

The Sports Department

Glenalmond College
Glenalmond
Perth
PH1 3RY

September 2026

Glenalmond College Cross Country Invitational Nov 2026

Dear All,

I am delighted to confirm that the Glenalmond College Cross Country Invitational is running again this year. The event will be open to runners from U9 through to the Open category and will be held on **Friday 6th November 2026**.

Please see below for approximate timings (these may change depending on number of entries but I will confirm a week in advance).

Race 1 - U9 mixed (born on or after 1/09/17) - 1.5 km	1:30pm start
Race 2 - U11 Girls (born 1/09/15 - 31/08/17) - 2.5 km	1:40pm start
Race 3 - U11 Boys (born 1/09/15 - 31/08/17) - 2.5 km	1:50 pm start
Race 4 - U13 Girls (born 1/09/13 - 31/08/15) - 2.5 km	2:00pm start
Race 5 - U13 Boys (born 1/09/13 - 31/08/15) - 2.5 km	2:15pm start
Race 6 - U15 Girls (born 1/09/11 - 31/08/13) - 5 km	2:30pm start
Race 7 - U15 Boys (born 1/09/11 - 31/08/13) - 5 km	2:45pm start
Race 8 - Open Girls (born on or before 31/08/11) - 5 km	3:00pm start
Race 9 - Open Boys (born on or before 31/08/11) - 5 km	3:15pm start

Entry Conditions : A school may enter as many individuals as they wish, with the first 3 finishers counting towards the team award in each age group. The names & dates of birth of those being entered must be submitted on the attached form by **Wednesday 28th October**. If any changes need to be made nearer to the time, please contact me by email. Changes can also be made on the day.

Course : The Race takes place within the grounds of Glenalmond College. The route is almost fully off-road, with a small section of road, appropriate footwear is required. The course is mainly undulating parkland terrain, with some slight gradients. Course maps will be sent out the week before the event.

Registration: Runners must register upon arrival at Front Arch which will be signposted.

Awards : The runners finishing in 1st, 2nd & 3rd places in each race will each receive a medal. These will be awarded as soon as possible after each race. Team awards will also be given in each age group.

Vehicle Parking: Runners, parents or teams arriving in school minibuses, coaches or cars are to park by the Cricket Pavilion on Back Avenue. All Parking will be sign posted.

Changing Facilities: Due to limited space near the start point, all competitors are asked to arrive changed and ready to go. Bags can be stored in the gazebos at the start/finish.

Post Race: There will be snacks and drinks available for all runners at the finish line. There will also be the opportunity for adults to purchase hot beverages if desired.

Parents are welcome to attend.

If you have any questions in the meantime, please do not hesitate to contact me.

Best wishes,

Dr Catharine Fleming

Cross Country Coach

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