

Scottish Athletics Limited

Road Running and Cross Country Commission

scottishathletics Cross Country Grand Prix 2022/23

scottishathletics are pleased to announce the return of their Cross Country Grand Prix for 2022-23 season.

Established in 2008/09, the Cross Country Grand Prix will incorporate four of Scotland's biggest and best cross country races.

The competition is open to senior athlete's men and women and we hope it will act as a catalyst to get our leading athletes to race against each other regularly.

The events included (in calendar order) are

1. Lindsays Scottish 4k Cross Country Championship

Kirkcaldy: 05/11

Pos	1	2	3	4	5	6	7	8	9	10
Pts	50	43	36	33	30	27	24	22	20	18

Pos	11	12	13	14	15	16	17	18	19	20
Pts	16	14	12	10	8	6	4	3	2	1

2. Lindsay Scottish District Cross Country Championships

(East):10/12, (North) 10/12, (West) 10/12

Pos	1	2	3	4	5	6	7	8	9	10
Pts	50	43	36	33	30	27	24	22	20	18

3. Lindsays Scottish Inter District Championships

Scone: 14/1

Pos	1	2	3	4	5	6	7	8	9	10
Pts	50	43	36	33	30	27	24	22	20	18

Pos	11	12	13	14	15	16	17	18	19	20
Pts	16	14	12	10	8	6	4	3	2	1

4. Lindsays Scottish National Cross Country Championships

Falkirk: 18/2

Pos	1	2	3	4	5	6	7	8	9	10
Pts	100	86	72	66	60	54	48	44	40	36

Pos	11	12	13	14	15	16	17	18	19	20
Pts	32	28	24	20	16	12	8	6	4	2

£4000 of prize money is available to current scottishathletics members as follows:

Overall Grand Prix Winners (male and female) £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 the 2 athletes in the National Cross Country Championship (Falkirk 18/2) will determine the placing.