

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

**What is new in the RR&CC Website?**

The RR&CC News website first appeared in January 2010. It was initially intended as an archive of all medallist in Scottish championships in Road Running and Cross Country. Since then Ultra Running and Trail Running have been added and indeed the form of the site extended to encompass rules and the workings of the SAL RR&CC Commission.

The site is far from complete and here we record the recent updates to it.

13/12/2015	EDXC results and analysis
8/12/2015	NDXC results and analysis
7/12/2015	WDXC results and analysis
9/11/2015	Results of National Short Course Championships
3/11/2015	National Relays results and analysis
23/10/2015	Marathon Results
15/10/2015	WDXCR results and analysis
13/10/2015	NDXCR results and analysis
11/10/2015	EDXCR results and analysis
10/10/2015	Minutes of Commission meeting 2015-5-18
4/10/2015	Half-marathon results and analysis
13/9/2015	10K Road Championship Results
8/9/2015	Mid Trail Championships Results and analysis
7/8/2015	Minutes of Commission meeting 2015-2-18
7/5/2015	Ultra Trail Championships Results and analysis
4/5/2015	5K Road Championship Results
7/4/2015	10 mile results
31/3/2015	6-4 stage Road Relays results
15/3/2015	YA Road Races 2015 results and analysis
12/3/2015	Commission Minutes 3/12/2014
24/2/2015	National XC Championship Results and analysis
6/2/2015	Masters XC Championship Results and analysis
19/12/2014	Trophy Photographs
8/12/2014	District Championship results
10/11/2014	Results of National 4K Championships
26/10/2014	Results of National Relays
23/10/2014	2014 Performance Statistics
23/10/2014	Selection policy for 2014-5 and update the Team Challenge rules
23/10/2014	Minutes of Commission meeting 17/9/2014
13/10/2014	Results of District Relay Championships
6/10/2014	Half-marathon results
1/10/2014	Marathon results
18/9/2014	Commission Minutes 19/2/2014 & 13/8/2014
16/9/2014	10K Road Championship Results
22/5/2014	Ultra Trail Race team Results
18/5/2014	Mid Trail Championship results
9/5/2014	5K Road Championships 2014
5/5/2014	Ultra Trail Championships 2014
30/3/2014	6-4 stage Road Relays results
3/3/2014	Commission Minutes 4/12/2013

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27/2/2014	National XC Results
27/2/2014	XC Grand Prix Results
3/2/2014	Masters Championships update
28/1/2014	Masters Programmes 1971-2, 1973-4, 1976-7, 1983-4, 1987-8
28/1/2014	Masters Results 1977-8, 1982-3
8/12/2013	ED Championships Results and analysis
2/12/13	London to Brighton Programmes 1950s and 60s
1/12/2013	North District Championship update
11/10/2013	National Short Course Championships
28/10/2013	National Relay results
17/10/2013	East District Relay Results
16/10/2013	Scots Athlete Vol 12 issues 1-2, 3-4 and 4-5
14/10/2013	North and West District Relay 2013-4 Results
10/10/2013	1920s and 1930s District Relays Results
8/10/2013	1920s and 1930s District Results
30/9/2013	2013 Road Grand prix Results
30/9/2013	Marathon Results
19/9/2013	Masters Championship medals to change to 40+ in Championships
19/9/2013	Minutes 13/5/2013 and 14/8/2013
16/9/2013	10K Road Championships
11/9/2013	Performance statistics
2/9/2013	2013 Half Marathon
16/7/2013	The paper chase on the index page.
20/6/2013	Minutes of the RR&CC Commission 20/2/2013
24/5/2013	RR&CC Commission Minutes of 22/5/2013
24/5/2013	E2G Programmes various
24/5/2013	6/4 stage Relays Programmes many and various
24/5/2013	Masters Programme 2003-4
22/5/2013	Referee's Report National XC 2012-3
22/5/2013	Jim Flockhart's 1937 Scrapbook
3/5/2013	Road 5K Championship 2013
2/5/2013	Woman's National XC 1957-8
24/4/2013	Woman's West District XC 1984-5
24/4/2013	Women's National XC 1958-9
24/4/2013	Women's WDXC 1981-2, 1984-5
24/4/2013	Women's National XCR 1981-2
24/4/2013	Woman's East District XC 1983-4
24/4/2013	South West District XC 1961-2, 1971-2
18/4/2013	East, Midland and South West District Relays 1957-8
17/4/2013	Easy and West Women Championships 1965-6
15/4/2013	East District Relays 1967-8
12/4/2013	East and Midland Relays 1970-1
12/4/2013	East District and South West District XC 1969-70
11/4/2013	West District XC 1977-8
11/4/2012	North District XC 1976-7
10/4/2013	East District XC 1977-8
10/4/2013	1977-8 Vets
10/4/2013	East, Midland and South West District Relays 1960-1

