

SCOTTISH HILL RUNNERS 2025 RACE CALENDAR



*2025 Race Information
Championships and International Fixtures
Free to SHR members*

Price £2

All images: Neil Gilmore



SCOTTISH HILL RUNNERS CALENDAR 2025

Introduction

The Scottish Hill Runners Calendar provides a comprehensive list of hill races in Scotland, including Highland Games, Mountain Marathons and junior hill races. Several championship fixtures from further afield are also included, such as the World Championship and World Masters races.

Although we have made every effort to ensure the information in the Calendar is accurate, neither the compilers nor Scottish Hill Runners (SHR) can accept any responsibility for any errors or their consequences. We suggest that for any amendments to race details, you should check the SHR website at 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 shga.co.uk.

If you find any errors in the Calendar, or have any amendments to make, then please e-mail the corrections to Neil Gilmore (committee8@scottishhillrunners.uk).

A team of volunteers has helped to produce this calendar. Thanks are due to Neil Gilmore, Andy Spenceley and Angela Mudge (advertising and for scottishathletics information). Many thanks also to John Hepburn, who has designed the calendar.

Scottish Hill Runners (SHR)

SHR is an independent organisation providing services for hill runners in Scotland. Membership benefits include insurance, an annual journal and this Calendar. We aim to provide information on all aspects of hill racing, training, long distance challenges, and non-competitive hill running in Scotland.

Committee: Peter Mackie (Convenor), Jill Stephen (Secretary), Stewart Whittle (Treasurer), James Callander (Journal), Gordon Pryde (Membership), Andy Spenceley (Statistician), Angela Mudge, Kirsty Dickson, Jamie Provan (web support), Sarah McCleary (Environmental Rep), Sarah Ormerod, Alastair Pringle and Neil Gilmore (Race Results, Website and Calendar).

SHR annual membership runs from 1st January and costs £10 (£5 junior/student/unwaged). The cost for additional members at the same address is £5 each, but only one copy of a printed publication will be given for a joint membership. To join SHR access the SiEntries link

https://www.sientries.co.uk/event.php?elid=Y&event_id=14368

Race Categories

A hill race is one run on hill or mountain terrain and shall be categorised as follows:

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.
- (c) Should be at least 1.5km in length.

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.
- (c) Should contain some genuine fell terrain.

Race Length Categories

- (a) Category L (long) race is 20 km or over in length.
- (b) Category M (medium) race is over 10 km but less than 20 km.
- (c) Category S (short) race is 10 km or under in length.

Junior age limits

Many shorter races are suitable for juniors or have separate courses for juniors. The maximum length of course that juniors shall be expected to race are:

Under 10	2 km
10 to 12 years	3 km
12 to 13 years	5 km
14 to 15 years	7 km
16 to 17 years	10 km

If you would like a copy of the Junior Hill Running Race Calendar, which is a separate listing of all hill races suitable for juniors, then please contact Angela Mudge committee6@scottishhillrunners.uk

SCOTTISH HILL RUNNERS CHAMPIONSHIPS

Senior Championship

The SHR Championship for 2025 consists of the following 6 races: **Screele (S)**, **Stuc a' Chroin (L)**, **Yetholm (M)**, **Glenshee 9 (L)**, **Ben Nevis (M)** and **Morven (S)**.

1. To complete the Championship, you must finish one race from each category (S, M, L), plus one other: i.e. four races in total. (NB: V60 and older runners are allowed to complete any 4 out of the 6 races). Each runner who completes the Championship will be awarded a memento.

Prizes will be awarded to the first three male and female runners in each category – Senior, V40, V50, V55, V60, V65, V70, V75 and V80 if there are any entries. Category winners up to V50 will also receive a trophy, to be kept for one year. Category is determined by runner's age on the day of the race. Team prizes will be awarded to the first Senior and Over-40 teams, four runners to count for Senior men's teams and three for Senior women's teams. Over-40 teams are three runners to count for both men and women. NB: An athlete can only count for one Club's team in a given championship race.

2. To receive a trophy or prize, you must be able to claim Scottish eligibility: i.e. Scottish by birth or residence, or via a first-claim Scottish club.

3. Points are awarded to the first 40 runners in each category. The winner in each category receives one extra point, e.g. 41 points for first, 39 points for second, etc. You don't need to score any points to receive a memento, so long as you complete the relevant four races.

4. In the event of a tie in any of the championship categories, the winner will be the one who has beaten the other the most in championship races. If contenders are still equal after this has been applied, then they will tie.

5. There is no requirement for runners to be an affiliated club member or member of SHR, although to receive a memento you should be a member of SHR.

Under 23 Championship

The SHR Under 23 Championship for 2025 consists of the following 5 races: **Screele, Dumyat, Yetholm, Ben Nevis and Morven**.

1. To complete the Championship, you must do at least 3 races. Runners count their 2 best results.

2. To be eligible, runners must be under 23 on the day of the race. They must also have Scottish eligibility, i.e. be Scottish by birth, or by residence, or via a first-claim Scottish club.

3. Points are awarded to the first 10 men and women, with the winner receiving 41 points for first, 39 points for second, 38 points for third, etc. The winner will be the runner with the highest score from their two best results. If two runners have the same score, the person with the better aggregate score over the three races will win. If this still results in a tie, then the position will be shared.

4. Awards will be presented to the first three men and women (providing they have Scottish eligibility), and mementos given to all runners completing at least two races, regardless of eligibility.

Any queries about the SHR Championship should be addressed to Andy Spenceley committee10@scottishhillrunners.uk

scottishathletics HILL RUNNING CHAMPIONSHIPS**Senior Championship**

The **scottishathletics** Senior Championship Race will be at Yetholm Hill Race on Sunday 1st June. Only individual members of **scottishathletics** will count for the Championship, although the race itself is open to all.

The championship categories are: individual senior men/women, V40 men/women (40-49 years old), V50 men/women (50-59 years old), V60 men/women (60 years old or over) and V70 men/women (70 years old or over) Note - veteran age groups are determined from age on the day of the race. There is also a club team competition, with 4 to count for men's teams and 3 to count for women's teams. An athlete can only count for one club's team in a given championship race and it will be the team that they have entered the race under.

Junior Championship and League

The scottishathletics Junior Championship will be at the Eildon Junior Race on Saturday 21st June. The Championship is open to members of scottishathletics. The championship categories are:

u17 (born 2009-2010), u15 (born 2011-2012), with separate male and female awards. U13 (born 2013-2014) can also complete the league but are not eligible for overall 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 2025 includes the following 8 races :

05 Apr	Dumyat	Stirling	14 Jun	Cornalees	Greenock
27 Apr	Lomonds Junior Races	Falkland	21 Jun	Eildon Junior Race*	Melrose
10 May	Broughton Heights	Broughton	11 Aug	Cademuir Rollercoaster	Peebles
07 Jun	Braemar Junior Highland Games	Braemar	27 Sept	Suidhe Hill Race*	Kinraig

* Ten bonus points awarded at these races

NB: Please check the details of each individual event as to which race to compete in on the day as there may be multiple senior/junior races.

The league categories are: U17 (born 2009-2010), U15 (born 2011-2012) and races for U13 (2013-2014)

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. The final league score comprises the athlete's best 3 race scores, plus 2 points for each race completed. If overall points are tied after the final League race, points scored at the SA junior championships, Cornalees Junior Race will be used to determine the winner of the age category.

For 2025 there is the scottishathletics U20 (born 2006, 2007 or 2008) League which includes the following 7 races :

29 Mar	Birnam Hill Race	Birnam
12 Apr	Screel	Castle Douglas
07 May	Dumyat	Stirling University
21 Jun	Eildon 3 Hills	Melrose
10 Aug	Cademuir Rollercoaster	Peebles
17 Aug	Whinlatter (GB Euros Trial)	Keswick
04 Oct	Morven	Aboyne

The Martin Hyman Memorial Medal is awarded at the end of each year for excellence and sportsmanship in junior hill running. More details can be found at: www.scottishathletics.org.uk/athletes/performance/selection-policies

Membership of scottishathletics

scottishathletics 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 visit: www.scottishathletics.org.uk

SCOTTISH HILL RUNNERS RACE SERIES**Scottish Long Classics**

The Long Classics Series will consist of the following 12 races: **Ben Chonzie, Stuc a'Chroin, Lomonds Of Fife, Jura, Trotternish Ridge, Glen Rosa Horseshoe, Arrochar Alps, Ben Rinnes, Glenshee 9, Ochil 2000s, Two Breweries** and **Carnethy Skyloop**. Final rankings will be based on your 5 best results. Competitors must complete at least 5 races to receive a final classification. Stewart Whitlie will provide updates of results and any queries should be referred to him (treasurer@scottishhillrunners.uk).

Bog and Burn

The Bog and Burn Series will consist of the following 13 races: **Kaim, Beinn Dubh, Dumyat, Whangie Whizz, Ben Sheann, Kilpatricks, Red Moss Kips, Turnhouse, Cort-ma Law, The Law Breaker, Maddy Moss, Cairn Table** and **Caerketton**. Final scores are based on your 6 best results. Competitors must complete at least 6 races to receive a final classification. Prize-giving for the Bog and Burn will take place after Caerketton, the last race in the series. Ali Black will provide updates of results and any queries should be referred to him (apblack@hotmail.co.uk)

Runners and Safety

Individual runners (as well as race organisers) have responsibilities with regard to safety. Precise requirements demanded by a race organiser will also depend on his/her insurance arrangements.

