

# Scottish Hill Runners

## Junior Hill Running Race Calendar 2020



Photo by Andy Stark

## **What is Hill Running?**

“Hill running” is basically running in hilly terrain, often in the more beautiful parts of the countryside. It’s a fun sport, gets you fit and takes you to some great places! Most races for juniors are simply to the top of a hill and back down, usually by the same route. They almost always follow marked routes, but it’s still a good idea to familiarise yourself with the route beforehand and take along a map of the route as well.

There are hill races throughout the year, but the main season runs from May to September.

## **What kit do you need?**

Well, for most races the same running kit you would have for a cross country race will be fine. Your shoes should have good grip, and it may be worthwhile investing in some specialist studded hill running shoes. You should also bring along waterproof top and bottoms, a compass and a whistle (and something to carry them in, ideally a “bum bag”), in case the race organiser asks you to carry some or all of these, though normally you won’t have to.

## Junior age limits

Many shorter races are suitable for juniors or have separate courses for juniors. It is important to note that, for the benefit of juniors - and especially to protect their growing bodies from undue stress – there is a UK Athletics Rule that specifies the maximum length of course that juniors are permitted to race:

Under 8 – 1 km  
Under 10 – 2 km  
Under 12 – 3 km  
Under 14 – 5 km  
Under 16 – 7 km  
Under 18 – 10 km

**(NB:** Age groups are defined by the runner's age on the day of the race)

In addition, there may be courses where the race organisers set more restrictive age limits – for example where there is a lot of climb or rough terrain. These age limits are stated in the Calendar where known, but you are always advised to check with the race organiser before travelling.

“Fun Runs” are suitable for all ages, though usually any Under 8s must be accompanied by an adult.

## Race Categories

Hill races are divided into categories, to help you judge the difficulty involved:

### Category A

- (a) Should average not less than 50m of climb per km of distance.
- (b) Should not have more than 20% of race distance on road.

### Category B

- (a) Should average not less than 25m of climb per km of distance.
- (b) Should not have more than 30% of race distance on road.

### Category C

- (a) Should average not less than 20m of climb per km of distance.
- (b) Should not have more than 40% of race distance on road.

In addition, there are **Race Length Categories:**

- (a) Category **S** (short) race is 10 km or under in length (juniors can run most of these)
- (b) Category **M** (medium) race is over 10 km but less than 20 km (juniors cannot run these unless they are over 18 on the day of the race)
- (c) Category **L** (long) race is 20 km or over in length (juniors **cannot** run these races)

As an example, the “Scald Law” race is 4km long, with 290 metres of climb and is therefore a category “AS”.

## Junior Championship and League

The **scottishathletics** Junior Championship will be at the **Cademuir Rollercoaster** Race on Saturday 15<sup>th</sup> August. The Championship is open to members of **scottishathletics**. The championship categories are: u20 (born 2001-2003), u17 (born 2004-2005), u15 (born 2006-2007), with separate male and female awards.

The junior league is promoted by the Hill Running Commission (Scottish Athletics) in order to provide a competitive introduction to junior hill running in Scotland. It encourages juniors to develop the skills and talents needed to be a successful hill runner. Our aims are to produce runners who can compete in the home nations context and beyond and to foster awareness of hill running as a discipline in athletics.

The **scottishathletics** Junior League for 2020 includes the following 8 races :

28 Mar	Alex Brett Cioch Mhor Junior	Dingwall
18 Apr	Ben Lomond Junior	Rowardennan
03 May	Lomonds Junior Races	Falkland
06 May	Dumyat (U20 Only)	Stirling
16 May	Cornalees	Greenock
13 Jun	Hillhouse, Beecraigs (U17 & below)	Beecraigs
15 Aug	Cademuir Rollercoaster * - JHI trial	Peebles
30 Aug	St. Mary's Loch, Arthur's Seat	Edinburgh

\* Double points awarded at Cademuir

The league categories are: U20 (born 2001-2003), u17 (born 2004 - 2005) and u15 (born 2006-2007).

Points will be awarded to the first 18 individuals in each category: 1st place 25 points, 2nd 20 points, 3rd 17 points, 4th 15 points, 5th 14 points, reducing at one point intervals down to 18th 1 point. However the SA junior championships (Cademuir Rollercoaster – JHI trial) will be double weighted, where runners will receive twice the points. The final league score comprises the athlete's best 2 race scores, plus 2 points for each race completed. If overall points are tied after the final League race, points scored at Cademuir will be used to determine the winner of the age category.

