



**North District
CROSS COUNTRY CHAMPIONSHIPS
SATURDAY 5th DECEMBER 2015
Elgin (Quarrelwood)**

Officials	Steve Murdoch, Mary Payne, Alistair Cameron and Charlie Forbes
Convenor	Sophie Dunnett

RACE INFORMATION

Moray Roadrunners are delighted to be hosting the North District Cross Country Championships on Saturday 5th December 2015. The course is located in Quarrelwood, Elgin and will be familiar to those that have taken part in the North District X-Country League and Quarrelwood forest run. The course comprises woodland paths and trails with some muddy sections and hills to test all athletes. Please note that the course may differ slightly in certain age categories from the usual league fixture routes to avoid congestion.

The HQ for the event including registration, refreshments and toilets will be at Spynie Hall, Elgin (Post Code IV30 8XU). Car parking is available here but large vehicles are advised to park in Spynie Church Car Park approx. 100m away. Please remove muddy footwear and spikes before entering the hall. Please note that there are no showers available at Spynie Hall.

It is a short, uphill walk to the race start/finish in Quarrelwood. Permission to use this land has been granted by the Forestry Commission. However, athletes have no priority over other forest users. Please look after the area by picking up litter and respecting the area.

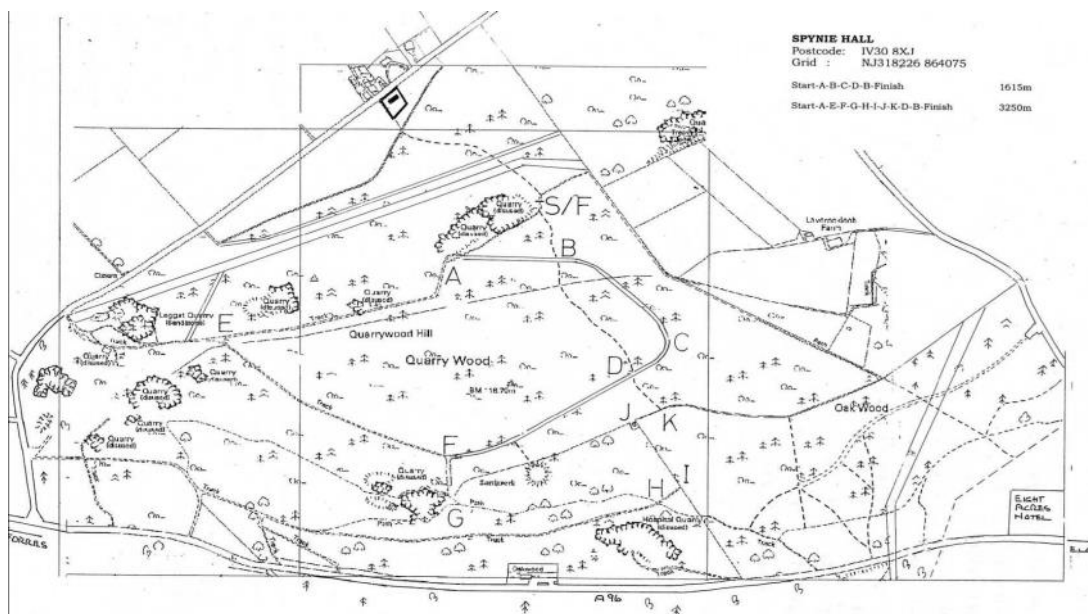
Prize givings will take place immediately after the junior races at the start/finish area. Senior Prize givings will take place at Spynie hall.

