

COMPETITION INFORMATION SHEET

Event: Lindsays **scottishathletics** Short Course Cross Country Championships
(Incorporating Masters Championships)
Venue: Kirkcaldy High School, Dunnikier Way, Kirkcaldy, KY1 3LR
Registration: Kirkcaldy High School, Dunnikier Way, Kirkcaldy, KY1 3LR
Date: Saturday 7th November 2026

Race	Age Group	BORN IN			Declarations Close	Race Starts	Distance (Approx)
Under 16 Girls	U16	2012	OR	2013	1130hrs	1200hrs	2000m
Under 16 Boys	U16	2012	OR	2013	1155hrs	1225hrs	2000m
Under 18 Women	U18	2010	OR	2011	1220hrs	1250hrs	3000m
Under 18 Men	U18	2010	OR	2011	1250hrs	1320hrs	3000m
Senior Women	BORN BEFORE			2008	1320hrs	1350hrs	4000m
Master Women W40/W50/W60+	Age On Day						
U20 Women	2008	OR	2009				
Senior Men	BORN BEFORE			2008	1350hrs	1420hrs	4000m
Master Men M40/M50/M60+	Age on Day						
U20 Men	2008	OR	2009				
inc Non Binary Athletes							

Entries Close **5pm Thursday 22nd October 2026**

NO LATE ENTRIES

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) Team scoring for Senior Races is 4 for Men and 4 for Women. Young athlete races 3 for all races.

(3) U20 and Masters athletes are eligible for individual and team medals in the Senior race as well as individual medals in their age category. Masters medals available in all 10year age bands

Additional pin badges will be awarded to athletes finishing 1st to 9th in the Under 16 races, and 1st to 6th in the Under 18 races.

(4) All entered athletes must be members of scottishathletics at the time of the closing date and be in date on race day. Athletes with an out of date membership cannot be added after the closing date.

(5) An entered athlete **MUST** not be substituted by a non-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.

(6) 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.

(7) By entering all athletes agree that photographs and/or video footage may be taken and used for PR/Marketing purposes. To opt out please contact Scottish Athletics

(8) 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).

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