

## Eildon Three Hill Race - 18th September – Final Instructions

Please see below final competitor details for the 60<sup>th</sup> anniversary of the Eildon Hill Race. The race is normally held in June as part of the Melrose Festival week, starting in the centre of Melrose. Due to Covid-19 restrictions, the race was not held in 2020 and this year we originally planned for an alternative course which would facilitate a 'socially-distanced' race and would also minimise impact on the village. Planning for the alternative event was already well advanced once restrictions were eased and we have decided to go ahead with the revised course for 2021.

These instructions cover both the Junior and Senior races. Those people bringing along families to the event might be interested to know that there are still places available for the Junior Race (minimum age 11) at <https://www.entrycentral.com/EildonJuniorrace>

We ask that all competitors take a few minutes to read these instructions as they are important for your safety and for the smooth running of the event. Failure to comply with race rules may lead to disqualification.

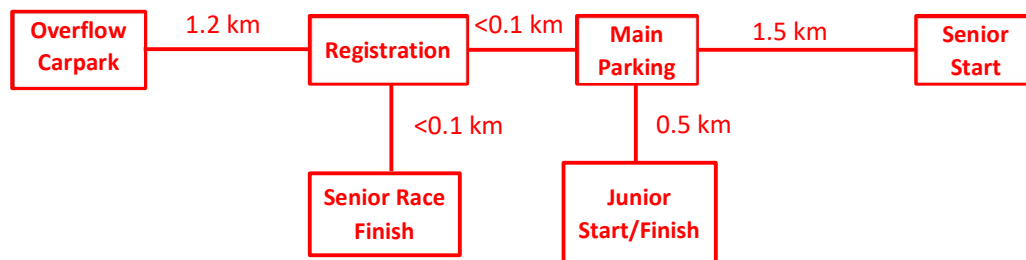
### **Covid-19**

Please **do not** attend the race if you or anyone in your household has any of the symptoms of Covid (e.g. persistent cough, fever, or lack of taste or smell), if you have been asked to self-isolate at home by the [Scottish Government Test](#) and Protect system, or are isolating due to a positive Covid test or are awaiting the results of a Covid test.

Please be aware of other members of the public around race registration and on route. Please respect physical distancing and do not cause unnecessary risk or anxiety to members of the public.

We ask that when you collect your race number from registration that you please wear a mask. Although physical distancing is suspended for the duration of the race, we ask that all competitors should continue to physical distance before and after the race.

### **Overview of parking /registration/start/finish**



### **Event Timetable**

10.00 am	Main Car Park and Overspill Car Park open
10.15 am	Registration opens for Junior Race
10.50 am	Junior Race Briefing at Junior Start Line
11.00 am	Junior Race Starts
11.30 am	Registration opens for Adult Race
12.00 am	Junior Race Prize Giving
12.45 am	Senior Race Briefing at Senior Start line
13:00 am	Senior Race Starts
Approx 14.45	Senior Race Prize Giving

Please note that the start line is 1.5 km from registration, and you need to allow time to register and then walk/jog to the start in time for the race briefing. Junior Start line is a 5 min walk from registration.

## **Parking Details**

Entrance to the Main Parking area will be on an unnamed road at the north end of Eildon village (see below map).

### **Main Car Park, Eildon**

Post code – TD6 9HB

What Three Words - <https://w3w.co/limped.mourner.single>

**It is important that the main parking area is approached from the south via Newton St Boswells. Competitors must not try to access parking by car from the north via Melrose Crematorium.** The Main Car Park can be accessed by turning off the A68 on to the B6398 at the north end of Newton St Boswells and then taking the first right-hand turn signposted 'Eildon'.

There is room in the Main Parking area for approximately 140 cars and we would ask that where possible, i.e. if living in the same household, competitors share lifts to the event, or if possible utilise public transport. If the car park is full on your arrival, you may be asked to use the Overflow car park which is in Newton St Boswells. This is approximately 1.2 km from the registration, so please allow adequate time to arrive, park, and register before the start of the race.