RACE TIMES / ROUTES

Small Loop: Start-A-B-Start/Finish (Approx 700m)

Medium Loop: Start-A-B-C-D-B-Start/Finish (Approx 1600m)

Large Loop: Start-A-E-F-G-H-I-J-K-D-B-Start/Finish (Approx 3200m)



MAPS WILL BE AVAILABLE ON THE DAY

RACE	TIME	ROUTE	DISTANCE (Approx)
U11 Combined (Non-Championship)	11.15am	1 x Medium Loop	1600M
U13 Girls	11.30am	1 x Large Loop	3200M
U13 Boys	11.45am	1 x Large Loop	3200M
U15 Girls	12 Noon	1 x Large Loop / 1 x Small Loop	4000M
U15 Boys	12.20pm	1 x Large Loop / 1 x Small Loop	4000M
U17G / U20W	12.35pm	1 x Large Loop / 1 x Medium Loop	5000M
U17B / Sen Women	1pm	2 x Large Loop	6400M
U20M / Sen Men	1.30pm	U20 – 2 x Large Loop / 1 x Medium Loop SM – 3 x Large Loop	8000M 10000M

CONTACT DETAILS FOR THE EVENT – GARETH JENKINS (JENKSGS@YAHOO.CO.UK)

scottishathletics Club Tents and Gazebos

Club Tents and Gazebo's not only give club members and officials a suitable place to meet, prepare and recover from races they also enhance the atmosphere and spectacle of events. **scottishathletics** actively encourage clubs to bring tents, gazebos or other coverings to events however these must be erected safely and correctly for the enjoyment, safety and comfort of all concerned. All clubs should make themselves aware of and consider the following **DO's** and **DON'TS**.

DO – Bring along your club tent or gazebo to provide shelter for your athletes

DO – Bring along the tent to create a great atmosphere at the event

DO – Pitch your tent in an easily identifiable location

DO – Bring a ground sheet for extra comfort

DO – Secure your tent properly using adequate pegs and guy ropes especially in windy conditions

DO – Assess the weather conditions for safety of others and your tent – Check the Forecast!

DO – Ensure your site does not create a hazard for athletes/officials or spectators

DO – Ensure sight lines for the event referee and officials are not affected

DO – Bring a bin bag for any rubbish

DO – Help one another to put up and take down your tent

DON'T – Pitch your tent on the Start/Finish Line

DON'T – Pitch your tent on the course

DON'T – Allow your tent to be unsecured against the wind/elements

DON'T – Pitch your tents too close to one another – we recommend you leave at least 2m clear on all sides.

DON'T – Leave rubbish behind – please tidy up

- ALWAYS CONSIDER THE SAFETY OF OTHERS WHEN ERECTING YOUR TENT
- TENTS MUST BE SECURED EFFECTIVELY AGAINST THE WEATHER
- IF IN DOUBT DO NOT ERECT YOUR TENT

North District Championships 2015 Elgin

Age group : Under 13 Girls

Number	Name	Club
1	Jessica McCulloch	East Sutherland AC
2	Olivia Bannerman	East Sutherland AC
3	Alyth Gollan	East Sutherland AC
4	Alana Beaton	North Uist AAC
5	Mairi MacLain	North Uist AAC
6	Orin Shepherd	North Uist AAC
7	Niamh Whelan	Moray RR
8	Ellyn Smith	Moray RR
9	Grace Jenkins	Moray RR
10	Niamh Grant	Moray RR
11	Luci Murdoch	Forres Harriers
12	Neve Boon	Forres Harriers
13	Zara Whiteside	Highland Hill Runners
14	Catriona Garvie	Inverness Harriers
15	Eve Gardiner	Inverness Harriers
16	Kirsty Arnould	Inverness Harriers
17	Rachel Johnstone	Inverness Harriers
18	Mairi Darroch	Inverness Harriers
19	Tara Larsen	Inverness Harriers
20	Chloe Cheyne	Inverness Harriers
21	Rachel Tynan	Inverness Harriers
22	Katie Gillies	Inverness Harriers
23	Emma Seed	Inverness Harriers

