



Harmeny  
Athletic Club



## Regional SuperTeams – Lothians

### Saughton Enclosure

Stevenson Dr, Edinburgh, EH11 3HB

**Sunday 28<sup>th</sup> May 2023**

Thank you for signing up for this exciting new event. Everything you need to know to enjoy the day can be found below – please read this carefully. If you have any questions at all, please email me on [harmenycraig@gmail.com](mailto:harmenycraig@gmail.com)

### Arrival

- There is a car park attached to Saughton Park on Fords Road. This can get very busy at weekends. Alternatively, there is on-street parking on and around Stevenson Drive – **please be considerate to residents.**
- Please turn up at around 9.45am in order to pick up your number (at the small stand at the side of the track), locate your chaperone and pool-mates and do a warm-up.
- Attach your number with 4 safety pins to the FRONT & BACK of your t-shirt/vest.
- Athletes will join their age groups and be assigned a 'chaperone' in their assembly area, which is in the infield. Warm ups can also be done in this area.
- The chaperones are there to guide the athletes, point them in the right direction and to answer questions about the timetable and events. **However** it is the athlete and parents responsibility to ensure they get to their events on time.
- Once the athletes are with their pools, parents/spectators must stay behind the barriers around the track to spectate. **Please do not enter the infield or the track.**
- Dogs are not allowed in the track area.
- Please do not bring footballs/rugby balls etc.
- All athletes are encouraged to take part in all 4 events: 75m, turbo javelin, standing long jump and relays. The first 3 events count towards each individuals scores.
- There are toilets in the sports centre
- There will be refreshments available in the enclosure.
- Once all results are in and collated, there will be a medal ceremony near the finish line area just before 1pm.

## Map of Venue



## Timetable

See list of athletes and their pools on the next page, with the timetable colour-coded below.

Time	Long Jump 1	Long Jump 2	Javelin 1	Javelin 2	75m	75m
10.30-11.00	Pool 1	Pool 2	Pool 3	Pool 4	Pool 5	Pool 6
11.00-11.30	Pool 5	Pool 6	Pool 1	Pool 2	Pool 3	Pool 4
11.30-12.00	Pool 3	Pool 4	Pool 5	Pool 6	Pool 1	Pool 2
12.00-13.00	Relays and Results					

## Athlete Pools

Pool 1			Pool 2			Pool 3		
Forename	Surname	Club	Forename	Surname	Club	Forename	Surname	Club
Lillie	Paul	Harmeny AC	Abi	Campbell	Musselburgh	Rachel	Grant	Gala Harriers
Isabella	Pearson	Harmeny AC	Imisi	Awogbemi	CAAC	Jasmine	Nisbet	CAAC
Ailsa	Novosolova	Lasswade AC	Florence	Reid	Lasswade AC	Cadha	McLuskey	Harmeny AC
Frances	Kirton	Harmeny AC	Agnes	Cooke	Musselburgh	Libby	Browning	CAAC
Matilda	Little	Gala Harriers	Isla	Penman	Harmeny AC	Nina	Millar	Musselburgh
Effie	Lindsay	Gala Harriers	Violet	Ankrah	Harmeny AC	Lara	Winters	Lasswade AC
Anya	Paterson	CAAC	Ada	MacLaren	Lasswade AC	Cara	McWilliam	Lasswade AC
Ayla	Thomson	Lasswade AC	Rosie	Napier	Harmeny AC	Isla	Rhind	Lasswade AC
Maisie Gardner	McQuillan	Musselburgh	Ava	Whyte	Harmeny AC	Rebecca	Eadie	Musselburgh
Ava-Rose	Watters	Musselburgh	Vanessa	Drampalou	CAAC	Erin	Crawford	Musselburgh
Elsbeth	Slater	CAAC	Ana	Milne	CAAC	Andrea	Scott	Harmeny AC
Lauren	Rickis	Musselburgh	Ella	Harrison	CAAC	Lily Gardner	McQuillan	Musselburgh
Natalie	Pilcher	Harmeny AC	Orla	Connor	Lasswade AC	Rosie	Knowles	Harmeny AC
Heidi	Little	Harmeny AC	Riley	Harrison	CAAC	Zoe	Coull	Harmeny AC
Victoria	Gow	CAAC	Anatswa	Chinembiri	Lasswade AC	Beth	Dennison	Gala Harriers
<b>Chaperones:</b> Julie Simpson, Philip Earl, Segi Awogbemi			<b>Chaperones:</b> Alyson Pearson, David Alexander, Marco Lam			<b>Chaperones:</b> Katy Watt, Jen Silver, Toni Clarke		
Pool 4			Pool 5			Pool 6		
Forename	Surname	Club	Forename	Surname	Club	Forename	Surname	Club
Isla	key	CAAC	Rory	Logg	Edinburgh AC	Magnus	Church	Gala Harriers
Gemma	Crowe	Lasswade AC	Cameron	Moffat	Musselburgh	Cailean	Alexander	Harmeny AC
Esme	Wells	Edinburgh AC	Caleb	Gibson	CAAC	Luke	Brodie	Harmeny AC
Heidi	Lockwood	Edinburgh AC	Tom	Ibbs	Musselburgh	Torin	Kleboe	Musselburgh
Verity	Dear	Edinburgh AC	Yuen Shan	Lam	Harmeny AC	Rohan	Bullock	Harmeny AC
Amber	Thomson	Lasswade AC	Isaac	Wells	Edinburgh AC	Bertie	Beckett	CAAC
Grace	Renwick	CAAC	Douglas	Veitch	Harmeny AC	Murray	Johnstone	Musselburgh
Corrie	Irvine	Lasswade AC	Charlie	McEvoy	Harmeny AC	Samuel	Head	Harmeny AC
Luke	Birrel	Lasswade AC	Dylan	Duffy	Musselburgh	Max	Rowan	CAAC
Matthew	Earl	CAAC	Brodie	Kay	Harmeny AC	Euan	Gray	CAAC
Joshua	Okundaye	CAAC	Roi	Porras	CAAC	Jai	Jogi	Harmeny AC
Abeer	Singh	Harmeny AC	Robbie	Convery	Edinburgh AC	Harry	Beckett	CAAC
Ben	Silver	Harmeny AC	Lewis	Gibson	Musselburgh	Murray	Simpson	CAAC
Antek	Sulleyman	Lasswade AC	Christopher	Watt	Harmeny AC	Riley	McDade	Gala Harriers
Safiya	Wosu	Edinburgh AC						
<b>Chaperones:</b> Jane Browning, Claire Grey			<b>Chaperones:</b> Amanda Gow, Natasha Renwick			<b>Chaperones:</b> Vicki Paterson Naomi Head		