

**East District Cross Country Relay
Championships**

**Dechmont Law
Livingston
Saturday 5th October 2024**

<u>Race</u>	<u>Start</u>	<u>Dist.</u>
Young Females	1200	3x2500m
Young Males	1240	3x2500m
Senior / Junior / Masters Women	1320	3x4000m
Senior / Junior / Masters Men	1420	4x4000m

NUMBERS: Girls, Boys, Women - All Laps WHITE
Men - **3rd Lap RED** - All other laps WHITE



Officials Roles	East XC Relay Champs Deans, Livingston 05/10/2024
Convenor	Sandra Hardacre
Clerk of Course	Michael McKeon
Announcer (Presentations)	Andy Ronald
Announcer (Course)	Andy Ronald
Declarations (Chief)	Carol Rose
Declarations	Trish Johnson
Officials Report	Sandra Hardacre
Presentations (Chief)	Jackie Stewart
Presentations	Sandra Hardacre
Results (Chief)	Ted Finch
Results	Carol Rose
Results	Trish Johnson
Referee	Ron Morrison
Assistant Referee	Peter Jennings
Starter (Chief)	Kevin Rose
Timekeeper (Chief)	Alan Carruthers
Timekeeper	Ian Docherty
Time Recorder	Douglas Carruthers
Time Recorder	Ian Mann
Line Judge (Chief)	John Purcell
Place Caller (Chief)	Ian Hislop
Place Caller	Gary Barker
Place Recorder	Linden Nicholson
Place Recorder	Ann Malcolm
Funnel / Finish Area Control	Alex Jackson
Funnel / Finish Area Control	Sandra Hardacre
Relay Changeover (Chief)	Andy Law
Relay Changeover	Andrea Gavin
Relay Changeover	David Cairns
Course Marshall (members of)	Lothian Running Club & Linlithgow AC

COMPETITION INFORMATION SHEET

Event: East District Cross Country Relay Championships **EAST XCR**
 (Incorporating Masters Championships)
 Parking Venue: Dechmont Law, Deans, Livingston
 Declarations: Deans Community High School, Eastwood Park, Livingston, EH54 8PS
 (7min walk to course)
 Date: Saturday 5th October 2024

Race	Age Group	BORN DURING	Declarations Close	Race Starts	Laps
YOUNG FEMALES	U13	01/09/2011 to 31/08/2013			
	U15	01/09/2009 to 31/08/2011	1130hrs	1200hrs	3x2500m
	U17	01/09/2007 to 31/08/2009			
YOUNG MALES	U13	01/09/2011 to 31/08/2013			
	U15	01/09/2009 to 31/08/2011	1210hrs	1240hrs	3x2500m
	U17	01/09/2007 to 31/08/2009			
SENIOR/JUNIOR + MASTERS WOMEN		BORN BEFORE 01/09/2007	1250hrs	1320hrs	3x4000m
		Masters Age on Day			
SENIOR/JUNIOR + MASTERS MEN inc Non Binary Race		BORN BEFORE 01/09/2007	1350hrs	1420hrs	4x4000m
		Masters Age on Day			

Entries Close: **Thur 19th September 2024 @ 5pm** **NO LATE ENTRIES**

All entries must be submitted through the club portal

YOUNG ATHLETES RACES

1st LAP Under 13 2nd LAP Under 15 OR Under 13 3rd LAP Under 17 OR Under 15

Bank Details: RBS, Sort Code: 83-19-04 Acc No 00667222

Important Notes

- (1) District relays incorporate Masters Championships. There will be a set of Masters gold, silver and bronze medals for both Men and Women. Masters Age Group: from 40 for both Men and Women on race day.
- (2) All entered athletes must be members of scottishathletics at the time of the closing date and be in date on race day.
- (3) Athletes who have an out of date membership cannot be added after the closing date.
- (4) All competitors **MUST** compete in the declared order, and an entered athlete **MUST NOT** be substituted by a non-entered athlete at any time.
- (5) Club colours **MUST** be worn
- (6) Students in Full-time Education in Scotland
Students in full-time education in Scotland may compete as 1st claim for both their educational establishment and another Scottish club, but not in the same competition. This is provided that the educational establishment club is confined to students of that establishment. Thus, a student may be entered for two clubs but has to choose one at declaration.
- (7) Further information, including Location Map and Course Map, will be available on the Scottish Athletics website.
- (8) Club's may only enter as many eligible athletes in their squad as they choose, teams will then be selected from these lists on the day.
- (9) Club entries must ensure that entrants are medically fit to compete, have no medical issues or disability that would endanger themselves or others by taking part (and will not run if unfit to do so on the day).
By entering all athletes agree that Photographs and/or video footage may be taken and used for PR/Marketing purposes.
- (10) Any athlete with Additional Support Needs should contact scottishathletics for an athlete assistance form.

Saturday 5th October 2024

TEAM NUMBERS

105-157		Young Females Team Numbers							
Club	53	A	B	C	D	E	F	G	H
Aberdeen AAC	2	105	106						
Banchory Stonehaven AC	2	107	108						
Central AC	3	109	110	111					
Corstorphine AAC	4	112	113	114	115				
Dundee Hawkhill Harriers	3	116	117	118					
Dunfermline Track and Field AC	2	119	120						
Edinburgh AC	7	121	122	123	124	125	126	127	
Falkirk Victoria Harriers	8	128	129	130	131	132	133	134	135
Fife AC	2	136	137						
Gala Harriers	3	138	139	140					
Harmeny AC	7	141	142	143	144	145	146	147	
Lasswade AC	4	148	149	150	151				
Livingston AC	1	152							
Lothian RC	3	153	154	155					
Team East Lothian	1	156							
Teviotdale Harriers	1	157							

Saturday 5th October 2024

TEAM NUMBERS

160-199		Young Males Team Numbers						
Club	40	A	B	C	D	E	F	G
Aberdeen AAC	2	160	161					
Central AC	1	162						
Corstorphine AAC	3	163	164	165				
Dundee Hawkhill Harriers	2	166	167					
Edinburgh AC	7	168	169	170	171	172	173	174
Falkirk Victoria Harriers	2	175	176					
Gala Harriers	3	177	178	179				
George Heriots School XC Club	2	180	181					
Harmeny AC	7	182	183	184	185	186	187	188
Lasswade AC	3	189	190	191				
Livingston AC	1	192						
Lothian RC	2	193	194					
Metro Aberdeen RC	1	195						
Strathearn Harriers	2	196	197					
Team East Lothian	2	198	199					

[illegible]

East District Cross Country Relays

05/10/2024

Dechmont Law, Deans,
Livingston
EH54 8PS

lindsays

**SCOTTISH
CROSSCOUNTRY
SEASON**



T = Toilets
F = Finish
S = Start
CT = Club Tents

Race	Declarations Close	Race Start
Young Females	11:30	12:00 noon
Young Males	12:10	12:40
Sen/Jun Females	12:50	13:20
Sen/Jun Males	13:50	14:20

Young Athletes ~ 2500m,
SYABCEGHF
Senior/Junior ~ 4000m,
SYABJCDEGHF

0 500m

Woodland
Houses, gardens
Grass

Roads,
paths



scottishathletics

Deans North Road

Deans North Road

To Livingston North
Station. y

Knightsbridge W Road

Middlewood Park

Parking
at School

Deans CHS

Footpath to
Course

Overflow Parking on
Middlewood Park

Footpath
to Course

Dechmont
Law

Golf Course

Senior/Junior
Only

Motorway