SHR published a revised safety code in 2014 for races insured through SHR and this code has now also been adopted by *scottishathletics* for hill races in Scotland. The code consists of generic safety rules and safety guidelines for race organisers and competitors. For full details refer to <http://www.scottishhillrunners.uk/Safety.aspx>.

Under the mandatory safety rules for competitors, the competitor shall:

1. Comply with these safety rules and any additional event specific safety rule imposed by the Race Organiser (RO).
2. Follow the procedures described by the RO if they fail to start or abandon the race.
3. Obey all instructions from race officials.
4. Be aware of the serious disabling consequences of hypothermia, dehydration and heat exhaustion and act appropriately during the race.
5. Carry sufficient safety equipment (including food and drink) throughout the race to be able to navigate and provide protection from hypothermia, or dehydration and heat in the worst foreseeable weather conditions during the race, noting that rescue could take a long time.
6. Take note of the local weather forecast for the day and judge their capabilities accordingly.
7. Consider how any health impairments may jeopardise the safety of him/ herself or of others and act accordingly.
8. Take note of RO information on the nature of the terrain on the race route, checkpoints to be visited or course to be followed and any restrictions to route choice, and ensure they have the skills and experience required to safely negotiate the course.
9. Have the skills and experience required to comply with the RO's navigation and safety requirements, having assessed conditions on the day.
10. Take reasonable care not to create hazards that may cause harm to other people and support anyone in need of assistance, even if it means abandoning your race.

Key points for competitors are:

- All hill race competitors have prime responsibility for their own safety. You must make the judgement as to whether you are able and equipped to cope with the demands of the event. This is a risk sport.
- Arrive at the venue with as much kit as the organisers are likely to require you to carry on the day. This means windproof and waterproof full body cover, hat, gloves, map, compass, whistle, food, and any other items you deem necessary for your protection.
- Be able to recognise the signs of **hypothermia**, **hypoglycaemia** and **heat exhaustion** in yourself and others. **Hypothermia**: not responding to conversation; uncoordinated movement and speech; inability to think clearly; wanting to carry on in adverse conditions; skin cold where normally warm, such as under armpit. Immediate action: wrap in warm clothing. **Hypoglycaemia**: confusion, ill co-ordinated movement and speech; weakness, hunger. Immediate action: drink glucose solution or suck sweets. **Heat exhaustion**: general fatigue, muscle cramps, dizziness, vomiting, fainting, cold/clammy or hot/dry skin. Immediate action: rest in a cooler place with feet elevated and drink (salty) water.

Insurance

Scottish Hill Runners offers its own insurance policy as a privilege of SHR membership. This provides third party liability insurance for all SHR members as race organisers or as participants for any hill race. N.B: Race organisers should note that cover is not automatic - they must register their race with SHR (Jill Stephen - secretary@scottishhillrunners.uk) and complete the safety sign-off document well in advance of their race. For more information, as well as the required documentation, go to www.scottishhillrunners.uk/Insurance.aspx.

Clubs affiliated to *scottishathletics* are covered by the UK Athletics insurance policy for all their organised athletics activities including any races promoted by the club. Race promoters who are not athletics clubs may now affiliate to *scottishathletics* under the new category of associate membership if they wish to have their races covered by the UK Athletics insurance policy. *scottishathletics* rules require affiliated bodies to obtain a permit for any open race they promote. Race organisers therefore have a choice of insurance through either SHR, *scottishathletics*, or privately-arranged insurance.

Race organisers should carefully examine the available insurance schemes (there are differences!) and choose the one they judge most suitable for their requirements.

Remember that gross disregard for accepted good safety practice may invalidate any insurance.

Please send the SHR Secretary, in confidence, a note of any problems, accidents, incidents or near misses that occurred during your race. These will only be made public with your permission. Your experience will help SHR to offer a better service to runners and organisers.

Race Organisers Pack

SHR provides a race organisers pack, available by emailing committee5@scottishhillrunners.uk, or online at scottishhillrunners.uk. The pack covers logistics of organising a race, safety, environmental issues and useful kit for the organiser.

Race Results

Could race organisers please send their race results to Neil Gilmore at committee8@scottishhillrunners.uk as soon as possible after the race in Excel format. Results will be published on the SHR website at scottishhillrunners.uk. We would also appreciate a short race report to post on the website.

RACE SUMMARY FOR 2025

Check www.scottishhillrunners.uk for any changes or further information.

Visit www.shga.co.uk/events.php for Highland Games races. TBC means still to be confirmed.

January

01	Aonach Mor Uphill
02	Greenmantle Dash
04	El-Brim-Ick Dash
12	The Falkland Yomp
19	Feel the Burns
25	Devil's Burdens

February

16	Fetteresso Forest Marathon (TBC)
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March

01	Snow Running Glenshee
02	Bishop Hill Race
15	Chapelgill
22	Craig Dunain
29	Norman's Law
29	Birnam (TBC)
30	Deuchary (TBC)

April

01	Krunce #1
05	The Cobbler
05	Dumyat Junior Races
05	Bruce's Crown
05	Clachnaben
12	Hunters Bog Trot
12	Screel (SHR Championship)
16	Kaim Hill Race (Bog and Burn)
16	Newtyle Hill (TBC)
19	Ben Chonzie (Long Classics)
19	Beinn Ratha
23	Beinn Dubh (Luss) (Bog and Burn)
27	Lomonds Junior Races
30	Whangie Whizz (Bog and Burn)

May

03	Stuc a'Chroin (SHR Championship) (Long Classics)
06	Krunce #2
07	Dumyat (Bog and Burn)
10	Ben Lomond
10	Lomonds Of Fife (Long Classic) (TBC)
10	Broughton Junior Races
14	Gypsy Glen
14	Ben Sheann (Bog and Burn)
15	Kinnoull Hill (TBC)
15	Pressendye
16	Scottish Islands Peaks Race
17	Goatfell
17	Glas Tulaichean (Uphill)
21	Kilpatricks Hill Race (Bog and Burn)
24	Isle of Jura Fell Race (Long Classics)
24	British Championship – Short – Granite Peaks, N Ireland
29	European Masters Off Road – Mount Etna, Italy

June

01	Saughill
02	Yetholm (SHR Championship)
03	Krunce #3
04	Red Moss Kips (Bog and Burn)
07	Trotternish Ridge (Long Classics)
07	Gargunnock
07	Helensburgh Games
07	Braemar Junior Highland Games
07	Two Mamores
07	Durisdeer

08	Dunnydeer
11	Turnhouse Hill Race (Bog and Burn)
14	Cornalees Junior & Senior Hill Races
14	Inter Counties – Pen-y-Ghent, England
14	International Youth Cup – Bratislava, Slovakia
14	Glen Rosa Horseshoe (Long Classics)
14	Traprain Law Race
15	Seven Hills of Edinburgh
18	Cort-ma Law (Bog and Burn)
19	Balmedie Beach Race
21	Eildon 3 Hills
21	Eagle Crag
25	The Law Breaker (Bog and Burn)
25	Allermuir Hill Race
27	White Tops (TBC)
28	Drumtochty Games
29	Arrochar Alps (Long Classics)
30	Lairig Ghru

July

01	Earlston Black Hill (TBC)
01	Krunce #4
05	Clasmach
05	Dollar
05	Meall an t-Suidhe – Graham Brooks Memorial
06	Half Nevis
07	Cow Hill
09	Maddy Moss (Bog and Burn)
12	David Shepherd Memorial Glamaig Hill Race (TBC)
12	Alva Games
16	Cairn Table (Bog and Burn)
17	Mither Tap
19	Snowdon International
19	Taynuilt Games (TBC)
19	Lochcarron Games
19	Lee Pen Hill Race
19	Tom na Bat, Tomintoul Games
26	Ben Rinnes (Long Classics)
26	Falkland Hill Race

August

02	Creag Dhubh
03	Glenshee 9 (Long Classics) (SHR Championship)
05	Krunce #5
06	Isle of Skye Games
06	Killin Games
06	North Berwick Law (TBC)
09	Strathpeffer Games
09	Aberfeldy Games
09	Tarland Show Hill Race
10	Laurencekirk Johnston Tower Hill Race (TBC)
10	The Cademuir Rollercoaster
13	Caerketton (Bog and Burn)
14	Ballater Highland Games
16	Great Wilderness Challenge
16	Tap O'Noth
16	Oldhamstocks Flower Show Race (TBC)
17	Senior Home International – Whinlatter, Keswick
23	Ochil 2000s (Long Classics)
29	World Masters Mountain Running – Meduna, Italy
30	Mormond Hill Race (TBC)
30	Simon Wake Comrie Hill Relay



