



Harmeny  
Athletic Club



## Lothian Together Apart Track Event

### Saughton Enclosure

Stevenson Dr, Edinburgh, EH11 3HB

**Saturday 1<sup>st</sup> May 2021**

#### Arrival

- There is a car park attached to Saughton Park on Fords Road. This can get very busy.
- Alternatively there is on-street parking on and around Stevenson Drive – please be considerate to residents.
- Every athlete will be assigned to one pool/bubble. This will include athletes from other clubs and these are the athletes they will race against. Athletes will not change bubbles. Details of the bubbles are at the end of this document.
- Athletes do not have to socially distance once in that bubble, however they must NOT mix with other bubbles.
- Each bubble will be chaperoned to ensure the athletes both stick to the guidelines and they make it to the start line for their events.
- Please arrive no later than 45mins before your first event and meet at the meeting point for your bubble/pool and make sure the chaperone has a note of your arrival.
- Parents of U12s should ensure the chaperones are there and ready to receive the athletes.
- The meeting points will be next to the astroturf football pitches (see attached map). From here you will be escorted into the enclosure by the chaperones.
- Once all of your events are finished, please leave the enclosure and don't hang around to watch other events, unless you are with siblings. You should exit via the large gates near the finish-line end of the track.



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## **Bubbles/Pools**

**Pool A** – Under 9 & 11 Girls & Boys. Chaperones Stephen Buchan & Lorraine Boyd  
Meet at 9.45 at Meeting Point 1

**Pool B** – Under 13 Girls. Chaperones Joe Melton & Ruth Wilson  
Meet at 10.00 at Meeting Point 1

**Pool C** – Under 13 Boys. Chaperones David Alexander & Allan Hardie  
Meet at 10.00 at Meeting Point 2

**Pool D** – Under 15 Girls. Chaperone Alison Broadhurst  
Meet at 11.10 at Meeting Point 1

**Pool E** – Under 15 Boys. Chaperone Doug Butler  
Meet at 11.10 at Meeting Point 2

**Pool F** – Under 17/20 Girls. Chaperone Rob Henry  
Meet at 11.30 at Meeting Point 1

**Pool G** – Under 17/20 Boys. Chaperone Nicola McGuire  
Meet at 11.30 at Meeting Point 2

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## Approximate Timetable

| Time  | Event | Pool/Age | Athletes | Heats                            |
|-------|-------|----------|----------|----------------------------------|
| 10:30 | 75m   | U11      | 26       | 4 heats                          |
| 10:45 | 100m  | U13G     | 22       | 3 heats                          |
| 11:00 |       | U13B     | 24       | 3 heats                          |
| 11:15 | 600m  | U11      | 26       | 2 heats                          |
| 11:30 | 1500m | U13G     | 19       | 2 heats                          |
| 11:45 |       | U13B     | 22       | 2 heats                          |
| 12:00 |       | U15G     | 13       | 1 heat                           |
| 12:08 |       | U15B     | 17       | 1 heat                           |
| 12:16 |       | U17W     | 15       | 1 heat                           |
| 12:23 |       | U17M     | 14       | 1 heat                           |
| 12:35 | 100m  | U15G     | 15       | 2 heats                          |
| 12:45 |       | U15B     | 14       | 2 heats                          |
| 12:55 |       | U17W+    | 13       | 2 heats                          |
| 13:05 |       | U17M+    | 12       | 2 heats                          |
| 13:20 |       | U15G     | 15       | 2 finals <b>IF THERE IS TIME</b> |
| 13:30 |       | U15B     | 14       | 2 finals <b>IF THERE IS TIME</b> |
| 13:40 |       | U17W+    | 13       | 2 finals <b>IF THERE IS TIME</b> |
| 13:50 |       | U17M+    | 12       | 2 finals <b>IF THERE IS TIME</b> |

## Spectators

- Only 1 spectator per Under18 athlete allowed
- Do not enter the track area - please stay behind the barrier to watch.
- One adult/parent can come into the enclosure to collect the athletes once their events are over.
- Please socially distance at all times from other spectators, athletes and all coaches and officials

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## Other info

- U15/17/20 may get two 100m races – the second race will be seeded based on times from 1<sup>st</sup> race. We will advise if there is time for this on the day.
- Club competition colours are preferred.
- Club Members only - sorry, no guest athletes this year.
- Starting Blocks
  - U11 & U13 - No start blocks allowed
  - **Personal Blocks** - Athlete will sanitise their hands before entering track, set blocks and race. A member of the start team will then sanitise their hands and remove them to a collection point. Athlete to sanitise their hands before collection.
  - **Facility Blocks** - These will be sanitised before/after each session. The athlete should sanitise their hands before collecting them, set blocks and race. The next athlete in that lane should then sanitise their hands before removal or resetting.

