

## Junior Eildon Hill Race – 24<sup>th</sup> June 2023 – Final Instructions

For updates see race Facebook page: <https://www.facebook.com/EildonHillRace>

Please see below final competitor details for the Junior Eildon Hill Race 2023. We ask that all competitors and their parents/guardians 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.

### Event Timetable

10:15 am	Registration and number collection opens
10.50 am	Junior Race Briefing at Start Line
11.00 am	Race Start
12.00 am approx	Prize Giving

### Parking Details

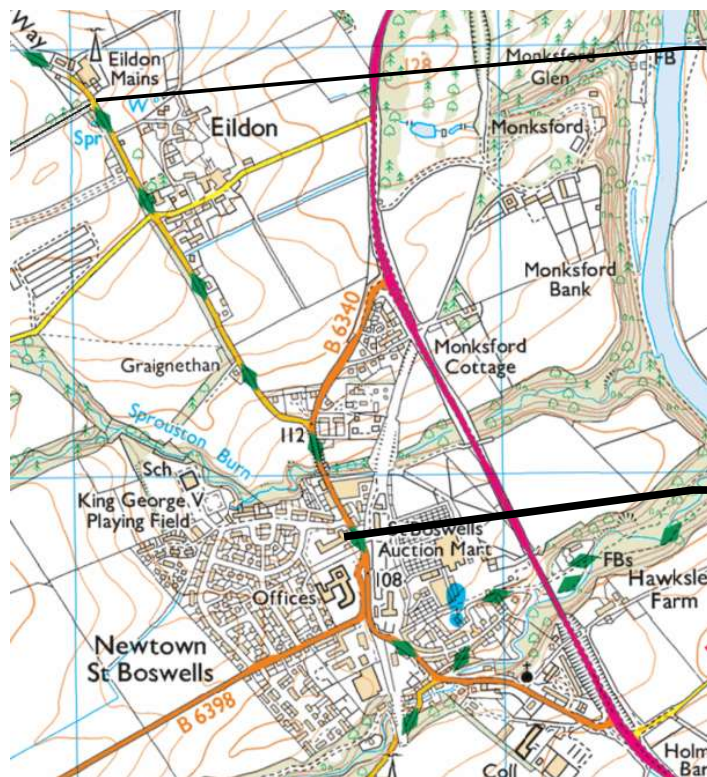
Parking is available on the closed 'Bogle Burn Road'. **It is important that the main parking area is approached from the south via Newton St Boswells. Competitors must not try to access parking by car from the north via Melrose Crematorium.** Race registration and parking can be accessed by turning off the A68 on to the B6398/6340 at the north end of Newton St Boswells and then taking the first right-hand turn signposted 'Eildon'. This turn off will be signposted.

Post code for Eildon Village– TD6 9HB

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

### Registration

Registration and number collection will be Eildon Mains Farm (see map below).



Race Registration & Parking

Public Toilets

During registration parents/guardians will be asked to add any known medical conditions, allergies etc to a short form on the back of your race number. **It is important for your child's safety that you do this.**

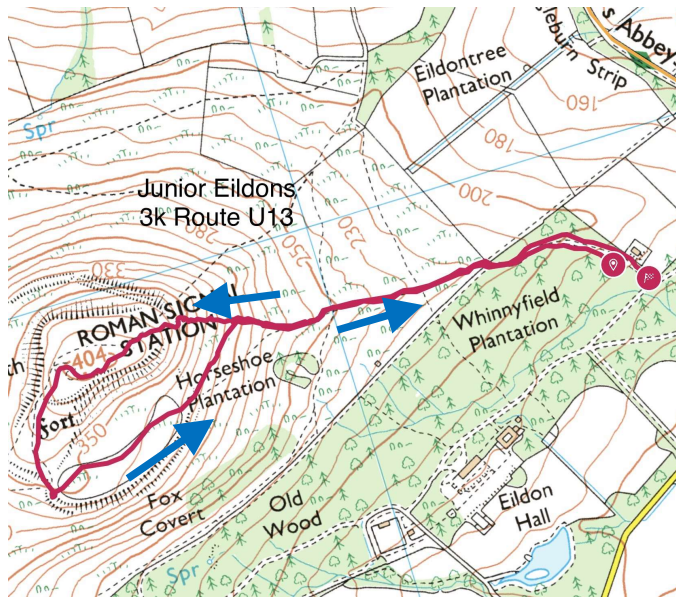
### Race Briefing and Start

There will be a race briefing for all competitors at 10.50 on the start line. You must attend this for your own safety but also so we can obtain an accurate count of the number of runners who start each race. The start line is a 10 min walk from race registration and the car park (signposted).