September

02	Krunce #6
03	Caerketton Downhill (The Doonhillier) (TBC)
06	Braemar Highland Gathering
06	Ben Nevis (SHR Championship)
13	Cairn William
13	Junior Home International – Devils Bridge, Wales
13	Applecross Duathlon
14	Tom's Cairn Trail Race (TBC)
14	Merrick Hill Race (TBC)
21	Bennachie
25	World Mountain & Trail Running Championships (GB Team) – Canfranc, Spain
27	Suidhe Hill Race (TBC)
27	Trofeo Vanoni – Morbegno, Italy
27	Two Breweries (Long Classics)
28	Creag Bheag (TBC)

October

04	Morven (SHR Championship)
04	Yetholm Border Shepherds Show Hill Race
05	Craig O Barns (TBC)
11	Grampian Mountain Challenge
11	Manor Water
12	Lillestleaf 10K (TBC)
12	Loch Kinord 10K (TBC)
12	Carnethy Skyloop (Long Classics)
18	British Fell Relays – Meirionydd, Wales
25	Meall a' Bhuachaille

November

01	Tinto
01	Knockfarrel
15	Gight Eight Trail Race

December

13	Cairnsmore
26	Cruim Leacainn

Scottish Hill Runners and British Championship Races

Scottish Hill Runners Championship

Date	Event	Category
12 Apr	Screel	S
03 May	Stuc a Chroin	L
01 Jun	Yetholm	M
03 Aug	Glenshee 9	L
06 Sep	Ben Nevis	M
04 Oct	Morven	S

**SHR U23 Championship comprises
Screel, Dumyat, Yetholm, Ben Nevis and Morven**

British Championship Events

Date	Event	Category
03 May	Stuc a Chroin, Scotland	Long
24 May	Granite Peaks, N Ireland	Short
18 Oct	British Fell Relays: Meirionydd, Wales	

As for 2024, in 2025 there is an individual short and individual long British Championship Race. The team competition will be determined by the combined team score for the short and long races. Further details can be found:

<https://www.uka.org.uk/competition/running/mountain-running/ba-fell-running/>

scottishathletics INTERNATIONAL PROGRAMME 2025

International Fixtures

Fixtures	Date	Venue	Selection Date
European Masters Off-Road	29 May – 1 June	Mount Etna, Italy	n/a
Inter Counties	14 June	Pen-y-Ghent, England	5 May
International Youth Cup	14-15 June	Bratislava, Slovakia	12 May
Snowdon International	19 July	Llanberis, Wales	9 June
Senior Home International	17 Aug	Whinlatter, Keswick	21 July
World Masters Mountain Running	29-31 Aug	Meduna, Italy	n/a
Junior Home International	13 Sept	Devils Bridge, Wales	12 August
World Mountain & Trial Running Championships (GB Team)	25 – 28 Sept	Canfranc, Spain	w/b 18 August
Trofeo Vanoni	27 Oct	Morbegno, Italy	8 September

Selection Races

Event	Date	Selection For	Organiser	Email
Scafell Sky Race	31 May	Short Trail WMTRC		www.lakedistrictskytrails.com
14 Peaks	21 June	Long Trail WMTRC		SkyRun Eryri® APEX Running
WMTRC Uphill only Trial	15 Aug	WMTRC Uphill	Duncan Richards	duncan@intouchltd.com
WMTRC Classic Trial & SHI	17 Aug	WMTRC Up & Down	Angela Mudge	angela.mudge@scottishathletics.org.uk
Broughton Heights	10 May	U18 Mountain Cup	Mark Johnston	mark_johnston@gmx.co.uk
Cademuir Rollercoaster	10 Aug	Junior Home International	Gregor Nicolson	Gjn7nil@gmail.com

scottishathletics Championships

Fixture	Date	Race
National Senior Championship	1 June	Yetholm
West District Championship	7 June	Durisdeer
North District Championship	3 Aug	Glenshee 9
East District Championship	21 June	Eildon
National Junior Championship	21 June	Eildon Junior Race

NB: Full selection criteria will be published in the **scottishathletics** International Handbook available on the **scottishathletics** website or by contacting Angela Mudge (angela.mudge@scottishathletics.org.uk)

scottishathletics Hill Running Commission

The Hill Running Commission (HRC) is responsible for representing hill running within **scottishathletics**. The HRC organises the **scottishathletics** hill running Championships and selects and finances teams for International Fixtures. The HRC liaises with British Athletics on matters concerning the home international and inter-counties fixtures, GB team selection races and the British Championship. It organises a Junior League and awards the Martin Hyman Memorial Medal. It also organises other athlete and coach development activities and encourages Scottish participation in GB team selection races.

Its current members are: Helen Bonsor (convenor); Stephen Winter (secretary), Andy Douglas (treasurer); Phil Mestecky (junior co-ordinator); Angela Mudge (endurance manager), Iain Whiteside, Niall McAlinden & James Espie (district co-ordinators); Colin Hutchinson & Mark Pollard (**scottishathletics**); Jill Stephen (SHR representative).

Allocation of Race Prizes

SHR understand that the allocation of race prizes is a matter for individual Race Organisers, however following representation made by individual members' to the committee the following is included as guidance for consideration when agreeing the allocation of prizes. Where a decision is made to allocate a prize for a specific category then this should include a prize for both male and female categories. No guidance is being issued here on what particular categories of prizes should be issued but only that there should be equality in the allocation between male and female categories.

SHR RACE CALENDAR 2025

Remember to check for any changes, further information etc. by visiting www.scottishhillrunners.uk
or (for Highland Games races) www.shga.co.uk

Wed 01 Jan

11:00am Aonach Mor Uphill

Nevis Range Ski Centre, Tortlundy, Fort William

AS 4km / 610m Over 18

Lochaber Secretary

www.lochaberac.co.uk

21:13 Robbie Simpson 2014 26:28 Nicola Meekin 2009

Thu 02 Jan

12:00 noon Greenmantle Dash + Junior Fun Run

Broughton Village Hall, near Biggar, Peeblesshire

AS 3.2km / 200m Over 16

Jan Dawson & Juliane Friedrich

greenmantledash@gmail.com

15:06 Scott Fraser 2009 18:45 Charlotte Morgan 2013

Sat 04 Jan

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

South Kirkhill, Aberdeen NJ848109

AS 4.8km / 230m Over 14

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

Lyndsay McEwan

lyndsaymcewan@hotmail.co.uk

19:30 Robbie Simpson 2012 23:21 Sonia Armitage 1995

Sun 12 Jan

11:00am The Falkland Yomp

Falkland Estate, Fife

11km / 468m

Iain Simpson

lainsimpson1@googlemail.com

44:49 Liam Hutson 2024 50:59 Catriona MacDonald 2025

Sun 19 Jan

12:00 noon Feel The Burns

Selkirk Rugby Club

BL 21.4km / 800m Over 18

Sheila Cochrane,

cochrane68@sky.com

1:22:40 Alexander Chepelin 2025 1:35:56 Nancy Scott 2025

Sat 25 Jan

9:30am Devil's Burdens Relay

Falkland, Fife

BL 34km / 1250m

Start: 9.30am for slower teams; 10:30am for other teams

Frank McLaren, 01337 830306

frankmclaren26.2@btinternet.com www.fifeac.co.uk

Sun 13 Feb

10.00am Feteresso Forest Marathon

To be confirmed

Feteresso Forest, Aberdeenshire

Christopher Cowley

christopher.cowley@me.com

02:43:36 Rob Sinclair 2024 03:17:55 Meryl Cooper 2023

Sat 01 Mar

17:30pm Snow Running Glenshee

Glenshee

12km

Encarnam Maturana

encarna@dymylab.com

01:05:48 Ralph McNally 2022 01:15:55 Erin McFadden 2022

Sun 02 Mar

2:00pm Bishop Hill Race + Junior race

Portmoak Village Hall, Scotlandwell, Fife

AS 4km / 300m Over 16

Full body cover required.

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

Laurie Anderson

laurieanderson1@hotmail.co.uk

16:59 Jamie Crow 2023 20:32 Clare Whitehead 2011

Sat 15 Mar

3:00pm Chapelgill

Glenholm, south of Broughton, Peeblesshire NT077294

AS 2.6km / 420m

Don Reid

donreid21@gmail.com

18:50 Phil Davies 2003 22:10 Angela Mudge 2003

Sat 22 Mar

2:00pm Craig Dunain

Great Glen House (SNH) car park, Leachkin Road, Inverness IV3 8NW

BM 10km / 390m Over 17

Junior race stat at 2:10pm after the senior race

Caroline Marwick

carolinemarwick@hotmail.co.uk

37:17 Ross Gollan 2024 45:05 Sarah Hodgson 2024

Sat 29 Mar

2:00pm 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.

Louise Burt

lb9@st-andrews.ac.uk

www.fifeac.org

27:51 Neil Martin 1996

34:24 Clare Miller 2000

Sat 29 Mar

12:00 noon Birnam. *To be confirmed*

Birnam NO 032420

AS 6.5km / 335m Over 18

Junior race an hour before the senior race with 11am start.

Register at Birnam Guest House

Adrian Davis

wildoutdoorscotland@gmail.com

27:56 Alexander Chepelin 2023 33:02 Clare Whitehead 2011

Sun 30 Mar

11:00 am Deuchary *To be confirmed*

Birnam NO 010426

AM 18km / 800m Over 18

Register at Birnam Guest House from 9.30am. Race starts at 10.30 early start and 11.00. Inform RO if you wish to enter the early start ASAP by email. You will need to register at 09.30-10 for this and you will need to take your own times.

