

**Mull Hill race**  
**Saturday 24<sup>th</sup> April 2010 at 11:30**  
**8 miles 4500FT**

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**THE ROUTE**

The route will follow a circular (ish) course starting at Loch Na Keal heading over the summits of Beinn Ghraig, Beinn Fhada, A'Chioch, and Ben More then down the 'tourist' track to traverse back to the start.

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**SAFETY**

All runners must carry full waterproof cover and map & compass. Each summit will be marshalled. Please understand that the route up A'Choich and up the Ben (same route as the Islands Peaks Race) is a Scottish 'classic' scramble and therefore is exposed on a number of sections. If you think that you would have a problem with rock scrambling then please don't enter the race. In clear conditions, the course gives superb views and excellent running. In mist, the course will require the ability to use map and compass effectively and to be confident on the hills in bad weather.

**ENTRIES**

Pre entry £5 or enter on the day £7.

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Entry Form

**NAME:**

**ADDRESS:**

**TEL NO:**

**E-MAIL:**

**CLUB:**

**SAF NO:**

**SEX:**        m                f                **CAT:** S        V        SV        Y        J

I fully understand that the Mull Hill race is a strenuous undertaking and that the route follows areas of exposed and, at times, loose ground that requires attention and care. I will carry mandatory safety equipment and apply to SAF rules.

**Signed:**

**RACE NUMBER ALLOCATED:**