

Tinto Tiptoe Hill Fun Run

Saturday November 8th 2014

Under UKA Rules. Scottish Athletics Permit.

Directions	Fun Run Register & Start (Grid Ref: 963 373) Turn off the Lanark to Abington road A73 at minor cross-roads nearest Tinto Hill. (On your right, if heading south.)
Entry Fee	10p (Pensioners half price.) Under 8 and over 98 must be accompanied.
Start	2.07 Approx.
Course	Distance 1.2k. Climb 50m. Run (or walk) up track, round hill fort and back. Note: There are no facilities at the start. The nearest are 3 miles away at Symington.
Prizes	None. Certificates juice & Kit Kat to all smiling finishers.
Note	The Tiptoe is held in conjunction with the Tinto Hill Race 6.5k / 450m, which starts at 2pm, and the tough junior race 3.75k / 250m starting at 2.05pm. Registration for Hill Races is 3 miles away in Symington village hall off A72 (GR 996 352, OS Landranger sheet 72)
Further Info	Fun Run: Martin Hyman (01506 412322) martinhyman@clara.co.uk Tinto Hill Race: Cameron Scott (01555 751 794) Junior Hill Race: Nick MacDonald (0131 664 3871)

Cockleroy Chaser

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When	Friday December 26 th 2014. Start 11.15.
Where	Beecraigs Country Park , Nr. Linlithgow. Cockleroy Car Park. Grid Ref: OS Sheet 65, 995 742 There are toilets at Balvornie car park GR 998 741
What	A short fun run to the top of the hill and back. Total distance about one kilometre. About 50 meters of climb. Certificates, kit-kat & 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 Beecraigs Festive Frolics. These are Handicap trail races of 7 or 14 Km. Start times from 11 am. Entry free.
Details From	Trail Races: Festive Handicap festivehandicap@lothianrunningclub.co.uk Fun Run: Martin Hyman (01506 412322) martinyman@clara.co.uk

Congrie Conga

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When	Saturday March 21st 2015. Start 2.30
Where	Glenholm 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.
What	A short grassy climb from the foot of Chapelgill Hill to the top of Congrie Hill Total distance about 1200m. About 150 meters of steep climb. Certificates, kit-kat & juice to all finishers. No prizes. No facilities.
Who For	Active youngsters and novices. Under eights should be accompanied by an adult. (Half Conga version available.)
Cost	10p (but half price for senior citizens.)
Note	This is held in conjunction with the Chapelgill Hill Race . (Starting 3pm)
Details From	Fun Run: Martin Hyman (01506 412322) Hill Race: Robin Morris (0131 447 8846)