

scottishathletics National Road Relay Championships

Long/Short Stages



Start/Finish



Short Leg Cut Off



Long / Short split



3 Miles



Parking



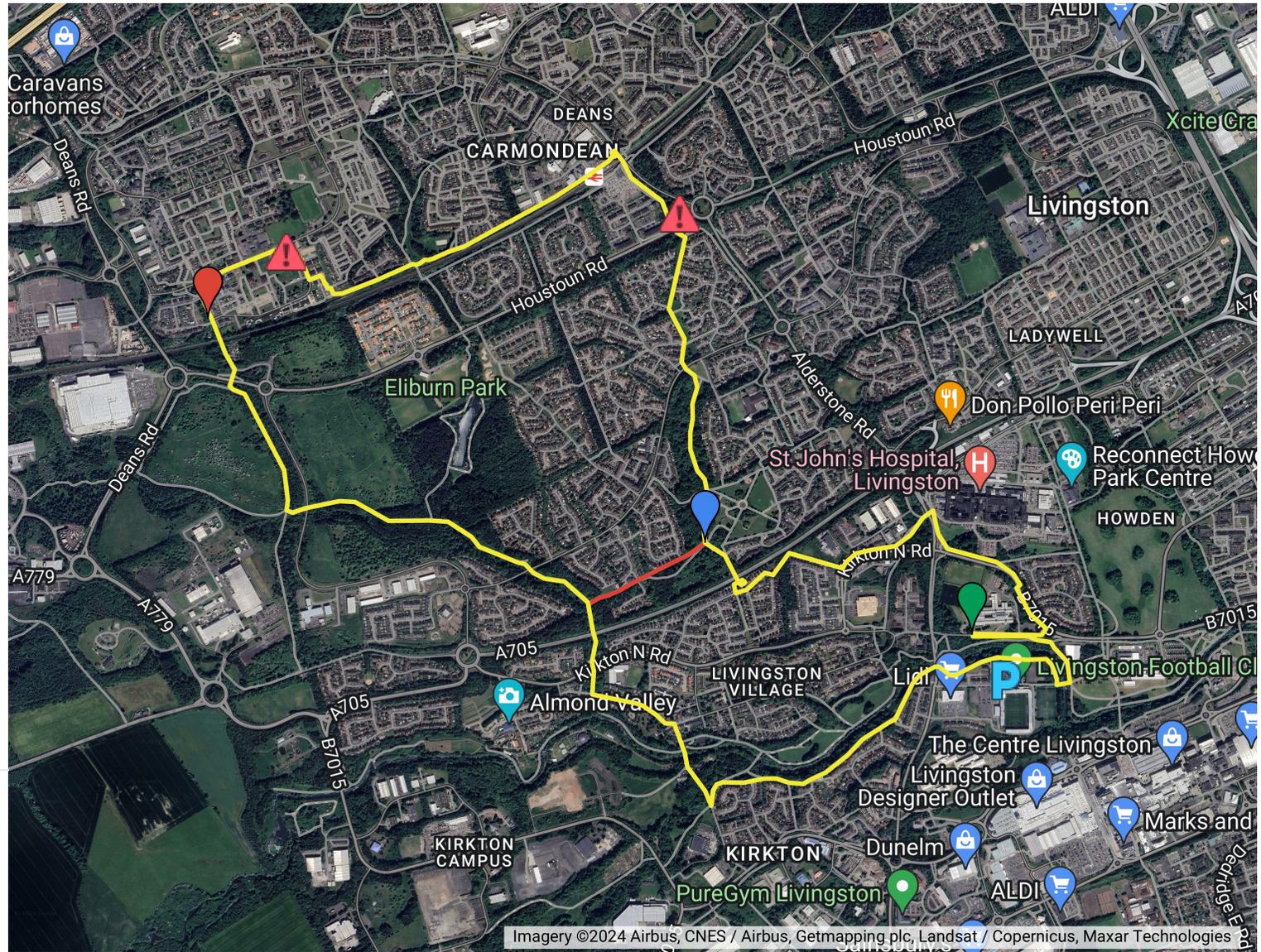
Note route change here 2017!!



Long Leg



Change 2024



Men 6 stage. Women 4 stage.
Almondvale Livingston.
Men 11:30 start.
Women 11:40 start
Based on an original route by
Martin Hyman