

COMPETITION INFORMATION SHEET

Event: North District Cross Country Championships

Venue: Dores, Inverness

Registration: Dores Parish Hall, Inverness, IV2 6TR

Date: Saturday 3rd December 2016

Race	Age Group	BORN DURING	Declarations		Race Starts	Distance
				Close		
Under 13 Girls	U13	01/09/2003 to 31/08/2005	1100hrs		1130hrs	3200m
Under 13 Boys	U13	01/09/2003 to 31/08/2005	1115hrs		1145hrs	3200m
Under 15 Girls	U15	01/09/2001 to 31/08/2003	1130hrs		1200hrs	4000m
Under 15 Boys	U15	01/09/2001 to 31/08/2003	1150hrs		1220hrs	4000m
Under 17 Women	U17	01/09/1999 to 31/08/2001	1205hrs		1235hrs	5000m
U20 Women	U20	01/09/1996 to 31/08/1999				
Under 17 Men	U17	01/09/1999 to 31/08/2001	1230hrs		1300hrs	6400m
Senior Women		BORN BEFORE 01/09/1996				
U20 Men	U20	01/09/1996 to 31/08/1999	1300hrs		1330hrs	8000m
Senior Men		BORN BEFORE 01/09/1996				10000m

Entries Close first post on: **Monday 21st November 2016** **NO LATE ENTRIES**

Postal Address for Entries: Sophie Dunnett
Shebster View, Blackhills, Reay, Thurso, KW14 7RR

email address: sophied2010@hotmail.co.uk

Important Notes

- (1) Under 17 Women will run with Under 20 Women with all age groups having separate teams.
 - (2) Under 17 Men will run with Senior Women with all age groups having separate teams.
 - (3) Under 20 Men will run with Senior Men with all age groups having separate teams.
 - (4) All athletes who compete in the championships **MUST** be current members of the scottishathletics Membership Scheme and be eligible to compete in the North District Championships.
 - (5) Location map and final instructions will be available on www.scottishathletics.org.uk.
 - (6) A non championship combined race (1600m approx) for Under 11 Girls and Boys will start at 1115hrs (entry Free)
 - (7) This event is the principal race for North athlete selection of Inter District Teams for Edinburgh on 7th January 2017.
 - (8) All remittances should be crossed and made payable to scottishathletics. Club Affiliation fees **MUST** have been paid to scottishathletics for season 2016/17. Competitors **MUST** wear their club colours in all events.
 - (9) Unless entry forms are fully completed with all details required, entries will be rejected.
- Eligibility - Competitors must be Scottish by birth or either parents are Scottish or must have resided in Scotland for at least three months prior to the race.
- (10) Rules relating to students in Full time education in Scotland are applicable.
- for guidance on these rules please visit the Road Running Commission Website.

scottishathletics Club Tents and Gazebos

Club Tents and Gazebo's not only give club members and officials a suitable place to meet, prepare and recover from races they also enhance the atmosphere and spectacle of events. **scottishathletics** actively encourage clubs to bring tents, gazebos or other coverings to events however these must be erected safely and correctly for the enjoyment, safety and comfort of all concerned. All clubs should make themselves aware of and consider the following **DO's** and **DON'TS**.

DO – Bring along your club tent or gazebo to provide shelter for your athletes

DO – Bring along the tent to create a great atmosphere at the event

DO – Pitch your tent in an easily identifiable location

DO – Bring a ground sheet for extra comfort

DO – Secure your tent properly using adequate pegs and guy ropes especially in windy conditions

DO – Assess the weather conditions for safety of others and your tent – Check the Forecast!

DO – Ensure your site does not create a hazard for athletes/officials or spectators

DO – Ensure sight lines for the event referee and officials are not affected

DO – Bring a bin bag for any rubbish

DO – Help one another to put up and take down your tent

DON'T – Pitch your tent on the Start/Finish Line

DON'T – Pitch your tent on the course

DON'T – Allow your tent to be unsecured against the wind/elements

DON'T – Pitch your tents too close to one another – we recommend you leave at least 2m clear on all sides.

