

# COMPETITION INFORMATION SHEET

Event: North District Cross Country Championships

**NDXCC**

Venue: Dores, Inverness

Registration: Dores Parish Hall, Inverness, IV2 6TR

Date: Saturday 7th December 2019

| Race           | Age Group | BORN DURING              | Declarations |  | Race Starts | Distance |
|----------------|-----------|--------------------------|--------------|--|-------------|----------|
|                |           |                          | Close        |  |             |          |
| Under 13 Girls | U13       | 01/09/2006 to 31/08/2008 | 1130hrs      |  | 1200hrs     | 3100m    |
| Under 13 Boys  | U13       | 01/09/2006 to 31/08/2008 | 1145hrs      |  | 1215hrs     | 3100m    |
| Under 15 Girls | U15       | 01/09/2004 to 31/08/2006 | 1200hrs      |  | 1230hrs     | 4000m    |
| Under 15 Boys  | U15       | 01/09/2004 to 31/08/2006 | 1220hrs      |  | 1250hrs     | 4000m    |
| Under 17 Women | U17       | 01/09/2002 to 31/08/2004 | 1240hrs      |  | 1310hrs     | 5500m    |
| U20 Women      | U20       | 01/09/1999 to 31/08/2002 |              |  |             | 6500m    |
| Senior Women   | SEN       | BORN BEFORE 01/09/1999   | 1315hrs      |  | 1345hrs     | 8500m    |
| Masters Women  | MAS       | Age on Day 40+           |              |  |             |          |
| Under 17 Men   | U17       | 01/09/2002 to 31/08/2004 | 1355hrs      |  | 1425hrs     | 5500m    |
| U20 Men        | U20       | 01/09/1999 to 31/08/2002 |              |  |             | 6500m    |
| Senior Men     | SEN       | BORN BEFORE 01/09/1999   | 1415hrs      |  | 1445hrs     | 8500m    |
| Masters Men    | MAS       | Age on Day 40+           |              |  |             |          |

Entries Close midnight on: **Thursday 21st November 2019**

**NO LATE ENTRIES**

Email Address: [events@scottishathletics.org.uk](mailto:events@scottishathletics.org.uk)

**Bank Details:** RBS, Sort Code: 83-19-04 Acc No 00667222

## Important Notes

- (1) U17 & U20 Women will run together with all age groups having separate teams.
- (2) U17 & U20 Men and U17 & U20 Women will run together with all age groups having separate teams.
- (3) 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. As per UKA Rule 21
- (4) Location map and final instructions will be available on [www.scottishathletics.org.uk](http://www.scottishathletics.org.uk)
- (5) This event is the principal race for North athlete selection of Inter District Teams for Stirling on 11th January 2020.
- (6) Club Affiliation fees **MUST** have been paid to scottishathletics for season 2019/20. Competitors **MUST** wear their club colours in all events.
- (7) Rules relating to students in Full time education in Scotland are applicable.  
for guidance on these rules please visit the Road Running Commission Website.
- (8) By entering all athletes agree that photographs and/or video footage may be taken and used for PR/Marketing purposes.
- (9) Club entries must ensure that entrants are medically fit to compete, have no medical issues or disability that would endanger themselves or others by taking part (and will not run if unfit to do so on the day).

