

## **Information for Guest Runners**

If you are not a member of a North District Club, you **can** still run in the North District XC League.

Guest runners can run in 2 league races per season.

Senior guest runners need to pay £4, Junior guest runners pay £2.

Guest runners should find someone from the host club on the day to pass the money over.

At the finish guest runners should tell the finish team they are a guest, so the results are recorded accurately.

Guest runners will appear in the results however they will not be awarded points for the league.

If you are interested in joining a north district club, please have a look on the links below to find out about clubs in the north of Scotland

<http://walkjogrunmoray.org.uk/run/local-running-groups/>

<http://www.highlandhillrunners.org.uk/>

<http://www.invernessharriers.org.uk/>

<http://www.rosscountyac.com/>

<http://www.naaac.org.uk/>

<http://www.cairngormrunners.org/>

<http://www.eastsutherlandathleticsclub.org/>

<http://www.northhighlandharriers.co.uk/>

<http://caithnessaac.wix.com/caac>

<http://www.peterheadathleticsclub.co.uk/>

<https://sites.google.com/site/fraserburghrunning/home>

<http://lochaberac.co.uk/>

Any other questions don't hesitate to contact the league secretary at [ndccleague@gmail.com](mailto:ndccleague@gmail.com)