



Cross Country Course Build Workshop (The Inter District Championships at Scone Palace 2023)

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Where To Start?

- Identify venue (Scone Palace Parkland)
- Incorporate as many topographical features as possible
- Also spectator friendly, if possible
- Confirm number of age group races, distances, anticipated number of competitors, etc.



UKA Rule TR3 S3(2) Cross Country Maximum Distances

UKA Rule T56 S1 UKA Supplement Lap Length
(NB between 1500m and 5000m)

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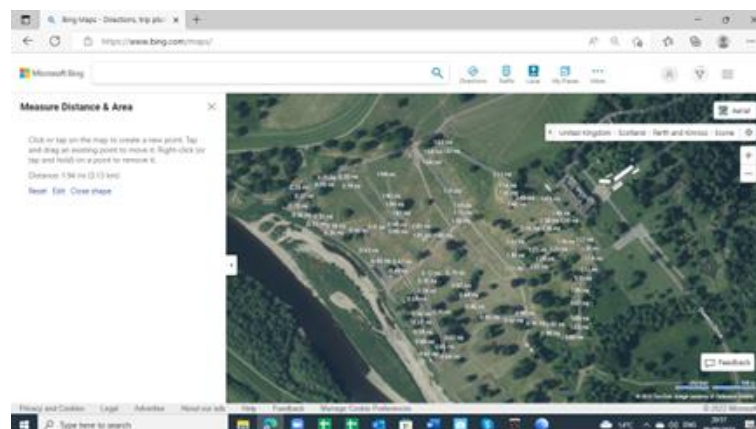
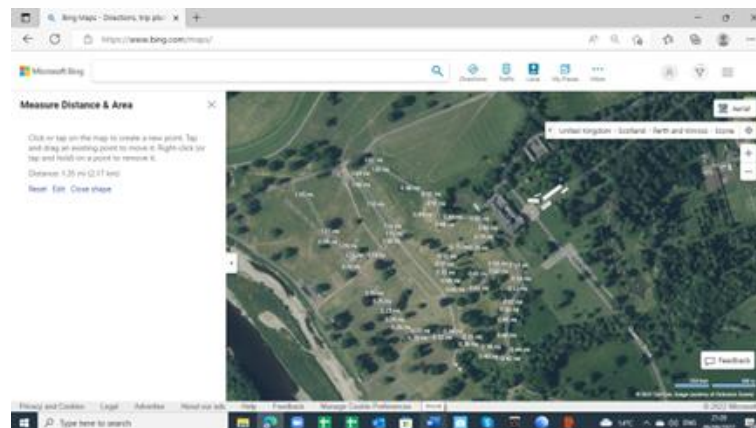
Things to consider in conjunction with planning courses



- Access to the Venue
- Area required for Event Infrastructure (Declarations / Results / First Aid gazebos, Catering, Portaloo's, Club tents)
- Parking (At Perth Racecourse – too risky to use fields midwinter)
- Any land usage restrictions imposed by Landowners? (Sheep in Southmost corner of the Event Park at Scone)
- Manual or Chip Timing (Manual therefore no chip timing vehicle siting / access to be considered)

Preliminary Course Planning

- Preliminary desktop study using Google Earth, Bing Maps or similar to assess possible courses and distances
- For Scone we were looking for:
U13 - 3K, U15 - 4K,
U17/U20 (WA) - 6K and
Seniors - 8K => 2K & 3K
lap combinations



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Race Timetabling

- Assess anticipated range of abilities (fastest / slowest) to generate a provisional race timetable for the event, to minimise the risk of slower runners being caught by following races and impacting on marshalling

Screenshot of a Microsoft Excel spreadsheet titled "2022.01.14 Inter-District XC_V9 - Saved" showing a race timetable for two events: Irvine and Scone.

Irvine Event Data:

Score Start	Fast	Slow	Anticipated Lap Times	Short 1 (2.025km)	Slow	Long 1 (2.80km)	Slow	Long 1 (3.025km)	Slow	Finish Fast	Finish Slow	Finish Fast	Finish Slow	Check Finish Times
11:00:00 AM	04:00	04:57								11:12:59 AM	11:16:05 AM	11:12:59 AM	11:16:05 AM	(1 long 3.25km Lap = 3.25km)
11:15:00 AM	03:40	04:50								11:26:54 AM	11:30:43 AM	11:26:54 AM	11:30:43 AM	(1 long 3.25km Lap = 3.25km)
11:30:00 AM	03:51	05:11	11:37:48 AM	11:40:30 AM						11:45:36 AM	11:51:01 AM	11:45:36 AM	11:51:01 AM	(2 Short 2.025km Laps = 4.05km)
11:50:00 AM	03:21	04:31	11:56:47 AM	11:59:09 AM						12:03:33 PM	12:08:19 PM	12:03:33 PM	12:08:19 PM	(2 Short 2.025km Laps = 4.05km)
12:10:00 PM	03:42	05:24								12:21:11 PM	12:26:20 PM	12:21:11 PM	12:26:20 PM	(2 Long 3.025km Laps = 6.05km)
12:30:00 PM	03:16	04:27								12:44:54 PM	12:48:27 PM	12:44:54 PM	12:48:27 PM	(2 Long 3.025km Laps = 6.05km)
1:00:00 PM	03:30	04:37	1:07:05 PM	1:09:20 PM	1:16:53 PM	1:22:14 PM				1:27:28 PM	1:36:11 PM	1:27:28 PM	1:36:11 PM	(1 Short 2.025km + 1 Long 2.80km + 1 Long 3.025km Laps = 7.85km)
1:35:00 PM	03:02	03:38	1:41:09 PM	1:42:21 PM	1:49:40 PM	1:52:32 PM				1:58:51 PM	2:03:31 PM	1:58:51 PM	2:03:31 PM	(1 Short 2.025km + 1 Long 2.80km + 1 Long 3.025km Laps = 7.85km)

Scone Event Data:

Score Start	Fast	Slow	Anticipated Lap Times	Short 1 (2.025km)	Slow	Long 1 (2.80km)	Slow	Long 1 (3.025km)	Slow	Finish Fast	Finish Slow	Finish Fast	Finish Slow	Check Finish Times
11:00:00 AM	04:20	05:46								11:14:05 AM	11:18:46 AM	11:14:05 AM	11:18:46 AM	(1 long 3.25km Lap = 3.25km)
11:15:00 AM	03:49	05:42								11:27:24 AM	11:33:33 AM	11:27:24 AM	11:33:33 AM	(1 long 3.25km Lap = 3.25km)
11:30:00 AM	03:44	04:58	11:37:33 AM	11:40:04 AM						11:45:06 AM	11:50:08 AM	11:45:06 AM	11:50:08 AM	(2 Short 2.025km Laps = 4.05km)
11:50:00 AM	03:26	04:51	11:56:56 AM	11:59:49 AM						12:03:52 PM	12:09:39 PM	12:03:52 PM	12:09:39 PM	(2 Short 2.025km Laps = 4.05km)
12:10:00 PM	03:47	05:05								12:32:51 PM	12:40:45 PM	12:32:51 PM	12:40:45 PM	(2 Long 3.025km Laps = 6.05km)
12:30:00 PM	03:16	04:58								12:54:44 PM	1:05:05 PM	12:54:44 PM	1:05:05 PM	(2 Long 3.025km Laps = 6.05km)
1:00:00 PM	03:40	06:29	1:07:25 PM	1:13:08 PM	1:17:41 PM	1:31:18 PM				1:26:47 PM	1:50:55 PM	1:26:47 PM	1:50:55 PM	(1 Short 2.025km + 1 Long 2.80km + 1 Long 3.025km Laps = 7.85km)
1:35:00 PM	03:12	05:53	1:41:28 PM	1:46:54 PM	1:50:25 PM	2:03:22 PM				2:00:04 PM	2:21:09 PM	2:00:04 PM	2:21:09 PM	(1 Short 2.025km + 1 Long 2.80km + 1 Long 3.025km Laps = 7.85km)
1:45:00 PM	03:12	05:53	1:51:28 PM	1:56:54 PM	2:00:25 PM	2:13:22 PM				2:10:04 PM	2:31:09 PM	2:10:04 PM	2:31:09 PM	(1 Short 2.025km + 1 Long 2.80km + 1 Long 3.025km Laps = 7.85km)

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Site Visit and Course Design Development



- Site Visit: Convener, Event Manager, Clerk of Course and Landowner (if possible) “walk the course” to check proposed course(s), obstacles / obstructions, Start / Finish area (avoid downhill Start / Finish), access / parking, facilities, etc.
- Take record photos of significant hazards (overhanging trees, trail / path crossings, burns / ditches / boggy ground, sports pitches, etc.)
- Develop course design including Start & Finish area
- Revisit to walk the agreed courses and refine course design as appropriate
- Check course distances using calibrated wheel or Garmin (NB Cross Country distances don't need same degree of accuracy as road races and are always approximate)

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Final Course Design and Marking

- Incorporate spectator and emergency access course crossing points
- Finalise Start / Finish area: Start width, signage & branding, Finish gantry, etc.