Lindsays scottishathletics North District Cross Country Championships

Saturday 8th December

Entry Lists - Sen Jun Women

Dores, Inverness

| Forename   | Surname   | Age Group | Club                   |
|------------|-----------|-----------|------------------------|
| Rebecca    | Nankivell | (V50)     | East Sutherland AC     |
| Sheila     | Gollan    | (V55)     | East Sutherland AC     |
| Audrey     | Scott     | (V55)     | East Sutherland AC     |
| Moir       | Davie     | (Sen)     | Forres Harriers        |
| Kaisa      | Oikkonen  | (Sen)     | Forres Harriers        |
| Carrie-Ann | Ward      | (V40)     | Forres Harriers        |
| Frances    | Britain   | (V45)     | Forres Harriers        |
| Siobhan    | Evans     | (V45)     | Forres Harriers        |
| Susan      | McRitchie | (V45)     | Forres Harriers        |
| Elizabeth  | Barr      | (V50)     | Forres Harriers        |
| Hillary    | Cameron   | (V50)     | Forres Harriers        |
| June       | McIntosh  | (V50)     | Forres Harriers        |
| Jackie     | Nicol     | (V55)     | Forres Harriers        |
| Shona      | Spencer   | (V55)     | Forres Harriers        |
| Ros        | Wright    | (V55)     | Forres Harriers        |
| Morag      | Thompson  | (V40)     | Fraserburgh RC         |
| Carol      | Massie    | (V55)     | Fraserburgh RC         |
| Megan      | Bee       | (Sen)     | Highland Hill Runners  |
| Lana       | Buchheim  | (Sen)     | Highland Hill Runners  |
| Jane       | Chisholm  | (Sen)     | Highland Hill Runners  |
| Anna       | MacArthur | (Sen)     | Highland Hill Runners  |
| Mhairi     | Sweeney   | (Sen)     | Highland Hill Runners  |
| Jacquie    | Laird     | (V45)     | Highland Hill Runners  |
| Karen      | Lyons     | (V45)     | Highland Hill Runners  |
| Jill       | Kerr      | (V50)     | Highland Hill Runners  |
| Margaret   | Andrews   | (V55)     | Highland Hill Runners  |
| Gemma      | Cormack   | (Sen)     | Inverness Harriers AAC |
| Caroline   | Marwick   | (Sen)     | Inverness Harriers AAC |
| Sharon     | Beck      | (V45)     | Inverness Harriers AAC |
| Julie      | Wilson    | (V50)     | Inverness Harriers AAC |
| Lauren     | Knowles   | (Sen)     | JSK RC                 |
| Emma       | Watt      | (Sen)     | JSK RC                 |
| Kay        | Davies    | (V45)     | JSK RC                 |
| Justine    | Blaszka   | (Sen)     | Moray RR               |
| Kimberley  | Clark     | (Sen)     | Moray RR               |
| Iona       | Robertson | (Sen)     | Moray RR               |
| Susan      | McNairney | (V40)     | Moray RR               |
| Michelle   | Slater    | (V40)     | Moray RR               |
| Amanda     | Strang    | (V45)     | Moray RR               |
| Elspeth    | Jenkins   | (V50)     | Moray RR               |
| Karen      | Norvell   | (V50)     | Moray RR               |

Lindsays scottishathletics North District Cross Country Championships

Saturday 8th December

Entry Lists - Sen Jun Women

Dores, Inverness

| Forename  | Surname   | Age Group | Club                           |
|-----------|-----------|-----------|--------------------------------|
| Marianne  | Wilson    | (V40)     | North Highland Harriers        |
| Lorna     | Stanger   | (V50)     | North Highland Harriers        |
| Jennifer  | Robertson | (V40)     | Peterhead AC                   |
| Maria     | Willox    | (V40)     | Peterhead AC                   |
| Linda     | McGee     | (V45)     | Peterhead AC                   |
| Susan     | Strachan  | (V45)     | Peterhead AC                   |
| Alison    | Heggie    | (Sen)     | Ross County AC                 |
| Vikki     | Thompson  | (Sen)     | Ross County AC                 |
| Morvern   | MacKenzie | (V40)     | Ross County AC                 |
| Lorraine  | Coull     | (V45)     | Ross County AC                 |
| Joanna    | Ellen     | (V45)     | Ross County AC                 |
| Susan     | Maclellan | (V45)     | Ross County AC                 |
| Sheryl    | Tode      | (V50)     | Ross County AC                 |
| Charlotte | Black     | (V40)     | Shetland AAC                   |
| Susan     | Linklater | (V65)     | Shetland AAC                   |
| Sarah     | Attwood   | (Sen)     | Skye & Lochalsh Running and AC |
| Martha    | Hamilton  | (Sen)     | Stornoway Running & AC         |
| Eilidh    | Mackenzie | (Sen)     | Stornoway Running & AC         |
| Ceit      | Stewart   | (Sen)     | Stornoway Running & AC         |
| Lorraine  | Morrison  | (V40)     | Stornoway Running & AC         |