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8/4/2013	100 Km & 50 Km Updates
7/4/2013	10 mile race updates
3/4/2013	E2G 1957 Programme
3/4/2013	National XC Programmes 1903-4, 1906-7
3/4/2013	West District XC Programmes 1904-5, 1905-6
1/4/2013	South West & Midland District XC 1957-8
1/4/2013	6/4 Stage Road Relay Results and Analysis
27/3/2013	East District XC 1957-8
25/3/2013	North District XC 1979-80
22/3/2013	Minutes of the RR&CC Commission 5/12/2012
18/3/2013	Women's West District XC 1980-1
18/3/2013	Women's East District XC 1980-1, 1981-2
17/3/2013	Young Athletes RR 2012-3
17/3/2013	East District Relays 1980-1
16/3/2013	South West District Relays 1980-1
16/3/2013	South West District Relays 1963-4, 1966-7
16/3/2013	Midland District Relays 1963-4, 1966-7
16/3/2013	East District Relays 1963-4, 1966-7
16/3/2013	Midland District XC 1960-1, 1962-3, 1967-8
16/3/2013	South District XC 1960-1, 1962-3, 1967-8
15/3/2013	East District XC 1960-1, 1962-3, 1967-8, 1980-1
14/3/2013	North District XC 1980-1
14/3/2013	Women's National 1979-80
28/2/2013	East and North District XCR 1981-2
27/2/2013	West District 1971-2 Women's XC Championships
27/2/2013	South West District Relays 1965-6, 1968-9, 1969-70
27/2/2013	Midland District Relays 1973-4, 1965-6, 1968-9, 1969-70
26/2/2013	Midland District Champs 1958-9, 1964-5, 1965-6, 1966-7, 1968-9
24/2/2013	National Championships 2012-3
20/2/2013	ED Championships 1958-9, 1964-5, 1965-6, 1966-7, 1968-9, 1971-2
3/2/2013	Masters Results and Analysis
15/1/2013	East District Results 1959-60
15/1/2013	West District Results 1959-60
15/1/2013	South West District Results 1959-60
15/1/2013	South West District XCR 1958-9, 1959-60 Results
15/1/2013	East District XCR 1959-60 Results
15/1/2013	Midland District XCR 1958-9, 1959-60 Results
14/1/2013	1958 E2G Results
27/12/2012	East, Midland, South West District results 1946-7, 47-8, 48-9 added
13/12/2012	Commission Minutes 19/9/2012
12/12/2012	National XC Results 1862-3 and 1963-4
11/12/2012	WD District XC Championships update
10/12/2012	European Medallists
9/12/2012	ED District XC Championships update
07/12/2012	National XC Relays Championship Programmes
24/11/2012	1886-7 National XC Programme
14/11/2012	10K road race results for 1997
14/11/2012	Grand Prix updates

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12/11/2012	E2G 1978, 1986 programmes
11/11/2012	2012 National 4K Championships results
10/11/2012	E2G programmes for 49 Nov, 65, 66, 67, 68, 69, 70, 71, 73, 74, 75
9/11/2012	E2G results for 1975 completed
8/11/2012	Full results 6 stage relay 1993-4
8/11/2012	Programmes for 6 stage relay 1979, 1980, 1981, 1983
8/11/2012	Programmes for National XC 1961-2, 1964-5 from Walter Eadie
30/10/2012	East District Relays Championships 1961-2, 62-3, 63-4, 67-8
29/10/2012	National XCR Relay Results and analysis
16/10/2012	E2G Programmes for 1988, 1989, 1990, 1991 and 1992
16/10/2012	West District Relays Update
16/10/2012	North District Relays Update
15/10/2012	East District Relays Update
26/9/2012	West District Relays Results for 1976-7, 77-8, 80-1, 81-2, 83-4, 84-5, 85-6, 86-7, 88-9, 89-90, 98, 9 and 2000-1
26/9/2012	Selection committees for seasons 2012-3 and 2013-4
26/9/2012	Minutes of Commission meetings 23/5/2012 and 22/8/2012
21/9/2012	Edinburgh to Glasgow Road Relay Programmes 1956, 1958, 1959, 1960, 1961, 1962
20/9/2012	Men's National Programmes for 1949-50, 1970-1, 1971-2, 1972-3, 1976-7, 1987-8 National Programme for 2011-2
5/9/2012	SAL ½ Marathon Championships
5/9/2012	RR&CC Selection 2012-13
27/7/2012	100K results and all-time list
6/7/2012	1920s National XC results from John Mackay
25/5/2012	Commission Minutes for 22/2/2012
25/5/2012	Selection Committees
17/5/2012	5K Road Race Championships & All time list
4/5/2012	SAL Trail Running Championships
19/4/2012	East District Men's results 1973-4, 1978-9, 1979-80
16/4/2012	National Men's results for 1928-9 and most of the 1930s
15/4/2012	East District XC Results for 1971-2, 1972-3
9/4/2012	Scottish 10 mile Championships medallists
5/4/2012	East District Relay results 1969 & 1973
3/4/2012	West & Midland District Results and Programmes
31/2/2012	6-4 Stage Relay results and Analysis
28/3/2012	West District Relays Update
20/3/2012	YARR Results update
27/2/2012	National Programmes that exist – mostly men
22/2/2012	National XC results update
2/2/2012	Pre WW1 Club Handbooks from the Archive index page under Books
11/1/2012	1937 National Results men
10/1/2012	1937 E2G Complete result
4/1/2012	Update to the all time 50K and 100K performances
28/12/2011	District Relays and District championships added