

Scottish Athletics Limited
Road Running and Cross Country Commission
Yearbook

The purpose of the yearbook is to indicate when decisions have to be made by the Commission.

In accordance with the Memorandum and Articles of Association of SAL the Commission shall:

- foster, develop and control the sport of road and cross country running in Scotland;
- take responsibility for all road and cross country running teams representing Scotland;
- promote annual Championships and other competitions;
- establish and enforce rules for competition; and
- advance and safeguard the interests of road and cross country running in Scotland.

The Terms of Reference of the RR&CC Commission can be found at

<http://www.salroadrunningandcrosscountrymedalists.co.uk/Content/The%20Commission/RR%20&%20CC%20Terms%20of%20Reference.pdf>

and states that the Commission shall meet not less than 3 times per year (Section 4).

At the moment the Commission meets 5 times in a year: February, May, August, September/October (soon after the SAL AGM) and December.

1 Appointment and Election of Commission Members

The membership of the Commission is defined in the Terms of Reference. The Convener and Secretary are appointed annually at the SAL Annual General Meeting. The District Representatives are elected by the Clubs in the District. The Championship Convener, Officials Co-ordinator, the athlete member and any other position are appointed by the Convener subject to the veto of the members of the RR&CC.

The Memorandum and Articles of Association of SAL (5.1.1) state that the AGM shall except in exceptional circumstances be held no later than 30th September in each year. Nominations for the posts of Convener and Secretary must be made no later than 60 days before the AGM (3.5.1).

The role of each Commission member and their Term of Office is defined in the Terms of Reference.

2 Championships

2.1 Winter Championships

As per UKA Rule 141 S 1 the Commission operates with the Competition year start date of October 1st for Cross Country and 1st September for Road Running. Some UKA documents use the 1st of January as the year date but traditionally in Scotland and because of the AGM date it is prudent to use the Competition year date. The Winter Championships for which the Commission is responsible are as follows: Week 1 contains the 1st Saturday in October.

Competition Week	UKA Week	Event
2	41	District XC Relay Championships
4	43	National XC Relay Championships
6	45	National XC Short Course Championships
10	49	District XC Championships
15	2	Inter-District XC Championships
18	5	Masters XC Championships
21	8	National XC Championships

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Close to 26	Close to 13	Young Athletes Road Race Championships
Close to 28	Close to 15	National Road Relay Championships

The UKA European XC trial is usually held at the Liverpool Challenge event in week 8.

2.2 Summer Championships

At the moment all summer Championships are hosted in conjunction with other events. The main task that the Commission has is in selecting the events. This also requires the selection of the Grand Prix scoring and format.

Competition Week	UKA Week	Event
		National 5K Road Championships
		National 10K Road Championships
		National 10 mile Road Championships
		National Half Marathon Road Championships
		National Marathon Road Championships
		National 50K Road Championships
		National 100K Road Championships
		National mid Trail Championships
		National ultra Trail Championships

In addition to these events there are District summer Championships.

Competition Week	UKA Week	Event
		East District 10K Road Championships
		East District Half Marathon Road Championships
		North District 10K Road Championships
		North District 10 mile Road Championships
		North District Half Marathon Road Championships
		West District 10K Road Championships
		West District 10 mile Road Championships
		West District Half Marathon Road Championships

3 Proceedings of the Commission

On an annual basis the Commission is involved in team selection, annual reports, nominations for awards and reviewing the role of the Commission and annual Championships. The August meeting has been used as a review meeting only.

The yearbook includes:

Deadline	Item	Responsibility or led by
1 September Commission meeting – after the SAL AGM	Assemble the Commission and confirm positions	Convener
	Finalise rules for Short Course Team Challenge and XC Grand Prix	Championship Convener
	Finalise venues, dates and formats for all XC Championships	Championship Convener

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	Review Selection Policy & document	Commission and chief selector
2 December Commission meeting	Proposals for Dates and Venues for all Summer – RR & Trail Championships (District and National) Prepare competition Calendar for RR season	Commission – led by Convener, Championship Convener and District Co-ordinators Commission
3 February Commission meeting	Finalise venues, dates and formats for all RR Championships	Commission
4 May Commission meeting	Preparation of annual report for the SAL Annual Report Forward nominations for SAL Annual Awards, HLM etc. to the SAL Nominations Committee Venue proposals for all National XC championships Venue proposals for all District XC championships Prepare competition Calendar for XC season	Commission – led by Convener Commission – led by Convener Championship Convener District Representatives Commission
5 August Commission meeting	Review all championships and activities of the Commission Reports Rules Selection Incremental improvements	Commission – led by Convener

4 Outstanding – to be resolved/defined

The interaction of Championship Conveners and the Events Manager – who does what championships and duties.

The interaction of the Commissions role in selection and the Performance Manager.