North District Championships 2015 Elgin
Age group : Under 15 Girls

Number	Name	Club
30	Fiona Soszka	East Sutherland AC
31	Catriona Scott	East Sutherland AC
32	Sophie Morrison	East Sutherland AC
33	Sarah-Marie Riise	Shetland AAC
34	Mairi Weir	Elgin AAC
35	Hannah Rawlinson	Nairn AAAC
36	Morven Ross	Moray RR
37	Grace Whelan	Moray RR
38	Beth Grant	Moray RR
39	Shauna Perry	Forres Harriers
40	Lauren Cameron	Forres Harriers
41	Jenny Mitchell	Forres Harriers
42	Emma Donald	Forres Harriers
43	Lily Carmichael	Forres Harriers
44	Megan Keith	Inverness Harriers
45	Connie Campbell	Inverness Harriers
46	Emily Andrew	Inverness Harriers
47	Jenny Blackwood	Inverness Harriers
48	Rebecca Johnstone	Inverness Harriers
49	Sophie Young	Inverness Harriers
50	Alisa Hewick	Inverness Harriers
51	Ruby Soldan	Inverness Harriers
52	Rachel Gillies	Inverness Harriers
53	Beth MacIver	Inverness Harriers
54	Maddie Carter	Inverness Harriers
55	Freya Waudby-West	Inverness Harriers

North District Championships 2015 Elgin
Age group : Under 17 Girls

Number	Name	Club
60	Rosie Nankivell	East Sutherland AC
61	Constance Nankivell	East Sutherland AC
62	Natasha Bryan	East Sutherland AC
63	Lauren McCulloch	East Sutherland AC
64	Rhiannon Kirk	North Highland Harriers
65	Joanna Gillies	Stornoway RAC
66	Sophie Graham	Stornoway RAC
67	Lois Ross	Shetland AAC
68	Rachel Keith	Inverness Harriers
69	Anna MacFadyen	Forres Harriers
70	Kathryn Barr	Forres Harriers
71	Sophia Green	Moray Road Runners
72	Megan Smith	Moray Road Runners
73	Alex Smith	Moray Road Runners

North District Championships 2015 Elgin

Age group : U20 Women

Number	Name	Club
100	Mary MacIntosh	Nairn AAAC

North District Championships 2015 Elgin**Age group : Senior Women**

Number	Name	Club
101	Charlotte Black	Shetland AAC
102	Helen Rennard	Lochaber AC
103	Gemma Simpson	Garioch Road Runners
104	Ruth Pirie	Garioch Road Runners
105	Tammy Wilson	Garioch Road Runners
106	Marie Baxter	Garioch Road Runners
107	Susan McRitchie	Forres Harriers
108	Jackie Nicol	Forres Harriers
109	Moirra Davie	Forres Harriers
110	June MacIntosh	Forres Harriers
111	Ros Wright	Forres Harriers
112	Carrie-Ann Ward	Forres Harriers
113	Nadine Williams	Forres Harriers
114	Siobhan Evans	Forres Harriers
115	Hilary Cameron	Forres Harriers
116	Fiona Newcombe	Forres Harriers
117	Clare Nicholas	Forres Harriers
118	Frances Russell	Forres Harriers
119	Elizabeth Barr	Forres Harriers
120	Kirsty MacArthur	Forres Harriers
121	Shirely Feaks	Forres Harriers
122	Anne Docherty	Forres Harriers
123	Shona Spencer	Forres Harriers
124	Jess Neal	Forres Harriers
125	Elizabeth Watson	Forres Harriers
126	Paula Boon	Forres Harriers
127	Audrey Scott	East Sutherland AC
128	Sheila Gollan	East Sutherland AC
129	Belinda McCulloch	East Sutherland AC
130	Ciara Largey	Lochaber AC

North District Championships 2015 Elgin**Age group : Senior Women**

Number	Name	Club
131	Louise Cartmell	Moray RR
132	Michelle Donaldson-Slater	Moray RR
133	Kirsty Weir	Moray RR
134	Lynda Anderson	Moray RR
135	Juliet McBean	Moray RR
136	Linda Smith	Moray RR
137	Kate Black	Moray RR
138	Claire Reilly	Moray RR
139	Amanda Strang	Moray RR
140	Frances Wardhaugh	Moray RR
141	Claire Smith	Moray RR
42	Justine Blaszk	Moray RR
143	Tish Richford	Moray RR
144	Alanna Goddard	Stornoway RAC
145	Eilidh Mackenzie	Stornoway RAC
146	Rhona Grant	Highland Hill Runners
147	Megan Bee	Highland Hill Runners
148	Karen Lyons	Highland Hill Runners
149	Sarah Sigley	Highland Hill Runners
150	Sue Wood	Highland Hill Runners
151	Jenny Henderson	Highland Hill Runners
152	Sheryl Innes	Highland Hill Runners
153	Jill Kerr	Highland Hill Runners
154	Diana Macdonald	Highland Hill Runners
155	Morina Macdougall	Highland Hill Runners
156	Rebecca Mackenzie	Highland Hill Runners
157	Shona Ramsay	Highland Hill Runners
158	Cathy Slimon	Highland Hill Runners

