Lindsays scottishathletics **National XC Relay Championships**
Saturday 25 October 2025
Cumbernauld House Park, Kildrum, Cumbernauld, G67 3JG

Information for Clubs and Team Managers

We look forward to seeing you at the National XC Relay Championships, and wish you and your teams an enjoyable and rewarding competition. This document contains information on what to expect whilst attending the event, as well as instructions for online declarations.

All relevant information can be downloaded from the Fixture Page on the **scottish**athletics website here:
Lindsays scottishathletics National Cross Country Relay Championships

5 Steps to Competing

1. **Pre-event – check the start list for your team's race time and athletes' arrival time(s)**
2. **Declare Online – Closes 30 minutes before each race: don't be late! Team Managers should declare on behalf of their team. All clubs have been sent online login details to declare teams. Team Managers will still need to collect teams' bibs and chips on the day.**
3. **Warm up – athletes should be careful to avoid competing runners whilst warming up**
4. **Report to Start – first leg runners should assemble 5-10 minutes before their race is due to start and be ready to race (no additional kit, water bottles, etc.)**
5. **Compete!**

Don't forget to collect any medals your club may have won before you leave!

Parking

Parking is available at Cumbernauld Academy, South Ring Road, Kildrum, Cumbernauld, G67 2UF. The course is approximately 1.5miles from the school, please allow 15-20mins walking time.

There will be NO public parking at the course. Tents may be dropped off at Meadow View and walked to the start finish area (approx. 800m), but cars must move away from this area after drop-off.

Following complaints from local residents in 2024, all attendees must park responsibly without blocking access or on grass verges. Parking enforcement officers will be on duty throughout the day and will ticket or remove vehicles if necessary. Official event parking is at Cumbernauld Academy.

Admissions

The venue will be open to athletes, coaches and spectators from 0900hrs via the path from Meadow View.

Declarations

Bib Collection Closing Time: **30mins prior to Race Start Time**

Athletes will not need to declare individually: team managers will declare on behalf of their teams. Team numbers can be collected from the declarations gazebo on the day from 1000hrs. Numbers must not be folded, mutilated or concealed in any way. Timing chips will be attached to numbers: there will be no timing chips to attach to shoes. Any unused timing bibs MUST be returned to declarations.

Team Managers will declare their teams online in advance of or on the day at: www.chipresults.co.uk/xc

To declare online, all clubs will require a unique username and PIN, which has been sent to the e-mail address included in the entry form at the point of entry.

Teams may amend their running order online up to 30 minutes prior to the start time for their race. All competitors MUST compete in the declared order. Athletes may run a maximum of one leg and may be declared in only one team on the day.

Any team manager without login details should contact their club's Club Secretary in the first instance. If you are unable to reach your club, please contact events@scottishathletics.org.uk to request your team's details. Clubs who are unable to declare online should also contact **scottish**athletics in advance of the day to make alternative declarations arrangements.

Composition of Relay Teams
Young Athletes - Lap 1 - U13, Lap 2 - U15 or U13, Lap 3 - U17 or U15
Senior/Junior Men and Women; Masters Men – 4 legs
Masters Women, M50 and W50 – 3 legs
3rd Lap in Sen/Jun Men, Masters Men and Sen/Jun Women wear **Yellow** numbers

Masters Teams
Masters teams will be identified by a V, with athletes attaching a "V" to the BACK of team members' vests.
V50 teams will be identified by an X, with athletes attaching a "X" to the BACK of team members' vests.
"X"s and "V"s for the BACK will be supplied within team packs.
Masters/V50 athletes running in Senior teams do not need this additional indicator.

Incomplete Young Teams
Clubs with entered Young Male or Young Female teams that do not have an eligible athlete available for leg 1 may be declared offline on the day, and athletes will be included in mass starts for legs 2 (U15s) and 3 (U15s or U17s). These athletes will still receive official individual times. Please refer to the Incomplete Teams document on the **scottish**athletics website for more details. Athletes not part of pre registered teams cannot be accommodated within the race programme.

Event Help Line
Any team who may be running late on the day must contact mobile no. **07522 556771** to notify us of your anticipated arrival time. If unanswered, a message should be left detailing name, issue and return contact number.

