

Two Inns Hill Race (final instructions).
Saturday 8th August 2015.
Race starts at 12 Noon.
Approx Distance 15 miles and 1770m of ascent.

The route is covered by OS Land Ranger map 49 and OS Explorer 384.

Please read and familiarise yourself with the SHR competitor safety guidelines. As it states; if you have doubts over your skills and ability for this race it probably isn't for you and you should not be taking part.

<http://www.shr.uk.com/Insurance.aspx>

All entries by SIentries only, entry fee £15, this will include the cost of bus transport to the start. You must be able to satisfy the race entry requirements, which will be checked:-

3 category AL/AM hill races or equivalent, completed in the last two years.

1.
2.
3.

And sign the following declaration and bring it with you when registering on the day of the race:-

Declaration:

I declare that:

- I have read, understood and have familiarised myself with the race regulations and instructions including the SHR race rules and agree to abide by them.
- I am aware of the severity of the course and the need for navigation skills. I confirm that I have navigational skills appropriate for this race and will carry throughout the race any equipment specified by either SHR rules or the organiser.

The race will be held under rules of the Scottish Hill Runners (SHR). I understand that this race is held in accordance with the rules and safety requirements of the SHR. I am aware of the organisers' information and requirements in connection with this race. I accept the hazards involved in hill running and acknowledge that I am entering and running in this race at my own risk. Other than the organisers' liability for causing death or personal injury by negligence I confirm that I understand that the organiser accepts no liability to me for any loss or damage of any nature to myself or my property arising out of my participation in this race.

SIGNED.....

DATE.....

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Registration is from 9am at the Glencoe National Trust Visitor Centre. Registration will close at 10:30 am. Buses will transport you to the start and will leave at 11:00 am.

Please try to car share to the event wherever possible. There is limited car parking at the National Trust Visitor Centre, please follow instructions on where to park. The National Trust have kindly given us sole use of the car park at An Torr for the day- this is approximately 2.8 miles south of the National Trust Centre on the A82. There is further parking approx a mile further south at Loch Achtriochan. To the north there is parking in Glencoe village near the Kinlochleven turning and in other places, please park considerately. Please be sure to leave enough time. For safety please try to car share from parking areas to registration, even if this creates 2 journeys- in order to minimise walking on the A82.

Please be aware that there have been changes to the end of the race route to improve safety for runners. The finish line has been changed to the Glencoe National Trust Visitor Centre. Do not run on the A82 road, this is 'out of bounds' during the race. The last part of the route passes through an environmentally sensitive area and will be marked. All runners must comply with the route marking and marshals instructions.

Start: (Grid Reference: **NM 973 447**). Follow flags leading you onto the open hill.

Check point 1: Beinn Churalain. Height:549m (**NM 989 462**).

Check point 2: Beinn Mhic na Ceisich. Height: 627m (**NN 016 494**).

Check Point 3: Fraochaidh. Height: 879m (**NN 029 517**).

Check point 4: Turning point at minor summit: Height: 615m approx (**NN 054 533**).

Check Point 5: Sgorr a' Choise. Height: 663m (**NN 084 553**).

Check point 6: Gate at head of farm track (**NN 106 546**).

From check point 6 follow the farm track, there will be a marked diversion to route the race round some private property please follow this. At the end of the diversion you will be back on the farm track continue to follow it until directed by a marshal through the field towards the finish line at the National Trust Visitors Centre.

Finish: Glencoe National Trust Visitor Centre. <http://www.nts.org.uk/property/glencoe-and-dalness/>

Checkpoints.

Marshals at each of the check points will record your race number so it must be visible and attached to the front of you at all time. If you are in a group of runners passing a check point together make sure that your number has been recorded. You should note that the checkpoint grid references are approximate, read from an OS map not calculated by GPS.

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Retirement procedures.

Please be aware there are few convenient 'escape routes' off the hill, if you anticipate that you may have to retire; please consider not starting the race.

If you retire- it is essential that race control are informed as quickly as possible. This must be done by either:

- Reporting to a checkpoint marshal.
- And/ or: reporting to the finish.
- Telephoning the race emergency number: **07547318654** or: 07957501793, or the Police.

Equipment.

You are required to carry: full waterproof body cover, plus other clothing appropriate for conditions, a map, whistle, compass and a small amount of food. The organisers reserve the right to change the requirements. You will be notified of any change.

Key hazards.

The race route includes navigating past cliffs, steep ground, gorges and river crossings. You should have studied the map and be aware of the potential hazards and planned on how to safely avoid them prior to race day.

There are no water stations on the route and you should be aware that there are very few opportunities to take on water from suitable natural sources.

You should be aware of the serious disabling consequences of hypothermia, dehydration and heat exhaustion and act appropriately during the race.

Please be aware of loose fencing wire on ground- the first two hills in particular.

Rules.

The race will be held under the rules of Scottish Hill Runners (SHR) a copy of which can be found on their web-site. www.shr.uk.com

Finally.

Good luck to all racing, we hope you enjoy the route. We would also like to thank the various landowners who have given permission for us to race through their ground.