## Covid Guidelines

- Please read the Scottish Athletics guidelines here: [Guidelines](#) for general guidance
- Please check your contact details are correctly stored in your club's membership database. These details may be used for track & trace purposes.
- You should not attend this event if:
  - You have Covid-19 symptoms.
  - Someone in your household has Covid-19 symptoms.
  - You have been asked to self-isolate at home by the Scottish Government Test and Protect system.
  - You have returned from an overseas trip within the last 10 days.
- PLEASE ensure you go to the toilet before arrival at training. There is only one toilet available, with a strict one-in, one-out policy. There is only one entry and exit point to the track, so going to the toilet will be disruptive.
- Hand hygiene measures should be taken prior to arrival and hand sanitiser carried by all - coaches have spare should it be needed.
- Please refrain from spitting.
- Please do not shake hands or high-5 other competitors after the race.
- Please label water bottles, especially club branded ones, so that you don't inadvertently drink from the wrong bottle.
- Parents of U12s should ensure the chaperone is there to meet the kids. The coach will bring them back to the same point at the end of the session. We will not let U12s cross the field to the car park unaccompanied.
- Parents should not be late, but also arrive no more than 5 minutes before pick up time.
- These guidelines apply whether you have been vaccinated or not.

**We hope that the measures we have put in place will keep us all safe and healthy and able to enjoy our sport. Have a great race!!!!**

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**Pool A – Under 9 & 11 Girls & Boys. Chaperones Stephen Buchan & Lorraine Boyd**

**Meet at 9.45 at Meeting Point 1**

|                |           |
|----------------|-----------|
| Pretorius      | Charlie   |
| McGuire        | Emily     |
| Hardie         | Rebecca   |
| Buchan         | Maya      |
| Barton         | Leila     |
| Ross           | Sophie    |
| Lasure         | Shariva   |
| McClellan      | Emma      |
| Macdonald      | Anya      |
| Dill           | Hannah    |
| Hills          | Lois      |
| Roberts        | Hamish    |
| Clarke         | Rory      |
| McFarlane      | Magnus    |
| McLean         | Alasdair  |
| Fourie         | Daniel    |
| Mcleod         | Keir      |
| Louca          | Zac       |
| McKirdy        | James     |
| Howl           | Harry     |
| Bullock        | Rohan     |
| Clayden        | Sam       |
| Lee            | Josh      |
| Wands          | Gregor    |
| Wilkie         | Sam       |
| Mcinally       | Teo       |
| Marr           | Ruairi    |
| Wilson         | Alexander |
| Currie         | Fred      |
| Grant McIntosh |           |

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**Pool B – Under 13 Girls. Chaperones Joe Melton & Ruth Wilson  
Meet at 10.00 at Meeting Point 1**

|                   |           |
|-------------------|-----------|
| Fourie            | Kari      |
| Belsey            | Sophia    |
| McLean            | Emily     |
| Muyo de Bonrostro | Julia     |
| Taylor            | Rosie     |
| Laird             | Erin      |
| Wright            | Cerys     |
| Melton            | Carys     |
| Earl              | Francesca |
| Givan             | Charlotte |
| Wilson            | Caris     |
| Paul              | Emilie    |
| Reed              | Holly     |
| Bruce             | Georgia   |
| Stewart           | Eilidh    |
| Corrie            | Nancy     |
| Waterston-Law     | Alexandra |
| Key               | Daisy     |
| Wallace           | AimÃ©e    |
| Muir              | Olivia    |
| Shanks            | Lucy      |
| Aremu             | Kishi     |
| Marshall          | Olivia    |
| Buchan            | Leah      |
| Olivia McDonald   |           |
| Gemma Fyvie       |           |

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**Pool C – Under 13 Boys. Chaperones David Alexander & Allan Hardie**