DON'T – Leave rubbish behind – please tidy up

- ALWAYS CONSIDER THE SAFETY OF OTHERS WHEN ERECTING YOUR TENT
- TENTS MUST BE SECURED EFFECTIVELY AGAINST THE WEATHER
- IF IN DOUBT DO NOT ERECT YOUR TENT

North District Championships 2016-7 Inverness

Age group : Under 13 Girls

Number	Name	Club
1	Eva Morrison	East Sutherland AC
2	Olivia Bannerman	East Sutherland AC
3	Alyth Gollan	East Sutherland AC
4	Rachel Ross	East Sutherland AC
5	Sophie Bath	East Sutherland AC
6	Lucy Morrison	North Uist AAC
7	Joni Smith	North Uist AAC
8	Lauren Shepherd	North Uist AAC
9	Ellyn Smith	Moray RR
10	Megan Mckay	Moray RR
11	Grace Jenkins	Moray RR
12	Tamsin Fowlie	Moray RR
13	Harriet Whelan	Moray RR
14	Hannah Stephen	Moray RR
15	Ava Walsh	Inverness Harriers
16	Kirsty Arnould	Inverness Harriers
17	Ruth Wilson	Inverness Harriers
18	Molly McKillop	Inverness Harriers
19	Beth Hewick	Inverness Harriers
20	Maisie MacLennan	Inverness Harriers
21	Roslyn McRitchie	Forres Harriers
22	Isobel Howard	Forres Harriers
23	Harriet Neall	Forres Harriers
24	Neve Boon	Forres Harriers
25	Katie Slimon	Highland Hill Runners
26	Lilly-Belle Fillos-Kelt	Ross County
27	Chloe MacLeod	Ross County
28	Hannah MacDonald	Ross County
29	Isla Edward	Elgin AAC

North District Championships 2016-7 Inverness

Age group : Under 17 Girls

Number	Name	Club
60	Constance Nankivell	East Sutherland AC
61	Lauren Cameron	Forres Harriers
62	Jenny Mitchell	Forres Harriers
63	Lorna Wagstaff	Shetland AAC
64	Joanna Gillies	Stornoway RAC
65	Sophie Graham	Stornoway RAC
66	Sophia Green	Moray Road Runners

North District Championships 2016-7 Inverness

Age group : Under 15 Girls

Number	Name	Club
30	Viktoria Kuzma	North Uist AAC
31	Catriona Scott	East Sutherland AC
32	Aimee Smith	Shetland AAC
33	Sarah-Marie Riise	Shetland AAC
34	Eve Wiseman	Shetland AAC
35	Niamh Whelan	Moray RR
36	Shauna Perry	Forres Harriers
37	Lucy Evans	Forres Harriers
38	Luci Murdoch	Forres Harriers
39	Jennifer Spencer	Forres Harriers
40	Emma Seed	Inverness Harriers
41	Catriona Garvie	Inverness Harriers
42	Kate Gillies	Inverness Harriers
43	Chloe Cheyne	Inverness Harriers
44	Megan Keith	Inverness Harriers
45	Rachel Johnstone	Inverness Harriers
46	Emily Andrew	Inverness Harriers
47	Cara Doig	Inverness Harriers
48	Rebecca Johnstone	Inverness Harriers
49	Tara Larsen	Inverness Harriers
50	Alisa Hewick	Inverness Harriers
51	Ruby Soldan	Inverness Harriers
52	Jennifer Mackenzie	Inverness Harriers
53	Margot MacLeod	Inverness Harriers

North District Championships 2016-7 Inverness

Age group : U20 Women

Number	Name	Club
70	Anna MacFadyen	Forres Harriers
71	Rhiannon Kirk	North Highland Harriers

67	Grace Whelan	Moray Road Runners
68	Sophie Young	Inverness Harriers
69	Connie Campbell	Inverness Harriers

North District Championships 2016-7 Inverness

Age group : Senior Women

Number	Name	Club
101	Charlotte Black	Shetland AAC
102	Marie Baxter	Garioch Road Runners
103	Susan McRitchie	Forres Harriers
104	Fran Britain	Forres Harriers
105	Moirae Davie	Forres Harriers
106	June MacIntosh	Forres Harriers
107	Ros Wright	Forres Harriers
108	Kirstie Rogan	Forres Harriers
109	Nadine Williams	Forres Harriers
110	Siobhan Evans	Forres Harriers
111	Hilary Cameron	Forres Harriers
112	Kirsty McArthur	Forres Harriers
113	Clare Nicholas	Forres Harriers
114	Frances Russell	Forres Harriers
115	Anne Docherty	Forres Harriers
116	Shona Spencer	Forres Harriers
117	Elizabeth Watson	Forres Harriers
118	Paula Boon	Forres Harriers
119	Fiona Bremner	North Highland Harriers
120	Mariane Wilson	North Highland Harriers
121	Mel Hayes	North Highland Harriers
122	Maureen Mackie	Nairn Road Runners
123	Audrey Scott	East Sutherland AC
124	Rhona Grant	Highland Hill Runners
125	Anna MacArthus	Highland Hill Runners
126	Karen Lyons	Highland Hill Runners
127	Alison Roy	Highland Hill Runners
128	Sheryl Innes	Highland Hill Runners
129	Cathy Slimon	Highland Hill Runners
130	Karen Norvell	Moray RR
131	Louise Cartmell	Moray RR
132	Michelle Donaldson-Slater	Moray RR
133	Kirsty Weir	Moray RR
134	Eileen Riddoch	Moray RR
135	Maria McCloud Bennet	Moray RR
136	Linda Smith	Moray RR
137	Elspeth Jenkins	Moray RR

