

East District Cross Country Relay Championships

**Mossilee Farm
Galashiels
Saturday 1st October 2022**

<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



Referee	Dave Cairns
Clerk of Course	Tony Lunn
Changeovers	Andy Law (Chief), Dave Hanlon
Line Judge / Funnel Control	Ted Finch, Adrian Stott, Sandra Hardacre
Timekeepers	Ian Mann, Alan Carruthers
Recorders (Time)	Doug Carruthers, Elspeth Burton
Recorder (Places)	Rachel Halliday (Chief), Ken Morris, Ian Hislop
Starter	Ted Finch
Declarations	Alex Jackson, Linden Nicholson
Presentations	Adrian Stott, Sandra Hardacre
Results	Ron Morrison
Announcer	Andy Ronald
Officials Report	Sandra Hardacre
Course Marshals	Gala Harriers
Convenor	Sandra Hardacre

Scottish Athletics would like to thank the following for their assistance in running today's event -

Gala Harriers
 William Pate, Farmer, Mossilee Farm
 Lothians Community Event First Aid.

Young Females	1200 hrs
Young Males	1240 hrs
Sen/Jun Females	1320 hrs
Sen/Jun Males	1420 hrs

NUMBERS

Girls, Boys, Women - All laps WHITE
Men - 3rd Lap RED - all other laps WHITE

COMPETITION INFORMATION SHEET

Event: East District Cross Country Relay Championships
(Incorporating Masters Championships)

Parking Venue: Mossilee Farm, Gala, TD1 1TE

Declarations: At the rear of the Swimming Pool (15min Walk to course)

Date: Saturday 1st October 2022

EAST XCR

Race	Age Group	BORN DURING	Declarations Close	Race Starts	Laps
YOUNG FEMALES	U13	01/09/2009 to 31/08/2011			
	U15	01/09/2007 to 31/08/2009	1130hrs	1200hrs	3x2500m
	U17	01/09/2005 to 31/08/2007			
YOUNG MALES	U13	01/09/2009 to 31/08/2011			
	U15	01/09/2007 to 31/08/2009	1210hrs	1240hrs	3x2500m
	U17	01/09/2005 to 31/08/2007			
SENIOR/JUNIOR + MASTERS WOMEN		BORN BEFORE 01/09/2005 Masters Age on Day	1250hrs	1320hrs	3x4000m
SENIOR/JUNIOR + MASTERS MEN <small>inc Non Binary Race</small>		BORN BEFORE 01/09/2005 Masters Age on Day	1350hrs	1420hrs	4x4000m

Entires Close: **Thur 15th September 2022 @ 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.

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TEAM NUMBERS

Club	Team Numbers
Central AC	69, 70
Corstorphine AAC	71, 72, 73
Dundee Hawkhill H	74, 75
Edinburgh AC	76, 77, 78, 79
Falkirk Victoria H	80, 81, 82, 83, 84, 85
Gala H	86, 87
Harmeny AC	88, 89, 90
Lasswade AC	91, 92
Lothian RC	93
Musselburgh and District AC	94
Strathearn H	95
Team East Lothian	96, 97, 98
Teviotdale H	99

Saturday 1st October 2022

TEAM NUMBERS

Club	Team Numbers
Central AC	54, 55, 56, 57
Corstorphine AAC	58, 59, 60, 61
Dundee Hawkhill H	62
Edinburgh AC	63, 64, 65, 66, 67
Falkirk Victoria H	68, 69, 70
Fife AC	71
Gala H	72, 73
George Heriots School XC Club	74
Harmeny AC	75, 76, 77, 78
Lasswade AC	79, 80, 81
Moorfoot Runners	82, 83, 84
Musselburgh and District AC	85, 86
Perth Strathtay H	87
Team East Lothian	88, 89, 90, 91, 92
Teviotdale H	93, 94, 95

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TEAM NUMBERS

Club	Team Numbers
Masters Numbers	38-53
Carnegie H	1, 2, 38
Corstorphine AAC	3, 4
Dundee RR	5
Edinburgh AC	6, 7, 8, 9, 10, 11, 39, 40
Edinburgh University H&H	12, 13, 14, 15, 16, 17, 18, 19
Falkirk Victoria H	20, 21
Gala H	22, 23, 41, 42, 43
Harmeny AC	44, 45
Heriot-Watt University AC	24
Hunters Bog Trotters	25, 26, 46, 47
Kinross RR	48
Linlithgow AC	27, 28, 49
Lothian RC	29, 30
Perth RR	50, 51
Pitreavie AAC	31
Portobello RC	32, 52
Stirling University AC	33
Teviotdale H	53
University of St. Andrews CC	34, 35, 36, 37