Lindsays scottishathletics North District Cross Country Championships

Saturday 8th December

Entry Lists - U20 Women

Dores, Inverness

| Forename | Surname | Age Group | Club                   |
|----------|---------|-----------|------------------------|
| Claire   | Gauld   | (U20)     | Fraserburgh RC         |
| Emily    | Andrew  | (U20)     | Inverness Harriers AAC |
| Rachel   | Gillies | (U20)     | Inverness Harriers AAC |
| Megan    | Keith   | (U20)     | Inverness Harriers AAC |
| Grace    | Whelan  | (U20)     | Moray RR               |
| Sophie   | Graham  | (U20)     | Stornoway Running & AC |

Lindsays scottishathletics North District Cross Country Championships

Saturday 8th December

Entry Lists - U17 Women

Dores, Inverness

| Forename | Surname      | Age Group | Club               |
|----------|--------------|-----------|--------------------|
| Alyth    | Gollan       | (U17)     | East Sutherland AC |
| Rachel   | Ross         | (U17)     | East Sutherland AC |
| Ellyn    | Smith        | (U17)     | Moray RR           |
| Niamh    | Whelan       | (U17)     | Moray RR           |
| Nalize   | Van Straaten | (U17)     | Nairn Area AAC     |
| Morag    | Hickey       | (U17)     | Ross County AC     |
| Ellen    | Astley       | (U17)     | Ellon AAC          |

Lindsays scottishathletics North District Cross Country Championships

Saturday 8th December

Entry Lists - U15 Girls

Dores, Inverness

| Forename  | Surname    | Age Group | Club                   |
|-----------|------------|-----------|------------------------|
| Ida       | Oikkonen   | (U15)     | Forres Harriers        |
| Anna      | Cairns     | (U15)     | Inverness Harriers AAC |
| Isobel    | Garvie     | (U15)     | Inverness Harriers AAC |
| Grace     | MacDonald  | (U15)     | Inverness Harriers AAC |
| Isla      | Marwick    | (U15)     | Inverness Harriers AAC |
| Zoe       | Sharpe     | (U15)     | Inverness Harriers AAC |
| Isla      | Coull      | (U15)     | Moray RR               |
| Hannah    | Stephen    | (U15)     | Moray RR               |
| Nicole    | Taylor     | (U15)     | Moray RR               |
| Beth      | Urquhart   | (U15)     | Moray RR               |
| Harriet   | Whelan     | (U15)     | Moray RR               |
| Emily     | Bell       | (U15)     | Ross County AC         |
| Ruby      | Jezewski   | (U15)     | Ross County AC         |
| Morag     | Lynch      | (U15)     | Ross County AC         |
| Francesca | Greenstock | (U15)     | Stornoway Running & AC |
| Rachel    | Murray     | (U15)     | Stornoway Running & AC |

Lindsays scottishathletics North District Cross Country Championships  
 Saturday 8th December                      Entry Lists - U13 Girls                      Dores, Inverness

