

## CADEMUIR ROLLERCOASTER HILL RACE 2025

### RACE INFORMATION

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

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

Now in its twelfth year, a short but testing pair of hill races on the open grassy slopes of Cademuir Hill on the south side of Peebles in the Scottish Borders. An enjoyably challenging BS category race for the seasoned hill runner (verging on AS) but not so testing as to preclude the fit novice or newcomer.

<b>Date</b>	<b>SUNDAY 10 AUGUST 2025</b>
<b>Entries</b>	In-keeping with the informal nature of the race it is <b>entry on-the-day</b> . No advance entries. Adults £5; U18 £2. All entrants <b>MUST</b> complete an entry form at Race Registration. You can save time by printing the entry form from <a href="http://www.moorfootrunners.com">www.moorfootrunners.com</a> and have it completed in advance to hand in at registration with the correct fee.
<b>3k race at 10.00am</b>	Distance 3km; Climb 105m. Min. age 11 years old by 31/12/25 ie born 2014 or older. No upper age limit (older juniors and seniors can opt for this race). Distinct results will be recorded for the SAL U15 HR League for those born 2011-2012. Course map here: <a href="http://www.gmap-pedometer.com/?r=6311796">http://www.gmap-pedometer.com/?r=6311796</a>
<b>6k race at 10.30am</b>	Distance 6km; Climb 275m. Min. age 15 years old by 31/12/25 ie born 2010 or older. No upper age limit. Distinct results will be recorded for the SAL U20 and U17 HR Leagues for those born 2006-2008 and 2009-2010. Course map here: <a href="http://www.gmap-pedometer.com/?r=6311786">http://www.gmap-pedometer.com/?r=6311786</a>
<b>Parking, Toilets, Registration</b>	Peebles High School, Springwood Road, Peebles EH45 9HB. <b>NB PHS is undergoing redevelopment</b> with the contractor on site. You <b>must</b> follow the signed access routes. Please park sensibly in the school car parks or neighbouring streets. Please do not park or drop off near the start (which is at the end of a single-track road). Registration in the school sports hall (top end of the car parks) from 8.30am until 30 mins before each race when entries close. Changing, toilets, showers available (12.30pm close time). We cannot accept responsibility for valuables. Please do not leave any items of value in the registration room or changing rooms. Others may be using the sports facilities.
<b>Warm-up</b>	Please aim to arrive at the start between 5 and 10 minutes before your start time. Please do not warm up on the course itself. There is a grass pitch on the route to the start which can be used for warming up (but watch out for rabbit holes!).
<b>Start</b>	The 6k Start is an 8-10 minute walk from the school. The 3k Start is on the open hillside c.800m <u>beyond</u> the 6k start, so it is a good 15-20 minute walk from the school. The Finish for both races is in-between the two starts. The route to both starts will be marked. Take care crossing the lane when leaving the school and on the final stretch of road which has no pavement. NB there are no toilets, shelter or organised kit drop at the start.
<b>Terrain</b>	Mostly runnable wide grass paths; a few stony outcrops; possibly some short boggy bits if it's wet pre-race. The final steep climb to the 6k summit 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 both races. There will also be a first aid presence. Please ensure you are familiar with the SHR Safety Rules and Guidelines available at <a href="https://www.scottishhillrunners.uk/Safety.aspx">https://www.scottishhillrunners.uk/Safety.aspx</a> . You are also asked to read and be aware of the hyperthermia leaflet on the FRA website at <a href="https://www.fellrunner.org.uk/articles/documents">https://www.fellrunner.org.uk/articles/documents</a> <b>You MUST bring a waterproof top and whistle and carry these during the race</b> even if the weather is fair. This is a <b>compulsory</b> race condition. <b>No top/whistle = no run</b> . Checks will be carried out on the start line. NB if you register 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>Landowners, Livestock and Dogs</b>	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. There will be sheep and lambs aplenty on the open hillside. Please keep dogs on a lead.
<b>Peebles for Pleasure</b>	.....is the town slogan. 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 (between Tweed Bridge and the Old Parish Church).