Adrian Davis

wildoutdoorscotland@gmail.com

1:13:44 Andrew Douglas 2019

1:36:02 Angela Mudge 2012

Tue 01 Apr

6:30pm Krunce Series - Race 1

Kirkhill Forest, near Aberdeen

BS 5.7km / 170m Over 14

6 Race Series

cosmics.org.uk

22:16 Ben Hukins 2014

26:03 Clare Whitehead 2014

Sat 05 Apr

1:00pm The Cobbler

Ardgartan, Arrochar G83 7AR

6km / 730m

Brian Cook,

arrochar6@hotmail.com

47:49 Rory Abernethy 2024

00:59:18 Holly Page 2024

Sat 05 Apr

Dumyat Junior Races

Dumyat, near Stirling

Jethro Lennox

junior.hillrunning@shettlestonharriers.org.uk

Sat 05 Apr**2:00pm Bruce's Crown**

Caldons Campsite, Glentroot, Galloway

74km / 4200m

Teams of four to navigate their way round the Galloway Hills. Staggered starts with waking teams starting at 2pm. Runners from 4pm

Entry Fee : £300 per team of 4

Nicky Spinks,

nicky@brucescrown.co.uk

Sat 05 Apr**12:00 noon Clachnaben**

by Strachan, South Deeside, nr Banchory, Aberdeenshire

AM 14km / 750m Over 18

Parking is off road at NO644907. Registration: 10:00-11:30.

Graeme Cumming

graemec19@btinternet.com

cosmics.org.uk

1:02:43 Joe Symonds 2012

1:18:05 Catriona Buchanan 2012

Sat 12 Apr**1:00pm Hunters Bog Trot**

Holyrood Park, Edinburgh

BS 6.1km / 268m Over 14

disorganiser@huntersbogtrotters.com

25:50 Phil Mowbray 1999

29:24 Sarah McCormack 2013

Sat 12 Apr**1:00pm Screel Hill**

SHR Championship

Palnackie, nr Castle Douglas NX 800547

AS 4km / 400m Over 16

Douglas Milligan

carolanddougie@btinternet.com

26:46 Alexander Chepelin 2019

33:41 Jill Stephen 2019

Wed 16 Apr**7:00pm Kaim Hill Race**

Bog and Burn

Primary School, Fairlie, North Ayrshire

AS 5.7km / 380m Over 16

Alasdair McCallum

alasdairmccallum@outlook.com

25:52 Mark Rigby 1995

32:24 Helene Diamantides 1995

Wed 16 Apr**7:00pm Newtyle Hill *To be confirmed***

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

BS 8km / 300m

Adrian Davis

wildoutdoorscotland@gmail.com

26:59 Jamie Crowe 2023

35:01 Catriona Morrison 2019

Sat 19 Apr**1:00pm Ben Chonzie**

Long Classics

Comrie Croft Car Park, Braincroft Farm, Crieff, PH74JZ

21.4km / 1140m

Entry Fee - £10 (£12 on the day)

Junior Race - 12.30pm

Ralph McInally

Ralph.mcinally@icloud.com

Sat 19 Apr**2:00pm Beinn Ratha**

Reay Golf Club, nr Thurso

12km / 240m

North Highland Harriers

northhighlandharriers@gmail.com

47:45 James Espie 2015

58:47 Karen Lyons 2013

Wed 23 Apr**7:00pm Beinn Dubh**

Bog and Burn

Luss, Loch Lomond

AS 6.5km / 620m

Damien Theaker

damien.theaker@tiscali.co.uk

33:19 Finlay Wild 2019

41:00 Jill Stephen 2019

Sun 27 Apr**Lomonds Junior Hill Race - Junior Championships**

Purin Hill (near Falkland)

Races for U18, U16, U14 and U12

Roger Rees,

rdr1@st-andrews.ac.uk www.fifeac.org**Wed 30 Apr****7:30pm Whangie Whizz**

Bog and Burn

Auchindean, nr Carbeth

BS 5.8km / 229m Over 16

Sharon Taylor

sharon@maraoculous.com

24:44 Alasdair Campbell 2023

30:06 Ellen Downs 2023

Sat 03 May**1:00pm Stuc a'Chroin**

Long Classics

SHR Championship & British Championship

Strathyre, nr Callander

AL 22km / 1500m

Over 18

Steve Respinger

stuc5000@gmail.com stucachroin5000.org.uk

2:06:20 Finlay Wild 2019

2:40:43 Jasmin Paris 2015

Tue 06 May**7:00pm Krunce Series - Race 2**

Kirkhill Forest, near Aberdeen

BS 5.7km / 170m Over 14

6 Race Series

cosmics.org.uk

22:16 Ben Hukins 2014

26:03 Clare Whitehead 2014

Wed 07 May**7:00pm Dumyat**

Bog and Burn

Sports Centre, Stirling University

AS 8km / 380m Over 16

Register from 5.45pm.

Stirling University

student.sport@stir.ac.uk

32:13 Matt Knowles 2024

36:46 Angela Mudge 2007

Sat 10 May**1:00pm Ben Lomond**

Rowardennan, Loch Lomond

AM 12km / 970m

Jamie Provan

jamie@maroculous.com

1:02:16 John Wild 1983

1:11:57 Beverley Redfern 1990

Sat 10 Aug**11:00am Lomonds of Fife *To be confirmed***

Long Classics

Strathmiglo Village Hall

27km / 750m

Over 18

Iain Simpson

lainsimpson1@googlemail.com lomondhillrunners.co.uk

1:16:05 Alexander Chepelin 2022

1:45:46 Heather Anderson 2022

(Current records relate to the medium length version of the race)

Sat 10 May**12:00 noon Broughton Junior Races**

Broughton

Mark Johnston

runnermdj@gmail.com

Wed 14 May**7:00pm Gypsy Glen Hill Race**

Gytes Leisure Centre, Peebles

BS 8.2km / 306m Over 16

Mike Pearson

mike@kingsmeadows.co.uk www.moorfootrunners.co.uk

29:15 Alexander Chepelin 2019

35:27 Sarah McCormack 2011

Wed 14 May**7:30pm Ben Sheann**

Bog and Burn
Strathyre, Perthshire
AS 4km / 430m Over 18
Steve Respinger
stuc5000@gmail.com
25:19 James Espie 2018

31:57 Catriona Buchanan 2010

Thu 15 May**7:30pm Kinnoull Hill Race. To be confirmed**

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

Thu 15 May**7:30pm Pressendye**

Tarland Trails, Pittenderich

AS 9.5km / 450m

David Hirst

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

38:29 Robbie Simpson 2019

46:43 Anna MacFadyen 2017

Fri 16 May to Sun 18 May**12:00 noon Scottish Islands Peaks Race**

Oban to Troon

BL 96km / 3660m Over 20

Youth event for 16-19 year olds.

Barbara Mills, 01592 890408

scottishislandspkrsrace.com

9:17:03 Joe Symonds / Robbie Simpson Angela Mudge / Helene

Diamantides 1998

Sat 17 May**12:00 noon Goatfell**

Brodick, Isle of Arran

AM 15.6km / 880m Over 18

Limit of 200 runners

Peter Mackie

pmackie77@aol.com

1:12:11 Murray Strain 2017

1:26:21 Angela Mudge 2001

Sat 17 May**2:00pm Glas Tulaichean (uphill)**

Dalmunzie Hotel, nr Spittal of Glenshee

AS 7km / 670m Over 17

Entries from 12 noon but closing at 1.20pm as usual to allow time to transport gear to the top. All runners must supply warm gear for transport to summit.

Entry will be available on the day or online form February via Entry Central £6

Entry (£8 for non-SAL members)

Steve Matthews

s.p.matthews@dundee.ac.uk dundeehawks.co.uk

31:52 Joe Steward 2024

38:33 Scout Adkin 2024

Wed 21 May**7:30pm Kilpatricks Kaper**

Bog and Burn

Old Kilpatrick, Sports Ground

BS 6.8km / 350m Over 16

Ella Peters

Ellap19@hotmail.co.uk westerlandsgccc.co.uk

29:16 Thomas Callan 2022

34:30 Ellen Downs 2022

Sat 24 May**10:30am Isle of Jura Fell Race**

Long Classics

Craighouse, Jura

AL 28km / 2370m Over 18

Pre-entry only. Limit 200. Entries form on website.

Jenn Ruddick

organiser@isleofjurafellrace.co.uk

www.jurafellrace.org.uk

2:58:09 Finlay Wild 2022

3:38:43 Jasmin Paris 2015

Sat 24 May**British Championship – Short – Granite Peaks, N Ireland****Thu 29 May****European Masters Off Road – Mount Etna, Italy – 29th May > 1st June****Sun 01 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.