### **Overflow Carpark, Community Wing Council Parking, Sprouston Road, Newton St Boswells**

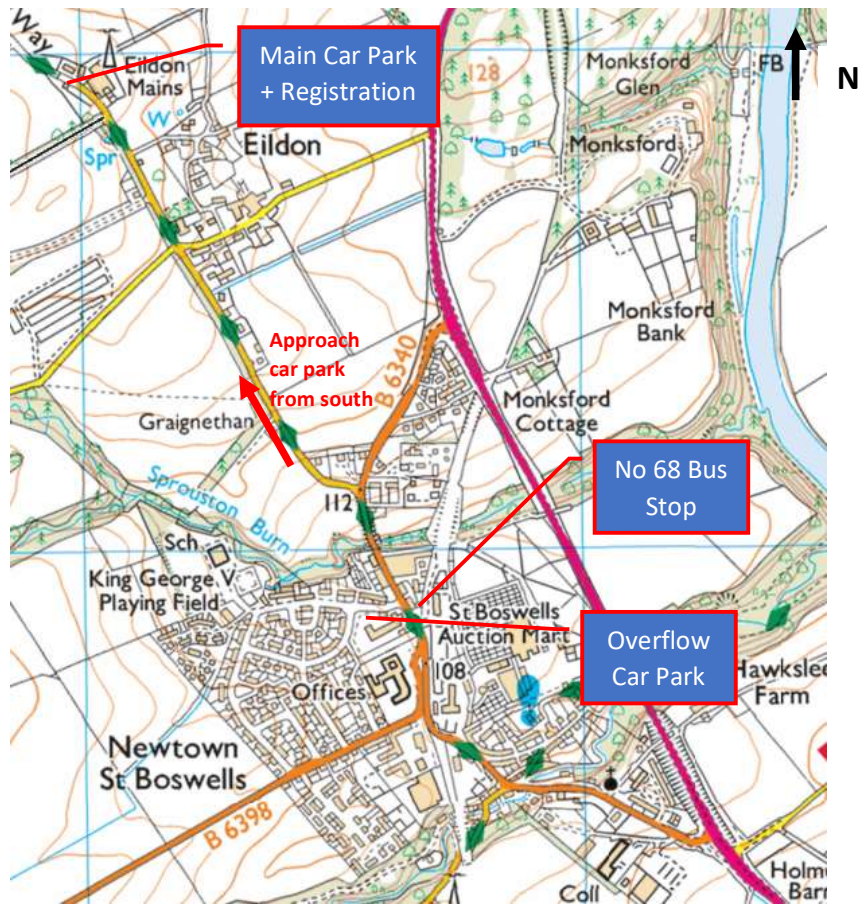
Post code – TD6 0QZ

What Three Words - <https://w3w.co/tones.canal.sampled>

### **Public Transport Option**

Travel to the race by public transport is possible and would relieve pressure on parking as well as minimising its carbon footprint. There is a bus stop for the Borders Bus No. 68 called *Newtown SBC building* which is 1.5 km walk from registration. The number 68 bus route also stops at Tweedbank Railway station so it would be feasible to catch the train from Edinburgh and catch the 10.43 am no. 68 bus departure from Tweedbank. There are return buses at 15:15 and 16:15. Please confirm times at <https://www.bordersbuses.co.uk/>.

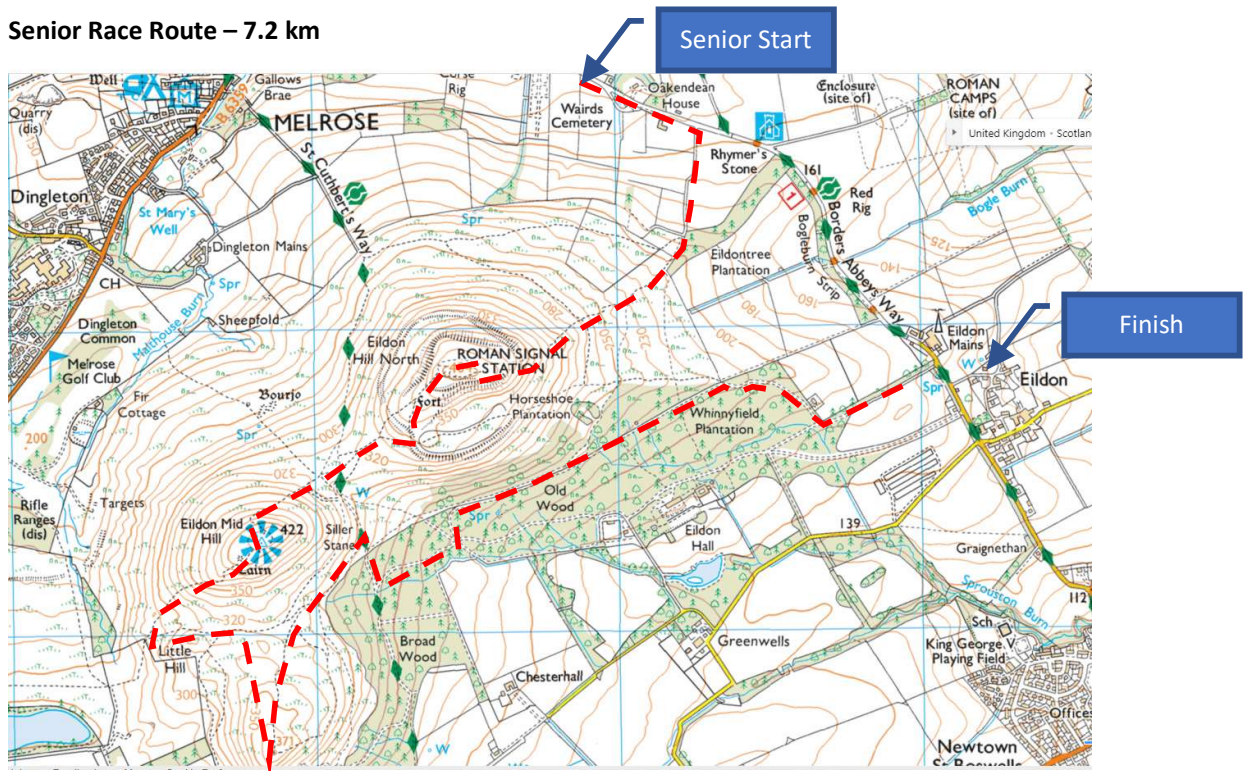
**People using public transport should follow [Transport Scotland](#) guidance with regards to Covid0-19 when travelling to and from the event.**



