

CADEMUIR ROLLERCOASTER HILL RACE 2021

RACE INFORMATION

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

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

Now in its eighth 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. This year the races incorporate the Scottish Junior Hill Race Championships for the U15, U17 and U20 age-groups.

The content, conditions and guidance in this Race Information are subject to change depending on any pre-race amendments to the Covid related guidance or rules issued by the Scottish Government or Scottish Athletics. In the event that such guidance and/or rules are relaxed prior to the race, Moorfoot Runners reserves the right to retain the conditions specified herein and you must not deviate from them unless a formal notification of change is issued by Moorfoot Runners.

Date	SATURDAY 14 AUGUST 2021
Entries	Online advance entry only via Entry Central. Seniors £5; Juniors £2.50. https://www.entrycentral.com/festival/2740 No late entries or entry on the day. Due to the restricted size of each race, please only enter if you are fully committed to racing. Athletes wishing to enter a race that has reached capacity will be added to the waiting list online. Entries Close: Thursday 12 August
Entry Terms	By submitting an entry you will be deemed to have acknowledged that this is an off-road hill race on rough steep terrain with inherent risk, and confirmed that you have read, understood and will comply with the content of this Race Information Sheet; that you will comply with the instructions of the race officials and marshals; will make yourself familiar with the SHR Safety Rules and Guidelines available at https://www.scottishhillrunners.uk/Safety.aspx ; and will report to a race official if you start but do not finish.
Withdrawals/ Refund Policy	If you are successful with your entry but are then unable to race, please email the race organiser Gregor Nicholson gjn7nil@gmail.com so that your place can be made available to someone else. You yourself must not re-allocate your place to anyone else. NB the race refund policy supersedes Entry Central's refund policy viz. in the event of an entrant withdrawing, or in the event of the race being cancelled, Moorfoot Runners will donate unused entry fees (less Entry Central's handling charge) to Tweed Valley Mountain Rescue.
3k race at 2.00pm	Distance 3km; Climb 105m. Min. age 11 years old by 31/12/21 ie born 2010 or older. No upper age limit (older juniors and seniors can opt for this race). Distinct results will be recorded for the SAL U15 Championship race for those born 2007-08. Course map here: http://www.gmap-pedometer.com/?r=6311796
6k race at 2.45pm	Distance 6km; Climb 275m. Min. age 15 years old by 31/12/21 ie born 2006 or older. No upper age limit. Distinct results will be recorded for the SAL U17 Championship race for those born 2005-06 and the U20 Championship race for those born 2002-2004. Course map here: http://www.gmap-pedometer.com/?r=6311786
Parking, Toilets, Registration	Peebles High School, Springwood Road, Peebles EH45 9HB. Please park sensibly in the school car parks. Please do not park or drop off near the start (which is at the end of a single-track road). The PHS Sports Centre will be open for number collection and toilets only. Please comply with all Covid related directions and signage including wearing a facemask on entry to the sports centre . There will be no changing room/shower facilities or lockers. Please arrive ready to race, or get changed at your car. Note, others may be using the sports facilities.

Warm-up	Please aim to arrive at the start between 5 and 10 minutes before your start time, no earlier. Please do not warm up on the course. There are five grass pitches in the school grounds which can be used for warming up (but watch out for rabbit holes!) and also a 5-lane sprint track.
Start	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 lies 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. On assembly at the Start, runners must wear a facemask. NB there are no toilets, shelter or organised kit drop at the start.
Terrain	Mostly runnable wide grassy tracks with a few stony outcrops and possibly some short boggy sections depending on the weather pre-race. The final steep climb to the 6k summit is off-path on rough grass.
Safety	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. You must be familiar with the SHR safety rules. You MUST bring a facemask, waterproof top and whistle and carry these during the race even if the weather is fair. This is a compulsory race condition. No facemask/top/whistle = no run. Checks will be carried out on the start line. As well as wearing your facemask once you assemble at the start, your facemask must be worn for the opening 300m of your race. Thereafter, you must carry it on your person. Do not discard it mid-race. Failure to comply will result in disqualification NB if you register but don't start, or start but then pull out, you MUST report to a race marshal or to the finish team (without running through the finish).
Covid-19 – Race Restrictions	We will endeavour to provide a race which complies with the race guidance from SAL and minimises risk. However, we will rely very much on the co-operation of all those attending – runners, parents, spectators and helpers alike. In particular, we would ask you to note and comply with the following: Essential travellers only and do not attend if you are ill, have symptoms of Covid-19, have been in contact with someone with Covid-19 in the previous 14 days, have been told to self-isolate as part of contract tracing, or reside in a Level 3 or 4 area. Spectators may attend but please be sensible, cautious and avoid overcrowding. Please time your journey to arrive at PHS as close as possible to your warm-up time. Warm-up away from others. Runners should maintain social distancing prior to your race and immediately after. Once called to assemble on the start line you must wear your facemask. We will make the start line as wide and deep as possible but please be sensible and avoid overcrowding on the start line. Do not linger after your race or congregate at the Finish. Spectators should maintain a safe distance from runners and others, including when returning to PHS. If anyone attending the event develops symptoms of Covid-19 within seven days of the event you must inform the event organiser Gregor Nicholson GJN7nil@gmail.com
Livestock and Dogs	Please be aware there might be some cattle in the field where the 6k starts (the first 300m only) and there most definitely will be sheep and lambs aplenty on the open hillside. 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. Although the 6k start is on a popular walkers' marked way, we would recommend that dog owners do not bring their dog to the race start due to

	the possible presence of cattle. On the open hillside please keep dogs on a lead.
Peebles for Pleasureis the town slogan. Come early or 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 <i>Franco's</i> Restaurant (between Tweed Bridge and the Old Parish Church).
Peebles Outdoor Film Festival	This year's race coincides with the Peebles Outdoor Film Festival (13-15 Aug) which, on race day, includes an evening with ultra-runner Anna Rutherford who recently set a new record for the 212-mile Southern Upland Way. So make an evening of it in Peebles. Enjoy your post-race pizza/pasta at <i>Franco's</i> before taking your seat at the Eastgate Theatre for Anna Rutherford's presentation. More information at eastgatearts.com Book ahead to avoid disappointment.