138	Susan Rae	Moray RR
139	Amanda Strang	Moray RR
140	Chantall Fowlie	Moray RR
141	Claire Ross	Moray RR
142	Roma Shepherd	Inverness Harriers
143	Fiona Mackay	Inverness Harriers
144	Lee Ross	Inverness Harriers
145	Julie Wilson	Inverness Harriers
146	Sharon Beck	Inverness Harriers
147	Carrie Farnell	Inverness Harriers
148	Caroline Marwick	Inverness Harriers
149	Joanna Cairns	Inverness Harriers
150	Sarah Liebnitz	Inverness Harriers
151	Lorna Fife	Inverness Harriers
152	Ann Smart	Inverness Harriers
153	Jackie Mair	Inverness Harriers
154	Helen Gertig	Inverness Harriers
155	Carol Massie	Fraserburgh Running Club
156	Alison West	Fraserburgh Running Club
157	Ella-May Duncan	Fraserburgh Running Club
158	Morag Thompson	Fraserburgh Running Club
159	Nicola Moir	Fraserburgh Running Club

North District Championships 2016 Inverness

Age group : Under 13 Boys

Number	Name	Club
340	Stephen MacIsaac	North Uist AAC
341	Shaun Shepherd	North Uist AAC
342	Calum MacDonald	North Uist AAC
343	Kevin Beaton	North Uist AAC
344	Calum Mackay	Shetland AAC
345	Reece Black	Shetland AAC
346	Kepa Salazar-Roy	Highland Hill Runners
347	Seb Connelly	Stornoway RAC
348	David Spencer	Forres Harriers
349	Bruce Evans	Forres Harriers
350	Eden Incklesharpe	Forres Harriers
351	Scott Perry	Forres Harriers
352	Liam Paterson	Moray RR
353	Bruce Newlands	Moray RR
354	Findlay Downey	Moray RR
355	Ruaridh Ellen	Ross County AC
356	Daniel Porter	Ross County AC

North District Championships 2016 Inverness

Age group : Senior Men

Number	Name	Club
200	Alan Reid	Peterhead AC
201	Sanders MacDonald	North Highland Harriers
202	Aaron Justin-Harris	North Highland Harriers
203	Kevin Cormack	North Highland Harriers
204	Dean Bowman	North Highland Harriers
205	David Spencer	North Highland Harriers
206	Kenny MacGruer	North Highland Harriers
207	Ian Walker	North Highland Harriers
208	David Orr	North Highland Harriers
209	Malcolm Christie	Elgin AC
210	Eoin Coull	Ross County AC
211	Thomas Mathieson	Ross County AC
212	Dave Dunn	Ross County AC
213	Terry Quigley	Ross County AC
214	Scott Innes	Highland Hill Runners
215	Iain MacLennan	Highland Hill Runners
216	Sam Hesling	Highland Hill Runners

357	Finlay Stewart	Ross County AC
358	Brogan Quigley	Ross County AC
359	Cameron Welsh	East Sutherland AC
360	Tom Simco	East Sutherland AC
361	Kenneth Patience	East Sutherland AC
362	Sam Bryan	East Sutherland AC
363	Duncan MacDonald	Inverness Harriers
364	Lucas Cairns	Inverness Harriers
365	Angus Rutter	Inverness Harriers
366	Euan Rollo	Inverness Harriers
367	Ben Sharpe	Inverness Harriers
368	Eric Ronbinson	Inverness Harriers
369	Nixon Gregor	Inverness Harriers
370	Nixon Grant	Inverness Harriers
371	Raynor Finlay	Inverness Harriers
372	Jack MacKillop	Elgin AAC

