

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

The purpose of the yearbook is to indicate outline 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 (after the AGM) and December.

## **1 Appointment and Election of Commission Members**

The membership of the Commission is defined in the Terms of Reference. The Convener, Finance Officer and Secretary are appointed annually at the SAL Annual General Meeting. The District Co-ordinators are elected by the Clubs in the District. The Championship Convener, Summer Road Running Co-ordinator, Officials Co-ordinator and the athlete member are appointed by the Convener subject to the veto of the members of the RR&CCC.

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 30<sup>th</sup> September in each year. Nominations for the posts of Convener, Finance Officer and Secretary must be made no later than 60 days before the AGM (3.5.1).

The yearbook actions are:

<b>Deadline</b>	<b>Action</b>	<b>Responsibility</b>
At least 60 days prior to the AGM	Nominations for Convener, Finance Officer and Secretary to SAL	Clubs
Immediately after the AGM and consolidated at the first Commission meeting after the AGM	The Convener assembles the rest of the Commission	Convener

The roles of every Commission member are defined in the Terms of Reference. Members of the RR&CCC (apart from the ex-officio members) are appointed for a period of one year, and serve for a maximum consecutive period of 4 years in the same role before standing down.

## Scottish Athletics Limited

### Road Running and Cross Country Commission

## 2 Events

### 2.1 Winter Championships

As per UKA Rule 7 we operate with the Competition year start date of October 1<sup>st</sup>. Some UKA documents use the 1<sup>st</sup> 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:

Competition Week	UKA Week	Event
2	41	District XC Relay Championships
4	43	National XC Relay Championships
6	45	National XC Short Course Championships
9	48	North District XC Championships
10	49	East & West District XC Championships
15	2	Inter-District XC Championships
18	5	Masters XC Championships
21	8	National XC Championships
26	13	Young Athletes Road Race Championships
28	15	National Road Relay Championships

The yearbook actions for the Winter Championships are:

Deadline	Item	Responsibility
May Commission meeting	Proposals for Dates and Venues for all Winter Championships (District and National) – Grand Prix format	Commission – led by Convener, Secretary and District Co-ordinators

### 2.2 Summer Championships

All our summer Championships are held 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
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## Scottish Athletics Limited

### Road Running and Cross Country Commission

		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

The yearbook actions for the Summer Championships are:

Deadline	Item	Responsibility
February Commission meeting	Proposals for Dates and Venues for all Summer Championships (District and National)	Commission – led by Convener, Secretary and District Co-ordinators

### 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
August Commission meeting	Preparation of annual report for the SAL Annual Report	Commission – led by Convener
May Commission meeting	Nominations for SAL Annual Awards	Commission – led by Convener
August Commission meeting	Review all championships and activities of the Commission	Commission – led by Convener and Secretary
September Commission meeting	Press Release and Rules for Short Course Team Challenge	National Secretary/Convener (championship convener)
September Commission meeting	Press Release and Rules for Short Course XC Grand Prix	National Secretary/Convener (championship convener)
September Commission meeting	Selection Policy	National Endurance Manager
December Commission meeting	RRGP Review Meeting	Road Race Co-ordinator

### 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.