#### **International Fixtures and qualification races**

8 May	Trial International Youth Cup	Ambleside, Cumbria
7 June	European Champs Trial (up & down)	Sedburgh, Lake District
20 June	WMRA International Youth Cup (up & down)	Ambleside, Cumbria
04 July	European Champs (UK team – up & down)	Portugal
15 August	Junior Home International trial (up & down)	Cademuir, Peebles
12 Sept	Junior Home International (up & down)	Newcastle, N. Ireland
27 Sept	World Champs Trial (uphill only)	Scotland, venue tbc
15 Nov	World Champs (uphill only)	Lanzarote

#### ***Bog and Burn Series***

This is a series of twelve Wednesday-night hill races in the central belt of Scotland. Competitors must be over 16 on 1 January 2020 (i.e. born in 2004 or earlier) to complete the series, though some of the individual races are open to younger runners.

#### **Who are Scottish Hill Runners (SHR)?**

SHR is an independent organisation providing services for hill runners in Scotland. Membership benefits include a regular newsletter, an annual journal and a printed Calendar of Hill Races (a comprehensive list of all hill races in Scotland for 2018). We aim to provide information on all aspects of hill racing, training and non-competitive hill running in Scotland. If you want to join (its £2 for juniors), contact:

Gordon Pryde (Membership Secretary) [committee9@scottishhillrunners.uk](mailto:committee9@scottishhillrunners.uk)

**Or visit our website:** [www.scottishhillrunners.uk](http://www.scottishhillrunners.uk)

This separate Junior Calendar is specifically aimed at junior runners (under 18), and gives details of all those races suitable for juniors, and includes the minimum age limits for each race. Although we have made every effort to ensure the information in this Calendar is accurate, details do change. We suggest that for any amendments to race details, you should check **[www.scottishhillrunners.uk](http://www.scottishhillrunners.uk)** For races at Highland Games events, we advise you to phone the organiser before travelling (particularly for the race's start time), or visit **[www.shga.co.uk](http://www.shga.co.uk)**.

If you do find any errors in the Calendar, or have any amendments to make, then please e-mail the corrections to **[scottishhillrunners@yahoo.co.uk](mailto:scottishhillrunners@yahoo.co.uk)**, or contact Angela Mudge ([committee6@scottishhillrunners.uk](mailto:committee6@scottishhillrunners.uk))

#### ***Membership of Scottish Athletics***

Scottish Athletics is the governing body in Scotland for hill racing held under the UK Athletics code for competition. For more information about membership and the benefits of joining, please contact Scottish Athletics at Caledonia House, South Gyle, Edinburgh EH12 9DQ, tel. 0131 539 7320; **[www.scottishathletics.org.uk](http://www.scottishathletics.org.uk)**

## SHR Junior Race Calendar 2020

### Thu 02 Jan

#### 12:00 noon Greenmantle Dash + Junior fun run

Broughton Village Hall, near Biggar, Peeblesshire

AS 3.2km / 200m Over 16

12:05pm "Greenmantle Gallop Fun Run" (2.5km 90m). U8s must be accompanied.

Organised by Martin Hyman (martinhyman@clara.co.uk)

Dick Wall, 01899 880332

dick@wallfamily.org.uk

15:06 Scott Fraser 2009

18:45 Charlotte Morgan 2013

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### Sat 04 Jan

#### 11:00am El-Brim-Ick Dash + Junior race

South Kirkhill, Aberdeen NJ848109

AS 4.8km / 230m £2.50 Over 14

11:05am Junior race, 1.9km / 100m, Over 10

Andrew Gordon

andyj1903@hotmail.com

19:30 Robbie Simpson 2012

23:21 Sonia Armitage 1995

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### Sat 15 Feb

#### 1.55pm Scald Law (junior race)

Run in conjunction with Carnethy 5 event (see below)

AS 4km / 290m £2 Over 12

Three race categories: U18, U16 and U14

www.carnethy.com

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### Sun 01 Mar

#### 2:00pm Bishop Hill Race + Junior race

Portmoak Village Hall, Scotlandwell, Fife

AS 4km / 300m £5 Over 16

Full body cover required.

Half Bishophill race for juniors (aged 10-15) starting at 2pm with free entry.

Richard Gatehouse, 01250 875599

gatehouse688@btinternet.com lomondhillrunners.co.uk

17:22 Robbie Simpson 2011

20:32 Clare Whitehead 2011

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### Sat 14 Mar

#### 3:00pm Chapelgill

#### & "Congrie Conga" Junior fun run

Glenholm, south of Broughton, Peeblesshire NT077294

AS 2.6km / 420m £5 or £7 if not a member of SA. Over 15

Dick Wall - dick@wallfamily.org.uk

Gordon Cameron - gcameron@stuartandstuart.co.uk

2:30pm "Congrie Conga Fun Run" 1.2km / 130m, Under 15

Under 8s must be accompanied

Organised by Martin Hyman (martinhyman@clara.co.uk)

