

Sophie Dunnett
North District Secretary
Road Running & Cross County Commission
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Dear Athlete

INTER DISTRICT MATCH
(Incorporated into the Great Winter International CC fixture)
EDINBURGH (Holyrood Park)
SATURDAY 11th JANUARY 2014

Many thanks for accepting your selection to represent the North District at the annual fixture versus East and West Districts. There will also be Scottish University teams in the Senior Men and Women's Races and several races will also incorporate International fixtures. This year again the Senior Women's and Senior Men's Inter District races will be separate from the televised International Team races and District U17 athletes will run as part of an U20 International race.

RACE	TIME	DISTANCE
U13 Girls/U13 Boys	10.15	3,000 metres
U15 Girls/U15Boys	10.35	4,000 metres
Senior Women	11.05	6,000 metres
Senior Men	11.35	8,000 metres
U17 Men incl. U20 Int	12.10	6,000 metres
U17 Women Incl. U20 Int	12.45	4,000 metres

International/Elite races televised from 1.15-2.45pm

This is an excellent opportunity for athletes to compete at national standard and sets athletes up well for the National Championships in February. Although there is no funding for travel from Scottishathletics for any of the District teams, Clubs may however be able to access funding through their local Sports Council in the form of Excellence Grants.

On the day, you should report to declarations at a marquee at the course in Holyrood Park (this will be signposted) at least 1 hour before your race where you will receive your number and timing chip from your District declaration table. North declarations will open at 9am. You will be unable to walk the course after the start of the first race.

District Vest will also be available at time of declaration and **must** be worn; athletes cannot run in their own club vests. If you wish to keep the vest it can be bought for £10.00 on the day. If you do not wish to buy the vest it must be returned to the declarations table after your race. If you already have a District vest please bring it with you.

Teams are made up of the 1st 6 runners. Due to the difficulty of finding all team members on the day, I will collect the team medals and issue them through the clubs in the week that follows the event. If your circumstances change nearer to the event and you are no longer able to complete please contact me directly by mobile or e-mail right up to race day.

I look forward to seeing you on the 11th.

Yours Sincerely

Sophie Dunnett
North District Secretary
Road Running and Cross Country Commissions