

New Balance National Road Relay Championships

Supported by West Lothian Council

Parking

Is at the **Almondvale Stadium** which is signposted from major approach roads. Extra race direction signs will be deployed from the A899 Livingston Road.

Directions

From M8 junction 3, follow A899 south for 1¼ miles. Red hospital signs
At the second interchange (Cousland) take the second exit (A705 Blackburn)
Take slip road on left in ¼ mile, then right and pass St. John's Hospital.
Turn left at the T junction and straight over the roundabout in 200m.
Cross the river Almond and left at the next roundabout Into Almondale Stadium.
Park on the left. (By kind permission of Livingston F.C.)

Declarations and Changing

At St. Margaret's Academy, by kind permission of the rector.
This is directly over the river from the car park.
Walk over the river on the bridge you drove in on and take a footpath to the right.
Declarations by 11.30 please.
Light refreshments are on sale upstairs from 11am to 3.3 pm.
Prizegiving in the school at 3.30pm approx.

The Course (The same as last 2 years. See sketch map)

The start (12 noon) and finish, are on the school drive 50 metres from the west door. The course is about 75% on metalled footpaths, 20% on cinder paths, with 5% on residential cul de sacs.
There are six alternate laps (four for women) of 3.15 miles (red race numbers, mile markers and signs.) and 5.6 miles (yellow race numbers, mile markers and signs.)

Records

Short: Hazel Sutherland, Livingston, 18.18 (1999)	Phil Mowbray HBT, 15.03 (1999)
Long: Jeanene Stevenson, Falkirk, 35.09 (1998)	Glen Stewart, Mizuno, 27.33 (1999)
Team: Shettleston Ladies 1.51.57 (1999)	Mizuno 2.12.49 (1999)

The course is mostly scenic and pleasant to run on, but there are a few sharp bends, notably 250 m after the start.

There are no big hills, but the ground generally slopes upwards from the Almond Valley towards the railway to the north.

Whitewash arrows will be used at all junctions to supplement marshals.

Runners waiting to start can see incoming runners half a mile before they finish.



new balance

Livingston
North Station

New Balance National Road Relay Championships

Men 6 stage. Women 4 stage.

Almondvale, Livingston

Saturday April 1st 2000

12 noon start

2000

West Lothian 2000

Key	
	Road
	Asphalt Footpath
	Cinder Footpath
	Railway
	Long Lap
	Short Lap
	Cut Off

Scale in Metres

0 200 400 600 800

St John's
Hospital

St Margaret's Academy
SIF

Whithorn A705

River Almond

Almondvale
Stadium

Car
Park

M8 Exit 3
A899

A705