18:50 Phil Davies 2003

22:10 Angela Mudge 2003

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### Sat 21 Mar

#### 2:00pm Craig Dunain

Admin Building, Queens Park, Inverness

BM 9km / 300m £5 Over 17

Caroline Marwick

carolinemarwick@hotmail.co.uk

39:14 Gavin Bryson 2018

45:46 Rhona Grant 2018

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### Sat 28 Mar

**12:00 noon Alex Brett Memorial Cioch Mhor + Junior Junior League race  
SHR Championship**

Dingwall Sports Centre, Dingwall

AM 13km / 690m £5 Over 18 – **U20 SAL Junior League**

12:05pm Junior race, 4km / 230m. Over 12 – **U17 & U15 SAL Junior League**

www.highlandhillrunners.org.uk

1:05:12 Finlay Wild 2013

1:20:37 Nicola Meekin 2011

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**Sat 04 Apr**

**1:00pm Scree Hill**

Palnackie, nr Castle Douglas NX 800547

AS 6.4km / 400m £5 Over 16

Douglas Milligan, 01556 503061

carolanddougie@btinternet.com

26:46 Alexander Chepelin 2019

33:41 Jill Stephen 2019

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**Tue 07 Apr**

**7:00pm Krunce Series - Race 1**

Tyrebagger Woods, near Aberdeen NJ847109

BS 5.7km / 170m £1 Over 14

6 Race Series

Ewen Rennie, 01224 326541

ewenrun@yahoo.com cosmics.org.uk

23:29 Kevin Harper 2012

27:52 Veronique Oldham 2012

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**Wed 15 Apr**

**7.00pm Kaim Hill Race**

**Bog and Burn**

Primary School, Fairlie, North Ayrshire

AS 5.6km / 380m £5/£7 Over 16

North Ayrshire Athletics

events@naathletics.co.uk

25:52 Mark Rigby 1995

32:24 Helene Diamantides 1995

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**Sat 18 Apr**

**12:00 noon Ben Lomond Junior League Race**

Car Park, Rowardennan NS359986Aberdeenshire

Races for U20, U17, U15 plus Fun Run for over 8s

A counter for the SA U20, U17, U16 Junior League

Malcolm Patterson 07917 176969

malcpat@yahoo.co.uk

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**Sat 18 Apr**

**1:00pm Hunters Bog Trot**

Holyrood Park, Edinburgh

BS 6.4km / 240m Over 14

Michael Grant,

disorganiser@huntersbogtrotters.com

25:50 Phil Mowbray 1999

29:24 Sarah McCormack 2013

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**Wed 22 Apr**

**7:00pm Newtyle Hill**

Registration at the field, up Brae Street from 5.30pm.

BS 7.8km / 300m

£10 Entries on the day

Adrian Davis, 01350 727201

wildoutdoorscotland@gmail.com

30:08 James Espie 2016

37:24 Judith Turner 2015

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**Sat 25 Apr**

**2:30pm Norman's Law & Emily Hill (junior race)**

Luthrie Village Hall, Fife

BS 8km / 210m Over 16

2pm Emily Hill Junior Race. 1.5km / 64m. Free entry. Under 8 must be accompanied.

Roger Rees

rdr1@st-andrews.ac.uk

www.fifeac.org

27:51 Neil Martin 1996

34:24 Clare Miller 2000

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**Sun 03 May**

**Lomonds Junior Hill Race – Junior League Race**

Purin Hill (near Falkland)

Races for U18, U16, U14 and U12

Roger Rees,

rdr1@st-andrews.ac.uk www.fifeac.org

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**Tue 05 May**

**7:00pm Krunce Series - Race 2**

Tyrebagger Woods, near Aberdeen NJ851045

BS 5.7km / 170m £1 Over 14

6 Race Series

Ewen Rennie, 01224 326541

ewenrun@yahoo.com cosmics.org.uk

23:29 Kevin Harper 2012

27:52 Veronique Oldham 2012

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**Fri 8 May**

Selection race for International Youth Cup, Juniors born in 2003 and 2004. Ambleside, Cumbria. If interested please contact [angela.mudge@scottishathletics.org.uk](mailto:angela.mudge@scottishathletics.org.uk). A minibus will be travelling down to Cumbria if enough athletes express an interest.

Details <https://www.amblesidemountaincup.com/>

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**Wed 13 May**

**7:30pm Whangie Whizz**

**Bog and Burn**

Queen's View, nr Carbeth NS511807

BS 6.8km / 240m £5/£7 Over 16

There will be a U18, U16 and U14 junior race at the same time as the senior race. 4.5km with 215m ascent.