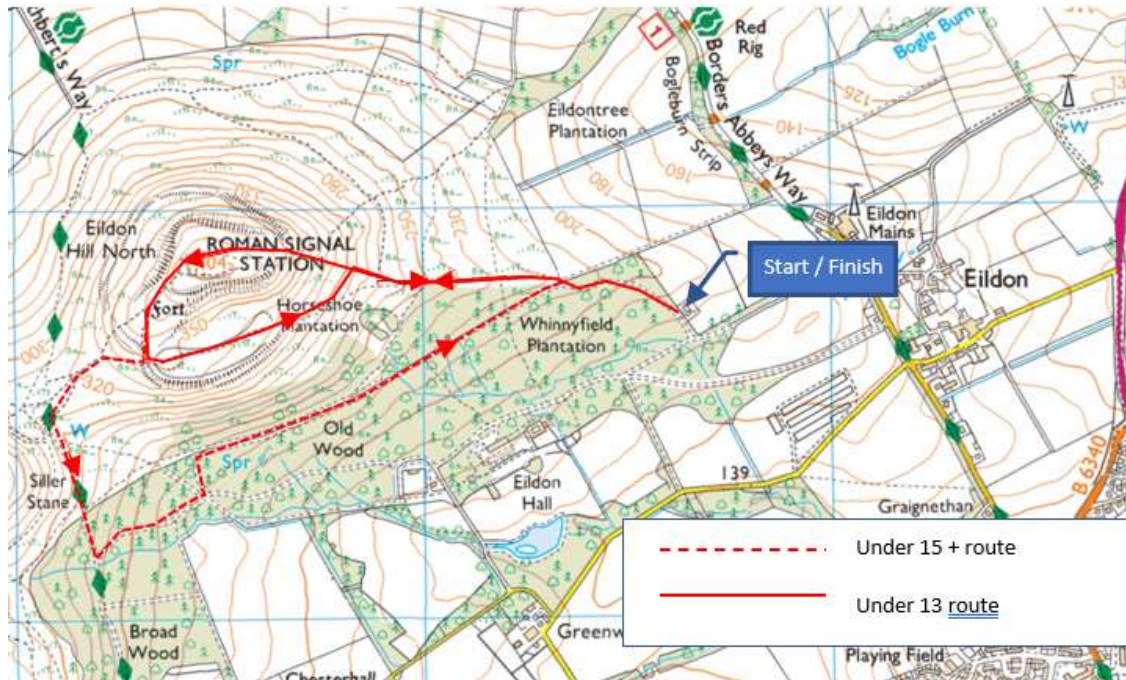
**Race Route**

The route for both junior and senior races will be fully signposted/marshalled. To protect the environment around the Eildon Hills and maintain good relationships with the landowners we ask that competitors **do not** deviate from this route. Even if you know 'local shortcuts' please stay on the marked route.

**Senior Race Route – 7.2 km**



## Junior Race – Routes for Under 13 (3 km) and U15 plus (4 km)



### Required Equipment

All competitors are required to carry a whistle and we may ask you also on the day to carry a waterproof.

Although the Eildon Hill are at a relatively low altitude compared to other races in Scotland, weather conditions on the tops can still be very severe and we recommend you take with you clothes appropriate to the weather conditions.

### Facilities

There will be a limited number of portaloos available at registration. We are sorry there are no changing or shower facilities. Water will be provided for competitors at the end of the race but there will be no water stations on the race route. There will be no catering at the race but there are several nice cafes and pubs available in Newton St Boswells, St Boswells and Melrose.

First Aid will be provided at registration/finish line. Tweed Valley Mountain Rescue will provide first aid cover on the route.

### Runners Retiring from the Race

If you decide to retire from the race, you must tell the organisers either via a marshal or at the finish before going home. If you do not, we could well be searching for you long into the night.

## **60<sup>th</sup> Anniversary Glass**



All runners will be given a special commemorative 60<sup>th</sup> Anniversary 'beer' glass (you can use if for whatever tipple you like).

## **Thanks**

Races such as these could not go ahead without the support of numerous volunteers and landowners.

We would like to thank in particular Buccleuch Estates, the Adam family for use of their farm, Scottish Borders Council and Tweed Valley Mountain Rescue.

Donations to Tweed Valley Mountain Rescue can be made at the link below

[https://uk.virginmoneygiving.com/donation-web/charity?charityId=1005371&stop\\_mobi=yes](https://uk.virginmoneygiving.com/donation-web/charity?charityId=1005371&stop_mobi=yes)

## **Further Questions?**

Please email [tim.darlow@outlook.com](mailto:tim.darlow@outlook.com)