Craig Murphy

cgmurphy23@hotmail.co.uk

20:38 Iain MacCorquodale 2017

26:31 Katie Rourke 2018

Sun 01 Jun**1:00pm Yetholm**

SHR Championship

Halterburn, nr Kirk Yetholm, Roxburghshire NT840277

AM 12.8km / 760m Over 18

Les Turnbull

les1984@btinternet.com norhamrc.co.uk

1:00:19 Morgan Donnelly 2013

1:11:33 Victoria Wilkinson 2013

Tue 03 Jun**7:00pm Krunce Series - Race 3**

Kirkhill Forest, near Aberdeen

BS 5.7km / 170m Over 14

6 Race Series

cosmics.org.uk

22:16 Ben Hukins 2014

26:03 Clare Whitehead 2014

Wed 04 Jun**7:30pm Red Moss Kips**

Bog and Burn

Red Moss Car Park, near Balerno NT166639

BS 10.5km / 350m Over 16

No parking so don't take a car. Cycle or walk from Balerno

Start time 19.30 with early start for slower runners at 19.10

Don Naylor

donald@pelagicinnovation.com

38:46 Matt Knowles 2024

47:39 Megan Crawford 2021

Sat 07 Jun**11:00am Trotternish Ridge**

Long Classics

Flodigarry

BL 28km / 2000m (limit of 75 runners) Over 18

North to South from Flodigarry, up onto the ridge over Meall na Suiremach

and along to the Storr, descending down Bealach Beag and finishing at Storr car park.

Neil Turner,

neilsturner@btinternet.com

2:37:12 Finlay Wild 2022

3:11:21 Miranda Grant 2017

Sat 07 Jun**12:30pm Gargunnoch Hill Race**

Gargunnoch, Nr. Stirling

BS 7.5km / 300m Over 16

Rebecca Hay

Rebecca.haykiloran@gmail.com

27:35 Graham Gristwood 2016

33:24 Fanni Gyurko 2016

Sat 07 Jun**12:00 noon Helensburgh Games**

Helensburgh Rugby Club, Rhu Road Higher, Helensburgh

BM 7.7km / 350m Over 16

Helensburgh & Lomond Highland Games

www.helensburghandlomondgames.co.uk

33:02 Gregor Stewart 2017

41:29 Ruth Joss 2010

Sat 07 Jun**Braemar Junior Highland Games****Sat 07 Jun****12:00 Two Mamores**

Lower Falls, Glen Nevis

13km / 1300m

Stuart Crutchfield

stu.crutchfield@gmail.com

1:15:33 Finlay Wild 2022

1:47:20 Caroline Marwick 2022

Sat 07 Jun**12:00 noon Durisdeer**

Durisdeer, nr Thornhill, Dumfriesshire

AM 16km / 1200m Over 18

Nick Gordon

Gordonnicholas24@gmail.com

1:21:53 Rob Jebb 2008

1:34:43 Angela Mudge 2008

Sun 08 Jun**1:00pm Dunnydeer**

Insch, Aberdeenshire

7km / 275m

Graham Aitken

inschtrailrunningclub@gmail.com

27:11 Rob Sinclair 2016

36:17 Sarah Milne 2019

Wed 11 Jun**7:30pm Turnhouse Hill Race**

Bog and Burn

Flotterstone Car Park, (A702) NT 234631

5km / 350m

Rob Wilson

rjsw@st-andrews.ac.uk

22:53 Jamie Crowe 2023

28:50 Sarah MacCormack 2011

Sat 14 Jun**Cornalees Junior Hill Race**

Greenock Glenpark Harriers Clubhouse,

Orangefield,

Greenock

PA15 1 YX

Sat 14 Jun**Inter Counties Fell Running Championships**

2025 – Pen-y-Ghent

England

Sat 14 Jun**International Youth Cup – Bratislava, Slovakia****Sat 14 Jun****12:00 noon Glen Rosa Horseshoe**

Long Classics

Brodick Castle Ranger Centre

20km / 1670m

Kirstie Smith

glenrosahorseshoerace@gmail.com

2:18:20 Fintlay Wild 2012

2:42:17 Trish Calder 1990

Sat 14 Jun**3:00pm Traprain Law Race**

Memorial Park, School Road, East Linton

CS 10.4km / 310m Over 18

Carnethy HRC (Race Directors – Dessie Flannagan & Alan Renville)

37:26 Gregor Booth 1996

41:13 Angela Mudge 2002

Sun 15 Jun**10:15am Seven Hills of Edinburgh**

Calton Hill, Edinburgh

CL 22.4km / 670m Over 18

Pre-enter via form at www.seven-hills.org.uk. Challenge event starts 9:45am.

Alan Lawson

aylawson@btinternet.com www.seven-hills.org.uk

1:32:40 Mike Lindsay 1987

1:48:15 Angela Mudge 2002

Wed 18 Jun**7:30pm Cort-ma Law**

Bog and Burn

Crow Road car park, Lennoxton NS613801

AS 10km / 520m Over 16

Derek Young

Derekyoung969@yahoo.com westerlandscoccc.co.uk

47:04 Joe Symonds 2015

53:17 Angela Mudge 2007

Thu 19 Jun**7:00pm Balmedie Beach Race**

Balmedie Country Park NJ 976181

6km

www.cosmics.org.uk

23:51 Jonathan Gamble 2024

30:08 Kelly Vine-Jones 2024

Sat 21 Jun**2:30pm Eildon 3 Hills**

Nearest postcode to start Melrose TD6 9HA 7.4km / 575m Over 14

Junior Eildon Hill Race, 3 or 4 km, 25th June, 11:00, Start near Melrose

The race will include the following age categories U13 U15 U17 and U20. Age

on the day of the race. Minimum age is 11 years old. There will be a 3k route

for the U13 and a longer 4 K route for U15 plus.

Tim Darlow,

Tim.darlow@outlook.com galaharriers.co.uk

34:16 Tom Owens 2016

40:22 Louise Mercer 2015

Sat 21 Jun**2:00pm Eagle Crag**

Blarmachfoldach, Fort William

AS 8.6km / 760m Over 17

Lochaber Secretary

lochaberac@gmail.com

0:58:28 Brian Marshall 2007

1:11:04 Diana Macdonald 2017

Wed 26 Jun**7:00pm The Law Breaker**

Bog and Burn

Upper Mill Street, Tilllicoultry

AS 5.4km / 630m Entry on the day Over 16

Andrew Wright,

trailracing@outlook.com

32:51 Robbie Simpson 2008

40:13 Fiona Maxwell 2008

Wed 26 Jun**7:15pm Allermuir Hill Race**

Lothianburn, Edinburgh

7km / 400m

Carnethy HRC (Race Director Jonny Muir)

