

OCHIL'S 8 RELAY RACE

Saturday 17th June 2017

Alva, Clackmannanshire

RACE INFORMATION PACK

Event Information

Race Format: Hill Relay Race over 3 Legs

Race Date: Saturday, 17th June, 2017 [Entry is by Pre-Entry Only - See Race Fee Section](#)

Start Time: 12 Noon

Registration Venue: Cochrane Hall, Alva, Clackmannanshire

Registration: 9.30am to 11.15am

Course Details

Leg 1- 439m ascent/descent over 6km (Highest altitude: 449m)

Leg 2- 740m ascent/descent over 7.5km (Highest altitude: 530m)

Leg 3- 428m ascent/descent over 4.75km (Highest altitude: 438m)

The race is a hill running relay race based in the Ochil Hills above the town of Alva. The race will comprise 3 legs each of which will be run by a separate competitor.

Grid references are located on the checkpoint summary schedule on page 5.

Leg 1 - Starts in Johnstone Park, Alva, runners will head to the Alva Glen via the back road and then onto open hillside. Runners will aim for the Landrover track which leads onto (CP1) at the gate below Ben Ever. Runners will then turn and head up the Nebit to reach (CP2) at the Nebit summit. From there, a fast running descent down the south slopes of the Nebit will lead back to Alva Glen, then returning to Johnstone Park (CP3).

Leg 2 - Leg1/2 transition in Johnstone park (CP3) with runners then heading off to reach the summit of Wee Tory (CP4) and then northwards over the summit mound to reach Mid-Hill (CP5). From here, runners will descend down the steep eastern face of Mid-Hill to reach the crossing point of Alva Burn (CP6). From here, runners will follow a flagged section to join the Landrover track, following the crossing of the Glenwinnel burn, then climb up to the summit of the Nebit (CP7). From here, runners will descend from the Nebit down the southern face again returning to Johnstone park (CP8) via Alva Glen.

Leg 3- Leg 2 - 3 transition in Johnstone Park (CP8), with Leg 3 runners heading into Alva Glen. However, this time running up the length of the Glen, up the 'zig-zag' path to reach 'Smugglers Cave' viewpoint (CP9) at the head of the glen. Runners will then head up the steep east slope of Torry following the mandatory flagged section of the course to pass through the gully, then again onto the summit of Wee Torry (CP10) to complete this short leg with the steep descent of Wee Torry and back into Johnstone Park.

Additional Course Information

The hillsides are primarily grassy hills interspersed with a mixture of whin, gorse, ferns, heather, bracken, blaeberry and rocky outcrops. Athletes will also encounter steep hillsides, burn crossings, narrow gorge paths, animal burrows and rocky outcrops. It should also be noted there will be sections of steep climbing together with skilled, fast descents.

Each leg will run to/from the hills via the back road, the rest of the course is entirely off-road. The race is suitable for experienced hill runners and all runners must have an experienced hill running background and the ability to navigate in poor conditions.

The routes for each leg are identified on the course maps. Mandatory sections of the course are restricted to two sections only (location 1) Leg 3 -the steep eastern face of Torry which leads Leg 3 runners from CP9 to CP10 via a defined gully, keeping runners away from the steep crags, (location 2) Legs 2 - leading from the Alva Burn crossing to the track on the west side of Craighorn.

With the exception of these mandatory sections, runners are permitted to follow their chosen route so long as each Check Point (CP) is passed in their numerical order. Each Check Point will have a recording system in place. It is stressed that the final leg descends the steep south slope of Wee Torry and passes through the golf course across the front of the teeing areas for the 3rd and 5th holes. The optimum route for each Leg is identified on the course maps.

Registration

Entry to the race is by pre-entry postal application ONLY. Unfortunately, there will be no entries available on the day of the race in order that runner numbers are known and that adequate safety precaution measures are in place. **Registration will be open from 9.30am-11.15 am on Saturday, 17th June 2017** and will be held in the Cochrane Hall, Alva. Runners will be able to collect race numbers, course maps and other information during this time.