| Forename | Surname      | Age Group | Club                   |
|----------|--------------|-----------|------------------------|
| Eva      | Esslemont    | (U13)     | Forres Harriers        |
| Abbigail | Ferry        | (U13)     | Forres Harriers        |
| Sophie   | Howard       | (U13)     | Forres Harriers        |
| Freya    | Allan        | (U13)     | Inverness Harriers AAC |
| Kirsten  | Burnett      | (U13)     | Inverness Harriers AAC |
| Brooke   | Ferguson     | (U13)     | Inverness Harriers AAC |
| Ciara    | McAllister   | (U13)     | Inverness Harriers AAC |
| Katie    | Meek         | (U13)     | Inverness Harriers AAC |
| Iona     | Scott        | (U13)     | Inverness Harriers AAC |
| Connie   | Whelan       | (U13)     | Moray RR               |
| Mihandri | Van Straaten | (U13)     | Nairn Area AAC         |
| Caitlyn  | Heggie       | (U13)     | Ross County AC         |
| Layla    | Todd         | (U13)     | Shetland AAC           |
| Sarah    | Maciver      | (U13)     | Stornoway Running & AC |
| Megan    | Maclean      | (U13)     | Stornoway Running & AC |
| Kyla     | Mcmurdo      | (U13)     | Stornoway Running & AC |
| Abbie    | Stewart      | (U13)     | Stornoway Running & AC |

## Lindsays scottishathletics North District Cross Country Championships

Saturday 8th December

Entry Lists - Senior Men

Dores, Inverness

| Forename         | Surname        | Age Group | Club                  |
|------------------|----------------|-----------|-----------------------|
| Ruairidh         | Gollan         | (Sen)     | East Sutherland AC    |
| Blair            | Mackay         | (Sen)     | East Sutherland AC    |
| Colin            | Hall           | (V50)     | Forres Harriers       |
| Raymond          | Hughes         | (V40)     | Forres Harriers       |
| Gary             | Macfadyen      | (V50)     | Forres Harriers       |
| David            | McCulloch      | (V45)     | Forres Harriers       |
| Tim              | Pott           | (V55)     | Forres Harriers       |
| Keith            | Buchan         | (V45)     | Fraserburgh RC        |
| Keith            | McIntyre       | (Sen)     | Fraserburgh RC        |
| Ally             | Beaven         | (Sen)     | Highland Hill Runners |
| Francisco Javier | Cabrera Valdes | (Sen)     | Highland Hill Runners |
| Stuart           | Dustan         | (Sen)     | Highland Hill Runners |
| Stuart           | Forrest        | (Sen)     | Highland Hill Runners |
| Andrew           | Gilmore        | (Sen)     | Highland Hill Runners |
| Steven           | Gregg          | (Sen)     | Highland Hill Runners |
| Andy             | Hall           | (Sen)     | Highland Hill Runners |
| Roger            | Homyer         | (V65)     | Highland Hill Runners |
| Marcus           | Konoso         | (Sen)     | Highland Hill Runners |
| James            | Laird          | (V50)     | Highland Hill Runners |
| Dougie           | Macdonald      | (V45)     | Highland Hill Runners |
| Fraser           | Mackintosh     | (V50)     | Highland Hill Runners |
| Ian              | Meek           | (V50)     | Highland Hill Runners |
| William          | Nicolson       | (V45)     | Highland Hill Runners |
| Graham           | Parker         | (V45)     | Highland Hill Runners |
| Oscar            | Sanchez Garcia | (V45)     | Highland Hill Runners |
| Rob              | Sinclair       | (Sen)     | Highland Hill Runners |
| Benjamin         | Tanner         | (Sen)     | Highland Hill Runners |
| Jack             | Trevelyan      | (V40)     | Highland Hill Runners |
| Craig            | Wallace        | (Sen)     | Highland Hill Runners |
| Jack             | Ward           | (Sen)     | Highland Hill Runners |
| Gavin            | Whiteside      | (V40)     | Highland Hill Runners |
| Stewart          | Wilson         | (V50)     | Highland Hill Runners |
| Graham           | Aitken         | (Sen)     | Insch Trail RC        |
| Joe              | Aitken         | (Sen)     | Insch Trail RC        |

