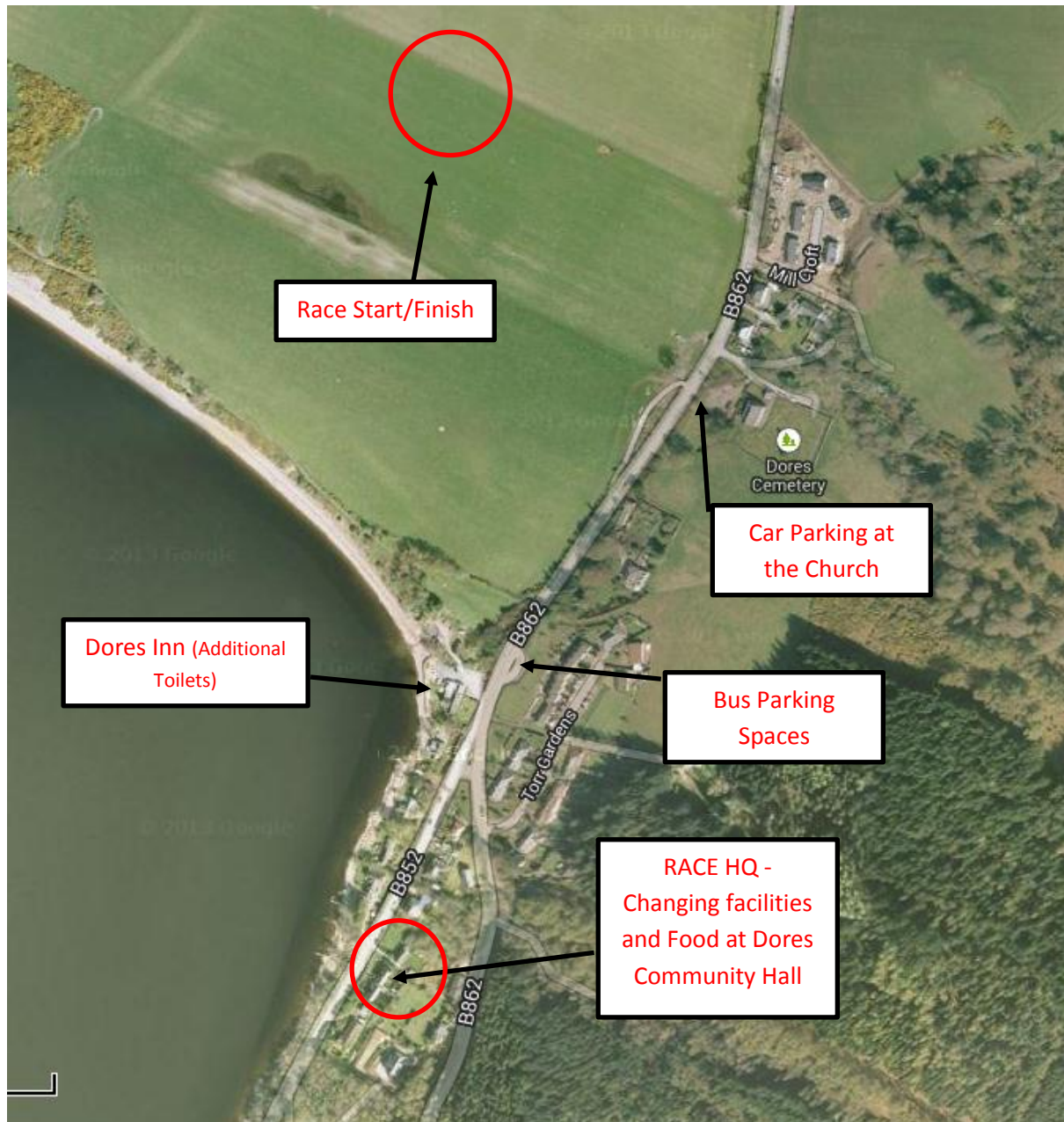


INVERNESS HARRIERS AAC
NORTH DISTRICT CROSS COUNTRY – 18TH JANUARY 2014



INVERNESS HARRIERS AAC

NORTH DISTRICT CROSS COUNTRY – 18TH JANUARY 2014

INVERNESS HARRIERS ARE DELIGHTED TO BE HOSTING THE 4TH NDCCC LEAGUE RACE ON 18TH JANUARY 2014. A NEW COURSE TAKING IN SOME OF THE MOST BEAUTIFUL VIEWS AND SCENERY SCOTLAND HAS TO OFFER HAS BEEN CREATED IN THE VILLAGE OF DORES. GRATEFUL THANKS TO ALDOURIE ESTATE, MAGNUS GRANT OF CLUNE FARM, DORES CHURCH AND DORES COMMUNITY FOR SUPPORTING THIS EVENT AND ALLOWING ACCESS TO THEIR LAND.