Niall McAlinden,

niallmcaldinden@gmail.com westerlandscoc.co.uk

28:41 James Espie 2019

33:12 Catriona Buchanan 2017

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**Thu 14 May**

**7:30pm Pressendye**

Tarland, Aberdeenshire

AS 9.5km / 450m

David Hirst, 01339 881448

david.hirst@nr.no www.deesiderunners.com

38:20 Robbie Simpson 2019

46:43 Anna MacFadyen 2017

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**Sat 16 May**

**(To be confirmed)**

**1:00pm Fyrish Hill Race**

Evanton

BM 13km / 540m £5 adults and £3 U17 and £1 U12

Dave Wilby, 07714 571627

davewilby2000@yahoo.co.uk www.highlandhillrunners.org.uk  
1:01:46 Andrew Gilmore 2019 1:13:22 Vikki Thompson 2018

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**Sat 16 May**

**Cornalees Junior Hill Race – Junior League**

Greenock Glenpark Harriers Clubhouse,  
Orangefield,  
Greenock  
PA15 1 YX  
Stevie McLoone  
steviemcloone@ntlworld.com

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**Thu 21 May**

**7:30pm Kinnoull Hill Race**

Registration at Kinnoull Church Hall, Perth  
BS 6.4km / 250m Over 14  
David Knight, 01738 447955  
d.knight@tinyworld.co.uk www.strathtayharriers.co.uk  
23:14 Peter Dymoke 1992 27:09 Tracey Brindley 1997

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**Sat 23 May**

**2:00pm Glas Tulaichean (uphill) + Junior Junior fun run**

Dalmunzie Hotel, nr Spittal of Glenshee  
The 2020 race is the 25<sup>th</sup> anniversary of this great race  
AS 7km / 670m £6 (non-SAL) Over 17  
Entries close 1.20pm. All runners must supply warm gear for transport to summit.  
“Glas T Toe Tickle” junior race (1km / 50m) at 2.30pm.  
Steve Matthews s.p.matthews@dundee.ac.uk dundeehawks.co.uk  
33:28 Kris Jones 2018 38:50 Angela Mudge 2003

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**Tue 02 Jun**

**7:00pm Krunce Series - Race 3**

Tyrebagger Woods, near Aberdeen NJ851045  
BS 5.8km / 220m £1 Over 14  
6 Race Series  
Ewen Rennie, 01224 326541  
ewenrun@yahoo.com cospics.org.uk  
23:29 Kevin Harper 2012 27:52 Veronique Oldham 2012

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**Sun 07 Jun**

**2:00pm Saugh Hill + Junior race**

Victory Park, Girvan, Ayrshire  
AS 4.5km / 270m Over 12  
Carrick Lowland Gathering. Minimum age 8 for junior race.  
Girvan Harriers 077960581643  
girvanharriers@outlook.com  
20:38 Iain MacCorquodale 2017 26:31 Katie Rourke 2018

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**Sun 07 Jun**

**Trial Race, Sedbergh – Selection for European Champs**

Details - <https://www.uka.org.uk/competitions/mountain-running/>

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**Sat 13 Jun**

**10:30 Beecraigs Junior Hill Races – Junior League**

Visitor Centre Car Park (Hill House overflow)  
Tracey Brindley  
traceybrindley@hotmail.com

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**Sat 13 Jun****11:30 Beecraigs Burner Uphill**

Visitor Centre Car Park (Hill House overflow)

1.3km / 100m

Tracey Brindley

traceybrindley@hotmail.com

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**Wed 17 Jun****7:30pm Turnhouse Hill Race**

Flotterstone Car Park, (A702) NT 234631

5km / 350m

Rob Wilson

rjsw@st-andrews.ac.uk

24:46 Hector Haines 2011

28:50 Sarah MacCormack 2011

Resurrected race for 2020

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**Wed 17 Jun****8:00pm Creag Choinnich Hill Race**

Braemar

5km / 25 m

Ali Hubbard, 013397 41675

alastairhubbard@gmail.com

17:24 James Espie 2016

21:37 Claire Green 2016

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**Thu 18 Jun****7:00pm Hill of Fare**

NJ743036, near Banchory

6.9km / 260m

Colin Russell

colinrussell81@yahoo.com

www.cosmics.org.uk

26:39 Hamish Battle 2019

29:38 Clare Whitehead 2015

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**Sat 20 Jun****WMRA International Youth Cup, Ambleside****Youth Challenge for athletes aged 16 or 17 – Scotland team selection Friday 8<sup>th</sup> May on race course**

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**Sat 20Jun****2:30pm Eildon 3 Hills**

Gibson Park, Melrose

AS 7.4km / 575m Over 14

Gerry Moss,

gerrymoss@hotmail.co.uk galaharriers.co.uk

34:16 Tom Owens 2016

40:22 Louise Mercer 2015

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**Sat 20Jun****(To be confirmed)****2:00pm Eagle Crag**

Blarmachfoldach, Fort William

AS 8.6km / 760m £3 Over 17

Ian Adams, 01397 700081, 07957 501793

ian@ianadams7.wanadoo.co.uk

0:58:28 Brian Marshall 2007

1:11:59 Sarah Mackenzie 2014

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**Wed 24 Jun****7:00pm The Law Breaker****Bog and Burn**

Upper Mill Street, Tillicoultry

AS 5.4km / 630m £5 on the day Over 16

Andrew Wright,

trailracing@outlook.com

32:51 Robbie Simpson 2008

40:13 Fiona Maxwell 2008

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**Mon 29 Jun****7:00pm Cow Hill**