North District Championships 2015 Elgin**Age group : Senior Women**

Number	Name	Club
159	Catriona Fraser	Inverness Harriers
160	Fiona Mackay	Inverness Harriers
161	Lee Ross	Inverness Harriers
162	Julie Wilson	Inverness Harriers
163	Alison Wilson	Inverness Harriers
164	Doreen Campbell	Inverness Harriers
165	Caroline Marwick	Inverness Harriers
166	Joanna Cairns	Inverness Harriers
167	Sarah Liebnitz	Inverness Harriers
168	Heather Gardiner	Inverness Harriers
169	Lisa Macrae	Inverness Harriers
170	Carrie Louise	Inverness Harriers
171	Joanna MacDonald	Inverness Harriers
172	Carol Massie	Fraserburgh Running Club
173	Lisa Stephen	Fraserburgh Running Club
174	Ella-may Duncan	Fraserburgh Running Club
175	Morag Thompson	Fraserburgh Running Club
176	Gillian Cardno-Strachan	Fraserburgh Running Club
177	Asia Walker	North Highland Harriers
178	Kirsty Wood	North Highland Harriers
179	Mel Hayes	North Highland Harriers
180	Sarah Dunnett	North Highland Harriers
181	Fiona Bremner	North Highland Harriers
182	Dot Sinclair	North Highland Harriers

North District Championships 2015 Elgin

Age group : Under 13 Boys

Number	Name	Club
340	Ailig MacDonald	North Uist AAC
341	Shaun Shepherd	North Uist AAC
342	Alasdair Fraser	North Uist AAC
343	Angus MacDonald	North Uist AAC
344	Jay Milne	Shetland AAC
345	Reece Edwards	Elgin AAC
346	Michael Slimon	Highland Hill Runners
347	Angus Baker	Nairn AAAC
348	William Hodi	Nairn AAAC
349	Ruairidh Mair	Nairn AAAC
350	Calum Mighton	Stornoway RAC
351	Aodhan Finnegan	Stornoway RAC
352	David Morrison	Stornoway RAC
353	Joshua Milne	Moray RR
354	Blair Milne	Moray RR
355	Louis Russell	Moray RR
356	James Newlands	Moray RR
357	Findlay Downey	Moray RR
358	David Scott	Forres Harriers
359	David Spencer	Forres Harriers
360	Ben Cameron	Forres Harriers
361	Oliver Watson	Forres Harriers
362	Scott Perry	Forres Harriers
363	Duncan MacDonald	Inverness Harriers
364	Lucas Cairns	Inverness Harriers
365	Gordon Manson	Inverness Harriers
366	Euan Rollo	Inverness Harriers
367	Ben Sharpe	Inverness Harriers
368	Eric Ronbinson	Inverness Harriers
369	Reagan MacDonald	Inverness Harriers
370	Finlay Raynor	Inverness Harriers

North District Championships 2015 Elgin

Age group : Under 13 Boys

Number	Name	Club
371	Alex Ellen	Ross County AC
372	Danny McPake	Ross County AC
373	Kyle Ross	Ross County AC
374	Findlay Rutter	Ross County AC
375	Angus Rutter	Ross County AC
376	Kyle Sutherland	Ross County AC
377	Hamish Whiteside	Ross County AC
378	Fergus Whiteside	Ross County AC

