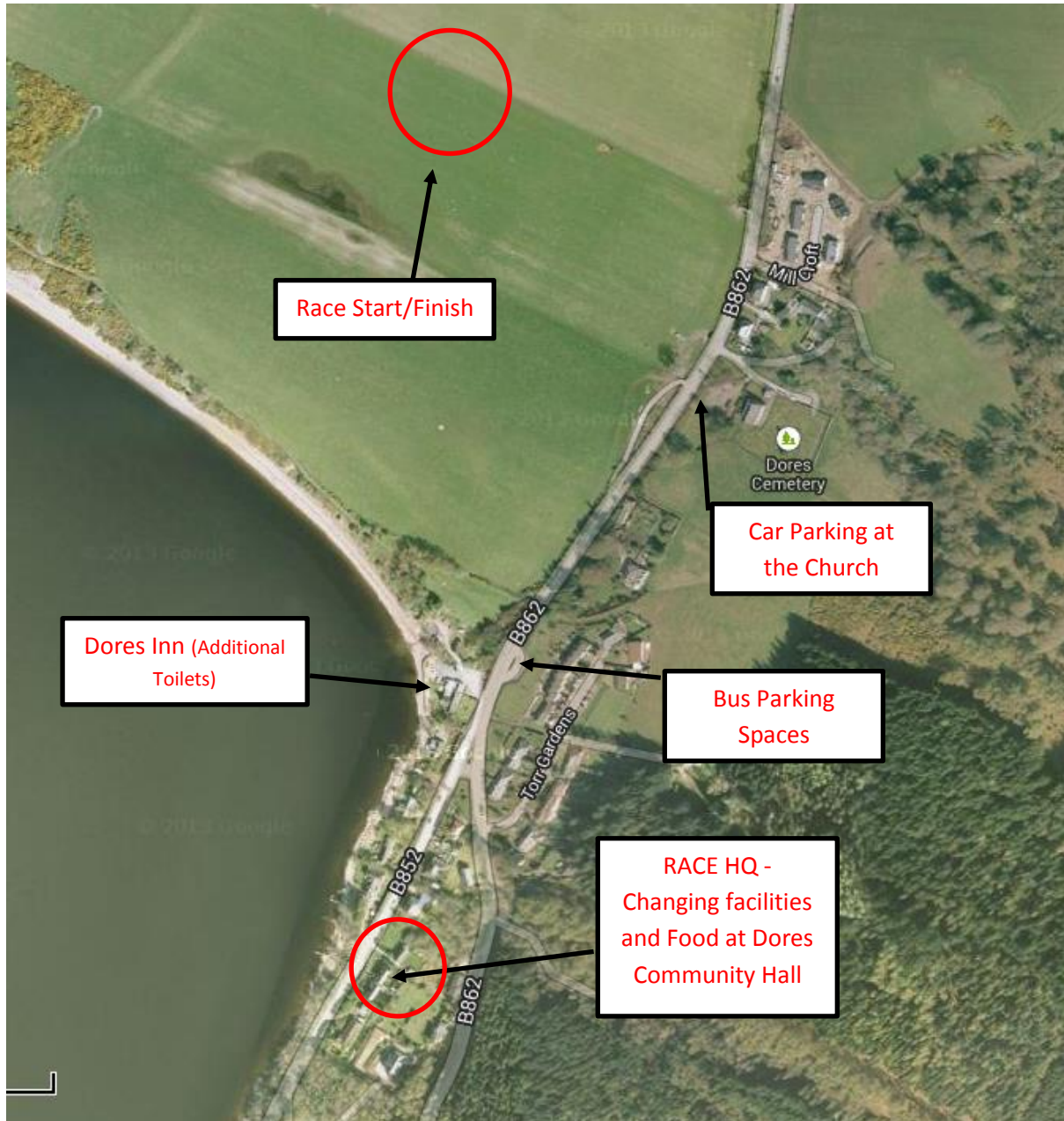


**INVERNESS HARRIERS AAC
NORTH DISTRICT CROSS COUNTRY – 18TH JANUARY 2014**



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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 COUNCIL 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

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THEREFORE COMPRISES SOME GRASSY FIELDS, TRAIL AND A FEW SHORT BUT TESTING HILLS ON WOODLAND PATHS.

THE HQ FOR THE EVENT WILL BE AT THE DORES COMMUNITY HALL (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.

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.

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PROPOSED RACE ROUTE – SEE MAP ON THE NEXT PAGE

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Revised Plan due to fallen trees



- U11 RACES – S/F-A-B-C-H-S/F – 1550M (Short Lap) (WHITE LINE)
U13 RACES – S/F-A-C-D-E-F-G-C-H-S/F - 3500m (1x Full Lap) (SOLID YELLOW LINE)
U15 RACES & U17 Girls – S/F A-C-H-S/F (1 Minor Lap Yellow Dash at C on first Lap) + A-C-D-E-F-G-C-H-S/ F (1x Full Lap) – 4850m
U17 MALES/SENIOR WOMEN – S/F-A-C-D-E-F-G-C-H-S/F 6500M (2 FULL LAPS)
SENIOR MEN U/20 – S/F-A-C-D-E-F-G-C-H-S/F - 9750M (3 FULL LAPS)

MAPS WILL BE AVAILABLE ON THE DAY

CONTACT DETAILS FOR THE EVENT – ROSS NIXON 07734960721 OR EMAIL rjnixon999@tiscali.co.uk