

CADEMUIR ROLLERCOASTER HILL RACE 2023

RACE INFORMATION

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

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

Now in its tenth 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.

Date	SATURDAY 12 AUGUST 2023
Entries	In-keeping with the informal nature of the race it is entry on-the-day . No advance entries. Adults £5; U18 £2. All entrants MUST complete an entry form at Race Registration. You can save time by printing the entry form from www.moorfootrunners.com and have it completed in advance to hand in at registration with the correct fee.
3k race at 2.00pm	Distance 3km; Climb 105m. Min. age 11 years old by 31/12/23 ie born 2012 or older. No upper age limit (older juniors and seniors can opt for this race). Distinct results will be recorded for the SAL U15 HR League for those born 2009-2010. Course map here: http://www.gmap-pedometer.com/?r=6311796
6k race at 2.30pm	Distance 6km; Climb 275m. Min. age 15 years old by 31/12/23 ie born 2008 or older. No upper age limit. Distinct results will be recorded for the SAL U20 and U17 HR Leagues for those born 2004-2006 and 2007-2008. Course map here: http://www.gmap-pedometer.com/?r=6311786
Parking, Toilets, Registration	Peebles High School, Springwood Road, Peebles EH45 9HB. NB PHS is undergoing redevelopment with the contractor on site. You must follow the signed access routes. Please park sensibly in the school car parks. Please do not park or drop off near the start (which is at the end of a single-track road). Registration in the school sports hall (top end of the car parks) from 12.30pm until 30 mins before each race when entries close. Changing, lockers (£1 refundable), toilets, showers available (4.30pm close time). We cannot accept responsibility for valuables. Please do not leave any items of value in the registration room (no access post-race) or changing rooms. Note, others may be using the sports facilities.
Warm-up	Please aim to arrive at the start between 5 and 10 minutes before your start time. Please do not warm up on the course itself. There are grass pitches in the school grounds which can be used for warming up (but watch out for rabbit holes!) and also a 5-lane sprint track.
Start	The 6k Start is an 8-10 minute walk from the school. The 3k Start is on the open hillside c.800m <u>beyond</u> the 6k start, so it is a good 15-20 minute walk from the school. The Finish for both races is in-between the two starts. The route to both starts will be marked. Take care crossing the lane when leaving the school and on the final stretch of road which has no pavement. NB there are no toilets, shelter or organised kit drop at the start.
Terrain	Mostly runnable wide grass paths; a few stony outcrops; possibly some short boggy bits if it's wet 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 summit. A sweeper will run both races. There will also be a first aid presence. Please ensure you are familiar with the SHR Safety Rules and Guidelines available at https://www.scottishhillrunners.uk/Safety.aspx . You MUST bring a waterproof top and whistle and carry these during the race even if the weather is fair. This is a compulsory race condition. No top/whistle = no run . Checks will be carried out on the start line. NB if you register 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).
Landowners, Livestock and Dogs	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. There will be sheep and lambs aplenty 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).