jonny_muir@hotmail.com

31:31 Csoban Balogh 2024

40:37 Pippa Dakin 2023

Fri 27 Jun**7:30pm White Tops. To be confirmed**

Kirkton of Auchterhouse, Angus

BS 10.4km / 364m Over 17

Billy Gibson

calumruaridh@googlemail.com dundeehawks.co.uk

40:27 Kris Jones 2017

51:11 Heather Anderson 2019

Sat 22 Jun**3:00pm Drumtochty Games**

Drumtochty Castle, Auchenclyde

BS 8km / 300m

Drumtochty Highland Games

www.drumtochtyhighlandgames.com**Sat 28 Jun****11:00am Arrochar Alps**

Long Classics

Succoth, Arrochar NN 300053

AL 25km / 2400m Over 18

Registration at Village Hall in Arrochar, from 9.00am

Alwyn Poulter

alwyn@alwynpoulter.co.uk

2:58:35 Fintlay Wild 2024

3:42:02 Jasmin Paris 2012

Sun 29 Jun**10:00am Lairig Ghru**

Braemar to Aviemore

CL 43km / 640m online entry only Over 18

Race entry and information at www.deesiderunners.com

Katie Henderson

lairigghrurace@gmail.com deesiderunners.com

2:58:10 Murray Strain 2017

3:32:38 Lucy Colquhoun 2006

Tue 01 Jul**7:00pm Earlston Black Hill + Junior race To be confirmed**

Earlston NT585369

BS 8.2km / 230m Over 16

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

Jonathan Sharp

123sharpfamily@gmail.com

29:39 Brian Marshall 2003

31:56 Angela Mudge 1998

Tue 01 Jul**7:00pm Krunce Series - Race 4**

Kirkhill Forest, near Aberdeen

BS 5.7km / 170m Over 14

6 Race Series

cosmics.org.uk

22:16 Ben Hukins 2014

26:03 Clare Whitehead 2014

Sat 05 Jul**10:00am Clasmach Hill Race**

Huntly Auction Mart AB54 4QU

AS 6km / 375m

Philip Dawson

phildawson63@btinternet.com

23:40 Caiden Thom 2022

27:54 Ellen Paton 2023

Sat 05 Jul**2:00pm Dollar**

Dollar Academy NS959982

AM 15km / 960m Over 18

Alex King

dollar@ochilhillrunners.org.uk www.ochilhillrunners.org.uk

1:11:27 Simon Bailey 2014

1:24:01 Pippa Maddams 2010

Sat 05 Jul**2:00pm Meall an t-Suidhe - Graham Brooks Memorial**

New Town Park, Fort William

AS 5.6km / 460m Over 18

Memorial race in memory of Lochaber club runner Graham Brooks

www.lochaberac.co.uk

27:48 Gavin Bland 1999

33:44 Angela Mudge 1999

& Nichola Jackson 2023

Sun 06 Jul**12:00 noon Half Nevis**

New Town Park, Fort William

2020 – North District Champs Race

AS 10km / 670m Over 18

www.lochaberac.co.uk

47:39 Colin Donnelly 1983

1:01:51 Karen Skog 1988

Mon 07 Jul**7:00pm Cow Hill**

Parade, Fort William

AS 3.2km / 275m Over 16

www.lochaberac.co.uk

16:56 John Brooks 2000

21:38 Ros Coates 1980

Wed 09 Jul**7:00pm Maddy Moss**

Bog and Burn

Car Park, Tillicoultry Glen NS914975

AM 10km / 760m Over 18

Tom Vas

tommyvaspo@hotmail.com www.ochilhillrunners.org.uk

47:45 Kristian Jones 2017

01:01:32 Fanni Gyurcs 2016

Sat 12 Jul**3:00pm David Shepherd Memorial Glamaig Hill Race To be confirmed**

Sligachan Hotel, Skye

AS 7km / 760m Over 18

Skye & Lochalsh Running Club

Dave Till

glamaig@highfellside.co.uk

44:22 Finlay Wild 2018

56:09 Jill Stephen 2018

Sat 12 Jul**12:00 noon Alva Games**

The Johnston Park, Alva

AS 1.6km / 400m Over 17

Junior races earlier in day for U12, U14 & U17

www.alvagames.co.uk

18:39 Kenny Stuart 1981

25:12 Christina Rankin 2012

Wed 16 Jul**7:00pm Cairn Table**

Bog and Burn

Cairn Table Car Park, Muirkirk, Ayrshire

BS 8km / 360m Over 16

James Paddy MacDonald

James.MacDonald@eastayrshireleisure.com

30:41 James Espie 2016

37:54 Jill Stephen 2017

Thu 17 Jul**7:00pm Mither Tap**

Bennachie Visitor Centre NJ 699216

AS 6.4km / 365m Over 18

Ian Hamilton

corrennie@myphone.coop cosmics.org.uk

29:11 Robbie Simpson 2018

36:06 Clare Whitehead 2016

Sat 19 Jun**International Snowdon Race**

Venue – Llanberis, Wales

Sat 19 Jul**2.30pm Taynuilt Games. To be confirmed**

10km / 310m

Registration from 1pm

Andrew Cameron-Gray

23rdgray@gmail.com

50:27 Callum Fraser 2015

1:10:22 Ruth Joss 2013

Sat 19 Jul**3:00pm Lochcarron Games**

Attadale Estate, Lochcarron

AS 4km / 240m Over 12

Also junior race for U16

www.lochcarrongames.org.uk

19:10 Andrew "Chunky" Liston 2009

Sat 19 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/

Colin Williams

colin.m.williams@talk21.com

22:38 Jacob Adkin 2023

28:26 Charlotte Morgan 2017

Sat 19 Jul**3:00pm Tom na Bat, Tomintoul Games**

Tomintoul Highland Games

AS 5.6km / 340m Over 14

Tomintoul Highland Games

28:14 Dan Whitehead 2010

31:09 Clare Whitehead 2010

Sat 26 Jul**12:00 noon Ben Rinnes**

Long Classics

Dufftown Highland Games

AL 22.6km / 1500m Over 18

Graeme Bartlett

Bartlettg195@gmail.com

1:51:29 Andrew Douglas 2021

2:12:33 Georgia Tindley 2021

Sat 26 Jul**1:00pm Falkland Hill Race**

Falkland, Fife

AS 9.5km / 360m

Kevin Murray

kevin_murray100@hotmail.com Falkland Trail Runners

27:27 Stuart Paterson 2020

32:43 Heather Anderson 2019

Sat 02 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

Sun 03 Aug**12:00 noon Glenshee 9**

SHR Championship

Long Classics

Glenshee Ski Centre

AL 34km / Over 18

Ali Hubbard

alastairhubbard@gmail.com

3:07:21 Tom Owens 2010

3:37:17 Jasmin Paris 2014

Tue 05 Aug**7:00pm Krunce Series - Race 5**

Tyrebagger Woods, near Aberdeen NJ851045
Kirkhill Forest, near Aberdeen
BS 5.7km / 170m Over 14
6 Race Series
cosmics.org.uk
22:16 Ben Hukins 2014

26:03 Clare Whitehead 2014

Wed 06 Aug**3:20pm Isle of Skye Games**

The Games Field, Portree
Over 16
www.skye-highland-games.co.uk

Wed 06 Aug**2:30pm Killin Games**

Breadalbane Park, Killin
AS 2.5km / 400m Over 14
Registration from 12.30pm
Dan Watson
danwatson@myphone.coop
www.killingames.co.uk
21:02 Graeme Bartlett 1998

27:24 Diana MacDonald 2017

Wed 06 Aug**7:30pm North Berwick Law *To be confirmed***

North Berwick Harbour
BS 5.3km / 185m
19:24 Andrew Douglas 2024

24:40 Isla Cubitt 2024

Sat 09 Aug**1:30pm Strathpeffer Games**

Castle Leod, Strathpeffer
BS 6.5km / 260m Over 16
Junior races 12/13 and 14/15 3.3km 130m
25:43 Finlay Wild 2017

30:44 Jill Stephen 2017

Sat 09 Aug**3:00pm Aberfeldy Games**

Atholl & Breadalbane Highland Gathering, Aberfeldy
BS 7.2km / 240m Over 16
www.aberfeldyshowandgames.co.uk
25:33 James Espie 2019

29:55 Kate White 2019

Sat 09 Aug**3:00pm Tarland Show Hill Race**

Tarland, nr Aboyne
9.3 km / 390m
Ruth Mackenzie
ruth.fitnessconsultant@gmail.com

Sun 10 Aug**11:00 Laurencekirk Johnston Tower Hill Race**

Laurencekirk AB30 1EG
5.16 km / 179 m
Secretary Laurencekirk Gala
lkgalasecretary@outlook.com
20:02 Kyle Greig 2010

24:36 Moira Davie 2010

Sun 10 Aug**10:00am 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 www.moorfootrunners.co.uk
24:57 Angus Wright 2024

26:14 Scout Adkin 2021

Wed 13 Aug**7:30pm Caerketton + Junior race**

Bog and Burn
Hillend, Edinburgh
AS 3.5km / 300m 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)
17:11 Csoban Balogh 2024

20:23 Charlotte Morgan 2017

Thu 14 Aug**3:00pm Ballater Games**

Monaltrie Park, Ballater
AS 3.5km / 200m Over 16
Stuart Pringle
Ping2011@hotmail.com
16:48 Jamie Crowe 2023

20:38 Clare Whitehead 2015

Sat 16 Aug**10:30am Great Wilderness Challenge**

Poolewe NG960210
BL 40km
25 mile race, plus 13 mile race and 10K Fun Run
Pat Ross
mail@greatwildernesschallenge.info www.greatwildernesschallenge.info
2:43:39 Matt Sullivan 2013

3:13:21 Claire Gordon 2006

Sat 16 Aug**2:00pm Tap O' Noth**

Rhynie, Aberdeenshire
AS 7.6km / 370m Over 16
Graham Aitken
inschtrailingclub@gmail.com
31:07 Jamie Crowe 2024

39:46 Emily Shaw 2024

Sat 16 Aug**11:00am Oldhamstocks Flower Show Race *To be confirmed***

Oldhamstocks, East Lothian
6.5km / 200m
Rhona Anderson
dunbar.running@gmail.com
26:43 Angus Wright 2022

31:29 Julie Oswald 2015

Sun 17 Aug**Senior Home International**

Whinlatter, Keswick

Sat 23 Aug**12:00 noon Ochil 2000s**

Long Classics
Gannochy Sports Centre, Stirling University NS 805965
AL 32.7km / 1650m Over 18
Registration from 9:30am. Bus leaves at 10:45am to take runners to start.
Entry forms at
Alex King,
ochil2000@ochilhillrunners.org.uk www.ochilhillrunners.org.uk
2:47:44 Kris Jones 2023

3:20:55 Catriona Buchanan 2018

Fri 29 Aug**World Masters Mountain Running**

Open to all over 35 – Meduna, Italy – 29th > 31st August 2025

Sat 30 Aug**11:00am Mormond Hill Race**

Ritchie Hall, Strichen, Fraserburgh, Aberdeenshire
9km / 180m
Callum Mutch
callummutch@yahoo.co.uk
34:44 Keith McIntyre 2022

45:20 Ilona Kriauzaite 2022

Sat 30 Aug**10:00am Simon Wake Comrie Hills Relay**

Comrie
43km / 2110m
4-stage relay. 4 runners per team. No entries on the day.
relay@strathearnharriers.org.uk www.strathearnharriers.org.uk
3:10:54 Forres Harriers 2013

3:57:08 Ochil HR 2010

Tue 02 Sep**6:30pm Krunce Series - Race 6**

Kirkhill Forest, near Aberdeen
BS 5.7km / 170m Over 14
6 Race Series
cosmics.org.uk
22:16 Ben Hukins 2014

26:03 Clare Whitehead 2014

Wed 03 Sep**7:00pm Caerketton Downhill (The Doonhiller) + Junior race**

AS 1.8km / 300m descent. Over 12
Carnethy HRC (Race Director – Lizzie Knox)
4:45 Jonathan Crickmore 2018

