

scottishathletics National Road Relay Championships

Long/Short Stages



Start/Finish



Short Leg Cut Off



Long / Short split



3 Miles



Parking



Note route change here 2017!!



Long Leg



Change 2023

Men 6 stage. Women 4 stage.

Almondvale Livingston.

Men 11:30 start.

Women 11:40 start

Based on an original route by Martin Hyman

