

Scottish Athletics Limited
Road Running and Cross Country Commission

scottishathletics CROSS COUNTRY GRAND PRIX 2019/20

scottishathletics are pleased to announce the return of their Cross Country Grand Prix for 2019-20 season.

Established in 2008/09, the Cross Country Grand Prix will incorporate four of Scotland's biggest and best cross country races, while also including two key fixtures in England.

The competition is open to senior athlete's men and women and we hope it will act as a catalyst to get our leading athletes to race against each other regularly, while also competing with distinction at a UK level.

The events included (in calendar order) are:

1. Lindsays Scottish 4k Cross Country Championships

Kirkcaldy: 09/11

Pos	1	2	3	4	5	6	7	8	9	10
Pts	50	43	36	33	30	27	24	22	20	18

Pos	11	12	13	14	15	16	17	18	19	20
Pts	16	14	12	10	8	6	4	3	2	1

2. Liverpool Cross Challenge (Incorporating European Cross Country Trials)

Liverpool: 23/11

Pos	1	2	3	4	5	6	7	8	9	10
Pts	50	43	36	33	30	27	24	22	20	18

Pos	11	12	13	14	15	16	17	18	19	20
Pts	16	14	12	10	8	6	4	3	2	1

3. Lindsays Scottish District Cross Country Championships

Piperdam (East): 07/12, Dores (North): 07/12 and Balloch (West): 07/12

Pos	1	2	3	4	5	6	7	8	9	10
Pts	50	43	36	33	30	27	24	22	20	18

4. UK Cross Challenge Stirling / Scottish Inter District Championships

Stirling: 11/01

Pos	1	2	3	4	5	6	7	8	9	10
Pts	50	43	36	33	30	27	24	22	20	18

Pos	11	12	13	14	15	16	17	18	19	20
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Pts	16	14	12	10	8	6	4	3	2	1
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5. Lindsays Scottish National Cross Country Championships

Falkirk: 22/02

Pos	1	2	3	4	5	6	7	8	9	10
Pts	50	43	36	33	30	27	24	22	20	18

Pos	11	12	13	14	15	16	17	18	19	20
Pts	16	14	12	10	8	6	4	3	2	1

6. Inter Counties Cross Country Championships

Loughborough: 07/03

Pos	1	2	3	4	5	6	7	8	9	10
Pts	50	43	36	33	30	27	24	22	20	18

Pos	11	12	13	14	15	16	17	18	19	20
Pts	16	14	12	10	8	6	4	3	2	1

£4000 of prize money is available to current **scottish**athletics members as follows:

Overall Grand Prix winners (male and female): £750; 2nd: £400; 3rd: £250; 4th: £150; 5th: £100; 6th: £75; 7th £50; 8th £40; 9th £30; 10th £20

In the event of a tie on points for 1st place, the head-to-head record between senior athletes in the senior Scottish National Cross Country Championships (Falkirk, 23/02) will determine the placing.

scottishathletics Road and Cross Country Commission Convener John Rodger said: "The Cross Country Grand Prix has been very successful in attracting our best athletes. It has become an integral part of the Cross Country season enhancing the competitive edge of our National and District Championships."

Additional notes

*Last year Morag Millar (Central AC) won the women's series from Mhairi Maclennan (Edinburgh University) and Michelle Sandison (Springburn Harriers), while Lachlan Oates (Shettleston Harriers) won the men's series from Andrew Douglas (Inverclyde AC) & Adam Craig (Inverclyde AC).