

# The 'Tiso' Carnethy 5 Hill Race

Covering the following hills in this order: Scald Law, South Black Hill, East Kip, West Kip, Carnethy.

This map is suitable for use on race day as long as it's printed A4 and colour appropriate for you to navigate by. If you retire from the race at any time after registration you must inform a race official.  
If you see another runner in trouble you must help, even if it costs you the race. OS Landranger, 1:50000, Sheet 66

