



Simplyhealth Great Edinburgh XCountry

How it works

Team GB will once again take on Europe and the USA in a thrilling team competition on a tough cross country course in one of Edinburgh's most iconic locations.

The overall winners will be determined by the best aggregate finishing positions of the six best-placed athletes in the senior category, as well as the four best-placed athletes in the junior races.

This all takes place after the annual mass participation Simplyhealth Great Edinburgh Winter Run in the morning, where 3,000 runners will blast away the New Year cobwebs on a 5km course around Arthur's Seat.

Simplyhealth Great Edinburgh International XCountry

This consists of three elite races televised live by BBC plus two junior races. The events are open to invited athletes only. The format of races is as follows:

Simplyhealth Great Edinburgh International XCountry Junior Men's 6km - An international team race with teams of six runners from GBR, USA and Europe

Simplyhealth Great Edinburgh International XCountry Junior Women's 4km - An international team race with teams of six runners from GBR, USA and Europe.

Simplyhealth Great Edinburgh XCountry, Women's 6km - An international team race with teams of 12 runners from GBR, USA and Europe.

Simplyhealth Great Edinburgh XCountry, Men's 8km - An international team race with teams of 12 runners from GBR, USA and Europe.

How is the team event scored?

Teams are awarded points based on the position of their first four runners in junior races and first six runners in senior races (1pt for first, 2 for 2nd etc), the team with the lowest total wins.

After all four team races there will be an overall winning team, with the lowest cumulative score.

Stewart Cup International Relay

Introduced in 2015, the Simplyhealth Great Edinburgh XCcountry will once again include an innovative international team relay. Pairs of male and female runners representing their countries will take on a 4x1k cross country relay in the picturesque surroundings.

The fast and furious invitational event will feature teams from all the home nations as well as some international teams.

The transition area and the finish line will be located in the XCcountry village, giving spectators a perfect vantage point for all the action, and the opportunity to cheer home their athletes.

The team relay does not contribute to the team scores for the International Match.

Scottish Athletics Inter-District Races

These are cross-country events of various distances and are open to Scottish Athletics selected athletes only. Each race should consist of around 35 competitors and Scottish Athletics control invites for athletes.