Parade, Fort William

AS 3.2km / 275m £3/£5 Over 16

www.lochaberac.co.uk

16:56 John Brooks 2000

21:38 Ros Coates 1980

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**Wed 01 Jul****5:30pm Kenmore Highland Games**

Sports Field, Kenmore

AS 8km / 500m Over 16

www.kenmorehighlandgames.co.uk

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**Wed 01 July****7:30pm Kilpatricks Hill Race****Bog and Burn**

Old Kilpatrick, Sports Ground

BS 10km / 430m £7 Over 16

James Callender,

james.callender@live.co.uk westerlandsccl.co.uk

28:58 Gregor Stewart 2018

38:28 Kirsty Dickson 2018

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**Sat 04 Jul****10:00am Clasmach Hill Race**

Huntly Auction Mart AB54 4QU

AS 6km / 375m

Philip Dawson

phildawson63@btinternet.com

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**Sat 04 Jul****3:00pm Luss Highland Games**

Luss Village, Loch Lomond

AS 3km / 300m Over 16

www.lusshighlandgames.co.uk

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**Sun 04 Jul****European Championships – Cinfaes, Portugal**

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**Tue 07 Jul****7:00pm Krunce Series - Race 4**

Tyrebagger Woods, near Aberdeen NJ851045

BS 5.7km / 170m £1 Over 14

6 Race Series

Ewen Rennie, 01224 326541

ewenrun@yahoo.com cosmics.org.uk

23:29 Kevin Harper 2012

27:52 Veronique Oldham 2012

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**Tue 07 Jul****(To be confirmed)****7:30pm Earlston Black Hill + Junior race**

Earlston NT585369

BS 8.2km / 230m £3/£5 Over 16

7:00pm White Hill junior race (3.2km / 100m)

Jonathan Sharp

123sharpfamily@gmail.com

26:52 John Wilkinson 1990

31:56 Angela Mudge 1998

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**Fri 10 Jul**

**7:00pm Tain Highland Games**

Glenmorangie Field, Tain

7km Over 14

Hill Race takes place on Friday evening before the main games.

Registration from 6pm at the games field

[www.tainhighlandgathering.com](http://www.tainhighlandgathering.com)

32:11 Gordon Lennox 2013

43:49 Heather Johnston 2015

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**Sat 11 Jul**

**4.15pm Alva Games**

The Johnston Park, Alva

AS 1.6km / 400m Pay entry to Games Over 17

Junior races earlier in day for U12, U14 & U17

[www.alvagames.co.uk](http://www.alvagames.co.uk)

18:39 Kenny Stuart 1981

25:12 Christina Rankin 2012

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**Wed 15 Jul**

**(To be confirmed)**

**7:30pm Cairn Table**

**Bog and Burn**

Cairn Table Car Park, Muirkirk, Ayrshire

BS 8km / 360m £5/£7 Over 16

James Paddy MacDonald

[James.MacDonald@eastayrshireleisure.com](mailto:James.MacDonald@eastayrshireleisure.com)

30:41 James Espie 2016

37:54 Jill Stephen 2017

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**Sat 18 Jul**

**3:00pm Lochcarron Games**

Attadale Estate, Lochcarron

AS 5km / 380m Over 12

Also junior race for U16

[www.lochcarrongames.org.uk](http://www.lochcarrongames.org.uk)

19:10 Andrew "Chunky" Liston 2009

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**Sat 18 Jul**

**2.00pm Lee Pen Hill Race**

**Junior Race – Junior Caerlee Hill Race**

St. Ronan's Border Games, held in Victoria Park, Hall Street, Innerleithen EH44 6QT

4.8km / 350m

[www.stronansgames.org/](http://www.stronansgames.org/)

Colin Williams [colin.m.williams@talk21.com](mailto:colin.m.williams@talk21.com)

23:54 Euan Jardine 2005

28:26 Charlotte Morgan 2017

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**Sat 18 Jul**

**3:00pm Tom na Bat, Tomintoul Games**

**SHR Championship**

Tomintoul Highland Games

AS 5.6km / 340m Over 14

Tomintoul Highland Games

28:14 Dan Whitehead 2010

31:09 Clare Whitehead 2010

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**Wed 22 Jul**

**7:30pm Falkland Hill Race**

Falkland, Fife

AS 6.5km / 360m

Kevin Murray [kevin\\_murray100@hotmail.com](mailto:kevin_murray100@hotmail.com)

