

Winter League 2019

2019 Races		Date	Organiser
Cow Hill (Glen Nevis)	Short	18 Nov	Ian Adams
Drumfada Chase (Annat)	Medium	25 Nov	Andrew Cameron/Aileen Duncan
Beinn Bhan Bash (Glen Loy)	Short	2 Dec	Ben Thomson
Cour Loop (Nevis Range)	Long	9 Dec	Barry MacKinnon/Alan Lamont
Cruimm Leaccain (Torlundy)	Medium	26 Dec	Mick & Kathy Tighe
Creagan 10K (Appin)	Medium	6 Jan	Tom Smith
Fassfern Faff (Fassfern)	Long	20 Jan	Corrina/Markus Mertens/Niall MacBeath
Riverbank Splodge (Glen Nevis)	Medium	3 Feb	Graham Macnab
Ben Lora (Benderloch)	Short	10 Feb	Tom Smith
Figure 8 - TBC - (FW Leisure Centre)	Long	3 March	Jim Hamilton
PRIZE GIVING	?????	17 March	Graham Macnab

Race distances: Short (up to 5.9 miles)
Smith

Medium (6 - 9 miles)
Graham Macnab
Long (9.1 miles or more)

Scorekeeper: Helen

Winter League contact:
(mob: 07500504189)

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

Male/female 16-18, Senior male/female 19-39, Male/female Vets 40, 50, 60, 70

- The age category you start the league in is the one you will compete in.
- Completion of the league = 5 races (one from each category + 2 others)
- 16-18 category: completion = 4 races from Short & Medium categories only.
- 70+ category: completion = any 5 races
- Race Organisers: will be awarded additional points (their highest points scored in any race) as reward for their work.
- Registration 10.00am - 11.00am
- Start time: 11.00am
- Entry donation = £2 per race.
- The race number you are given at your first race will be the same number throughout the league.
- Where possible, if a race is cancelled due to bad weather etc., an alternative race will be run.

- Decisions regarding wrong route etc. will be referred to the full LAC committee with race results being put 'on hold'.
- Long Races: all participants MUST carry or wear full wind & waterproof body cover including jacket, hat , gloves & any additional safety equipment that may be required on the day.
- Race Organisers have the final say 'on the day' with regards to the running of the event.