



THE 40th 'TISO' CARNETHY FIVE HILL RACE
Saturday 13th February 2010, 2pm
Organised by Carnethy Hill Running Club

The race starts near Silverburn village, GR 211607 (OS Map 66), 10 miles SW of Edinburgh in Scotland. The senior course is approximately six miles with 2500' of ascent, covering five tops in the Pentland Hills to be run in the following sequence: Scald Law (1899'), South Black Hill (1840'), East Kip (1750'), West Kip (1806'), and returning via the Howe (900') to Carnethy (1890') - starting and finishing at the Old Kirk Road (900'). The course will be partially marked, but **all competitors still need to have the necessary skills to cope with any navigational problems that may be encountered, whatever the weather.**

Please DO NOT PARK at the start. Free buses from Beeslack Community High School will take competitors and spectators to and from the race from 12.30 onwards. Lothian & Borders Police are VERY concerned about dangerous parking on the A702 and WILL take action. Please do not jeopardise the future of the race by parking at the start!

The race is via on-line entry only. Entries will open in early January via links from our website to a third party that handles secure payment via credit/debit card etc.

- All competitors to declare before 1.00pm at Beeslack High School, Edinburgh Road, Penicuik (on A701, north end of Penicuik, OS Map 66, Grid Ref 242614). Please ensure you share lifts if driving to the school.
- Car parking will only be available to competitors at the school. Do not take your vehicle to the start as it is on a dangerous main road, vehicle congestion will cause delays and it will jeopardise the future of the race with the Police. Spectators may catch the free race buses to and from the race.
- Upon arrival at the school look for your name and race number on the lists displayed in the main hall, then get your race number from one of the tables. Kit can be left in the hall until the end of the race, but do not leave any valuables. It is recommended that you take warm clothing to the start (extra clothing can be left in one of the marquees in the start field whilst you run).
- Competitors are transported by bus to the start and back to Beeslack after the race (included in entry fee). The bus is part of the unique atmosphere of the race for you to enjoy. Buses leave from the school regularly from 12.30 onwards. Please start filling them up as soon as you are ready to go.

Competitors must take primary responsibility for their own safety on the hills. Please be prepared for the worst possible conditions during the race, as these hills can be exposed to serious winter weather during February.

- Arrive at the venue with as much kit as the organisers are likely to require you to carry on the day. Competitors must have the following mandatory kit with them at all times during the race: Windproof complete body cover, Other body cover appropriate for the weather conditions, Map and compass suitable for navigating the course, Whistle. In addition, we reserve the right to insist that waterproof full body cover be carried if conditions warrant this. **Be aware that under Scottish Hill Runners (SHR) Safety Requirements the above minimum kit requirements are mandatory for this category of race.** Kit checks will be made. Failure to comply will mean automatic disqualification from the event.
- The race is over rough open hillside, through thick heather and boggy/rocky sections of ground, with minimal paths. The race involves very steep ascent and descent, some of which you will struggle to run.
- If you sign in, we will assume that you intend to start. If you do not start, or if you retire during the race, you MUST inform either race registration at Beeslack High School, or the race start/finish officials. If you do not report in, we will assume you are still on the hill, and we will have to look for you. Failure to comply will mean automatic disqualification from future events, and will have resulted in a great deal of wasted time and effort for all concerned.
- Erosion of the Pentland Hills is a serious environmental issue, so please follow within 10 metres of the partially marked route wherever it exists (typically this will be to avoid heavily worn and/or sensitive sections of land). This is largely at the request of the local farmers whose land you are running over. Failure to observe this will lead to disqualification. If you have friends on the hills spectating please ensure they keep dogs on a lead at all times as sheep are expecting at this time of year.
- Be able to recognise the signs of hypothermia and hypoglycaemia in yourself and others. Hypothermia: not responding to conversation; uncoordinated movement and speech; inability to think clearly; wanting to carry on in adverse conditions; skin cold where normally warm, such as under armpit. Immediate action: wrap in warm clothing. Hypoglycaemia: confusion, ill co-ordinated movement and speech; weakness, hunger. Immediate action: drink glucose solution or suck sweets).
- If you see someone in trouble: HELP, even if it costs you the race.

Your entry fee includes a hot meal after the race. This will be served in the Dining Hall at Beeslack High School. Hot and cold drinks will be available in the start field both before and after the race (free of charge to competitors)

- Results will be available on the Carnethy web page at www.carnethy.com as soon as possible after the race (previous years' results are also available on-line).
- We will endeavour to have the prize giving ceremony in the main hall at Beeslack High School by about 5.30pm. For exact times please listen for announcements on the day.
- No entry money refunded. No substitute entries accepted less than two weeks before the race.
- Entry Limit is 550, so get your entries in early, as the race is often over subscribed.
- Prizes include age categories- Junior, Senior, and Vets: over-40, o-50, o-60, o-70, club teams (4 to count for men, 3 to count for women). Plus prizes for first locals and many others.
- More race information, FAQs, previous results, photos, map etc on www.carnethy.com.

For enquiries about the race, please contact the Race Organiser, Olly Stephenson 45 Arden Street, Edinburgh EH9 1BS, phone 0131-447-0548 (email: carnethy5_2010@carnethy.com). This information sheet supersedes anything older. December 22nd 2009.