Falkland Trail Runners

29:17 Gordon Mathieson 2019

32:43 Heather Anderson 2019

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**Tue 28 Jul**

**7:00pm The Stag To Hind Hill Race**

Stag Hotel, Moffat

Kevin Plummer

postmaster@kplummer.plus.com

25:28 Andrew Cox 2018

30:31 Rosie Allen 2018

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**Sat 01 Aug**

**3:15pm Creag Dhubh**

Newtonmore Highland Games NN 708983

AS 7km / 370m Over 16

Tom Robertson, 01540 673348

knockmalloch@onetel.com newtonmorehighlandgames.co.uk

26:49 Finlay Wild 2019

32:21 Angela Mudge 2006

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**Tue 04 Aug**

**7:00pm Krunce Series - Race 5**

Tyrebagger Woods, near Aberdeen NJ851045

BS 5.7km / 170m £1 Over 14

6 Race Series

Ewen Rennie, 01224 326541

ewenrun@yahoo.com cosmics.org.uk

23:29 Kevin Harper 2012

27:52 Veronique Oldham 2012

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**Wed 05 Aug**

**3:20pm Isle of Skye Games**

The Games Field, Portree

Over 16

No entry fee

www.skye-highland-games.co.uk

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**Wed 05 Aug**

**2:30pm Killin Games**

Breadalbane Park, Killin

AS 2.5km / 400m Over 14

Registration from 12.30pm

www.killingames.co.uk

21:02 Graeme Bartlett 1998

27:24 Diana MacDonald 2017

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**Wed 05 Aug**

**(To be confirmed)**

**7:30pm North Berwick Law**

North Berwick Harbour

BS 4.5km / 185m Adults £3/£5, Juniors £2/£4 Over 10

Register from 6pm in RNLI Boathouse at North Berwick Harbour. Runners aged 10-12 years are

Kirsty Hutcheson,

khutcheson@eastlothian.gov.uk

17:53 John Wilkinson 1989

20:24 Angela Mudge 1999

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**Sat 08 Aug**

**12:00 noon Strathpeffer Games**

Castle Leod, Strathpeffer

BS 6.5km / 260m Over 16

Junior races 12/13 and 14/15 3.3km 130m

raymondwilby@yahoo.co.uk 01349862014

25:43 Finlay Wild 2017

30:44 Jill Stephen 2017

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**Sat 08 Aug**

**3:00pm Aberfeldy Games**

Atholl & Breadalbane Highland Gathering, Aberfeldy

BS 7.2km / 240m Over 16

[www.aberfeldyshowandgames.co.uk](http://www.aberfeldyshowandgames.co.uk)

25:33 James Espie 2019

29:55 Kate White 2019

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**Sat 08Aug****01:00pm Holm Show Hill Race**

Sorbietrees Farm, Newcastleton

5.5km / 115m £4

Hill race for ages 16+

At 12:30 there is a 2k fun run open to all, cost £2

Pauline McAdam

[Pauline@borderguitars.co.uk](mailto:Pauline@borderguitars.co.uk)

23:40 Max Clarke 2018

32:16 Rachel McAleese 2018

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**Wed 12 Aug****7:30pm Caerketton + Junior race****Bog and Burn**

Hillend, Edinburgh

AS 3.5km / 300m £2 Over 16

7pm Junior race 1.6km/100m to top of ski slope and back. Under 16/Over 8.

Bog and Burn series prize-giving and soup at The Steading afterwards.

Carnethy HRC (Race Director – Stewart Whitlie)

17:36 Andrew Douglas 2019

20:23 Charlotte Morgan 2017

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**Thu 13 Aug****3:00pm Ballater Games**

Monaltrie Park, Ballater

AS 4km / 190m Entry to games field Over 16

Andy Bain, 07968 485913

[triguy100@hotmail.com](mailto:triguy100@hotmail.com) [www.ballaterhighlandgames.com](http://www.ballaterhighlandgames.com)

16:59 Fred Reeves 1978

20:38 Clare Whitehead 2015

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**Sat 15 Aug****2:30pm The Cademuir Rollercoaster**

Peebles High School, Peebles

AS 6km / 274m

The 6k race is an open race, and there is also a 3k junior race at 2pm.

Gregor Nicholson,

[gjn7nil@gmail.com](mailto:gjn7nil@gmail.com) [www.moorfootrunners.co.uk](http://www.moorfootrunners.co.uk)

25:14 James Dunn 2019

29:53 Catriona Buchanan 2015

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**Sat 15 Aug****2:00pm Tap O' Noth**

Rhynie, Aberdeenshire

AS 7.6km / 370m Over 16

Graham Aitken

[inschtrailrunningclub@gmail.com](mailto:inschtrailrunningclub@gmail.com)

33:18 James Espie 2016

36:35 Angela Mudge 2013

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**Sat 15 Aug****2:45pm Helmsdale Games**

Couper Park, Helmsdale

BS 6.4km / 200m Over 17

[www.helmsdalegames.info](http://www.helmsdalegames.info)

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**Sat 15 Aug****11:00am Oldhamstocks Flower Show Race**

Oldhamstocks, East Lothian  
6.5km / 200m  
Andrea Davison  
aj\_davison@btinternet.com  
27:36 Graham Nash 2014

31:29 Julie Oswald 2015

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**Thu 20 Aug**

**7:00pm Cheyne Hill Race**

Cheyne Woods NO 843883

BS 6.4km / 225m £2.50 Over 14

Junior Race: 3.6km / 120m Over 12.

