

COMPETITION INFORMATION SHEET

Event: scottishathletics Inter District Cross Country Championships
Venue: Alexandra Park, Alexandra Parade, Glasgow, G31 2ER
Registration: Alexandra Park Bike-Hub, Sports Hub Building, Alexandra Park St, Glasgow, G31 3JJ
Parking: Blochairn Road, Glasgow, G21 2DU
Date: Saturday 10th January 2026

Race	Age Group	BORN DURING	Declarations Close	Race Starts	Distance (Approx)
Under 13 Girls	U13G	01/09/2012 to 31/08/2014	1030hrs	1100hrs	3000m
Under 13 Boys	U13B	01/09/2012 to 31/08/2014	1045hrs	1115hrs	3000m
Under 15 Girls	U15G	01/09/2010 to 31/08/2012	1100hrs	1130hrs	4000m
Under 15 Boys	U15B	01/09/2010 to 31/08/2012	1120hrs	1150hrs	4000m
Under 17 Women	U17W	01/09/2008 to 31/08/2010	1140hrs	1210hrs	6000m
Under 17 Men	U17M	01/09/2008 to 31/08/2010	1205hrs	1235hrs	6000m
Senior	SW	BORN ON/BEFORE 31/08/2005	1230hrs	1300hrs	8000m
U20 Women	U20W	01/09/2005 to 31/08/2008			
Senior	SM	BORN ON/BEFORE 31/08/2005	1315hrs	1345hrs	8000m
U20 Men	U20M	01/09/2005 to 31/08/2008			

All athletes will be advised of their selection via their district rep or team manager

Entry Information

Email Enquiries: events@scottishathletics.org.uk

Important Notes

(1) Location map and additional information will be shown on the scottishathletics website - www.scottishathletics.org.uk

(2) Inter District Team scoring for all Races is 6 to count.

(3) All selected athletes must be members of scottishathletics at the time of the event. Athletes with an out of date membership cannot be added after the selection date.

(4) A selected/entered athlete MUST not be substituted by a non-selected/entered athlete at any time.

Non observance of the above leaves the whole field and the officials uninsured in the event of an accident; leaves the athlete at a health risk in the case of a wrong identification of the athlete; and makes the results invalid as an historic record.

(5) By accepting selection all athletes agree that photographs and/or video footage may be taken and used for PR/Marketing purposes.

(6) Athletes agree that they 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).

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