North District Championships 2016 Inverness

Age group : Under 15 Boys

Number	Name	Club
379	James Slimon	Highland Hill Runners
380	Urdin Salazar-Roy	Highland Hill Runners
381	Jay Milne	Shetland AAC
382	Dylan Black	Shetland AAC
383	Ailig MacDonald	North Uist AAC
384	David Morrison	Stornoway RAC
385	Aodhan Finnegan	Stornoway RAC
386	Daniel Stewart	Stornoway RAC
387	Ben Cameron	Forres Harriers
388	David Scott	Forres Harriers
389	Oliver Watson	Forres Harriers
390	Blair Milne	Moray RR
391	Oliver Reynolds	Moray RR
392	James Newlands	Moray RR
393	Joshua Milne	Moray RR
394	Struan Oliver-Jones	East Sutherland AC
395	Luke Davidson	Inverness Harriers
396	Finn Rutter	Inverness Harriers
397	Gordon Manson	Inverness Harriers
398	Angus Smith	Inverness Harriers
399	Dylan MacPherson	Inverness Harriers
400	Alisdair Raynor	Inverness Harriers
401	Danny McPake	Ross County AC

217	Waldek Krogulec	Highland Hill Runners
218	Dougie MacDonald	Highland Hill Runners
219	William MacRae	Highland Hill Runners
220	William Nicolson	Highland Hill Runners
221	Steven Popple	Highland Hill Runners
222	Alex Sutherland	Highland Hill Runners
223	Jack Trevelyan	Highland Hill Runners
224	David McKeown	Highland Hill Runners
225	Gavin Whiteside	Highland Hill Runners
226	Jim Meehan	Highland Hill Runners
227	Stuart Forrest	Highland Hill Runners
228	David Gallie	Highland Hill Runners
229	Ian Meek	Highland Hill Runners
230	Rafael Salazar	Highland Hill Runners
231	David Wilby	Highland Hill Runners
232	Norman Ferguson	Stornoway RAC
233	Jonny Pritchard	Stornoway RAC
234	Florent Schaal	Stornoway RAC
235	William MacRury	Stornoway RAC
236	Murdo Mackenzie	Stornoway RAC
237	Allan Maciver	Stornoway RAC
238	Gerry Connelly	Stornoway RAC
239	Ross Bannerman	East Sutherland AC
240	Blair Mackay	East Sutherland AC
241	David Bryan	East Sutherland AC
242	Simon Bath	East Sutherland AC
243	Martin Bain	Moray RR
244	Kenny Wilson	Moray RR
245	Gareth Jenkins	Moray RR
246	Colin Green	Moray RR
247	Paul Taylor	Moray RR
248	Alasdair Campbell	Moray RR
249	Stephen Carichael	Moray RR
250	Nigel Williams	Moray RR
251	George Sim	Moray RR
252	Paul Jamieson	Moray RR
253	Kevin Morrison	Moray RR
254	Garry Henderson	Moray RR
255	Toks Osunrinade	Moray RR
256	Douglas Cowie	Forres Harriers
257	Wayne Dashper	Forres Harriers
258	Mark Mitchell	Forres Harriers
259	Mark Page	Forres Harriers
260	Stewart Burn	Forres Harriers

402	Alex Ellen	Ross County AC
403	Lewis Urquhart	Ross County AC
404	Kyle Sutherland	Ross County AC
405	Callum Wilson	Ross County AC
406	Sean Fillos -Kelt	Ross County AC
407	Reece Edwards	Elgin AAC
408	Daniel Campbell	Elgin AAC
409	Sunny McGrath	Deveron Harriers

North District Championships 2016 Inverness
Age group : Under 17 Men

Number	Name	Club
316	Conall Evans	Forres Harriers
317	Seumas Mackay	Shetland AAC
318	Finn Rivett	Shetland AAC
319	Fraser Roach	East Sutherland AC
320	Eoghann Gollan	East Sutherland AC
321	Keir Beaton	East Sutherland AC
322	Duncan MacLeod	East Sutherland AC
323	Cameron Main	Moray Road Runners
324	Cameron Allan	Moray Road Runners
325	Morgan Lewis	Moray Road Runners
326	Aidan Ferry	Inverness Harriers
327	Tam Munro-White	Inverness Harriers
328	Ben Johnstone	Inverness Harriers
329	Mackenzie Brown	Inverness Harriers
330	Joe Arnaud	Inverness Harriers
331	Luke Williams	Inverness Harriers
332	Lewis Esslemont	Inverness Harriers
333	Ruairidh Fraser	Inverness Harriers
334	Hamish Hickey	Ross County AC
335	Michael MacDonald	Ross County AC
336	Kyle Munro	Stornoway RAC
337	Scott MacIver	Stornoway RAC
338	Alistair Binns	Stornoway RAC
339	Finlay Emmott	Stornoway RAC