North District Championships 2015 Elgin**Age group : Under 15 Boys**

Number	Name	Club
380	James Slimon	Highland Hill Runners
381	Toran Simmons	Nairn AAAC
382	Seumas Mackay	Shetland AAC
383	Dylan Black	Shetland AAC
384	Finn Rivett	Shetland AAC
385	Christopher Campbell	North Uist AAC
386	Findlay MacVicar	North Uist AAC
387	Scott MacIver	Stornway RAC
388	Ali Binns	Stornway RAC
389	Daniel Stewart	Stornway RAC
390	John Bain	Stornway RAC
391	Morgan Lewis	Moray RR
392	Oliver Reynolds	Moray RR
393	Ryan Cantlie	Moray RR
394	Tomas Coelho	Moray RR
395	Kieran Chalmers	Inverness Harriers
396	Luke Davidson	Inverness Harriers
397	Robert Thorne	Inverness Harriers
398	Ruairidh Munro	Inverness Harriers
399	Mackenzie Brown	Inverness Harriers
400	Ben Johnstone	Inverness Harriers
401	Callum Tynan	Inverness Harriers
402	Lewis Esslemont	Inverness Harriers
403	Rudi Paul	Inverness Harriers
404	Alisdair Raynor	Inverness Harriers
405	Craig Wilson	Inverness Harriers
406	Lewis Urquhart	Ross County AC
407	Hamish Hickey	Ross County AC
408	Callum Wilson	Ross County AC
409	Sean Kelt	Ross County AC

North District Championships 2015 Elgin**Age group : Under 17 Men**

Number	Name	Club
320	Paul Morrison	North Uist AAC
321	Owen Johnson	North Uist AAC
322	Kyle Munro	Stornoway RAC
323	Fraser Roach	East Sutherland AC
324	Ian Morrison	East Sutherland AC
325	Keir Beaton	East Sutherland AC
326	Duncan MacLeod	East Sutherland AC
327	Cameron Main	Moray Road Runners
328	Rory Miller	Moray Road Runners
329	Josh Cruden	Moray Road Runners
330	Aidan Ferry	Inverness Harriers
331	Alex Geddes	Inverness Harriers
332	James Geddes	Inverness Harriers
333	Stuart Gardiner	Inverness Harriers
334	Joe Arnaud	Inverness Harriers
335	Ruairidh Fraser	Inverness Harriers
336	Adam MacLellan	Ross County AC
337	Finlay Todd	Ross County AC
338	Logan Mathieson	Ross County AC

North District Championships 2015 Elgin

Age group : Under 20 Men

Number	Name	Club
410	Mark Taylor	North Highland Harriers
411	Liam Barnsby	East Sutherland AC
412	Ruairudh Gollan	East Sutherland AC
413	Ross Gollan	East Sutherland AC
414	Cameron Young	Inverness Harriers
415	Michael MacMillan	Stornoway RAC
416	Connor MacLean	Stornoway RAC
417	Scott Riise	Shetland AAC
418	Steven Burns	Lochaber AC

North District Championships 2015 Elgin**Age group : Senior Men**

Number	Name	Club
200	Alan Reid	Peterhead AC
201	John Roberston	Peterhead AC
202	John Urquhart	Spey Runners
203	Kevin Cormack	North Highland Harriers
204	Sandy Christie	North Highland Harriers
205	David Spencer	North Highland Harriers
206	Kenny MacGruer	North Highland Harriers
207	Ian Walker	North Highland Harriers
208	David Orr	North Highland Harriers
209	Bryan Newlands	North Highland Harriers
210	Malcolm Christie	Elgin AC
211	Peter Knox	Elgin AC
212	Neil Murray	Garioch Road Runners
213	Rob Sinclair	Garioch Road Runners
214	Stephen Simpson	Garioch Road Runners
215	Steve Ord	Garioch Road Runners
216	Kevin Stephen	Garioch Road Runners
217	Davie Barclay	Garioch Road Runners
218	Eoin Coull	Ross County AC
219	Thomas Mathieson	Ross County AC

