

CADEMUIR ROLLERCOASTER HILL RACE

Kindly sponsored by ***Franco's*** Ristorante, Port Brae, Peebles

Organised by Moorfoot Runners (under UKA Rules/SAL Permit)

Back for a third year, a short but testing pair of hill races on the open grassy slopes of Cademuir Hill on the south side of Peebles in the Scottish Borders. An enjoyably challenging BS category race for the seasoned hill runner (verging on AS) but not so testing as to preclude the fit novice or newcomer, whether in the 6k or 3k.

Date	SATURDAY 13 AUGUST 2016
3k race at 2.00pm	Distance 3km; Climb 105m. Min. age 11 years old by 31/12/16 ie born 2005 or older. No upper age limit (i.e. older juniors and seniors can opt for this race). Distinct boys and girls results will be recorded for the SAL U15 Hill Running League for those born 2002 or 2003. Course map here: http://www.gmap-pedometer.com/?r=6311796
6k race at 2.30pm	Distance 6km; Climb 274m. Min. age 15 years old by 31/12/16 ie born 2001 or older. No upper age limit. Distinct boys and girls results will be recorded for the SAL U20 and U17 Hill Running Leagues for those born 1997-99 and 2000-2001. Course map here: http://www.gmap-pedometer.com/?r=6311786
Parking, Changing, Registration	Peebles High School, Springwood Road, Peebles EH45 9HB. Parking in the school car parks. Please do not attempt to park or drop off near the start (which is at the end of a single track road). Registration in the new school sports hall (upper end of the car parks) from 12.30pm until 30 minutes before each race when entries will close. Changing, lockers (£1 refundable), toilets and showers available. We cannot accept responsibility for valuables. Please do not leave any items of value in the registration room or changing rooms. Others may be using the sports facilities.
Entry	£2 on the day. All entrants MUST complete an entry form. Please print the entry form from www.moorfootrunners.co.uk and have it completed in advance to hand in at registration with the correct fee. Entries close 30 minutes before each race.
Start	It is a good 15-20 minute walk from the school to the 3k start which is on the open hillside c.800m beyond the 6k start which is an 8-9 minute walk from the school. (The finish is in-between the two starts.) The route to both starts will be marked from the school. Take care crossing the lane when leaving the school and on the final stretch of road which has no pavement. NB no toilets or shelter at the start.
Terrain	Mostly runnable wide grassy tracks with a few stony outcrops and possibly some short boggy sections depending on the weather pre-race. The final steep climb to the 6k summit is off-path on rough grass.
Safety	The courses will be clearly marked and marshalled including the main 6k summit. A sweeper will run both races. There will also be a first aid presence. Be familiar with the SHR safety rules. You MUST bring a waterproof top and whistle and be prepared to carry these during the race if so instructed. Checks may be carried out. NB if you enter but don't start, or start but then pull out, you MUST report to a race marshal or to the finish team (without running through the finish).
Livestock and Dogs	Please be aware there might be some cattle in the field where the 6k starts (the first 300m only) and there most definitely will be sheep and lambs aplenty on the open hillside. We are most grateful to the landowners, the Wemyss and March Estate and Cademuir Farm, for permission to stage the event. Please respect their land and livestock. Although the 6k start is on a popular walkers' marked way, we would recommend that dog owners do not bring their dog to the race start due to the possible presence of cattle. On the open hillside please keep dogs on a lead.
Peebles for Pleasureis the town slogan. Come early or linger afterwards to enjoy the town's open spaces, views, riverside walks and multi-award winning High Street with its many cafés, bars, restaurants and independent shops. There's something for all including <i>Franco's</i> Restaurant (between Tweed Bridge and the Old Parish Church).