5:45 Charlotte Morgan 2012

Sat 06 Sep**1:20pm Braemar Gathering**

Morrone Hill

Braemar

AS 6km / 310m Over 16

24:28 M Hawkins 1984

29:37 Clare Whitehead 2015

Sat 06 Sep**1:00pm Ben Nevis**

SHR Championship

New Town Park, Fort William

AM 14km / 1340m Over 18

secretary@bennevisrace.co.uk

www.bennevisrace.co.uk

1:25:34 Kenny Stuart 1984

1:43:01 Victoria Wilkinson 2018

Sat 13 Sep**3:00pm Cairn William**

Monymusk, Inverurie

Aberdeenshire Series Race 2

BM 11km / 430m Over 18

Chris Hill

geophys_chris@yahoo.co.uk

46:18 Dan Whitehead 2007

50:07 Claire Whitehead 2012

Sat 13 Sep**Junior Home International**

Devil's Bridge, Wales

Sat 13 Sep**1:00pm Applecross Duathlon**

Applecross

Race Start 1:00pm Challenge Start 12:00 noon

38.4km / 1009m

Sarah McCowan

applecrossduathlon@gmail.com

1:41:01 Ewan Taylor 2014

1:52:52 Stephanie Provan 2014

Sun 14 Sep**2:30pm Tom's Cairn Trail Race***To be confirmed*

Finzean, South Deeside

10.1km / 239m

Andrew Douglas

andrew.douglas13@btinternet.com

39:54 Hamish Battle 2017

45:16 Sally Wallis 2017

Sun 14 Sep**12:00 noon Merrick.***To be confirmed*

Bruce's Stone, Glentroot, nr Newton Stewart

AM 13.6km / 1000m Over 18

Girvan Harriers

Craig Murphy

cgmurphy23@hotmail.co.uk

1:06:20 Gregor Stewart 2015

1:18:46 Kerstin Leslie 2015

Sun 21 Sep**11:00am Bennachie + Junior race**

Back O' Bennachie, Oyne, nr Inverurie

BM 12.8km / 550m Over 18

Junior hill race, 5km with 150 m climb for 12 to 17 years starting just after senior race.

secretary@gariochroadrunners.com gariochroadrunners.com

52:00 Rob Sinclair 2022

1:01:25 Clare Whitehead 2002

Thu 25 Sep**World Mountain & Trail Running Championship** (GB Team)

Canfranc, Spain – 25th > 28th September

Sat 27 Sep**12:00 noon Two Breweries**

Long Classics

Traquair to Broughton

AL 29km / 1500m Over 18

Enter on-line at www.entrycentral.com. Absolutely no entry on the day.twobreweries.org.uk

2:33:57 John Taylor 1991

2:53:56 Angela Mudge 2000

Sat 27 Sep**Trofeo Vanoni**

Morbegno, Italy

Sat 27 Sep**3:00pm Suidhe Hill Race.***To be confirmed*

Kincaig village green, nr Aviemore

5.5km / 290m

Flagged route, with compulsory water slide finish!

(5k woodland fun run beforehand)

Manny Gorman,

manny68g@hotmail.co.uk

26:52 Iain Gilmore 2023

34:06 Cat Morrison 2018

Sun 28 Sep**3:15pm Creag Bheag.***To be confirmed*

Ardvonie Park, Kingussie

AS 5km / 250m Over 16

Manny Gorman,

manny68g@hotmail.co.uk

23:46 Angus Wright 2023

28:06 Isla Patterson 2023

Sat 04 Oct**1:00pm Morven**

SHR Championship

by Dinnet, Aboyne NJ410044

Aberdeenshire Series Race 3

AS 8km / 640m Over 16

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 deesiderunners.com

43:22 Tom Owens 2015

49:47 Angela Mudge 2006

Sat 04 Oct**12.45pm Yetholm Border Shepherds Show Hill Race**

The Haugh, Yetholm

AS 6.5km / 360m Over 16

Junior race 2.9km / 150m

Les Turnbull

les1984@btinternet.com norhamrc.co.uk

28:54 Finlay Wild 2022

37:17 Emily Cowper Coles 2022

Sun 05 Oct**12:00 noon Craig O Barns.***To be confirmed*

Registration at Polney Loch.

5km / 340m

Children races – 2km / 100m

Adrian Davis

wildoutdoorscotland@gmail.com

27:05 Kieran Cooper 2022

33:33 Catriona Morrison 2019

Sat 11 Oct**Grampian Mountain Challenge**

Near Braemar

Sat 11 Oct**1:00pm Manor Water + Junior race**

Croftlea, Kirkton Manor, Manor, Peebles NT216379

BM 15km / 700m Over 18

Junior races 10k (Over 16) and 4k (Over 12).

Hot refreshments at nearby Sheepdog Trials.

Carnethy HRC (Race Director – Neil Burnett & Sean Walker)

1:04:39 Andrew Douglas 2023

1:22:16 Sarah Hodgson 2022

Sun 12 Oct**11:00am Lillesleaf 10K.***To be confirmed*

Leaf Green and Village Hall, Main Street, Lillesleaf TD6

10.6km / 210m

Jane Macdonell

jane.macdonell@hotmail.com

38:529 Bruce Hughes 2017

243:17 Kirsten Maxwell 2017

Sun 12 Oct**10:30am Loch Kinord 10K.** *To be confirmed*

Kinord Hall, Dinner on the A93 between Aboyne and Ballater
10km
Kevin Littlejohn
littlejohn687@btinternet.com
34:50 James Espie 2018
Wilson 2015

40:32 Tammy

Sun 12 Oct**11:00am Carnethy Skyloop**

Long Classics
Lothianburn Clubhouse, Midlothian NT 244874 672276
AL 30km / 1700m Over 18
Registration opens at 9am
Carnethy HRC (Race Director – Colm Moran)
2:27:54 Sasha Chepelin 2024 2:50:39 Kirsty Dickson 2024

Sat 18 Oct**10:30am British Fell Relays**

Venue – Totley AC, Meirionydd, Wales
fellrunner.org.uk

Sat 25 Oct**12:00 noon Meall a' Bhuachaille**

Badaguish Outdoor Centre, near Aviemore
AM 13km / 720m Over 18
Dave Cummins
dave.cummins3@btinternet.com www.highlandhillrunners.org.uk
0:59:53 Finlay Wild 2021 1:13:54 Nichola Jackson 2021

Sat 01 Nov**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 for further details
Carnethy HRC (Race Director – Alex Coakley)
28:53 Andrew Douglas 2023 33:43 Angela Mudge 2003

Sat 01 Nov**11:00am Knockfarrel**

Strathpeffer Shinty Pavilion
BS 8km / 360m Over 16
Katie Boocock
katieboocock@gmail.com www.highlandhillrunners.org.uk
31:53 Eoghann Gollan 2022 38:36 Zoe Harding 2022

Sat 15 Nov**10:00 Gight Eight Trail Race**

Beaton Hall, Main Road, Methlick AB41 7DT
13.3km / 254m
George Chalmers
Chalmersg66@gmail.com 01:05:56 Emma Murray 2023
56:05 Euan Wilson 2023

Sat 13 Dec**11:00am Cairnsmore Hill Race**

Muirfad Farm, Palnure, Newton Stewart DG8 7BA
17.5km / 800m
Nicky Spinks
nicky@brucescrown.co.uk 01:43:07 Elena Heger 2024
1:31:49 Robert Sparks 2024

Fri 26 Dec**11:00am Cruim Leacainn**

Tomacharich, Torlundy, Fort William NN142 783
BM 10km / 250m
www.lochaberac.co.uk
41:36 David Rodgers 2006 47:48 Dawn Scott 2008



SCOTTISH HILL RUNNERS CHAMPIONS

Senior Men

1983	Robin Morris	Edinburgh AC
1984	Andy Curtis	Livingston
1985	Andy Curtis	Livingston
1986	Dermot McGonigle	Dundee HH
1987	Andy Curtis	Livingston
1988	Alan Farningham	Gala
1989	Denis Bell	HELP
1990	David Rodgers	Lochaber
1991	Alan Farningham	Gala
1992	Andy Kitchin	Livingston
1993	David Rodgers	Lochaber
1994	John Wilkinson	Gala
1995	Mark Rigby	Ambleside
1996	Dermot McGonigle	Shettleston
1997	John Brooks	Lochaber
1998	Mark Rigby	Westerlands
1999	Hayden Lorimer	HBT
2000	John Brooks	Lochaber
2001	Stewart Whittlie	Carnethy
2002	Mark Rigby	Cosmics
2003	Phil Davies	Borrowdale
2004	Jethro Lennox	Shettleston
2005	Brian Marshall	HELP
2006	Jethro Lennox	Shettleston
2007	Brian Marshall	HELP
2008	Jethro Lennox	Shettleston
2009	Tom Owens	Shettleston
2010	Prasad Prasad	Clydesdale
2011	Jethro Lennox	Shettleston
2012	Alasdair Anthony	Ochil HR
2013	Finlay Wild	Lochaber
2014	Alasdair Anthony	Ochil HR
2015	Tom Owens	Shettleston
2016	Joe Symonds	Shettleston
2017	Finlay Wild	Lochaber
2018	James Espie	Deeside
2019	James Espie	Deeside
2020	No Championship held	
2021	Joe Symonds	Shettleston
2022	Finlay Wild	Lochaber
2023	Dan Dry	Shettleston
2024	Rory Abernethy	Ochil HR