North District Championships 2015 Elgin**Age group : Senior Men**

Number	Name	Club
220	Luke Taylor	Highland Hill Runners
221	Gordon Taylor	Highland Hill Runners
222	Sam Hesling	Highland Hill Runners
223	Waldek Krogulec	Highland Hill Runners
224	Dougie MacDonald	Highland Hill Runners
225	John Moffat	Highland Hill Runners
226	William Nicolson	Highland Hill Runners
227	Steve Pople	Highland Hill Runners
228	Alex Sutherland	Highland Hill Runners
229	Jack Trevelyan	Highland Hill Runners
230	Ryan MacKenzie	Highland Hill Runners
231	Gavin Whiteside	Highland Hill Runners
232	Steven Gregg	Highland Hill Runners
233	Stuart Forrest	Highland Hill Runners
234	David Gallie	Highland Hill Runners
235	Ian Meek	Highland Hill Runners
236	William MacRury	Stornoway RAC
237	Murdo Mackenzie	Stornoway RAC
238	Ruairi Maciver	Stornoway RAC
239	Gerry Connelly	Stornoway RAC
240	Andrew Joyce	Stornoway RAC
241	Ross Bannerman	East Sutherland AC
242	Blair Mackay	East Sutherland AC
243	David Bryan	East Sutherland AC
244	Ewan Scott	East Sutherland AC
245	Scott Innes	East Sutherland AC

North District Championships 2015 Elgin**Age group : Senior Men**

Number	Name	Club
246	Kevin Morice	Moray RR
247	Kenny Wilson	Moray RR
248	Gareth Jenkins	Moray RR
249	Colin Green	Moray RR
250	Paul Taylor	Moray RR
251	Alasdair Campbell	Moray RR
252	Steve Reeve	Moray RR
253	Nigel Williams	Moray RR
254	Ed Dunbar	Moray RR
255	Keith McArthur	Moray RR
256	Simon Garland	Moray RR
257	Garry Henderson	Moray RR
258	Toks Osunrinade	Moray RR
259	Neil Purdie	Moray RR
260	Mark Richford	Moray RR
261	Euan Cantlie	Moray RR
262	Raymond Hardie	Moray RR
263	Stu Burn	Forres Harriers
264	Kyle Greig	Forres Harriers
265	Mark Mitchell	Forres Harriers
266	James Ward	Forres Harriers
267	Ross MacLeod	Forres Harriers
268	Jamie Watson	Forres Harriers
269	Andrew Morgan	Forres Harriers
270	Kevin Schenk	Forres Harriers
271	Paul Rogan	Forres Harriers
272	Lindsay Grant	Forres Harriers
273	Nick Barr	Forres Harriers
274	John Holloway	Forres Harriers
275	Jon Hollingdale	Forres Harriers
276	Alan McConnell	Forres Harriers
277	Kenny Douglas	Forres Harriers
278	Colin Knox	Forres Harriers
279	Gary MacFadyen	Forres Harriers
280	Tim Potts	Forres Harriers

North District Championships 2015 Elgin

Age group : Senior Men

Number	Name	Club
281	Tony Golabeck	Inverness Harriers
282	Ross Cairns	Inverness Harriers
283	Andrew MacRae	Inverness Harriers
284	Stewart Wilson	Inverness Harriers
285	Sean Chalmers	Inverness Harriers
286	Paul Miller	Inverness Harriers
287	Stephen Mackay	Inverness Harriers
288	Grant Hassan	Inverness Harriers
289	John Newsom	Inverness Harriers
290	Steven Worsley	Inverness Harriers
291	Gordon Lennox	Inverness Harriers
292	Graham Whyte	Inverness Harriers
293	Chris Fife	Inverness Harriers
294	Billy Skinner	Inverness Harriers
295	Mike Stewart	Keith & District AAC
296	Gerald Anangus	Keith & District AAC
297	John Goodall	Keith & District AAC
298	Kevin Ewing	Keith & District AAC
299	Frankie Baron	Keith & District AAC
300	Ray Aiken	Keith & District AAC
301	Chris Fraser	Keith & District AAC
302	Keith Webster	Keith & District AAC
303	Paul Murdoch	Keith & District AAC
304	Andrew Blackhall	Fraserburgh Running Club
305	Keith Buchan	Fraserburgh Running Club
306	Calum Crichton	Fraserburgh Running Club
307	Alistair Mathers	Fraserburgh Running Club
308	Andrew Higgins	Fraserburgh Running Club
309	Stuart Mutch	Fraserburgh Running Club
310	James Bannerman	Fraserburgh Running Club