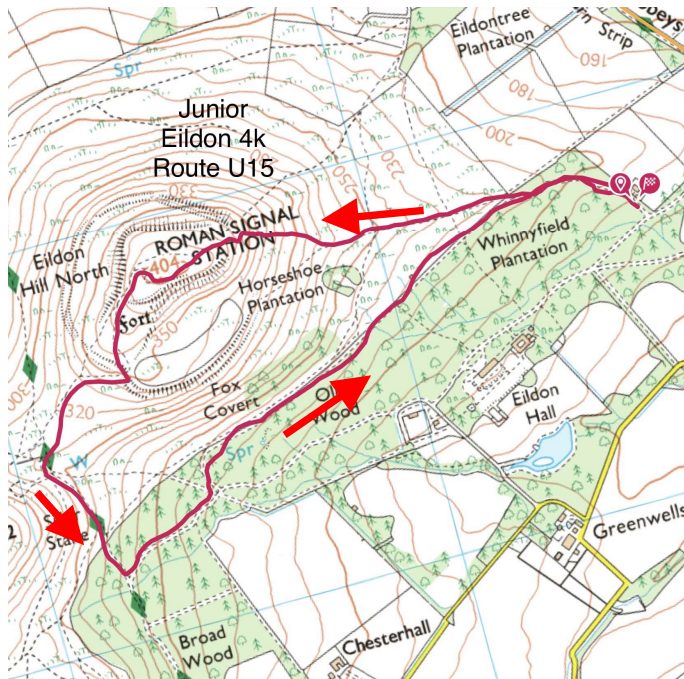
### Race Routes

The race routes will be fully signposted/marshalled and we ask that all competitors follow the marked route. The blue and green loop will be part of the Scottish Junior Hill Running league.

#### **U13's follow the 3 km 'Blue Route'**

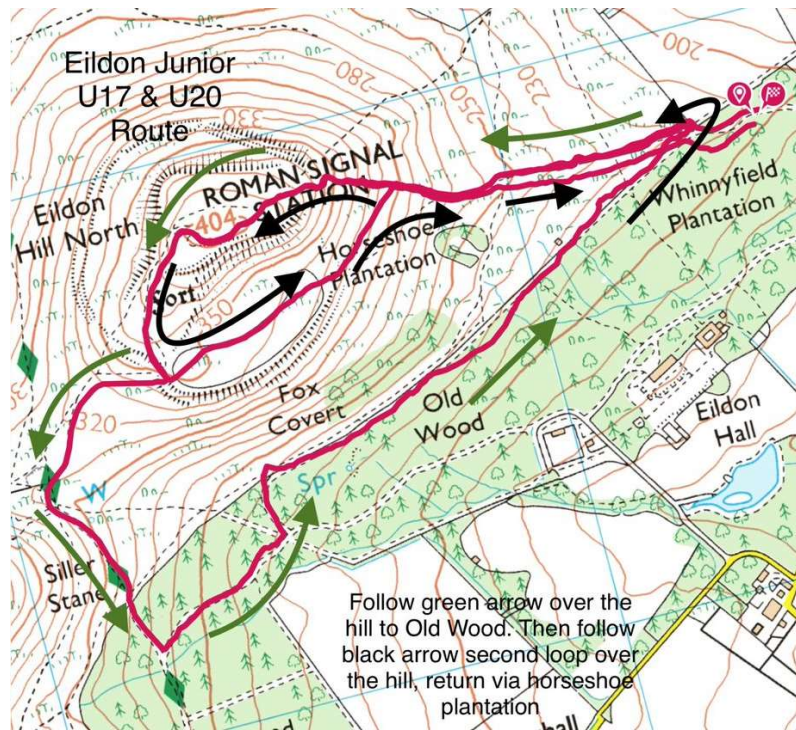


#### **U15's follow the 4 km 'Red Route'**





U17 & U20's do the 'green route' which takes in one long and one short loop.



### **What runners need to take**

All competitors are required to carry a whistle and we may ask you also on the day to carry a waterproof jacket – please come prepared.

Although the Eildon Hills 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 you judge appropriate to the weather conditions.

### **Facilities**

There will be no toilet facilities available at the race. The nearest public toilets are in Newton St Boswells in front of the Council Offices. Water will be provided for competitors at the end of the race but there will be no water stations on the race route.

First Aid will be provided at the start line and the Tweed Valley Mountain Rescue Team (TVMRT) 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.**

### **Awards**

Prize giving will be held immediately after all runners have finished circa 12.00.

### **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, Scottish Borders Council, Melrose Festival, Melrose Football Club, and Tweed Valley Mountain Rescue Team.

Donations to Tweed Valley Mountain Rescue can be made through their Facebook Page: [www.facebook.com/TVMRT](https://www.facebook.com/TVMRT)

**Further Questions?** - Please email [tim.darlow@outlook.com](mailto:tim.darlow@outlook.com)