Winter Running 2016/2017

Run4it North District Cross Country League Races

01/10/16 Keith and District

29/10/16 Moray Road Runners

12/11/16 Nairn AAAC

14/01/17 Highland Hill Runners

28/01/17 Ross County AC

11/02/17 Forres Harriers

Details for each league race, with location and times of races can be found on Forres Harriers Web Page under “Cross Country”. **Each runner will need to be allocated a race number which they will use for all of the league races**. Ladies please speak to Susan McRitchie, Gents to Gary MacFadyen and/or Kenny Douglas, Juniors to Gordon Scott and Hilary Cameron. We need at least 3 ladies and 4 men to run at each league race. For Juniors it is 3 within each age group.

North District Cross Country Races

08/10/16 North District Relays at Edderton. Adults please let Susan McRitchie know if you are keen to run. Juniors speak to Hilary Cameron. Forres Harrier ladies had a very successful 2015 at this event and it would be great to see more of the same. Would be great to have several teams on the day ☺ If keen get your names in ASAP.

03/12/2016 North District Championships at Dores. Good turnout of red vests please for this event. We need at least a team of 4 ladies and 3 veteran ladies and 6 men and 3 veteran men. This is an important race in the winter season and one that some of our winter training will be building for. Names to Susan McRitchie (Ladies), Gary MacFadyen/Kenny Douglas (Gents), Gordon Scott/Hilary Cameron (Juniors).

National Cross Country Races

05/11/16 Scottish National Short Course Championships

12/11/16 British and Irish Masters International and Open Masters Race at Tollcross, Glasgow

07/01/17 Interdistrict Championships at Edinburgh (which some of our Juniors and Adults will be selected to run in). Fantastic event to spectate at too ☺

Winter Running 2016/2017 continued

National Cross Country Races continued

28/01/17 Scottish National Masters Championships at Camperdown, Dundee

25/02/17 Scottish National Championships at Callender Park, Falkirk. One to put in your diaries. Great event, which Forres Harriers did very well at last year with 2 of our runners on the podium and one finishing 4th ☺ We need 4 to make a team of ladies and 6 for a team of men.

Hill Races

02/10/16 Bennachie Hill Race

22/10/16 Meall a Bhuachaille

05/11/16 Knockfarrel Hill Race. Incorporating the North District Hill Race Championships.

This is only a snippet of the hill racing available. Please check out <http://www.scottishhillracing.co.uk> for more details on the above races and other events

Road Races/Trail Races

16/10/16 Aviemore Half Marathon and 10k

23/10/16 Lossiethon

30/10/16 Culloden 17.46k and 10k

**06/11/16 Forres Harriers Brodie 10k**

11/12/16 Lossiemouth Turkey Trot

26/12/16 Nairn Turkey Trot

12/03/17 Inverness Half Marathon

26/03/17 Run Garioch

Note that Brodie 10k is highlighted. This is our race, so lots of red vests running and helping that day please. This is not an exhaustive race list. Dates need to be confirmed for Nairn 10k and MRR 10k. Details of above races and other events can be found on our own Forres Harriers Web Page, <http://www.scottishathletics.org.uk> <http://scottishrunningguide.com>

Winter Running 2016/2017 continued

Park Run

We are lucky to have the Elgin Park Run so close by. This is a free event held every Saturday morning (unless stated otherwise) 0930 hours, Cooper Park Elgin. All you need to do is register at [www.**parkrun**.org.uk](http://www.parkrun.org.uk)

Winter Training

After the October School Holidays, we will meet on a Tuesday and Thursday evening, 1830 hours at the Cricket Pavilion. Please note that there are no toilets available. Nearest toilets are located at Forres House Community Centre. Saturday morning training will be 0900 hours at the Cricket Pavilion. There will continue to be the informal arrangements for the Long Sunday Run within the club.

