

British and Irish Junior Mountain Running Championships and Home Country International Sunday 10 September, Peebles, Scotland

Location

Cademir Hill, Peebles (Cademuir Rollercoaster route). We are most grateful to the landowners, the Wemyss and March Estate and Cademuir Farm, for permission to stage the event. Please respect their land and livestock. There will be sheep and lambs aplenty on the open hillside. Please keep dogs on a lead.

Entry

Race entry is £5 cash on the day for non-International athletes. This is a British Championship event and an open race so anyone of the correct age can enter on the day. Entries close 30 minutes prior to each race. There is no advance online entry. Please ensure you are familiar with the SHR Safety Rules and Guidelines available at <https://www.scottishhillrunners.uk/Safety.aspx>.

Race Registration - Peebles High School, Springwood Rd, Peebles EH45 9HB

Changing rooms, toilets, showers and lockers will be in the Sports Centre (open from 9am to 2pm). Please follow the directional arrows as the school is under redevelopment with the contractor on site. It's an 8-10 minute walk to the race start from the school. Others may be using the sports centre. Do not leave anything of value in the changing rooms. Use the lockers (£1).

Races (age as at 31.12.23)

Start times:

10.30am U17W (3.8km/180m)

11.00am U17M (3.8km/180m)

11.30am U20W (5.9km/275m)

12.15pm U20M (5.9km/275m)

Warm Up

There are several grass pitches and a 5-lane sprint track at PHS which can be used for warm-up. There is also ample space, although mostly on fairly rough ground, on Morning Hill adjacent to the Start.

Kit Requirements

As Cademuir is in close proximity to the town, and the environment is not inherently severe, nor the altitude significant, the kit requirements are being limited to a waterproof jacket with taped seams and a whistle. These **MUST** be carried by all runners irrespective of the weather conditions on the day. There will be a kit check on the start line. No kit = no run. Two sweepers will run behind the tailmost runner in each race. Both they and the on-course marshals will carry an emergency blanket.

Parking at Race HQ

The car parks at PHS will be signed and manned. Please follow the directions given.

Courses

10.30 U17W (3.8k/175m) SABCABF

11.00 U17M (3.8k/175m) SABCABF

11.30 U20W (5.9k/275m) SABCDECABF

12.15 U20M (5.9k/275m) SABCDECABF

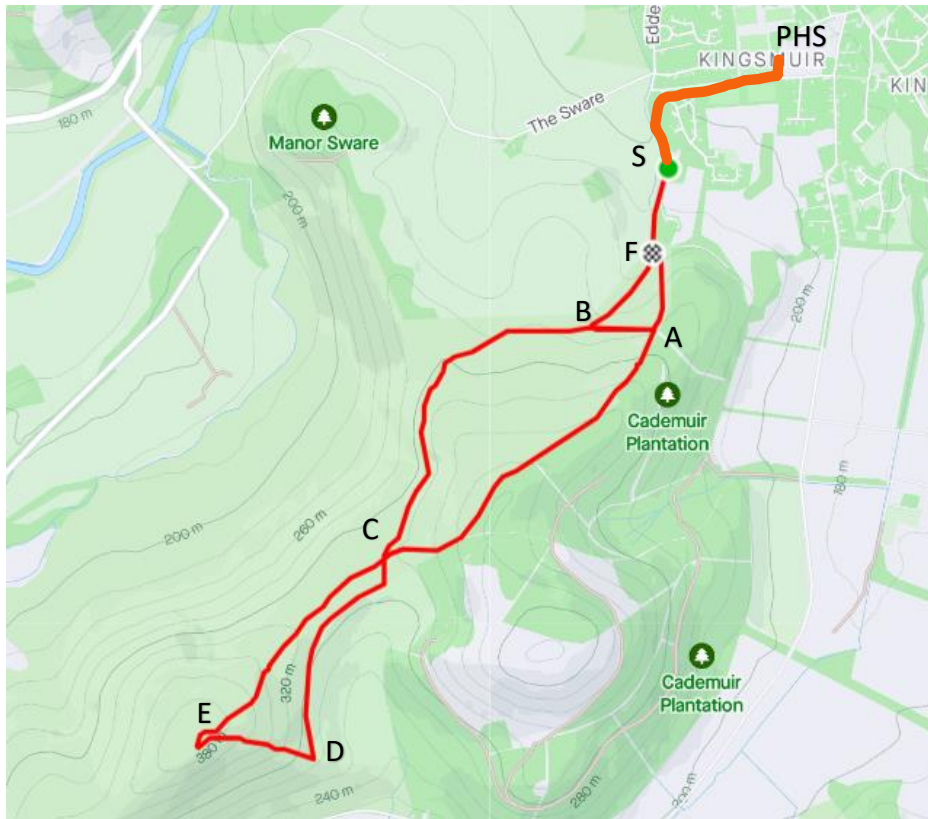
Race HQ is Peebles High School, EH45 9HB

(for parking, registration, changing, toilets, catering, presentations).

The Start is 800m from PHS. The route to the Start (orange) will be clearly marked.

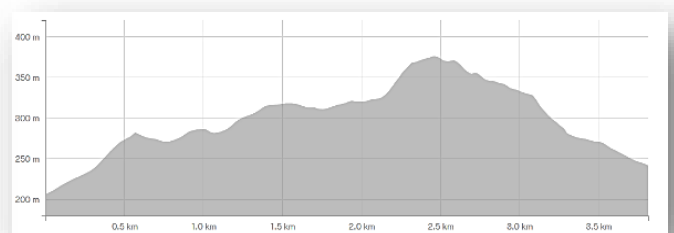
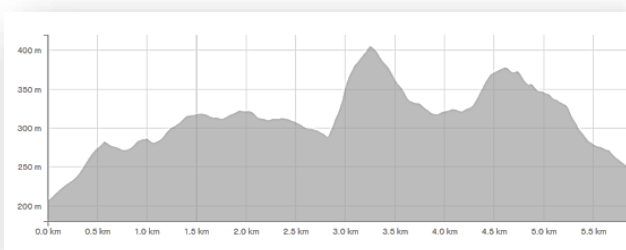
NB It is single track road (take care) with strictly NO PARKING.

There are no mobile toilets at the Start.



5.9k elevation

3.8k elevation



The courses will be very clearly marked and also marshalled at each of the lettered points on the map. As a general rule, keep to the left of the course markers unless a clear double channel is marked.

Presentations

The medal presentations will take place in the PHS canteen from 1.30pm. (The post-race catering provision is only for the international teams.)