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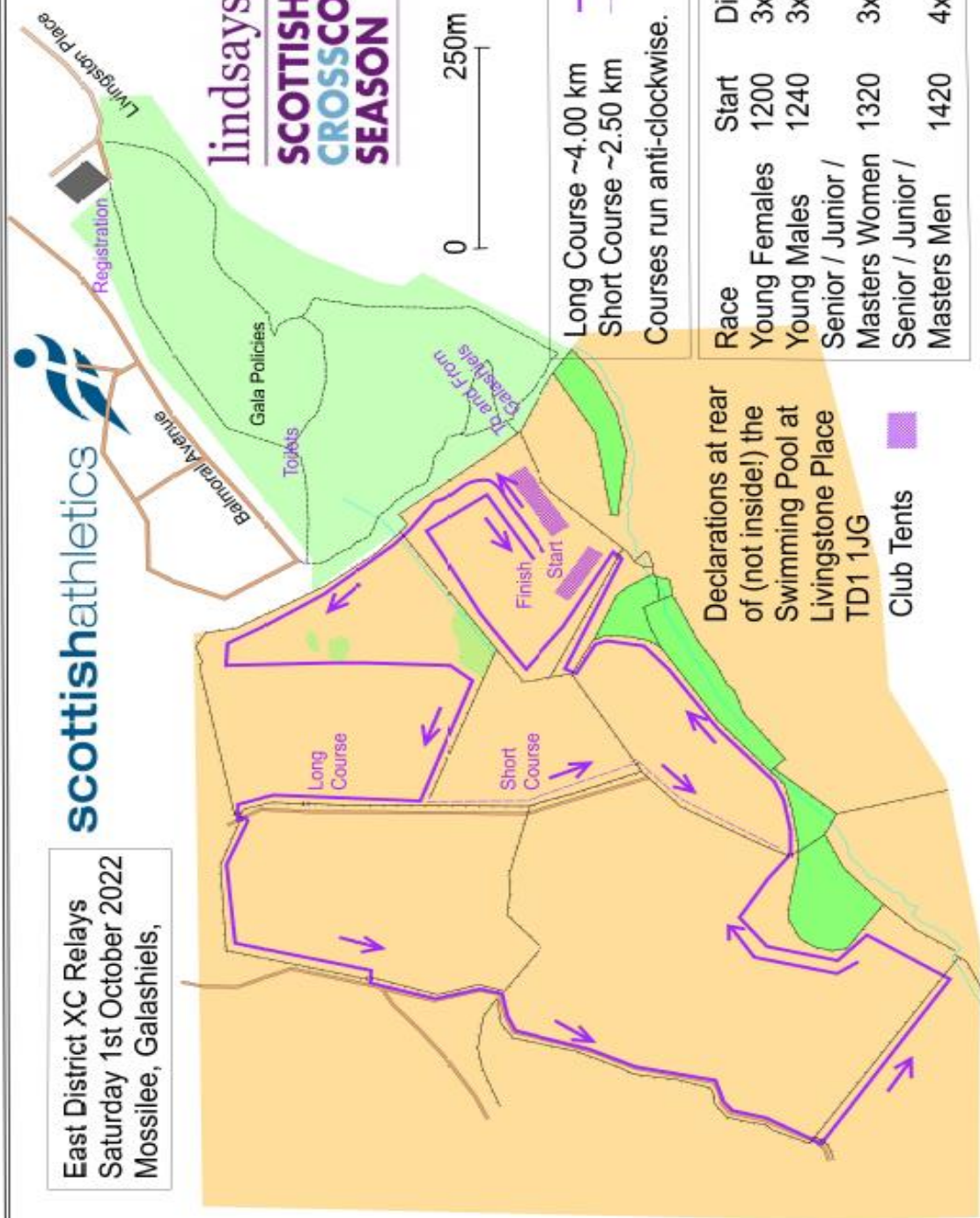
TEAM NUMBERS

Club	Team Numbers
Masters Numbers	10, 44-68
Carnegie H	1, 2
Central AC	3, 4, 5, 6, 44
Corstorphine AAC	7, 8, 9, 45, 46, 47
Dunbar AC	10, 48
Dundee Hawkhill H	11
Dundee R	12
Edinburgh AC	13, 14, 15, 16, 17, 49, 50, 51, 52
Edinburgh University H&H	18, 19, 20
Falkirk Victoria H	21, 22, 53
Fife AC	23, 54
Gala H	24, 25, 55, 56
Harmeny AC	26, 27, 57
Heriot-Watt University AC	28
Hunters Bog Trotters	29, 30, 58, 59
Kinross RR	60
Lasswade AC	31, 61
Linlithgow AC	32
Lothian RC	33
Musselburgh and District AC	34, 62, 63
Perth RR	35, 64
PH Racing Club	65
Pitreavie AAC	36, 66
Portobello RC	37
Stirling University AC	38, 39
Teviotdale H	40, 67, 68
University of St. Andrews CC	41, 42, 43

East District XC Relays
 Saturday 1st October 2022
 Mossilee, Galashiels,



lindsays
**SCOTTISH
 CROSSCOUNTRY
 SEASON**



0 250m

Long Course ~4.00 km
 Short Course ~2.50 km
 Courses run anti-clockwise.

Race	Start	Distance
Young Females	1200	3x2500m
Young Males	1240	3x2500m
Senior / Junior /	1320	3x4000m
Masters Women	1320	3x4000m
Senior / Junior /	1420	4x4000m
Masters Men	1420	4x4000m

Declarations at rear
 of (not inside!) the
 Swimming Pool at
 Livingstone Place
 TD1 1JG
 Club Tents