Senior Women

1984	Ann Curtis	Livingston
1985	Ann Curtis	Livingston
1986	Ann Curtis	Livingston
1987	Christine Whalley	Livingston
1988	Penny Rother	Edinburgh AC
1989	Tricia Calder	Edinburgh AC
1990	Tricia Calder	Edinburgh AC
1991	Tricia Calder	Edinburgh AC
1992	Lesley Hope	Lochaber
1993	Helene Diamantides	Westerlands
1994	Angela Brand-Barker	Eryri
1995	Christine Menhennet	Westerlands
1996	Sonia Armitage	Cosmics
1997	Angela Mudge	Carnethy
1998	Angela Mudge	Carnethy
1999	Kate Jenkins	Carnethy
2000	Karen Powell	Carnethy
2001	Kate Jenkins	Carnethy
2002	Fiona Dahl	Inverness H
2003	Jill Tait	Carnethy

2004	Jill Mykura (née Tait)	Carnethy
2005	Kate Jenkins	Carnethy
2006	Angela Mudge	Carnethy
2007	Elke Schmidt	Bellahouston
2008	Jill Mykura	Carnethy
2009	Clare Whitehead	Cosmics
2010	Sarah Byrne	Lochaber
2011	Catriona Buchanan	Ochil HR
2012	Catriona Buchanan	Ochil HR
2013	Angela Mudge	Carnethy
2014	Jasmin Paris	Carnethy
2015	Jasmin Paris	Carnethy
2016	Stephanie Provan	Deeside
2017	Stephanie Provan	Deeside
2018	Jill Stephen	HBT
2019	Jill Stephen	HBT
2020	No Championship held	
2021	Jill Stephen	HBT
2022	Caroline Marwick	Highland HR
2023	Holly Page	Carnethy
2024	Ella Peters	Westerlands

Men Over 40

1984	Mel Edwards	Aberdeen
1985	Mel Edwards	Aberdeen
1986	Bobby Shields	Clydesdale
1987	Peter Fettes	Lochaber
1988	Pete Marshall	HELP
1989	Pete Marshall	HELP
1990	Pete Marshall	HELP
1991	Pete Marshall	HELP
1992	Bill Knox	Teviotdale
1993	Denis Bell	HELP
1994	Dave Armitage	Cosmics
1995	Dave Armitage	Cosmics
1996	Jim Robertson	Cambuslang
1997	Martin Laing	Fife AC
1998	Malcolm Patterson	Shettleston
1999	Martin Laing	Fife AC
2000	Ronnie Gallagher	Westerlands
2001	Ronnie Gallagher	Westerlands
2002	Ronnie Gallagher	Westerlands
2003	Ronnie Gallagher	Westerlands
2004	Stewart Whittlie	Carnethy
2005	Stewart Whittlie	Carnethy
2006	Stewart Whittlie	Carnethy
2007	Stewart Whittlie	Carnethy
2008	Colin Donnelly	Lochaber
2009	Stewart Whittlie	Carnethy
2010	Brian Marshall	HELP
2011	Kenny Richmond	Bellahouston
2012	Kenny Richmond	Shettleston
2013	Mark Harris	Fife AC
2014	Kenny Richmond	Shettleston
2015	Stewart Whittlie	Carnethy
2016	Kenny Richmond	Shettleston
2017	Dessie Flanagan	Carnethy
2018	Alasdair Anthony	Ochil HR
2019	Eliot Sedman	Carnethy
2020	No Championship held	
2021	Michael Reid	Carnethy
2022	Andy Fallas	Carnethy
2023	Andy Fallas	Carnethy
2024	Andy Fallas	Carnethy

Women Over 40

1998	Christine Menhennet	Westerlands
1999	Anne Nimmo	Carnethy
2000	Elaine Stewart	Cosmics
2001	Maira Stewart	Carnethy
2002	Jocelyn Scott	Fife AC
2003	Helen Murray	Lothian
2004	Louise Burt	Fife AC
2005	Maggie Keegan	Carnethy
2006	Louise Burt	Fife AC
2007	Louise Burt	Fife AC
2008	Jacqui Higginbottom	Carnethy
2009	Jacqui Higginbottom	Carnethy
2010	Veronique Oldham	Cosmics
2011	Veronique Oldham	Cosmics
2012	Veronique Oldham	Cosmics
2013	Angela Mudge	Carnethy
2014	Veronique Oldham	Cosmics
2015	Shona Robertson	Shettleston
2016	Veronique Oldham	Cosmics
2017	Shona Robertson	Shettleston
2018	Veronique Oldham	Cosmics
2019	Heather Anderson	Fife AC
2020	No Championship held	
2021	Heather Anderson	Fife AC
2022	Angela Mudge	Ochils
2023	Angela Mudge	Ochils
2024	Angela Mudge	Ochils

Men Over 50

1989	Bill Gauld	Carnethy
1990	Dick Amour	Inverness H
1991	Bill Gauld	Carnethy
1992	Dick Amour	Highland
1993	Keith Burns	Carnethy
1994	Brian Waldie	Carnethy
1995	Jim Shields	Clydesdale
1996	Brian Waldie	Carnethy
1997	Brian Waldie	Carnethy
1998	Jim Knox	Teviotdale
1999	Jim Knox	Teviotdale
2000	Jim Knox	Teviotdale
2001	Dave Armitage	Cosmics
2002	John Blair-Fish	Carnethy
2003	John Blair-Fish	Carnethy
2004	John Blair-Fish	Carnethy
2005	John Blair-Fish	Carnethy
2006	Ewan Paterson	Moray RR
2007	David Scott	Ochil HR
2008	David Scott	Ochil HR
2009	Martin Laing	Fife AC
2010	Ronnie Gallagher	Carnethy
2011	Alan Smith	Deeside
2012	Stewart Whittlie	Carnethy
2013	Stewart Whittlie	Carnethy
2014	Stewart Whittlie	Carnethy
2015	Stewart Whittlie	Carnethy
2016	Stewart Whittlie	Carnethy
2017	Stewart Whittlie	Carnethy
2018	Stewart Whittlie	Carnethy
2019	Stewart Whittlie	Carnethy
2020	No Championship held	
2021	Andrew Macrae	Carnethy
2022	Andrew Macrae	Carnethy
2023	Kenny Richmond	Shettleston
2024	Kenny Richmond	Shettleston

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FEBRUARY

22 HIGH CUP NICK M

MARCH

1 STAN'S PENDLE ROUND

2 ILKLEY MOOR

8 BLACK COMBE M, LGP

23 EDALE M, E

29 CONISTON 14 ROAD

29 COLEDALE HORSESHOE M, LGP

APRIL

5 PENDLE

12 HAWKSHEAD TRAIL LT

12 NEWLANDS MEMORIAL M, E

26 3 PEAKS M

27 DUDDON DASH JNR

MAY

3 CONISTON M, LGP

3 STUC A' CHROIN M, B

3 STAVELEY TRAIL LT

10 FAIRFIELD M, LGP

18 SEDBERGH JNR

24 GRANITE PEAKS B

24 HUTTON ROOF

31 DUDDON M, LC, LGP

31 GRASMERE GALLOP

JUNE

7 ENNERDALE M, LC

7 CONISTON TRAIL LT

8 CONISTON TRAIL MARATHON LT

8 EDALE JNR

21 CLOUGHA PIKE JNR

22 KETTLEWELL E

28 BUTTERMERE HORSESHOE M, LC

JULY

5 SLMM MM

6 CLWYDIAN JNR

12 TEBAY M, E, JNR

12 LAKELAND ULTRA TRAIL LT

12 WASDALE M, LC

19 SNOWDON

20 KENTMERE HORSESHOE M, LGP

31 RYDAL ROUND M

AUGUST

2 BORROWDALE M, E

17 SEDBERGH HILLS M

24 GRASMERE SPORTS

30 WHITTLE PIKE E

SEPTEMBER

6 BEN NEVIS

6 KESWICK TRAIL LT

14 MOUNTAIN TRIAL

20 THREE SHIRES M, LGP, LC



OCTOBER

4 CARTMEL TRAIL LT

4 HODGSON BROTHERS RELAY M

5 ENGLISH SCHOOLS

11 LANGDALE HORSESHOE M, LGP, LC

18 BRITISH RELAYS B

25 HELVELLYN TRAIL LT

25 SNOWDONIA MARATHON ROAD

26 ULLSWATER TRAIL LT

NOVEMBER

8 DUNNERDALE M

15 TOUR OF PENDLE M

16 PRESTON 10 ROAD

23 LEE MILL RELAY

M = RACE MAP AVAILABLE
LGP = LAKES GRAND PRIX
LC = LAKELAND CLASSICS
B = BRITISH CHAMPIONSHIP
E = ENGLISH CHAMPIONSHIP
LT = LAKELAND TRAILS
JNR = JUNIOR CHAMPIONSHIP
MM = MOUNTAIN MARATHON

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