Gary Gutteridge, 01569 765234, 01224 758663

ggutteridge@oceanengineering.com cosemics.org.uk

24:45 James Espie 2016

29:10 Clare Whitehead 2010

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**Sat 22 Aug**

**3:00pm Glenurquhart Highland Games**

Blairbeg Park, Drumnadrochit

BS 8km / 210m Over 17

Glenurquhart Highland Gathering and Games

www.glenurquhart-highland-gathering.co.uk

20:17 John Brooks 1997

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**Sun 23 Aug**

**(To be confirmed)**

**12:00 noon Baddingsgill Round**

Baddingsgill, near West Linton

AM

www.caac.org.uk/baddingsgill-round/

1:27:11 Scott Fraser 2016

1:42:29 Charlotte Morgan 2014

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**Thu 27 Aug**

**1:15pm Oban Games Race**

Mossfield Park, Oban

BS 3.2km / 120m Over 12

Tom Smith, 01631 710391

thomas\_\_smith@hotmail.com www.obangames.com

0:12:13 Andrew Douglas 2011

0:14:54 Nicola Meekin 2010

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**Sun 30 Aug**

**01:00pm St. Mary's Loch, Arthur's Seat Junior Race (Time to be confirmed)**

**Junior League**

At. Mary's Loch, Arthur's Seat, Edinburgh

Megan Mowbray

meganmowbray@doctors.org.uk

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**Tue 01 Sep**

**6:45pm Krunce Series - Race 6**

Tyrebagger Woods, near Aberdeen NJ851045

BS 5.7km / 170m £1 Over 14

6 Race Series

Ewen Rennie, 01224 326541

ewenrun@yahoo.com cosemics.org.uk

23:29 Kevin Harper 2012

27:52 Veronique Oldham 2012

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**Wed 02 Sep**

**7.00pm Caerketton Downhill + Junior race**

Car park at foot of Hillend Road. Register by 6.30pm NT237663

AS 1.8km / 300m descent. £1 Over 12

Start on summit of Caerketton. Junior race, Over 8. 1km / 150m descent.

Carnethy HRC (Race Director – Mark Johnston)

4:45 Jonathan Crickmore 2018

5:45 Charlotte Morgan 2012

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**Sat 05 Sep**

**12:00 noon JBF Memorial Devil's Beeftub**

Corehead Farm, nr Moffat NT 073125

AS 3.2km / 230m Over 12

Carnethy HRC (Race Director – Willie Gibson)

19:45 Morgan Donnelly 2011

24:06 Jill Mykura 2005

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**Sat 05 Sep**

**1:20pm Braemar Gathering**

Braemar

AS 5.1km / 400m £3 by 17th August Over 16

William Meston, 01339 755377

info@braemargathering.org braemargathering.org

24:28 M Hawkins 1984

30:03 Clare Miller 2002

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**Sat 12 Sep**

**3:00pm The Suidhe Hill Race**

Kincraig village green, nr Aviemore

5.5km / 290m £5

Flagged route, with compulsory water slide finish!

(5k woodland fun run beforehand)

Manny Gorman,

manny68g@hotmail.co.uk

28:31 Phil Mowbray 2018

34:06 Cat Morrison 2018

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**Sat 12 Sep**

**Junior Home International, Newcastle N.Ireland**

Teams of 4 male and female athletes for U20 and U17.

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**Sun 13 Sep**

**3:15pm Creag Bheag**

Ardvonie Park, Kingussie

AS 5km / 250m £5 Over 16

Manny Gorman,

manny68g@hotmail.co.uk

25:26 Ewan McCarthy 2014

29:46 Neah Evans 2014

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**Sat 19 Sep**

**3:00pm Pitfichie Hill (junior race)**

Monymusk, Inverurie

AS 4.5km / 280m £2

Junior races for U18, U16, U14.

(Also 2km, 120m race for U12/Over 8)

Chris Hill

geophys\_chris@yahoo.co.uk

23:07 Sam Burgess 2010

25:14 Rachel Armitage 2006

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**Sun 20 Sep**

**11:00am Penchrise Pen**

Stobs Camp, Hawick NT500094

BS 8km / 280m £5 Over 16

Race and parking on farmland with livestock. Please do not bring dogs

Keith Murray, 07804 648287

kjmurray63@hotmail.com www.teviotdaleharriers.org.uk

33:55 Colin Donnelly 2018

35:13 Charlotte Morgan 2014

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**Sun 27 Sep**

**World Champs Selection Race (Venue and time to be confirmed)**

Organiser [angela.mudge@scottishathletics.org.uk](mailto:angela.mudge@scottishathletics.org.uk)

