

2017	Winter League 2017 – 2018	2018	Winter League 2017 – 2018
0			
30-Sep		01-Jan	Aonach Mor Uphill Enter Here Soon!
01-Oct	Club Membership Renewal Date Join Here!		Registration: Pinemartin Café, Nevis Range Torlundy lochaberac@gmail.com
07-Oct		06-Jan	
08-Oct		07-Jan	River Bank (Winter League) Medium # 6 -9 mls Registration: Lower Falls Car Park, Glen Nevis ✓ graham.macnab@btinternet.com
14-Oct		13-Jan	
15-Oct		14-Jan	
21-Oct		20-Jan	
22-Oct		21-Jan	#Fassfern Faff (Winter league) Long 10 -12 mls * Registration: Greengates Fassfern.
28-Oct		✓	corrina1603@gmail.com
29-Oct		27-Jan	
04-Nov		28-Jan	
05-Nov	Eddie's Half Marathon Enter Here!		
11-Nov		03-Feb	
12-Nov		04-Feb	Figure of 8 (Winter League) Long 9 - 11mls * Registration: Swimming Pool Contact: Jim Hamilton ✓ acefortwilliam@aol.com
18-Nov		10-Feb	
19-Nov	Braveheart (Winter League) #Short 4 - 5.9 mls Registration: Braveheart, Car Park ✓ aileenduncan@live.com	11-Feb	
19-Nov	The AGM will take place at Lochaber Yacht Club on Sunday 19th November from 19:30 hours	17-Feb	
		18-Feb	
		24-Feb	
25-Nov		25-Feb	Cow Hill (Winter League) Short 4 - 5.9 mls
26-Nov	Druimfada (Winter League) Medium 6 - 9 mls Registration: Harbro, At Annat, Parking At "Harbro" ✓ corrina1603@gmail.com	✓	Registration: Braveheart Carpark, Glen Nevis jan@ianadams7.wanadoo.co.uk
		03-Mar	
		04-Mar	#Nevis Range 10K (Final Winter League) Medium 6.1 mls Registration: Nevis Range Car Park
02-Dec		✓	n.macbeath@solicitors-scotland.com ?
03-Dec	Beinn Bhan Bash, Erracht, Glen Loy. (Winter League) Short 3 - 5.9 mls Registration: Erracht ✓ Contact: Ben Tel: 07833687278 ben@neviscycles.com	10-Mar	
		11-Mar	
		17-Mar	
09-Dec		18-Mar	End of Season Race (Winter League) Prize Giving At Nevis Range TBC
10-Dec	Nevis Range Cours Loop (Winter League) * Long 13 - 14 mls * Registration: Nevis Range Car Park emma.pearce@outwardbound.org.uk		
		24-Mar	
		#	Denotes New Route
16-Dec		*	Denotes Juniors Race Also
17-Dec			Full Body Cover Required To Be Worn/Carried
			Seniors League Counters :-
26-Dec	Cruim Leaccain (Winter League) Medium 6 - 9 mls * Registration: Yurts Car Park, Tomnahurich, Torlundy ✓ Mick/Kathy Tighe nevismick@yahoo.co.uk	5 Races Incl, 1 Short, 1 Medium, 1 Long and any other 2 16-18 4 races From Short and Medium 70 + complete ANY 5 races to qualify for T-Shirt Blue Text = (Saturday) Red Text = (Sunday) Black Text= (Weekdays) Green = Text New Race To League	

Winter League 2017 -2018 Rules and further Information
Prize Categories

Prizes: 1st,2nd,3rd in all male and female age categories.

Male/Female 16–18, Senior Male/Female 19 – 39, Male/Female Vets 40, 50, 60 & 70

Further Info

- Race Category Definitions: **Short:** Anything up to 5.9 miles, **Medium:** 6.0 to 9.0 miles, **Long:** 9.1 miles or more.
- The age Category you start the league season in you will remain in until the end of that season.
- All participants that complete 5 races, (one from each category and any 2 others) will receive a winter league t-shirt.
- All 16 -18 Category participants that complete 4 races, (from 6 races in the Short & Med categories) will receive a winter league t-shirt. Sponsored By (Ace Enterprises).
- Any 70 + years participants are required to complete **ANY 5** races to qualify for T-Shirt
- In addition, anybody that has done 4 races (one from each category and any 1 other) and Marshalled/Organised at another race qualifies for a t-shirt.
- **Race Organisers:** Shall Be Awarded Additional Points For Organising A Race It Shall Be Their Highest Individual Points Scored I any race Throughout The League.
- All winter league races to start at the same time to avoid confusion **11.00am**. Registration From **10.00am To 10.30 am**
- The race number given at the first race you participate in, will be the same number for you throughout the league.
- Where possible, if a league race is cancelled due to bad weather etc., an alternative race will be organised.
- Decisions regarding taking the wrong route etc, will be referred to the full LAC committee with race results put "on hold" until a decision is made.
- All Long Races all participants **MUST** carry or wear Full Wind & Waterproof Body Cover Including,Overtrouser,Jacket,Hat & Gloves and any additional safety equipment that maybe required on the day.
- [SHR Guidance](#) [SHR RULES](#)
- Race Entries **£2.00p** Donation per race