

GAA Glasgow Miler Meet – Night of 10k's
Incorporating the scottishathletics 10,000m Championships (Senior and Masters Champs)
FINAL INFORMATION
1830 – 2130 on Friday the 29th of April 2022

Crownpoint Stadium
183 Crownpoint Road
Glasgow
G40 2AL

Event Information

First of all, the Glasgow Athletics Association would like to thank the Scottish endurance community in reaching almost 80 entries for the Night of 10k's (incorporating the **scottishathletics 10,000m Championships**).

This is a really positive response and the clubs, coaches and athletes who have taken up this opportunity should be congratulated for their support of this key endurance fixture.

We are all hoping for a fantastic evening of athletics which will build a platform for developing the event further in future years.

Pacemakers

As always, we are keen to add to our pacemaking stable, so if you feel you (or a training partner) could help someone to achieve a new PB on Friday night, then please get in touch - as well as thinking ahead to our meets on the 3rd June (3000m and 800m) and the 29th of July (5000m and 1500m) – entries will open for these events on the BMC website in due course.

Declarations

We expect you to declare at least one hour before your event and final declarations will be at 1930.

Assembly

Assembly will be at race start 10 minutes before your race is due to start. The races will start on time – we will not wait for you or come and look for you – it is your responsibility to be there at the right time.

Photofinish

Could all coaches and athletes be very aware that for the electronic timing to function we have photo finish in operation at the finishing line. While we are keen that athletes get the opportunity to warm up as easily as possible, it is crucial that athletes do not run through the line while a race is in process as this can disrupt the photo finish system and cause problems with the results.

Prize Pot

Additionally, there will be a 'prize pot' of £250 available to the overall fastest in each of the men's and women's events IF they break the following target times:

10,000m

Men: 29:40

Women: 34:00

If only one athlete achieves the time he or she will claim the prize pot. If more than one winner achieves the times it will be split equally (i.e. if two winners break the times they will get £125 each).

If no one achieves the prize pot standards then the money will roll over and be added to the pot for the next GAA Miler Meet.

Rules (new)

Rule CR18.5 Unsporting or Improper Behaviour: spitting (or similar) in any area may be treated as a conduct offence and will be dealt with by a warning or disqualification. Athletes Assembly stewards will remind athletes of this rule prior to leaving for the competition site. Any instances of athletes spitting within the competition area will be reported to the Chief Official or Referee who will issue the appropriate sanction, which may result in disqualification.

Rule T5: All athletes must make themselves familiar with the recently amended World Athletics rules around shoes available [here](#) and [here](#). It is the athlete's responsibility to ensure compliance with these rules. Visual checks will be made at Athlete Assembly, with any non-compliant shoes being reported to the Meeting Manager for investigation.

Withdrawals / Reserve List

Any athlete who is no longer able to compete must let us know as soon as possible – we are currently employing a reserve list and athletes on there are keen to get a run if possible.

Admissions

Athletes – Free admission

Coaches – Free admission with their coaching pass

Other Spectators - £2

Under 16 spectators' admission is free

Thank you to those clubs who have offered to help already – much appreciated as always.