

COMPETITION INFORMATION SHEET

Event: National Cross Country Relay Championships
(Incorporating Masters Championships)
Venue: Cumbernauld House Park, Cumbernauld, G67 3JG
Date: Saturday 25th October 2025

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

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- (5) Athletes who have an out of date membership cannot be declared.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