



## Winter League 2024-2025

### Race distances

Short – up to 5.9 miles

Medium – 6-9 miles

Long – 9.1 +

### For all races

Registration: 10am – 10:45am

Start time: 11am

Entry: £3 per race\*

### Scorekeeper

Shelley MacGillivray

### The important bit

- The age category you start the league in is the one you will compete in
- Completion of the league:
  - o Senior, V40, V50, V60 = 5 races (One from each distance + 2)
  - o V70 = Any 5 races
  - o J (aged 16-18) = 4 races
- Juniors (aged 16-18) may only compete in short and medium races
- The race number you are given at your first race should be used throughout the league
- Where possible, if a race is impacted by bad weather etc., an alternative race route will be run
- Decisions regarding wrong route etc. will be referred to the full LAC committee with race results being put on hold
- Full body cover including jacket, trousers, hat, gloves, whistle, compass & map are required at all long races and may also be requested at the race organiser's discretion for short and medium races
- Results for each race will be posted on the Lochaber AC facebook page and website

**Remember** this is a **winter** league so all participants must prepare appropriately by carrying or wearing suitable clothing & equipment and must take full responsibility for their involvement in this league.

\*£3 entry to all races for Scottish Athletic members. £5 entry for non-Scottish Athletic Members for Cour Loop, [River Bank](#) Splodge and Puggy Line Plod, £3 for the rest.

For enquiries please contact: [lochaberac@gmail.com](mailto:lochaberac@gmail.com) or one of your committee members