

## Scottish Athletics Limited

Road Running and Cross Country Commission

### scottishathletics Cross Country Grand Prix 2022/23

scottishathletics are pleased to announce the return of their Cross Country Grand Prix for 2022-23 season.

Established in 2008/09, the Cross Country Grand Prix will incorporate four of Scotland's biggest and best cross country races.

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.

The events included (in calendar order) are

#### 1. Lindsays Scottish 4k Cross Country Championship

Kirkcaldy: 05/11

|     |    |    |    |    |    |    |    |    |    |    |
|-----|----|----|----|----|----|----|----|----|----|----|
| 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. Lindsay Scottish District Cross Country Championships

(East): 03/12, (North) 03/12, (West) 03/12

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

#### 3. Lindsays Scottish Inter District Championships

Scone: 14/1

|     |    |    |    |    |    |    |    |    |    |    |
|-----|----|----|----|----|----|----|----|----|----|----|
| 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  |

#### 4. Lindsays Scottish National Cross Country Championships

Falkirk: 25/2

|     |     |    |    |    |    |    |    |    |    |    |
|-----|-----|----|----|----|----|----|----|----|----|----|
| Pos | 1   | 2  | 3  | 4  | 5  | 6  | 7  | 8  | 9  | 10 |
| Pts | 100 | 86 | 72 | 66 | 60 | 54 | 48 | 44 | 40 | 36 |

|     |    |    |    |    |    |    |    |    |    |    |
|-----|----|----|----|----|----|----|----|----|----|----|
| Pos | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 |
| Pts | 32 | 28 | 24 | 20 | 16 | 12 | 8  | 6  | 4  | 2  |

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

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

In the event of a tie on points for 1<sup>st</sup> place, the head-to-head record between the 2 athletes in the National Cross Country Championship (Falkirk 25/2) will determine the placing.