



THE 37th 'TISO' CARNETHY FIVE HILL RACE
Saturday 17th February 2007, 2 pm
Organised by Carnethy Hill Running Club

Please DO NOT PARK at the start. Free buses from Beeslack School will take competitors and spectators to and from the race from 12.30 on. Please do not jeopardise the future of the race!

- All competitors to declare before 1.00 pm at **Beeslack High School, Edinburgh Road, Penicuik (on A701, north end of Penicuik, OS Map 66, 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. 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 register to get your race number. 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.

The race starts from near Silverburn village, GR 211607, OS Map 66. 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 runners still need basic navigation skills.

SCALD LAW JUNIOR RACE

A junior race for U/18s will be held over a course of 3 miles with 900ft of climb. This race will be entry on the day only (enter at Beeslack High School, not at start) and entry fee will be £2 (hot food £2 extra). Prizes will be awarded for U18, U16 and U14 males and females categories. The race will start at 13:55.

- Please be prepared for the worst possible conditions during the race, as these hills can be exposed to serious winter weather during February. **In particular, we insist that all competitors must be carrying full windproof body cover during the race, and that all competitors carry a compass and whistle.** In addition, we reserve the right to insist that waterproofs are carried if conditions warrant this. Checks will be made at the start/finish. Failure to comply will mean automatic disqualification from the event.
 - **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.
 - **Please adhere to the marked course wherever it exists on the course (e.g. up Scald Law, down West Kip, down Carnethy Hill) or you will be disqualified!** Erosion of the Pentland Hills is a serious environmental issue, so please follow the marked route. This is also at the request of the local farmers. Also, if you have friends on the hills spectating, can we ask that they keep dogs on a lead as sheep are expecting at this time of year.
- ☺ **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!)
- ☐ If you would like a set of results, envelopes will be provided at registration on the day.
- ☐ Results will be available on the Carnethy web page at www.carnethy.com as soon as possible after the race (entry forms and previous years' results are available on this web page).
- ☑ No entry money refunded or substitute entries accepted after the entry closing date (10th February)
- ☑ Entry Limit is 500, 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.

☎ For enquiries about the race, please contact the **Race Convenor**, Olly Stephenson 45 Arden Street, Edinburgh EH9 1BS, phone 0131-447-0548 (email: carnethy5@carnethy.com). This information sheet superscedes anything older. Dec 7th 2006.