Lindsays scottishathletics North District Cross Country Championships

Saturday 8th December

Entry Lists - Senior Men

Dores, Inverness

| Forename | Surname     | Age Group | Club                   |
|----------|-------------|-----------|------------------------|
| Graham   | Bee         | (Sen)     | Inverness Harriers AAC |
| Robin    | Burnett     | (V45)     | Inverness Harriers AAC |
| Craig    | Campbell    | (Sen)     | Inverness Harriers AAC |
| David    | Cullen      | (V50)     | Inverness Harriers AAC |
| Peter    | Fenwick     | (Sen)     | Inverness Harriers AAC |
| Donnie   | Macdonald   | (V40)     | Inverness Harriers AAC |
| Finlay   | MacLennan   | (Sen)     | Inverness Harriers AAC |
| Jonny    | Macleod     | (V45)     | Inverness Harriers AAC |
| Tom      | McWilliam   | (V45)     | Inverness Harriers AAC |
| Paul     | Miller      | (V45)     | Inverness Harriers AAC |
| John     | Newsom      | (Sen)     | Inverness Harriers AAC |
| Michael  | O'Donnell   | (Sen)     | Inverness Harriers AAC |
| Paul     | Paterson    | (V40)     | Inverness Harriers AAC |
| Thomas   | Blair       | (Sen)     | JSK RC                 |
| GREIG    | CRUICKSHANK | (V55)     | JSK RC                 |
| Mark     | McCluskie   | (Sen)     | JSK RC                 |
| Stephen  | Simpson     | (Sen)     | JSK RC                 |
| Richard  | Strachan    | (Sen)     | JSK RC                 |
| Allan    | Wilson      | (V45)     | JSK RC                 |
| John     | Yells       | (Sen)     | Lochaber AC            |
| Andy     | Alexander   | (V50)     | Moray RR               |
| John     | Anderson    | (Sen)     | Moray RR               |
| Martin   | Bain        | (V40)     | Moray RR               |
| Euan     | Cantlie     | (V45)     | Moray RR               |
| Stephen  | Carmichael  | (V45)     | Moray RR               |
| Andrew   | Clark       | (Sen)     | Moray RR               |
| Wayne    | Dashper     | (V45)     | Moray RR               |
| Ewan     | Davidson    | (Sen)     | Moray RR               |
| Simon    | Dobbs       | (V55)     | Moray RR               |
| Colin    | Green       | (V45)     | Moray RR               |
| Aaron    | Green       | (V40)     | Moray RR               |
| Gareth   | Jenkins     | (V45)     | Moray RR               |
| Blair    | Laird       | (Sen)     | Moray RR               |
| Simon    | MacDonald   | (V60)     | Moray RR               |
| Robbie   | Paterson    | (Sen)     | Moray RR               |
| Paul     | Rogan       | (V50)     | Moray RR               |
| John     | Urquhart    | (V50)     | Moray RR               |
| Nigel    | Williams    | (V50)     | Moray RR               |
| Kenneth  | Wilson      | (Sen)     | Moray RR               |
| James    | Wilson      | (Sen)     | Moray RR               |

Lindsays scottishathletics North District Cross Country Championships

Saturday 8th December

Entry Lists - Senior Men

Dores, Inverness

| Forename | Surname   | Age Group | Club                    |
|----------|-----------|-----------|-------------------------|
| Dean     | Bowman    | (Sen)     | North Highland Harriers |
| Kenny    | MacGruer  | (Sen)     | North Highland Harriers |
| Derek    | Mackenzie | (Sen)     | North Highland Harriers |
| Martin   | Kerrigan  | (V40)     | Peterhead AC            |
| Alan     | Reid      | (V50)     | Peterhead AC            |
| Calum    | Sinclair  | (Sen)     | Peterhead AC            |
| James    | Wilson    | (V45)     | Peterhead AC            |
| Eoin     | Coull     | (V45)     | Ross County AC          |
| Calum    | Faulkner  | (Sen)     | Ross County AC          |
| Steven   | Learmont  | (Sen)     | Ross County AC          |
| Andrew   | Young     | (V40)     | Ross County AC          |
| Ross     | Gollan    | (Sen)     | Shettleston Harriers    |
| Gerard   | Connelly  | (V45)     | Stornoway Running & AC  |
| Norman   | Ferguson  | (Sen)     | Stornoway Running & AC  |
| John     | Hamilton  | (Sen)     | Stornoway Running & AC  |
| Murdo    | MacKenzie | (Sen)     | Stornoway Running & AC  |
| Allan    | Morrison  | (V40)     | Stornoway Running & AC  |
| Jonathon | Pritchard | (V45)     | Stornoway Running & AC  |

