

National 6/4 Stage Road Relays 2023

Parking

ALL CAR PARKING must be at Almondvale Stadium. There is strictly NO PARKING at St Margaret's Academy for athletes, team managers or officials

Follow the road signs to Livingston FC - coloured yellow from M8 Junction 3

Eastbound Road Closures and Diversion

Eastbound traffic heading to Livingston will be directed to leave the M8 at Junction 3A, the junction prior to where the works are taking place. The diversion will follow Carnegie Road, Deans Road and the A89 east to join the A899 Livingston Road at Dechmont Roundabout.

This will add less than one mile and typically less than five minutes to journey time – though longer delays can be expected during peak times. Westbound M8 motorway traffic will remain unaffected.

From M8 Junction 3, go south for 2 miles to Lizzie Bryce Roundabout.

Go West along A71 to next roundabout.

Go North straight on at the next 3 roundabouts - Alderstone Road

After 500yds turn Right, East at second traffic lights - Almondvale Stadium Road

Parking is on the left on the north side of Almondvale Stadium Road, Post Code EH54 7DN (see course map for location)

Walk East from the parking, cross the River Almond then turn north to reach St. Margaret's Academy

Declarations

An online declaration process will be provided for this event via the online OpenTrack system. Team Managers and Club Contacts will receive an emailed invite to become a 'Team Manager' on OpenTrack the week before the event. Those already registered on the site will simply have to log in. If any Team Managers are not already registered, they will need to do so when accepting the invitation. Additional Team Managers can be added by emailing events@scottishathletics.org.uk with Name and Email address of the additional Team Manager.

An online guide to the declarations process is available here - <https://docs.opentrack.run/cms/relaydeclarations/>. Support for online team declarations will be provided by the **scottishathletics** Competitions Team on the day.

On the day team declarations/team pack collection will open at 1030hrs and close at 1130hrs

Course

- 1st Leg is SHORT (3.1miles) 2nd leg is LONG (5.9miles)
- Six alternate laps for men; Four alternate laps for women
- Short Legs wear RED numbers. Long Legs wear YELLOW numbers
- 6th and Final Men's leg wear WHITE numbers.

Categories

- Male and Female Masters Teams are from age 40, based on age on day of the race.
- Masters Team numbers will have a "V" stapled to the number which should be worn on the BACK
- There are medals for 1st 3 Masters teams for Men and Women.
- M50 teams and W50 teams are from age 50 on the day.
- M50 teams run 4 legs ONLY. W50 teams run 3 legs ONLY.
- M50 and W50 team numbers will have an "X" stapled to the number which should be worn on the BACK
- There are medals for 1st three M50 and W50 teams.
- All entered athletes are eligible to run in a younger age range (provided a club team has been entered in that age group)

Eligibility

- Athletes can only run once. Any team with an athlete running a 2nd time will have the whole team removed from the results.
- Athletes can only enter for their First Claim Scottish Club. Athletes cannot be entered for their Second Claim Club.

Mini Mass Start

- Any remaining men who have not started the 6th and final leg before the 1st 3 men's team have finished the race will be started in a "mass" start at approx. 2hours 20minutes race time. This start is likely to comprise of around 8 teams. These teams will be recorded with a corrected team time in the results.

Awards

- Presentation of all Women's and M50 medals will take place **at the finish** as soon as possible once the results have been determined.
- Presentation of Senior Men's and M40 medals will take place in the café after the race.

PLEASE USE THE CAFÉ FACILITY IN THE SCHOOL