

## CADEMUIR ROLLERCOASTER HILL RACES

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

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

A variation for 2017 as the Rollercoaster races incorporate the Scotland trial races for this year's Junior Home International but **each race is still open** to non-trial entrants including seniors. There is a three-course menu of races on the open grassy slopes of Cademuir Hill on the south side of Peebles in the Scottish Borders. Enjoyably challenging racing for the seasoned hill runner but not so testing as to preclude the fit novice or newcomer. **Sorry, no U13s this year.** Back to normal 2018.

<b>Date</b>	<b>SATURDAY 12 AUGUST 2017</b>
<b>3.8k open race 1.40pm</b> (inc U17W JHI trial race)	Distance 3.8km; Climb 176m. Min. age 13 years old by 31/12/17 ie born 2004 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 2003 or 2004 and for the U17W league (born 2002 and 2001). Course map here: <a href="http://gb.mapometer.com/running/route_4448815.html">http://gb.mapometer.com/running/route_4448815.html</a>
<b>5.8k open race 2.30pm</b> (inc U20W and U17M JHI trial races)	Distance 5.8km; Climb 321m. Min. age 15 years old by 31/12/17 ie born 2002 or older. No upper age limit. Distinct results will be recorded for the SAL U20W League (born 1998-2000) and U17M Hill Running League (born 2001-2002). Course map here: <a href="http://gb.mapometer.com/running/route_4447418.html">http://gb.mapometer.com/running/route_4447418.html</a>
<b>8k open race 3.30pm</b> (inc U20M JHI trial race)	Distance 8km; Climb 433m. Min. age 17 years old by 31/12/17 ie born 2000 or older. No upper age limit. Distinct results will be recorded for the SAL U20M Hill Running League (born 1998-2000). The far loop of the 5.8k course is run twice. Extra loop here: <a href="http://gb.mapometer.com/running/route_4447422.html">http://gb.mapometer.com/running/route_4447422.html</a>
<b>Parking, Changing, Registration</b>	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 (closes 3pm) or changing rooms. Others may be using the sports facilities.
<b>Entry</b>	£2 on the day. All entrants <b>MUST</b> complete an entry form. Please print the entry form from <a href="http://www.moorfootrunners.co.uk">www.moorfootrunners.co.uk</a> and have it completed in advance to hand in at registration with the correct fee. Entries close 30 minutes before each race.
<b>Start</b>	The start is an 8-10 minute walk from the school. (The finish is further up the hill.) The route to the start will be signed/marked. 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.
<b>Terrain</b>	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 main summit (run twice in the 8k) is off-path on rough grass.
<b>Safety</b>	The courses will be clearly marked and marshalled including the main summit. A sweeper will run each race. There will also be a first aid presence. Be familiar with the SHR safety rules. <b>You MUST bring a waterproof top and whistle and be prepared to carry these during the race if so instructed.</b> Checks may be carried out. NB if you enter but don't start, or start but then pull out, you <b>MUST</b> report to a race marshal or to the finish team (without running through the finish).
<b>Livestock and Dogs</b>	Please be aware there might be some cattle in the field where the races start (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 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.
<b>Peebles for Pleasure</b>	.....is 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 <b><i>Franco's</i></b> Restaurant and pizzeria (between Tweed Bridge and the Old Parish Church).