<https://www.uka.org.uk/competitions/mountain-running/>

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**Sat 03 Oct**

**12.45pm Yetholm Border Shepherds Show Hill Race**

**SHR Championship**

Town Yetholm, Roxburghshire

AS 6.5km / 360m Over 16

Junior race 2.9km / 150m

Les Turnbull, 01890 840331

[les1984@btinternet.com](mailto:les1984@btinternet.com) [norhamrc.co.uk](http://norhamrc.co.uk)

32:10 Darrell Hastie 2015      44:05 Kate Kichin 2016

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**Sat 03 Oct**

**1:00pm Meall nan Tarmachan**

Maclaren Hall, Killin

AS 9.5km / 700m £10 (online entry) Over 16

Registration at NTS Office, Lynedoch, Main Street, Killin from 11am to 12:15pm

Dan Watson,

[danwatson@myphone.coop](mailto:danwatson@myphone.coop)

47:28 Finlay Wild 2019

55:04 Angela Mudge 2013

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**Sat 03 Oct**

**10.00am Penicuik House Trail Race**

Aldersbank, Penicuik

Graham Flockhart

[g.flockhart@hotmail.co.uk](mailto:g.flockhart@hotmail.co.uk)

39:35 Peter Gardner 2019

44:47 Jenny McCall 2019

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**Sat 03 Oct**

**1:00pm Morven**

by Dinnet, Aboyne NJ410044

AS 8km / 640m Over 16

Aberdeenshire Series Race 2

Junior races:

1:00pm Half Morven, U18/U16, 4km / 380m

27:28 Robbie Simpson 2007      34:06 Jennifer Kibble 2003

1:10pm Mini Morven, U14/U12, 1.8km / 108m

8:55 Hamish Battle 2008      13:33 Hannah Hughes 2007

Warren Burgess,

[warrenburgess@gmail.com](mailto:warrenburgess@gmail.com) [deesiderunners.com](http://deesiderunners.com)

43:22 Tom Owens 2015

49:47 Angela Mudge 2006

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**Sun 25 Oct**

**11:00 Benarty Hill Race**

Lochore Meadow Country Park, Fife

9.5 / 300m

Michael Murray

[michael@meediesrunning.club](mailto:michael@meediesrunning.club)

42:40 Colin Donnelly 2019

48:55 Jaqueline MacIntyre 2019

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**Sat 31 Oct**

**2:00pm Tinto**



Damn Delicious, Thankerton Camp Farm,  
Thankerton, Biggar, ML12 6PD – just off the main road between Lanark and Biggar  
AS 7km / 460m Over 16  
Online entry. Check [www.carnethy.com](http://www.carnethy.com) for further details  
Carnethy HRC  
29:58 John Brooks 1995 33:43 Angela Mudge 2003

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**Sat 31 Oct**

**Tinto Junior Race**

Run in conjunction with Tinto senior race (see above)

AS 3.2km / 180m £2

Under 18, Under 16, Under 14/Over 12

Also "Tinto Tiptoe Fun Run" (1.5km 50m, entry 10p, Over 8) organised by Martin Hyman

[carnethy.com](http://carnethy.com)

14:40 Jamie Stevenson 2006

16:06 Sarah Inglis 2006

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**Sat 07 Nov**

**1:00pm Knockfarrel**

Strathpeffer Shinty Pavilion

BS 8km / 360m Over 16

Dagmar Borrowman

[dagmarheyer@hotmail.com](mailto:dagmarheyer@hotmail.com) [www.highlandhillrunners.org.uk](http://www.highlandhillrunners.org.uk)

37:24 Graeme Bartlett 2000

43:20 Tracey Brindley 2004

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**Sun 08 Nov**

**11:00am Craig O Barns**

Registration at Polney Loch.

5km / 340m

£10 Entries on the day

Children races free – 2km / 100m

Adrian Davis, 01350 727201

[wildoutdoorscotland@gmail.com](mailto:wildoutdoorscotland@gmail.com)

30:07 Stewart Whitlie 2018

33:33 Catriona Morrison 2019

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**Sat 14 Nov**

**World Championship – Lanzarote**

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**Sat 19 Dec**

**(To be confirmed)**

**11:00am Kirk Craigs Christmas Cracker**

Centenary Hall, Hamilton Street, Tillicoultry

AS 6.8km / 536m Over 16

Grant Baxter,

[grant.katy@icloud.com](mailto:grant.katy@icloud.com)

36:50 Josh Boyle 2018

43:39 Angela Mudge 2018

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**Sat 26 Dec**

**11:00am Beecraigs Handicap Trail Race**

Balvornie Car Park, Beecraigs Country Park, Linlithgow NS989740

14km / 340m

Handicap runs over 7 km and 14 km, first runner starts at 11.00am

Also Cockleroy Fun Run (1km approx) at 11.15am organised by Martin Hyman

Peter West, 01506 492088

[peterwest@blueyonder.co.uk](mailto:peterwest@blueyonder.co.uk) [www.lothianrunningclub.co.uk](http://www.lothianrunningclub.co.uk)

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