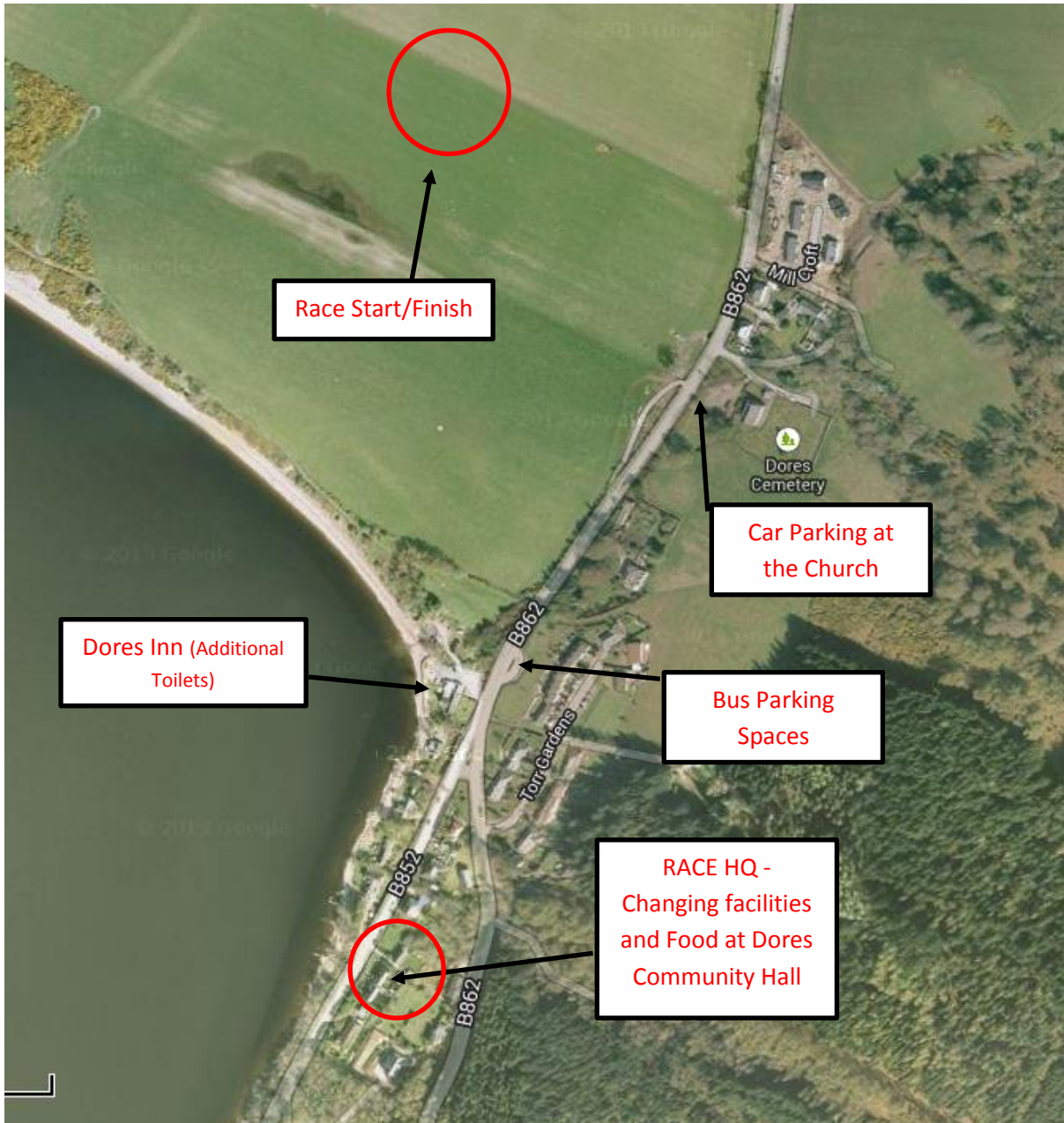


**INVERNESS HARRIERS AAC
NORTH DISTRICT CROSS COUNTRY – 16TH JANUARY 2016**



INVERNESS HARRIERS AAC

NORTH DISTRICT CROSS COUNTRY – 16TH JANUARY 2016

INVERNESS HARRIERS ARE DELIGHTED TO BE HOSTING THE 4TH NDCCC LEAGUE RACE ON 16TH JANUARY 2016. GRATEFUL THANKS TO ALDOURIE ESTATE, MAGNUS GRANT OF CLUNE FARM 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 COURSE COMPRISES SOME GRASSY FIELDS, TRAIL, A FEW SHORT BUT TESTING HILLS AND THE BEST SCENERY SCOTLAND HAS TO OFFER.

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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 AGAIN 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
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U11 RACES – S/F-A-B-C-B-H-S/F – 1500M (Short Lap)

U13 RACES – S/F-A-B-D-E-F-G-B-H-S/F (1 Full Lap) – 3500m

U15 RACE & U17 Girls – S/F-A-B-D-E-F-G-B-H-S/F (Full Lap) + A-B-C-B-H-S/F (Short Lap) – 5000m

U17 MALES/SENIOR WOMEN – 2 FULL LAPS

SENIOR MEN U/20 – 3 FULL LAPS

COURSE MAY BE SUBJECT TO CHANGE DUE TO WEATHER OR FALLEN TREES. AMENDED PLANS WILL BE POSTED ON NDCCC FACEBOOK PAGE IF REQUIRED.

CONTACT DETAILS FOR THE EVENT – ROSS NIXON 07734960721 OR EMAIL RPCOLTRANE@HOTMAIL.CO.UK