

**Scottish Athletics Limited**  
**Road Running and Cross Country Commission**

**Minute of Meeting of Wednesday 12<sup>th</sup> January 2011 held at 6.30 p.m.**  
**in Scottish Athletics offices, South Gyle, Edinburgh**

**Present:** Ron Morrison, (Convener); Alex Jackson, (Secretary); Graham Sword, Marjory Cook; Tom Ferrington; Ian Hislop; Mike Johnston; Ross Cunningham and Margaret Daly

**Apologies:** Alan Potts

**1. Chairman's Welcome and Opening Remarks**

- 1.1 Ron welcomed everyone to the first meeting of the New Year and hoped 2011 would be a good one for everybody. He asked that the meeting note with sadness the passing of Walter Banks and George McEwan.
- 1.2 Ron outlined proposed topics for discussion at the meeting and asked for any items on the agenda not already started to be highlighted.

**2. Papers previously circulated**

- 2.1 Commission Minute 22/9/10

**3. Papers Circulated with the Agenda**

- 3.1 Note of Ultra Trail Meeting of 29/9/10  
National Cross Country Relay Championships Referee's Report, 23/10/10  
Note of Stewart's Road Running Grand Prix Meeting of 27/10/10

**4. Congratulations**

- 4.1 Congratulations were extended to the following:-
- a) Inverclyde AC and Dundee Hawkhill Harriers, for their wins in the National Cross Country Relays
  - b) Ellie Greenwood's for winning the IAU World and European 100km World Championships in Gibraltar on Sunday 7<sup>th</sup> November 2010
  - c) Margaret Daly for being awarded the "Off Track Official" of the year at the SAL Awards Dinner
  - d) Edinburgh AC for being awarded the "Off Track Club" of the year at the SAL Awards Dinner

**5. Minutes of previous meeting of 22<sup>nd</sup> September 2010**

- 5.1 Noted.

**5.2 Actions Cleared**

The following actions were noted as cleared:

- Action: RRCC2010-03: MD with IH/AJ/GS - Medals at age group levels  
Action: RRCC2010-7: RM/All – Terms of Reference - the final step  
Action: RRCC2010-8: RC – National CC Relays: Cumbernauld 2011/12  
Action: RRCC2010-9: RC – 4k Championships 2010/11  
Action: RRCC2010-10: NH – National CC Championships: Irvine or Falkirk  
Action: RRCC2010-11: AJ/RC – 4/6 Stage Relays: Livingston 2011  
Action: RRCC2010-12: AJ – Masters CC Championships 2011, Kirkcaldy  
Action: RRCC2010-13: AJ – Young Athletes' Road Races Rouken Glen Park 2011  
Action: RRCC2010-14: NH – Stewart's Grand Prix series role of professional staff  
Noted that NH had advised this responsibility passed to RC who had recently completed interviews and would identify appropriate person to assume this task.  
Action: RRCC2010-22: TF – Inverness Half Marathon as SAL Championships  
Action: RRCC2010-23: NH/RT/AJ – HBT and London Marathon 2009

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Action: RRCC2010-27: AJ – iPods in Road races

Action: RRCC2010-28: AJ – North request for additional individual masters age groups medals

Action: RRCC2010-31: AJ – Agenda items (wrongly numbered – should be 30)

**5.3 Actions Outstanding**

Action: RRCC2010-02: AJ – Disability Races

Action: RRCC2010-6: RM/AJ – Ultra Trail Events\*

Action: RRCC2010-17: RC/RM – Web site documents

Action: RRCC2010-18: AJ – Masters Championships\* - previous paper

Action: RRCC2010-21: NH – Non-SAL athletes in Championships

Action: RRCC2010-29: TF – Scottish Athletics Road Running 2010 Plus\*

**6. Finance**

6.1 Graham Sword provided an update on the budget and in particular noted that expenditure was well within the available resources.

**7. Ultra Trail Events**

7.1 MJ presented the paper on this growing area of the sport. An Ultra Trail Championship had been proposed by Adrian Stott which could be held within the Highland Fling event on 30/4/11. Agreed this would be the Scottish Championship and Trial for the Commonwealth Mountain and Ultra Running Championship event scheduled for 23 – 25 September 2011 in North Wales.

7.2 Selection for the 24 hour race in Llandudno was discussed along with arrangements for the Anglo-Celtic Plate which were noted. Discussion also on a possible World 24 hour event being staged in Scotland in 2013 which would be considered further.

**Action: RRCC2011-1: AJ/RM/MJ/RC/AS**

7.3 Discussion concluded with agreement to work towards the organisation of an Ultra Trail Championship event by Scottish Athletics.

