



**2017/2018 LAC WINTER LEAGUE Sponserd By:  
& RACES of Interest**

**2017**

**Winter League 2017 - 2018**

- 01-Oct** [Club Membership Renewal Date Join Here!](#)
- 19-Nov** **Braveheart (Winter League) #Short 4 - 5.9 mls**  
Registration: Braveheart, Car Park  
[aileenduncan@live.com](mailto:aileenduncan@live.com)  
✓ [Route Map Here!](#)
- 19-Nov** Club AGM will take place at Lochaber Yacht CLUB  
on SUNDAY 19th at 19:30 Hours
- 26-Nov** **Druimfada (Winter League) Medium 6 - 9 mls**  
Registration: Harbro, At Annat, Parking At "Harbro"  
[corrina1603@gmail.com](mailto:corrina1603@gmail.com)  
✓ [Route Map Here!](#)
- 03-Dec** **Beinn Bhan Bash, Erracht, Glen Loy. (Winter League)**  
**Short 3 - 5.9 mls** Registration: Erracht  
**Contact: Ben Tel: 07833687278**  
[ben@neviscycles.com](mailto:ben@neviscycles.com)  
✓ [Route Map Here!](#)
- 10-Dec** **Nevis Range Cours Loop (Winter League) \***  
**Long 13 - 14 mls \*** Registration: Nevis Range Car Park  
[paulcymas@gmail.com](mailto:paulcymas@gmail.com)  
✓ [Route Map Here!](#)
- 26-Dec** **Cruim Leaccain (Winter League) Medium 6 - 9 mls \***  
Registration: Yurts Car Park, Tomnahurich, Torlundy  
✓ Mick/Kathy Tighe [nevismick@yahoo.co.uk](mailto:nevismick@yahoo.co.uk)

Cont'd

**2018**

**Winter League 2017 - 2018**

**01-Jan Aonach Mor Uphill Enter Here Soon! Not in League**

Registration: Pinemartin Café, Nevis Range Torlundy

✓ [lochaberac@gmail.com](mailto:lochaberac@gmail.com)

**07-Jan River Bank (Winter League) Medium # 6 -9 mls**

Registration: Lower Falls Car Park, Glen Nevis

✓ [graham.macnab@btinternet.com](mailto:graham.macnab@btinternet.com)

**21-Jan #Fassfern Faff (Winter league) Long 10 -12 mls \***

Registration: Nevis Range Car Park

✓ [corrina1603@gmail.com](mailto:corrina1603@gmail.com)

**04-Feb Figure of 8 (Winter League) Long 9 - 11mls \***

Registration: Swimming Pool Contact: Jim Hamilton

✓ [acefortwilliam@aol.com](mailto:acefortwilliam@aol.com)

**25-Feb Cow Hill (Winter League) Short 4 - 5.9 mls**

Registration: Braveheart Carpark, Glen Nevis

✓ [ian@ianadams7.wanadoo.co.uk](mailto:ian@ianadams7.wanadoo.co.uk)

**04-Mar #Nevis Range 10K (Final Winter League) Medium 6.1 mls**

Registration: Nevis Range Car Park

[n.macbeath@solicitors-scotland.com ?](mailto:n.macbeath@solicitors-scotland.com)

**18-Mar End of Season Race (Winter League)  
Prize Giving At Nevis Range TBC**

**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 wini

- 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 an
  - Race Organisers: Shall Be Awarded Additional Points For Organising A Race It Shall Be Their Highest Individual Points !
  - 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 hc
  - All Long Races all participants MUST carry or wear Full Wind & Waterproof Body Cover Including,Overtrouser,Jacket,H
- that maybe required on the day.

• [SHR Guidance](#)

[SHR RULES](#)

- Race Entries **£2.00p** Donation per race

#

**Denotes New Route**



**Denotes Juniors Race Also**

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**Blue Text = (Sa**

**Seniors League Counters :-**

**Black Text= (W**

**5 Races Incl, 1 Short, 1 Medium, 1 Long and any other 2**

**Green = Text Ne**

**16-18 4 races From Short and Medium**

**70 + Complete ANY 5 races to qualify for T-Shirt**







Another race qualifies for a t-shirt.

Scored in any race Throughout The League.

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held" until a decision is made.

at & Gloves and any additional safety equipment

Full Body Cover Required To Be Worn/Carried

Thursday) **Red Text = (Sunday)**

Weekdays)

with Race To League