

Scottish Athletics Limited
Road Running and Cross Country Commission

Scottishathletics CROSS COUNTRY GRAND PRIX 2012/13

Scottishathletics pleased to announce the return of their Cross Country Grand Prix.

Building on the success of the 2008/09, 2009/10, 2010/11 and 2011/12 series, the Grand Prix will incorporate four of Scotland's biggest and best cross country races including the Scottish National Cross Country Championships.

The competition is open to senior athletes men and women.

The events included are:

Scottish 4k Championships

Glasgow: 11/11/12

1st (20 points) reducing by 1 to 20th (one point)

Scottish District Championships

North (Evanton): 24/11/12; West (Inverclyde): 08/12/12; East (Cupar): 08/12/12

1st (10 points) reducing by 1 to 10th (one point)

BUPA Great Edinburgh International Cross Country/Scottish Inter-District Championships

Edinburgh: 05/01/13

1st (20 points) reducing by 1 to 20th (one point)

Scottish National Cross Country Championships

Falkirk: 23/02/13

Senior: 1st (40 points) reducing by 2 to 20th (two points)

£4000 of prize money is available to current scottishathletics members as follows: overall Grand Prix winners (male and female): 1st: £750; 2nd: £400; 3rd: £250; 4th: £150; 5th: £100; 6th: £75; 7th: £50; 8th: £40; 9th: £30; 10th: £20

In the event of a tie on points for 1st place, the head-to-head record between senior athletes in the senior Scottish National Cross Country Championships (Falkirk, 23 Feb 2013) will determine the placing.

scottishathletics Road and Cross Country Commission Convener Ron Morrison said: "The Cross Country Grand Prix has been very successful in attracting our best athletes. It has become an integral part of the Cross-Country season enhancing the competitive edge of our National and District Championships."

Additional notes

*Last year Jennifer McLean (Edinburgh AC) won the women's series from Gillian Palmer (Edinburgh AC) and Rosie Smith (Hunters Bog T). Andrew Douglas (InverClyde AC) won the men's series from Alex Hendry (Central AC) and Ross Houston (Central AC)