North District Championships 2016 Inverness
Age group : Under 20 Men

Number	Name	Club
410	Ruairidh Oliver-Jones	East Sutherland AC

261	Jamie Watson	Forres Harriers
262	Andrew Morgan	Forres Harriers
263	Kevin Schenk	Forres Harriers
264	Paul Rogan	Forres Harriers
265	Lindsay Grant	Forres Harriers
266	Steve Sharpe	Forres Harriers
267	John Holloway	Forres Harriers
268	Robert Paterson	Forres Harriers
269	Grant Symon	Forres Harriers
270	Robbie Paterson	Forres Harriers
271	Gary MacFadyen	Forres Harriers
272	Tim Pott	Forres Harriers
273	Paul Murdoch	Keith & District AAC
274	Mike Stewart	Keith & District AAC
275	Gerald Angus	Keith & District AAC
276	John Goodall	Keith & District AAC
277	John Urquhart	Keith & District AAC
278	Frankie Baron	Keith & District AAC
279	Ross Arbuckle	Keith & District AAC
280	Finlay MacLennan	Inverness Harriers
281	Ross Cairns	Inverness Harriers
282	Andrew MacRae	Inverness Harriers
283	Stewart Wilson	Inverness Harriers
284	Paul Davidson	Inverness Harriers
285	Graham Bee	Inverness Harriers
286	Paul Miller	Inverness Harriers
287	Jonny MacLoed	Inverness Harriers
288	John Newsom	Inverness Harriers
289	Steven Worsley	Inverness Harriers
290	Gordon Lennox	Inverness Harriers
291	Graham Whyte	Inverness Harriers
292	Graeme Campbell	Inverness Harriers
293	Billy Skinner	Inverness Harriers
294	Graham Laing	Inverness Harriers
295	Tom McWilliam	Inverness Harriers
296	Tom Cooke	Inverness Harriers
297	Graham MacLennan	Inverness Harriers
298	Dean Kane	Inverness Harriers
299	Alec Keith	Inverness Harriers
300	Andrew Beaton	Inverness Harriers
301	Graeme Clark	Fraserburgh Running Club
302	Peter Hall	Fraserburgh Running Club
303	Andrew Blackhall	Fraserburgh Running Club

411	Ruairudh Gollan	East Sutherland AC
412	Ross Gollan	East Sutherland AC
413	Cameron Young	Inverness Harriers
414	James Geddes	Inverness Harriers
415	Connor MacLean	Stornoway RAC
416	Shane Odie	Shetland AAC
417	Finlay Todd	Ross County AC
418	Adam Maclellan	Ross County AC

304	Grant Massie	Fraserburgh Running Club
305	Calum Crichton	Fraserburgh Running Club
306	William McBeath	Fraserburgh Running Club
307	Andy Higgins	Fraserburgh Running Club
308	Charles Noble	Fraserburgh Running Club
309	James Bannerman	Fraserburgh Running Club
310	Sandy Duncan	Fraserburgh Running Club
311	Duncan Abernethy	Fraserburgh Running Club
312	David Abernethy	Fraserburgh Running Club
313	Martin Perry	Fraserburgh Running Club

INVERNESS HARRIERS AAC

NORTH DISTRICT CROSS COUNTRY CHAMPIONSHIP – 3rd December 2016

RACE TIMES

U11	11.15	U13 GIRLS	11.30	U13 BOYS	11.45	U15 GIRLS	12.00
U15 BOYS	12.20	U17 W/U20 W	12.35	U17 M/ U20 M	12.50	SEN WOMEN	13.10
SENIOR MEN	13.30						



U11 RACES – S/F-A-B-H-S/F – 1600m

U13 RACES – S/F-A-H- S/F –A-B-H- S/F – 3200m

U15 RACES – S/F-A-B-C-D-E-F-G-B-H- S/F – 4000m

U17 & U20 WOMEN – S/F-A-H- S/F- A-B-C-D-E-F-G-B-H- S/F – 5000m

U17 MEN/SENIOR WOMEN - S/F-A-B-H-S/F-A-B-C-D-E-F-G-B-H- S/F – 6400m

U20 MEN – 2 TIMES S/F-A-B-C-D-E-F-G-B-H- S/F – 8000M

SENIOR MEN – S/F-A-B-H-S/F THEN 2 TIMES S/F-A-B-C-D-E-F-G-B-H- S/F – 10000M

CONTACT DETAILS FOR THE EVENT

ENTRY QUERIES – SOPHIE DUNNETT SOPHIED2010@HOTMAIL.CO.UK

COURSE QUERIES - ROSS NIXON 07734960721 OR EMAIL rpcoltrane@hotmail.co.uk