

Scottish Cross Country Relay Championships

Multiple teams from the same club are eligible for medals

In the young athlete's relays - Leg 1 must be run by an U13, Leg 2 by an U13 or an U15 and Leg 3 by an U15 or an U17

Masters athletes may compete as part of a younger age group team with the exception of the U13, U15, U17 team

Age Group	Distance	Teams	
		Medals	Trophy
O50 Men	3*4K	1 st , 2 nd , 3 rd	
Masters Men	4*4K	1 st , 2 nd , 3 rd	
Senior/U20 Men	4*4K	1 st , 2 nd , 3 rd	Coatbridge Trophy
U13B, U15B, U17M	3*2.5K	1 st , 2 nd , 3 rd	Bellahouston Park Quaich
O50 Women	3*4K	1 st , 2 nd , 3 rd	
Masters Women	3*4K	1 st , 2 nd , 3 rd	
Senior/U20 Women	4*4K	1 st , 2 nd , 3 rd	
U13G, U15G, U17W	3*2.5K	1 st , 2 nd , 3 rd	President's Trophy