Lindsays scottishathletics North District Cross Country Championships

Saturday 8th December

Entry Lists - U20 Men

Dores, Inverness

| Forename | Surname    | Age Group | Club                   |
|----------|------------|-----------|------------------------|
| Jonathan | Buchan     | (U20)     | Fraserburgh RC         |
| Luke     | Davidson   | (U20)     | Inverness Harriers AAC |
| Stuart   | Gardiner   | (U20)     | Inverness Harriers AAC |
| Alasdair | Raynor     | (U20)     | Inverness Harriers AAC |
| Sam      | Greenslade | (U20)     | Stornoway Running & AC |
| Kyle     | Munro      | (U20)     | Stornoway Running & AC |
| Daniel   | Stewart    | (U20)     | Stornoway Running & AC |

Lindsays scottishathletics North District Cross Country Championships

Saturday 8th December

Entry Lists - U17 Men

Dores, Inverness

| Forename | Surname    | Age Group | Club                   |
|----------|------------|-----------|------------------------|
| Scott    | Perry      | (U17)     | Elgin AAC              |
| Ewan     | Martin     | (U17)     | Forres Harriers        |
| David    | Scott      | (U17)     | Forres Harriers        |
| Thomas   | Burnett    | (U17)     | Inverness Harriers AAC |
| Lucas    | Cairns     | (U17)     | Inverness Harriers AAC |
| Finlay   | Raynor     | (U17)     | Inverness Harriers AAC |
| Euan     | Rollo      | (U17)     | Inverness Harriers AAC |
| Finlay   | Rutter     | (U17)     | Inverness Harriers AAC |
| Ben      | Sharpe     | (U17)     | Inverness Harriers AAC |
| Angus    | Smith      | (U17)     | Inverness Harriers AAC |
| Finlay   | Dempster   | (U17)     | Lochaber AC            |
| Finlay   | Fraser     | (U17)     | Lochaber AC            |
| Jamie    | Mcconnell  | (U17)     | Lochaber AC            |
| Shaun    | Green      | (U17)     | Moray RR               |
| Blair    | Milne      | (U17)     | Moray RR               |
| Joshua   | Milne      | (U17)     | Moray RR               |
| Alex     | Ellen      | (U17)     | Ross County AC         |
| Danny    | McPake     | (U17)     | Ross County AC         |
| Kyle     | Sutherland | (U17)     | Ross County AC         |