**Meet at 10.00 at Meeting Point 2**

|                 |          |
|-----------------|----------|
| Webster         | James    |
| Morrison        | Lorcan   |
| Finlayson       | Rory     |
| Farrell         | Daniel   |
| Chmielowski     | Tymek    |
| Marshall        | Jacob    |
| Paterson        | Ben      |
| Rosbottom       | Blair    |
| Key             | Jenson   |
| Whalen          | Finlay   |
| MacPherson      | Alasdair |
| Louca           | Evan     |
| Catton          | Charlie  |
| Buchan          | Zach     |
| Ross            | Donald   |
| Rickis          | Max      |
| Murray          | Lewis    |
| Shanks          | Caelan   |
| Fleming         | Jonty    |
| O'Herlihy       | Euan     |
| Stewart         | Malcolm  |
| Sosenko         | Alfi     |
| Allison         | Howie    |
| Baynes          | Bailey   |
| Wilkie          | Ralph    |
| Liddell         | Joshua   |
| Roberts         | Fergus   |
| McIntyre        | Daniel   |
| Columbine-Green | Alex     |
| Snitjer         | Aaron    |

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**Pool D – Under 15 Girls. Chaperone Alison Broadhurst**

**Meet at 11.15 at Meeting Point 1**

|                 |         |
|-----------------|---------|
| Brechin         | Lara    |
| Mourao          | Alice   |
| Evong           | Enam    |
| Snowden         | Alannah |
| Marshall        | Skye    |
| Reivytis        | Meda    |
| Hinchcliffe     | Hope    |
| Leccia          | Amy     |
| Magee           | Layla   |
| Jones           | Ella    |
| Lawson          | Grace   |
| Zisman          | Rosie   |
| Taylor          | Esther  |
| Sokoluk         | Mia     |
| Cameron         | Eva     |
| Forrester       | Megan   |
| Robbins         | Olivia  |
| Walls           | Ella    |
| Hannah Kerrigan |         |
| Sophie Turnbull |         |

**Pool E – Under 15 Boys. Chaperone Doug Butler**

**Meet at 11.15 at Meeting Point 2**

|                 |         |
|-----------------|---------|
| Ross            | Fergus  |
| Beresford-Jones | Oliver  |
| Fraser          | Cole    |
| Key             | Lucas   |
| McDonald        | Ben     |
| Pugh            | Charlie |
| Thiagu          |         |
| Ramanathan      | Sriram  |
| Holden          | Matthew |
| Loa             | Robert  |
| Harrison        | Lewis   |
| McGuire         | Dan     |
| Wotherspoon     | James   |
| Cunningham      | Finlay  |
| Butler          | Moray   |
| Nesbitt         | Jack    |
| Alexander       | Dair    |
| Weir            | Cameron |

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|           |          |
|-----------|----------|
| Hardie    | Kieran   |
| Bagnall   | Alasdair |
| Rose      | Caelan   |
| Stevenson | Isaac    |
| Wright    | Innes    |
| Marshall  | John     |

**Pool F – Under 17/20 Girls. Chaperone Rob Henry**

**Meet at 11.30 at Meeting Point 1**

|           |         |
|-----------|---------|
| Smith     | Carly   |
| Widdowson | Sophie  |
| Clarke    | Olivia  |
| Heeps     | Jessica |
| Nicholson | Ella    |
| Gotts     | Emily   |
| Bullen    | Jessica |
| McDonald  | Lucy    |
| Crawford  | Amy     |
| Alexander | Katie   |
| Davie     | Anna    |
| McDonald  | Katie   |
| Key       | Robyn   |
| Campbell  | Beth    |
| Nanor     | Rachael |
| Bowie     | Kirsten |
| Evans     | Shannon |
| Henry     | Flora   |
| Johnson   | Emma    |
| Ledingham | Georgia |

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**Pool G – Under 17/20 Boys. Chaperone Nicola McGuire**

**Meet at 11.30 at Meeting Point 2**

|                |          |
|----------------|----------|
| Crawford       | Bailey   |
| Stewart        | Finlay   |
| Wallace        | Alasdair |
| Ross           | Finlay   |
| Nyabadza       | Tendai   |
| Gadalla        | Hazem    |
| Gladwin        | Callum   |
| Lorimer        | Ethan    |
| Wetton         | Adam     |
| Snitjer        | Ryan     |
| Johnston       | Theo     |
| Irwin          | Archie   |
| Williams       | Ruairidh |
| Beagley        | Logan    |
| Wright         | Angus    |
| Grierson       | Euan     |
| Ross           | Rhys     |
| Dowie          | Nathan   |
| McGill         | Andrew   |
| Phillips Smith | Theo     |
| Ridgway        | Calum    |
| Hoole          | Adam     |
| Gardiner       | Ritchie  |

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