

COMPETITION INFORMATION SHEET

Event: East District Cross Country Championships

EDXC

Venue: University of Stirling, FK9 4LA

Registration: University of Stirling Sports Centre, University Rd W, Stirling, FK9 4LA

Date: Saturday 5th December 2026

Race	Age Group	BORN IN			Declarations		Distance
					Close	Race Starts	
PROVISIONAL TIMETABLE PLEASE CHECK FINAL INFORMATION FOR FINAL TIMETABLE							Approx.
Under 14 Girls	U14	2014	OR	2015	1100hrs	1130hrs	3000m
Under 14 Boys	U14	2014	OR	2015	1115hrs	1145hrs	3000m
Under 16 Girls	U16	2012	OR	2013	1130hrs	1200hrs	4200m
Under 16 Boys	U16	2012	OR	2013	1150hrs	1220hrs	4200m
Under 18 Men	U18	2010	OR	2011	1210hrs	1240hrs	5800m
Under 18 Women	U18	2010	OR	2011	1215hrs	1245hrs	5800m
U20 Men	U20	2008	OR	2009	1235hrs	1305hrs	7000m
U20 Women	U20	2008	OR	2009	1240hrs	1310hrs	7000m
Senior Women	SEN	BORN BEFORE		2008	1305hrs	1335hrs	8700m
Masters Women	MAS	Age on Day 40+					
Senior Men	SEN	BORN BEFORE		2008	1400hrs	1430hrs	8700m
Masters Men	MAS	Age on Day 40+					
Non Binary	NB						

Entries Close: **5pm Thursday 19th November 2026**

NO LATE ENTRIES

Important Notes

(1) All athletes who compete in the championships **MUST** be current members of the scottishathletics Membership Scheme and be eligible to compete in the East District Championships. As per UKA Rule G2

(2) Location map and final instructions will be available on www.scottishathletics.org.uk

(3) This event is the principal race for East athlete selection of Inter District Teams for Glasgow on 16th January 2027

(4) Competitors **MUST** wear their club colours in all events.

(5) Rules relating to students in Full time education in Scotland are applicable.

for guidance on these rules please visit the Road Running Commission Website.

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

(7) 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).

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