Lindsays scottishathletics North District Cross Country Championships

Saturday 8th December

Entry Lists - U15 Boys

Dores, Inverness

| Forename | Surname      | Age Group | Club                   |
|----------|--------------|-----------|------------------------|
| Tom      | Palmer       | (U15)     | Elgin AAC              |
| Bruce    | Evans        | (U15)     | Forres Harriers        |
| Lachlan  | Buchanan     | (U15)     | Inverness Harriers AAC |
| Sam      | Burnett      | (U15)     | Inverness Harriers AAC |
| Jake     | Henderson    | (U15)     | Inverness Harriers AAC |
| Alex     | Jamieson     | (U15)     | Inverness Harriers AAC |
| Caleb    | MacLeod      | (U15)     | Inverness Harriers AAC |
| Gregor   | Nixon        | (U15)     | Inverness Harriers AAC |
| Ben      | Webster      | (U15)     | Inverness Harriers AAC |
| Fraser   | Anderson     | (U15)     | Lochaber AC            |
| Rhys     | Cantlie      | (U15)     | Moray RR               |
| Liam     | Munro        | (U15)     | Moray RR               |
| Bruce    | Newlands     | (U15)     | Moray RR               |
| Ryan     | Curran       | (U15)     | Nairn Area AAC         |
| Zak      | Stewart      | (U15)     | Nairn Area AAC         |
| Jacobus  | Van Straaten | (U15)     | Nairn Area AAC         |
| Seonaidh | MacInnes     | (U15)     | North Uist AAC         |
| Sam      | Coull        | (U15)     | Ross County AC         |
| Taylor   | Denovan      | (U15)     | Ross County AC         |
| Ruaridh  | Ellen        | (U15)     | Ross County AC         |
| Zak      | Fearn        | (U15)     | Ross County AC         |
| Douglas  | MacLennan    | (U15)     | Ross County AC         |
| Reece    | Black        | (U15)     | Shetland AAC           |
| Murray   | MacDonald    | (U15)     | Stornoway Running & AC |
| Lewis    | Maclean      | (U15)     | Stornoway Running & AC |
| Charlie  | Morrison     | (U15)     | Stornoway Running & AC |

Lindsays scottishathletics North District Cross Country Championships

Saturday 8th December

Entry Lists - U13 Boys

Dores, Inverness

| Forename      | Surname    | Age Group | Club                   |
|---------------|------------|-----------|------------------------|
| Michael       | Bishenden  | (U13)     | Forres Harriers        |
| William       | Cook       | (U13)     | Gordonstoun School     |
| Angus         | Laird      | (U13)     | Inverness Harriers AAC |
| Ben           | MacLeod    | (U13)     | Inverness Harriers AAC |
| Michael       | Miller     | (U13)     | Inverness Harriers AAC |
| Ruairidh      | Stirling   | (U13)     | Inverness Harriers AAC |
| Harris        | Walmsley   | (U13)     | Inverness Harriers AAC |
| Duncan        | MacDonald  | (U13)     | Lochaber AC            |
| Euan          | Servant    | (U13)     | Lochaber AC            |
| Sorley        | Swabey     | (U13)     | Lochaber AC            |
| Lewis         | Paterson   | (U13)     | Moray RR               |
| Jackson       | Smith      | (U13)     | Moray RR               |
| Luca          | Sutherland | (U13)     | Moray RR               |
| Finlay        | Weir       | (U13)     | Moray RR               |
| Seumas        | Maclain    | (U13)     | North Uist AAC         |
| Andrew        | Baird      | (U13)     | Ross County AC         |
| Noah          | Carson     | (U13)     | Ross County AC         |
| Struan        | Ellen      | (U13)     | Ross County AC         |
| Andrew        | MacIennan  | (U13)     | Ross County AC         |
| George        | Ross       | (U13)     | Ross County AC         |
| Ryan          | Ross       | (U13)     | Ross County AC         |
| Fraser        | Ross       | (U13)     | Ross County AC         |
| William       | Sendall    | (U13)     | Ross County AC         |
| Alistair      | Young      | (U13)     | Ross County AC         |
| Cameron       | Black      | (U13)     | Shetland AAC           |
| Lewis         | Black      | (U13)     | Shetland AAC           |
| Euan Campbell | Flett      | (U13)     | Stornoway Running & AC |
| Andrew        | Macaskill  | (U13)     | Stornoway Running & AC |
| Finlay        | Macleod    | (U13)     | Stornoway Running & AC |
| Iain          | Matheson   | (U13)     | Stornoway Running & AC |
| Jordan Angus  | Nicolson   | (U13)     | Stornoway Running & AC |
| Sebastian     | Nicolson   | (U13)     | Stornoway Running & AC |

## 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

Lindsays' scottishathletics  
North District XC Championship 2019