

## COMPETITION INFORMATION SHEET

Event: National Road Relay Championships  
 Men's Six Stage and Women's Four Stage  
 Venue: St Margarets Academy, Howden S Road, Livingston, EH54 6AT  
 Parking: Almondvale Stadium, Alderstone Road, Livingston, EH54 7DN  
 Date: Saturday 23th March 2024  
 Declarations:

Race	Age Group	BORN DURING	Declarations		
			Close	Race Starts	Laps
Sen Men 6 Stage		ON OR BORN BEFORE			6 Legs
M40+ 6 Stage	Male	31/08/2006	1100hrs	1130hrs	6 Legs
M50+ 4 Stage					4 Legs
Sen Wom 4 Stage		ON OR BORN BEFORE			4 Legs
W40+ 4 Stage	Female	31/08/2006	1100hrs	1140hrs	4 Legs
W50+ 3 Stage					3 Legs
	1st Leg Short Leg	2nd Leg Long Leg	3rd Leg Short Leg		
	4th Leg Long Leg	5th Leg Short Leg	6th Leg Long Leg		

### **Mass Start**

Any Men's team who have not started the 6th and final leg before the 1st 3 men's team have finished the race will go off on a 'mass' start at approx 2hrs 20mins race time.

Closing Date for ALL Entries **1700hrs Thursday 7th March 2024** **NO LATE ENTRIES**  
 Email address for Entries: [events@scottishathletics.org.uk](mailto:events@scottishathletics.org.uk)

### **Important Notes**

- (1) Races are open to Senior and Junior Men and Women born before 31st August 2006  
 i.e. No Under 17 Men or Women
- (2) Masters Teams - Masters Age Group from 40 for both Men and Women – age on day. Also medals for Teams of M50 (4 legs) and W50 (3 legs)
- (3) Athletes can only run once, any team with an athlete running a second time will be removed from the results.
- (4) Athletes who compete in an SAL championship MUST be current members of the Scottish Athletics Membership Scheme as Per UKA Rule G2. Furthermore, an entered athlete MUST not be substituted by a non-entered athlete at any time.
- (5) Athletes can only enter for their 1st Claim Scottish Club, athletes cannot be entered for their 2nd claim club.
- (6) All competitors MUST compete in their declared order, and club colours must be worn.
- (7) 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.
- (8) Club Affiliation fees must have been paid.
- (9) Further information, including Location Map and Course Map, will be available at [www.scottishathletics.org.uk](http://www.scottishathletics.org.uk)
- (10) By entering all athletes agree that photographs and/or video footage may be taken and used for PR/Marketing purposes.
- (11) 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).
- (12) Any athlete with Additional Support Needs should contact scottishathletics for an athlete assistance form.