Warm Up
There will be no designated warm up area for this event, but all athletes are asked to be mindful of other runners whilst warming up. Teams should use the designated crossing points to access/exit busy areas of the course, and must take care when warming up close to the course. Please listen to the directions of officials and marshals at all times.

Start Assembly
First leg athletes must report to the start 5-10 minutes prior to their event ready to race. Subsequent runners should report in time for the finish of their team-mate and must not start running until directed by the designated official. Vests, competitor numbers and spikes may be checked at the start. Athletes must compete in the colours of the club under which they entered, and in the same vest-design as their teammates.

Finish Area
Athletes, after completing their run, must not sit/lie down in this area and should move through as quickly as possible to return to spectator areas. Anyone requiring medical attention within this area will be attended to.

Presentations
Presentations will be conducted as soon as possible following the conclusion of each race, and will be held on the podium by the presentations gazebo. Athletes should report directly to presentations immediately following the conclusion of their race.

Rules
These Championships will be held under UKA Rules for Competition Incorporating IAAF Rules effective from 1st April 2024. A copy is available for download from the British Athletics website: Competition Rules.
All athletes should be aware that no false start will be allowed without the liability of disqualification of any false starting athlete. U13 athletes will receive a warning for one false start and disqualification for two.
Unsporting or Improper Behaviour: spitting (or similar) in any area of the event site may be treated as a conduct offence and will be dealt with by a warning or disqualification. Officials will remind athletes of this rule prior to each race. Any instances of athletes spitting within busy areas of the event site will be reported to the Referee who will issue the appropriate sanction, which may result in disqualification.

Assistance in Competition
Any athlete requiring assistance during competition should complete and return an assistance request form **by 4pm on Wednesday 22nd October.** If you require a form, please contact events@scottishathletics.org.uk

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COMPETITION INFORMATION SHEET

Event: National Cross Country Relay Championships (Incorporating Masters Championships) **NAT XCR**

Venue: Cumbernauld House Park, Cumbernauld, G67 3JG

Date: Saturday 25th October 2025

Race	Age Group	BORN DURING	Declarations Close	Race Starts	Laps
YOUNG FEMALES	U13 U15 U17	01/09/2012 to 31/08/2014 01/09/2010 to 31/08/2012 01/09/2008 to 31/08/2010	1130hrs	1200hrs	3x2500m
YOUNG MALES	U13 U15 U17	01/09/2012 to 31/08/2014 01/09/2010 to 31/08/2012 01/09/2008 to 31/08/2010	1210hrs	1240hrs	3x2500m
YOUNG ATHLETES' TEAMS:		**Lap 1 - U13, Lap 2 - U15 or U13, Lap 3 - U17 or U15**			
SENIOR/JUNIOR MASTER WOMEN		BORN BEFORE 01/09/2008 Masters Age on Day **Senior/Junior Women will run 4 Legs** **Masters Women and W50+ will run 3 legs**	1240hrs	1310hrs	4x4000m
SENIOR/JUNIOR MASTER MEN + Non Binary Race		BORN BEFORE 01/09/2008 Masters Age on Day **4 Laps for Masters Men, 3 Laps for M50**	1410hrs	1440hrs	4x4000m

Entries Close: **5pm on Thursday 9th October 2025** **NO LATE ENTRIES**

Entries must be submitted online through JustGo

Email Address for Queries: events@scottishathletics.org.uk

Important Notes

(1) Please read Important Information in relation to parking on the scottishathletics website.

(2) National relays incorporate Masters Championships. There will be a set of Masters and V50 gold, silver and bronze medals for both men and women. Masters Age Group: from 40 for both men and women on race day.

(3) Club's should declare at least one eligible athletes at the time of entry, teams will then be selected from valid membership lists on the day via an online declaration system.

(4) All declared athletes must be members of scottishathletics and be in date on race day.

(5) Athletes who have an out of date membership cannot be declared.

(6) All competitors MUST compete in the declared order, and an entered athlete MUST NOT be substituted by a non-entered athlete at any time.

(7) Club colours MUST be worn

(8) 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.

(9) Further information, including Location Map and Course Map, will be available on the Scottish Athletics website.

(10) 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).

By entering all athletes agree that Photographs and/or video footage may be taken and used for PR/Marketing purposes.

(11) Any athlete with Additional Support Needs should contact scottishathletics for an athlete assistance form.

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