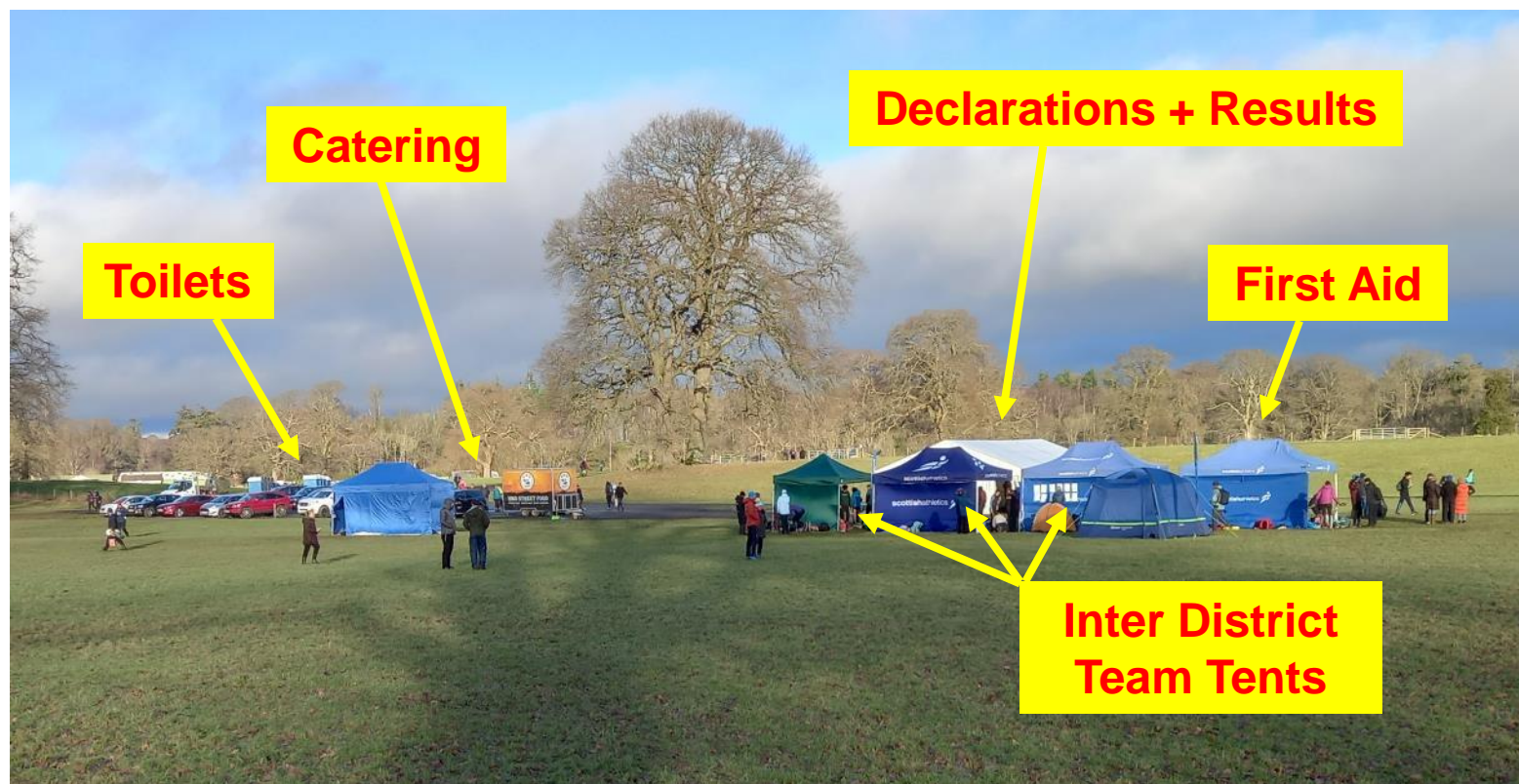


- Agree course marking protocols, particularly at bends, chicanes (consecutive LH and RH bends), etc. and signage
- Assess complicated junctions for Marshalling

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Event Infrastructure

- Event Car & Bus Parking at Perth Racecourse
- Officials Parking within Event Field



