



Guide Cross Country Championships

Ayr Seaforth welcomes members to take part in cross country. When many people think about cross country they instantly think of mud and hills. Whilst this can be the case, particularly if there has been a period of rain, there are also courses where the ground can be very flat on grass fields. Each course is different which adds to the enjoyment of competing at these events.

The Championship is made up of races within Ayrshire along with both regional and national races. We have also included Liverpool and Stirling XC Challenges. Although not as local these give members a chance to compete against a stronger field made up of runners from across Britain.

Age Groups (2021-2022)

- Under 11 – Born after 31st August 2010 and must be 9+ years on the race day
- Under 13 – Born between 1st September 2008 and 31st August 2010
- Under 15 – Born between 1st September 2006 and 31st August 2008
- Under 17 – Born between 1st September 2004 and 31st August 2006
- Under 20 – Born between 1st September 2002 and 31st August 2004

Qualifying Races for Ayr Seaforth Cross Country Championships

Race	Date	Venue	Age Groups	Notes
West XC Relays	9/10/21	Alexandra Park, Glasgow	U13 & over	Club Championship points only U20 & up
Ayrshire XC Relays	16/10/21	Scott Ellis Recreation Ground (next to Ayrshire Athletics Arena), Kilmarnock	U11 & over	
National XC Relays	23/10/21	Scone Palace, Perth	U13 & over	Club Championship points only U20 & up
National Short Course	6/11/21		U15 & over	
Ayrshire XC	13/11/21	Rozelle Park, Ayr	U11 & over	
Liverpool XC Challenge	TBC	Liverpool	U11 & Over	
West District XC	4/12/21	Maryhill Park, Glasgow	U13 & Over	
Cyclist v Harriers	TBC	Irvine	U20 & over	
Stirling XC Challenge	TBC	Stirling		Unconfirmed if event taking place this year
Kilmarnock XC	TBC	Kilmarnock	U11 & over	

National XC	12/2/22	Callendar Park, Falkirk	U13 & over	
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Other Notable Races out with the Club Championship

Race	Date	Venue	Age Groups	Notes
Inter Districts XC	15/1/22	TBC	U13 & over	Invitation only
National Masters XC	12/2/22	Balgownie Playing Fields, Aberdeen	Over 40s	

- Please note that the races are subject to change in the event of the race being cancelled, etc.
- If Covid Guidance changes then the event programme may be subject to change.
- Points Allocated – First 25 points, Second 23, Third 21, Fourth 20 points, 19,18, 17 etc.
- At the end of the season each athletes 4 best results are used (max 100 points).
- There can be joint winners and joint runner ups at the end of the season.
- Separate Championship for male and female or each category.
- Athletes must be running for Ayr Seaforth at the race.
- A minimum of 2 events must be run to be eligible for the winner or runner up prize.
- Please note whilst age groups of Under 13 and upwards do compete at the West District and National Relays, these races do not count for the junior age categories of our club championships.
- For the relays, Regional and National Events names will be collected prior to the event. Other races are entered by the athlete individual. More information about each event will be distributed nearer each race.
- It is important that If you want to enter any of the West Districts, or National events that the athlete must be a member of Scottish Athletics and that membership must be live on the day of the event. The club is not able to enter runners to these events until the membership is up to date on race day.