

# Tinto Tiptoe

## Hill Fun Run

Saturday November 8<sup>th</sup> 2008

Under UKA Rules. Scottish Athletics Permit.

<b>Directions</b>	<b>Fun Run Register &amp; Start</b> Off the Lanark to Abington road A73 (Grid Ref: 963 373)
<b>Entry Fee</b>	10p (Pensioners half price)
<b>Start</b>	2.07 Approx.
<b>Course</b>	Distance 1.5k. Climb 50m. Run (or walk) up track, round hill fort and back.
<b>Prizes</b>	None. Certificates juice & Kit Kat to all finishers.
<b>Note</b>	The Tiptoe is held in conjunction with the Tinto Hill Race 6.5k / 450 m, which starts at 2pm, and the tough junior race 3.75k / 250m, starting at 2.05pm. Registration for both these is 3 miles away in Symington village hall off A72 (GR 996 352, OS Landranger sheet 72)
<b>Further Info</b>	<b>Fun Run:</b> Martin Hyman (01506 412322) <b>Tinto Hill Race:</b> Derek Bearhop (0131 443 1228) <b>Junior Hill Race:</b> Mark Johnston (01506 670 184)

# Hill Running – Junior Development

## Cockleroy Chaser

Under UKA Rules. Scottish Athletics Permit

When	Friday December 26 <sup>th</sup> 2008. Start 11.15.
Where	<b>Beecraigs Country Park</b> , Nr. Linlithgow. Cockleroy Car Park. Grid Ref: OS Sheet 65, 995 742
What	A short fun run to the top of the hill and back. Total distance about one kilometre. About 50 meters of climb. Certificates and juice to all finishers. No prizes.
Who For	Active youngsters and novices aged 5 -105. Under eights must be accompanied.
Cost	10p (but half price for senior citizens.)
Note	This is held in conjunction with the <b>Beecraigs Festive Frolics</b> . These are Handicap trail races of 7 or 14 Km. Start times from 11 am. Entry free.  Afterwards you can go to Jack & Marsie Ewing's house nearby, for a bowl of soup. Bring a wrapped gift, worth not more than £2, for a lucky dip.
Details From	<b>Trail Races:</b> Peter West (01506 492088) <b>Fun Run:</b> Martin Hyman (01506 412322)

# Hill Running – Junior Development

# Greenmantle Gallop

# Hill Fun Run

Under UKA Rules. Scottish Athletics Permit.

When	Friday January 2 <sup>nd</sup> 2009. Start 12.05
Where	<b>Broughton Brewery</b> , Broughton by Biggar. Registration at Broughton Village Hall, on A701 30 miles south of Edinburgh. Grid Ref: OS Sheet 72, 112 367
What	A tough course through a burn and up the lower slopes of Trahenna Hill. Total distance about 2½ kilometres. About 90 meters of climb. Certificates and juice to all finishers. No prizes.
Who For	Active youngsters and novices aged 6 -106. Under eights must be accompanied.
Cost	10p (but half price for senior citizens.)
Note	This is held in conjunction with the <b>Greenmantle Dash Hill Race.</b> Start 12.00
Details From	<b>Hill Race:</b> Dick Wall (01899 880 332) <b>Fun Run:</b> Martin Hyman (01506 412322)

# Hill Running - Junior Development

## Congrie Conga

Under UKA Rules. Scottish Athletics Permit.

<b>When</b>	Saturday March 21 <sup>st</sup> . 2009 Start 2.30 (Chapelgill Hill Race starts at 3)
<b>Where</b>	<b>Glenholm</b> Off the Edinburgh - Moffat road A 701, 32 miles south of Edinburgh. Turn off A701 1½m south of Broughton. (Glenholm sign) Follow the minor road for 4 miles to its end.
<b>What</b>	A short run from the foot of Chapelgill Hill. Total distance about 1200m. About 150 meters of steep climb. Certificates and juice to all finishers. No prizes. No facilities.
<b>Who For</b>	Active youngsters and novices. Under eights should be accompanied by an adult. (Half Conga version available.)
<b>Cost</b>	10p (but half price for senior citizens.)
<b>Note</b>	This is held in conjunction with the <b>Chapelgill Hill Race.</b>
<b>Details From</b>	Fun Run: Martin Hyman (01506 412322) Hill Race: Robin Morris (0131 447 8846)