**Action: RRCC2011-2: MJ/AS/AJ**

7.4 MJ also referred to a Commonwealth Games demonstration event which could be arranged for 2014. This was noted meantime.

**8. Stewart's Grand Prix Series**

8.1 Tom summarised the background to the paper and the need to progress arrangements with a degree of urgency. The meeting had taken place in October and agreed the Grand Prix would be stripped back to 5 races consisting of Stirling 10k; Tom Scott 10m; Dunfermline Half and Inverness Marathons and a 5k yet to be agreed. Tom was urged to secure the agreement of his group on race distance/choice, following which Alex would contact race organisers to confirm arrangements

**Action: RRCC2011-3: TF/AJ**

8.2 The events already agreed were also nominated Scottish Championships. Discussions were taking place with Fiona regarding the JogScotland event at Glasgow Green to incorporate the 5k race. It was suggested Tom make contact with Alastair Currie on this.

**Action: RRCC2011-4: TF**

8.3 It was proposed that there should be an even split in prize money between road and cross country. This was agreed as £750 for the top prize through to £30 for 10<sup>th</sup> place. It was noted all winning athletes will be given T-shirts and possibly hats to be worn for publicity photographs against the Stewart's background. This is a contractual requirement which athletes will need to comply with or points would be withdrawn.

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**9. Medals at Masters Championship**

9.1 A paper had been discussed at the October meeting. Masters Championships will be held in 5 year categories for athletes on or over 40 on the day of the race. Athletes will compete only in their own 5 year age category but races may be combined for brevity. From Jan 2011 the following will be adopted: M40, M45, M50, M55, M60 will run together over 8,000 metres; All women + M65, M70 etc will run together over 6,000 metres. **Team medals** will be awarded as follows: 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> place medals for teams of 4 to in the men's M40-M60 race; 1<sup>st</sup> place medals for a team of 3 in the men's race for combined M50, M55, M60 with the proviso that anyone winning a medal in the M40-M60 team race may not count in this one. In calculating the team scores all M40, M45 athletes and all medallists in the men's M40-M60 race will be removed from the results before allocating finishing positions; 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> place medals for teams of 3 to count in the women's race; The Teviotdale Harriers Shield will be presented to the 1<sup>st</sup> team in the men's M40-M60 race; **Individual medals:** 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> place medals will be awarded in all 5 year age categories; The Jock Semple Quaich will be presented to the 1<sup>st</sup> finisher in the M40-M60 race.

9.2 The above arrangements were proposed and agreed as rules for medals in Masters' Championships. **Action: RRCC2011-5: AJ**

**10. Webpage**

10.1 Ron outlined proposals for the dedicated Commission page on the SAL website. The URL will be forwarded to all Commission members to enable them to peruse and provide comments on content/presentation. A quick response was requested  
<http://www.salroadrunningandcrosscountrymedalists.co.uk/The%20Scots%20Athlete%20Volumes/RR&CC%20News%20Site/index.html>.

**Action: RRCC2011-6: All**

**11. Championships**

11.1 4k Championships: Bellahouston Park, Glasgow. The previously used lap would not be available however Mark Pollard has identified a new one. Kilbarchan AC has agreed to set the course. Sports centre booked. **Noted**

11.2 National CC Championships: Entry Forms have been issued. Falkirk Victoria approached regarding setting the course. No weddings planned for Callender House. All other arrangements in hand. **Noted**

11.3 Young Athletes' Road Races: Rouken Glen - Giffnock North again willing to assist with organisation. No facilities booked as yet, noted Billy Glasgow as contact. Potentially may need additional toilet facilities. **Action: RRCC2011-7: AJ**

11.4 4/6 Stage Relays: Livingston, West Lothian. All arrangements in place. **Noted**

**12. Strategic Thinking**

12.1 Race programming was discussed to maximise the benefits to athletes of the flow of championships across the winter season. Options to be considered further were to relocate the 4k championships to mid-November following the district and national cross country relays. **Noted**

12.2 An athlete representative for the Commission is required. Query raised on whether this could be someone from the West. **Action: RRCC2011-8: MD/GS**

12.3 All Commissions were required to develop strategic plans. This will be a topic for a future meeting. **Noted**

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- 12.4 Entry on the day at Championship events was discussed. The challenges and opportunities this could present were noted. View priority action should be on securing online entry for the Cross Country Championships as is currently available for the English Nationals. **Noted**
- 12.5 Focus for next meeting to be on the cross country calendar and Commission membership.
- 13. Date of Next Meeting**
- 13.1 Wednesday 23<sup>rd</sup> February 2011 at 6.30 p.m. in Scottish Athletics Offices, Edinburgh.