



**National Cross Country  
Relay Championships  
Senior Relay Loop  
4km**

Bog Stank

**Left** = Athletes run left to the tape  
**Right** = Athletes run right to the tape  
**Gate** = Double taped

Officials  
Car Park

Declarations

Finish

Start

Cumbernauld  
Allotments

Glen Ave

Cumbernauld  
House Park

**From Parking  
at Cumbernauld  
Academy**

Left

Left

Left

Left

Switch  
Left

Switch  
Right

Switch  
Right

Left

Switch  
Left

Left

Left

Left

Right

Right

Left

Gate

Left

Left