Entry to the race is by pre-entry postal application ONLY and entries will close on Thursday, 1st June 2017.

Parking

Parking is available within Cochrane Park adjacent to the Cochrane Hall, but additional parking is also available close by within Johnstone Park, The Mill Trail and the former Alva Academy site, all of which are identified on maps within the 'race information package'. Competitors are also asked to be respectful of local residents parking and access needs at all times.

Safety

Whilst the race is run in the summer, there can be no presumption of good weather; therefore, all competitors must carry full waterproof body cover, map, compass and whistle. Competitors must also wear suitable footwear for hill running, have adequate navigational skills and have no health concerns. **The course is wholly contained within Ordnance Survey map - Landranger 58.** There will be a compulsory kit check at registration and at each stage changeover. Any team failing to comply will be disqualified.

Declaration (Must be read and signed by the Team Captain on behalf of the team, on the race entry form). **"I understand that this is a serious and strenuous mountain race, requiring recent mountain racing experience and good navigation skills. I am advised that runners who have not competed recently in a comparable event, or who have a relevant medical condition should seek a medical check to establish whether they are fit to compete."**

Race Organisers

Edel Mooney – ebmooney75@gmail.com

Gary Fraser - garyfraser286@gmail.com

Anticipated Fastest Times

Leg 1 – 40 mins

Leg 2 – 70 mins

Leg 3 – 30 mins

Race Categories

Male Senior MV40 MV50 MV60

Female Senior FV40 FV50 FV60

Mixed (any combination of male / female runners)

Race Fee

£18 per team fully comprising members of Scottish Athletics (plus an additional £2 per runner must be added for each non-member of Scottish Athletics)

Entry is by Pre-Entry Only

Entry forms must be returned no later than Thursday 1st June 2017:

Edel Mooney, The Clearic, Main Street, Fintry, G63 0XB

Payment in advance by cheque along with Pre-entry form, or

Payment can be made on the day by either cash or by cheque Only if Pre-Entered

Cheques made payable to 'Ochil Hill Runners'

The race is being run with the sole aim to raise funds for:

- *MacMillan Cancer Support*
- *Ochil Mountain Rescue Team*

Prizes

Prizes will be awarded to the following:

1st Place in each category.

Refreshments will be available for competitors at the Cochrane Hall from 2.00pm onwards

*NB

**(1) Teams can comprise runners from one or more hill running club and do not need to be solely from one club only.*

**(2) Substitute runners can be permitted on the day of the race provided they are notified to the Race Organiser at registration and that they are equally suitable, experienced and with no health concerns and must endorse the modified entry sheet accordingly.*

**(3) The race will comprise 3 legs each of which will be run by a separate competitor.*

**(4) Age limit is 18 +*

**(5) Refreshments will be available for competitors at the Cochrane Hall from 2.00pm onwards*

**(6) Prize Giving will be at 3.30pm in the Cochrane Hall*

Check Point Summary Schedule

	<u>Description</u>	<u>Easting</u>	<u>Northing</u>
Leg 1			
START	Johnstone Park, Alva	287 880	697 205
CP1	Gate at base of Ben ever	289 080	698 950
CP2	The Nebit Summit	288 830	698 630
CP3	Johnstone Park, Alva (Leg 1 - 2 Handover)	287 880	697 205
Leg 2			
CP3	Johnstone Park, Alva (Leg 1 - 2 Handover)	287 880	697 205
CP4	Wee Torry (summit)	287 995	698 000
CP5	Mid-Hill Summit	287 270	698 785
CP6	Alva Burn crossing	287 845	699 270
CP7	The Nebit Summit	288 830	698 630
CP8	Johnstone Park, Alva (Leg 2 - 3 Handover)	287 880	697 205
Leg 3			
CP8	Johnstone Park, Alva (Leg 2 - 3 Handover)	287 880	697 205
CP9	Smugglers Cave (viewpoint)	288 370	698 390
CP10	Wee Torry (summit)	287 995	698 000
FINISH	Johnstone Park, Alva	287 880	697 205

CP = Check Point