THE EVENT WILL BE AT DORES, A SMALL VILLAGE 6 MILES, SOUTH WEST OF INVERNESS ON THE B862 (POSTCODE FOR SAT NAV IS IV2 6TR). THE VENUE HAS BEEN CHOSEN FOLLOWING FEEDBACK FROM MANY CLUB RUNNERS ON THE MIX OF TERRAIN THAT THEY FEEL XC COURSES SHOULD OFFER. IT

INVERNESS HARRIERS AAC
NORTH DISTRICT CROSS COUNTRY – 18TH JANUARY 2014

THEREFORE COMPRISES SOME GRASSY FIELDS, TRAIL AND A FEW SHORT BUT TESTING HILLS ON WOODLAND PATHS. REGRETABLELY NO STUBBLE FIELDS WERE AVAILABLE.

THE HQ FOR THE EVENT WILL BE AT THE DORES PARISH HALL (APPROX 150M PAST THE DORES INN ON THE LOCH SIDE ROAD UP ON THE LEFT AS YOU LEAVE THE VILLAGE, APPROX 400METRES FROM THE RACE START/FINISH). THERE IS LIMITED PARKING HERE SO PLEASE PARK AT THE CHURCH OR ALONG THE ROAD ENSURING THAT YOU PARK SAFELY AND COURTEOUSLY.

BUS PARKING SHOULD BE AVAILABLE OPPOSITE THE DORES INN. (LORRIES OCCASIONALLY PARK THERE TOO)

THERE ARE CHANGING AND TOILET FACILITIES AT THE DORES HALL HOWEVER, REGRETABLELY THERE ARE NO SHOWERS. FORTUNATLY, THERE IS A 7400 CUBIC KILOMETRE BATH CALLED LOCH NESS NEXT TO THE RACE, HOWEVER JANUARY WATER TEMPERATURES MAY BE A LITTLE TEPID.

ADDITIONAL PUBLIC TOILETS ARE AVAILABLE AT THE DORES INN.

THE RACE START/FINISH IS IN THE FIELD OF CLUNE FARM (SITE OF ROCKNESS) AND PERMISSION TO USE THIS LAND HAS BEEN KINDLY GRANTED BY MR MAGNUS GRANT OF CLUNE FARM.

THE RACE ALSO INCORPORATES FIELDS AND A SECTION OF TORR WOOD ON THE ALDOURIE ESTATE AND PERMISSION TO USE THIS HAS BEEN KINDLY GRANTED BY ALDOURIE ESTATE.

ANYONE WANTING TO MAKE A REAL WEEKEND OF IT SHOULD CONTACT THE ESTATE AT <http://www.aldouriecastle.co.uk/> TO SEE SOME OF THE GREAT FACILITIES AND HOLIDAY COTTAGES THEY PROVIDE. THE WEBSITE ALSO HAS SOME STUNNING PHOTOS OF THE AREA.

GRATEFUL THANKS TO ALDOURIE ESTATE, MAGNUS GRANT, DORES CHURCH AND DORES COMMUNITY COUNCIL FOR SUPPORTING THIS EVENT. PLEASE LOOK AFTER THE AREA BY PICKING UP LITTER AND RESPECTING THE AREA.

INVERNESS HARRIERS AAC

RACE TIMINGS

U11 GIRLS 1:15PM

U11 BOYS 1:20PM

U13 GIRLS 1:25PM

U13 BOYS 1:35PM

U15 GIRLS / U17LADIES 1:45PM

U15 BOYS 2:00PM

SENIOR WOMEN 2:15PM

U17 MEN & SENIOR MEN 2:30PM

PROPOSED RACE ROUTE – SEE MAP ON THE NEXT PAGE

INVERNESS HARRIERS AAC

NORTH DISTRICT CROSS COUNTRY – 18TH JANUARY 2014

THIS IS A DRAFT PLAN AND A MORE DETAILED ACCURATE ROUTE WILL BE SENT OUT THE WEEK BEFORE THE EVENT ONCE WEATHER AND UNDERFOOT CONDITIONS HAVE BEEN ASSESSED.



U11 RACES – A-B-C-H-B-S/F – 1550M (Small Lap)

U13 RACES – A-B-C-D-E-F-G-D-H-B-S/ - 3250m (1x Full Lap)

U15 RACE & U17 Girls – (A-B-C-H-B-S/F) + (A-B-C-D-E-F-G-D-H-B-S/ F) 1xSmall Lap + 1x Full Lap – 4800m

U17 MALES/SENIOR WOMEN – A-B-C-D-E-F-G-D-H-B-S/ F – 6500M (2 FULL LAPS)

SENIOR MEN U/20 – 9750M (3 FULL LAPS)

THIS IS A DRAFT PLAN AND A MORE DETAILED ACCURATE ROUTE WILL BE SENT OUT THE WEEK BEFORE THE EVENT

CONTACT DETAILS FOR THE EVENT – ROSS NIXON 07734960721 OR EMAIL rinixon999@tiscali.co.uk