Start & Finish Area

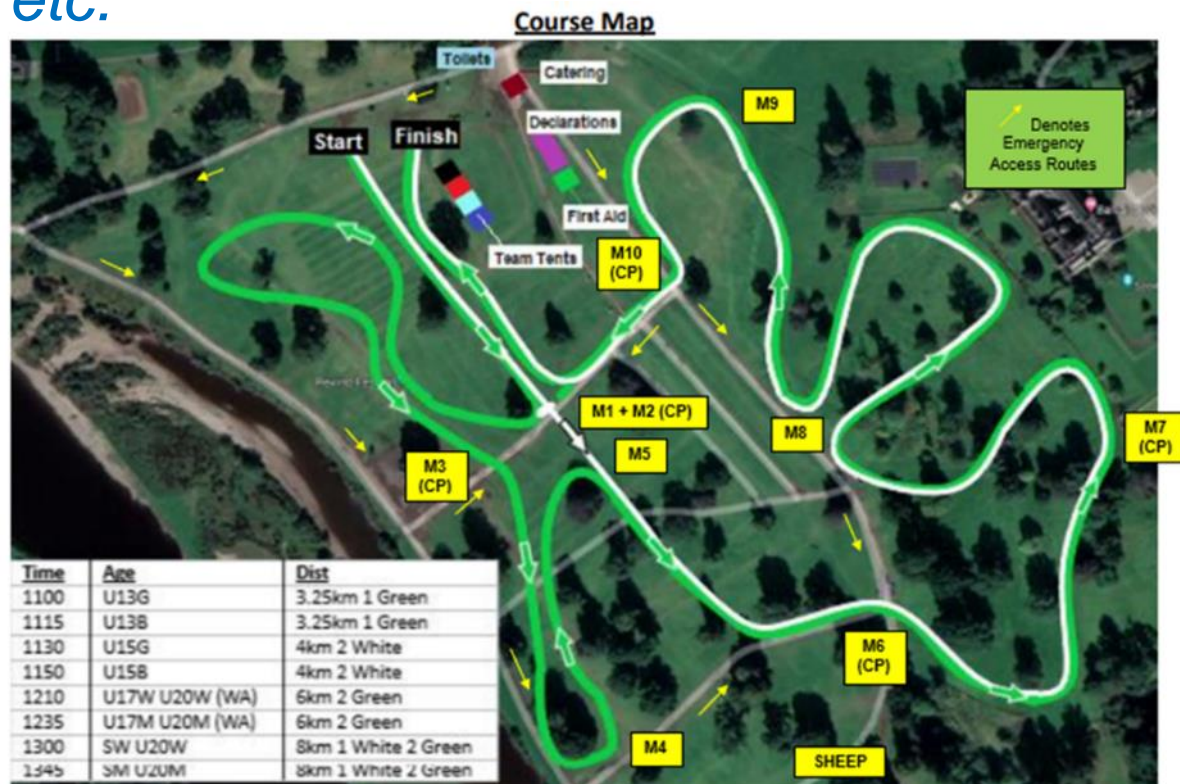
- Start located adjacent to Finish
- Start: 30-40m wide start line
- Finish: 5m wide British Athletics Gantry + two funnels
- On the flat, no downhill Start / Finish
- 200m+ start / finish “straights” with branding each side



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Final Course Map

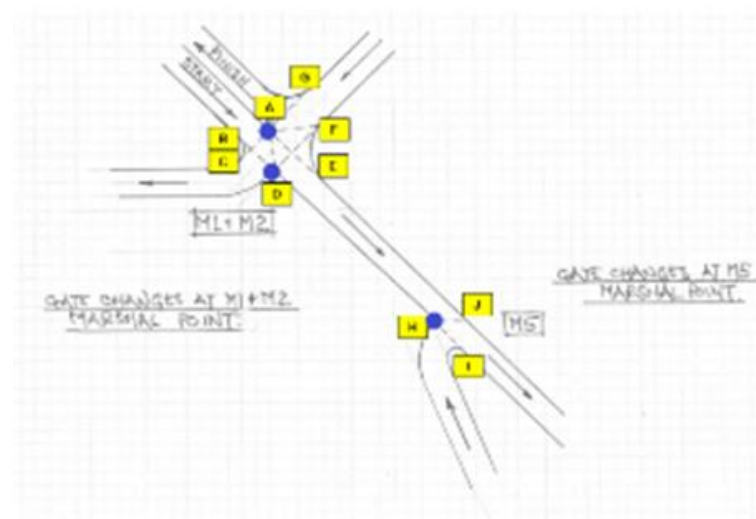
- *Marshal points, emergency access routes, course crossing points, etc.*
- *Races 1 & 2:
(1 Green lap)*
- *Races 3 & 4:
(2 White laps)*
- *Races 5 & 6:
(2 Green laps)*
- *Races 7 & 8:
(1 White + 2 Green laps)*



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Marshalls Instructions

- Prepare Marshals instructions
- Develop complicated junction design and prepare detailed Marshals Instruction for their operation
- The Layout below illustrates the two junctions at Scone requiring “gate” changes
- M1 & M2 junction and cross-over is particularly complicated with different “gates” open for race starts and lapping
- M5 is simple by comparison
- Provide clear instruction to Marshalls and demonstrate operation



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Course Set up and Operation of Junctions M1 & M2 + M5



LET'S GO OUTSIDE
AND HAVE A GO