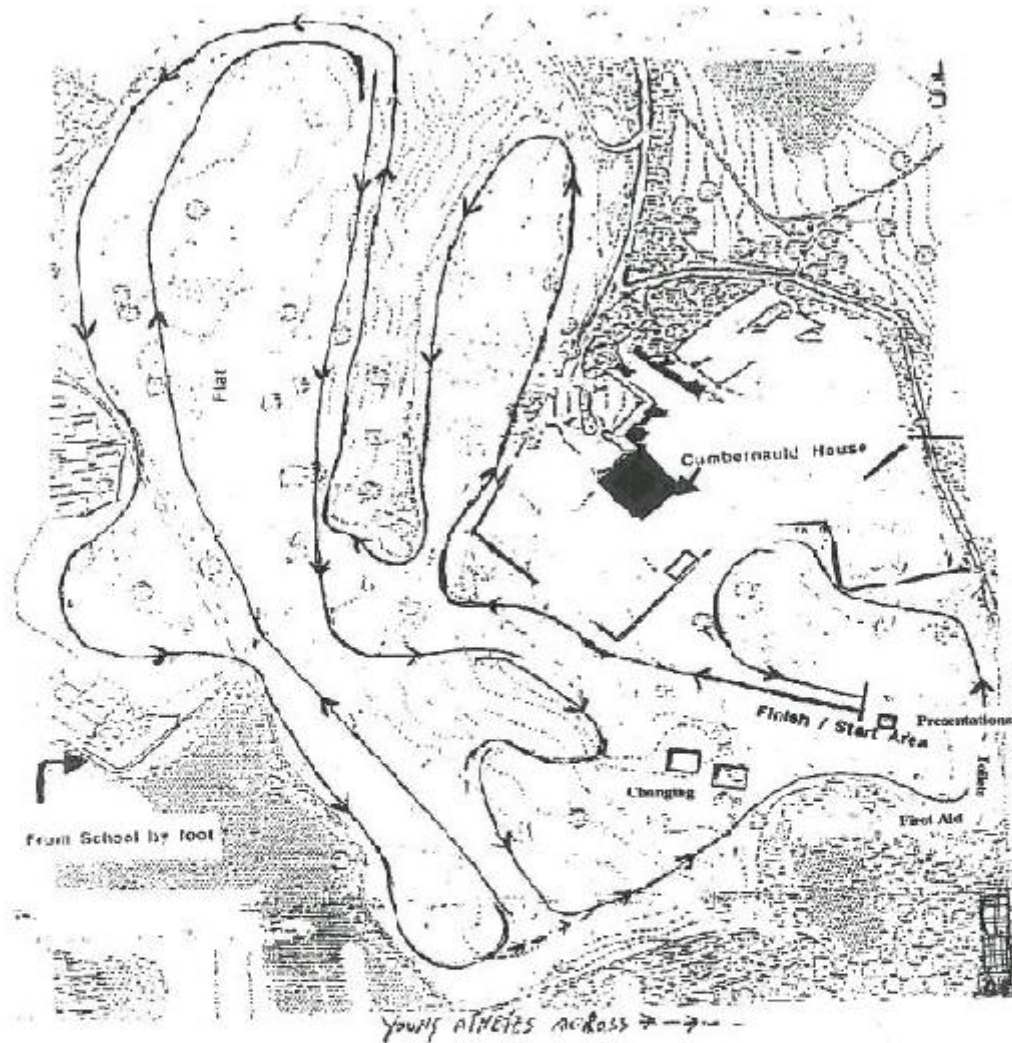


Declarations Close 1415hrs	Race Starts 1445hrs				
Masters Men	No.	Teams			
Ayr Seaforth AC	1	140V			
Bellahouston RR	1	141V			
Cambuslang Harriers	3	142V	143V	144V	
Central AC	1	145V			
Clydesdale Harriers	1	146V			
Corstorphine AAC	3	147V	148V	149V	
Cumbernauld AAC	2	150V	151V		
Dunbar AC	1	152V			
Dundee Hawkhill Harriers	1	153V			
Dundee Road Runners	1	154V			
East Kilbride AC	1	155V			
Edinburgh AC	2	156V	157V		
Fife AC	2	158V	159V		
Gala Harriers	1	160V			
Garscube Harriers	2	161V	162V		
Giffnock North AC	2	163V	164V		
Greenock Glenpark Harriers	2	165V	166V		
Harmeny AC	1	167V			
Helensburgh AAC	1	168V			
Hunters Bog Trotters	1	169V			
Lasswade AC	1	170V			
Law & District AAC	1	171V			
Lothian RC	1	172V			
Metro Aberdeen RC	2	173V	174V		
Motherwell AC	1	175V			
Musselburgh and District AC	1	176V			
PH Racing Club	2	177V	178V		
Shettleston Harriers	2	179V	180V		
West End RR	2	181V	182V		
Westerlands XCC	1	183V			



Declarations Close 1415hrs	Race Starts 1445hrs					
Masters Men M50	No.	Teams				
Ayr Seaforth AC	2	185X	186X			
Bellahouston RR	1	187X				
Calderglen Harriers	1	188X				
Cambuslang Harriers	3	189X	190X	191X		
Carnegie Harriers	1	192X				
Central AC	3	193X	194X	195X		
Corstorphine AAC	1	196X				
Cumbernauld AAC	2	197X	198X			
Dundee Hawkhill Harriers	1	199X				
Dundee Road Runners	1	200X				
East Kilbride AC	2	201X	202X			
Edinburgh AC	4	203X	204X	205X	206X	
Falkirk Victoria Harriers	2	207X	208X			
Fife AC	1	209X				
Gala Harriers	1	210X				
Garscube Harriers	1	211X				
Giffnock North AC	2	212X	213X			
Greenock Glenpark Harriers	2	214X	215X			
Kirkintilloch Olympians	1	216X				
Linlithgow AC	1	217X	231X			
Lothian RC	1	218X				
Moray RR	1	219X				
Musselburgh and District AC	1	220X				
Perth RR	1	221X				
PH Racing Club	1	222X				
Pitreavie AAC	1	223X				
Run GMC	1	224X				
Shettleston Harriers	2	225X	226X			
VP-Glasgow AC	2	227X	228X			
West End RR	1	229X				
Westerlands XCC	1	230X				





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