

How to get started in Highland Games

There are over 60 Highland Games in our Association, attracting many competitors each year in the various disciplines. Below is an explanation of how to get started, a full list of Rules and Regulations for competing can be found at www.shga.co.uk and further information available from secretary at ig2shga@gmail.com or Tel 01334 476305

Heavyweights

This is one of the most iconic events at our Highland Games, in terms of entering the events, this is usually straight forward which just involves turning up on the day and entering with Judge. This is not an event which can be taken lightly and extensive training would be required before considering entering for any of the seven disciplines. In terms of competency the athlete would need to convince the judge that they are capable of handling the various pieces of equipment in a safe manner. There is also a dress code which applies to this event.

All athletes must be registered before competing this can be done on the day but preferably before, by visiting the website www.shga.co.uk Regular drug testing is carried out by UKAD at several venues during the season.

Running

This attracts many runners throughout the season and as such is more controlled in terms of entering, many of the events are pre entry and entry needs to be made usually one week before the event, many of the Northern events however are enter on the day. To establish which events are pre entry please check the website and go to the event you wish to attend, if there is a “Handicapper” listed this would indicate that you would need to enter in advance. Some events are scratch races ie everyone starts from the same position, in handicap races the handicapper determines the level of start based on age and previous best performances, list of handicappers below.

All athletes must be registered before competing this can be done on the day but preferably before by visiting the website www.shga.co.uk regular drug testing is carried out by UKAD.

Age Groups – there are two age groups Juniors which cover 9yrs – 15yrs and Adult from 16yrs upwards.

Cycling

Cycling is a popular event but does require equipment which is standardised for grass track, details in rules on website, in terms of entering, many of the events are pre entry and entry needs to be made usually one week before the event, many of the Northern events however are enter on the day. To establish which events are pre entry please check the website and go to the event you wish to attend, and if there is a “Handicapper” listed this would indicate that you would need to enter in advance. Some events are scratch races ie everyone starts from the same position, in handicap races the handicapper determines the level of start based on age and previous best performances.

All cyclists must be registered before competing this can be done on the day but preferably before by visiting the website www.shga.co.uk regular drug testing is carried out by UKAD.

Age Groups – there are two age groups Juniors which cover 10yrs – 16yrs and Adult from 17yrs upwards.

Tug o War – Normally teams just turn up on the day and enter with Judge, competitions can be for 5, 6 or 8 man teams and some events are weight restricted, please check with Games secretary which event they are hosting.

Handicappers List – Check website to establish which handicapper has been appointed by the games you wish to enter.

A Crawford, 7 St Ronan's Court, Glenrothes, KY6 2LQ.

*Tel 01592 753439
email adam.crawford@hotmail.com*

D Campbell, 4 Paxton Crescent, Lochgelly, KY15 9ET

*Tel 01592 781467
email mdcampbell@btinternet.com*

S Fenton, 8 Park Terrace, Markinch, Fife, KY7 6BN

*Tel 01592 756088
email fenton.shane@rocketmail.com*

A MacDonald, 47 Urquhart Road, Dingwall, IV15 9PE

*Tel 01349 862849
email cannich@btopenworld.com*

The SHGA runs a number of Leagues throughout the season with presentation evening at the end of the season, a number of regions also run individual leagues.

OPEN RUNNING EVENTS

1st Prize money in a handicap race £100 +
10pts - 6pts - 3pts.

1st Prize money in a handicap race £50 - £99
6pts - 4pts - 2pts.

1st Prize money in handicaps Up to £49
3pts - 2pts - 1pt

Championship scratch races.
5pts - 3pts - 2pts All other scratch races, 3pts - 2pts - 1pt

OPEN JUMPS LEAGUE [HJ-LJ-TJ-PV]

5pts - 3pts - 2pts

YOUTH RUNNING [All Events]

5pts - 3pts - 2pts

HEAVY EVENTS [All Disciplines]

6pts - 4pts - 2pts

CYCLING [Open & Youth All Races]

5pts - 3pts - 2pts

TUG OF WAR

5pts -4pts - 3pts - 2pts & 1pt to all other teams in the competition on the day.

Prize winners in each League

Adult Leagues

1st £100, 2nd £60 3rd £40 4th £20

Junior Leagues

1st £50, 2nd £30 3rd £20 4th £10