

# Eildon Three Hill Race – 24<sup>th</sup> June 2023 – Sponsored by Tempest Brewing Co

## Final Instructions for Senior Race

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

Evening Taproom Fundraiser for TVMRT: <https://www.eventbrite.co.uk/e/live-music-on-tap-fundraiser-tickets-648117315337>

Please see below final competitor details for the 62<sup>nd</sup> running of the Eildon Hill Race. This year we will be using the traditional race route, starting in the centre of Melrose, with the race being held alongside the culmination of the Melrose Festival Week.

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.

### Event Timetable

13:00	Registration Opens at Melrose Rugby Club
14:00	Registration Closes
14.20	Runners Briefing at the start line
14.30	Race Start
15.45 approx	Prize Giving in Gibson Park

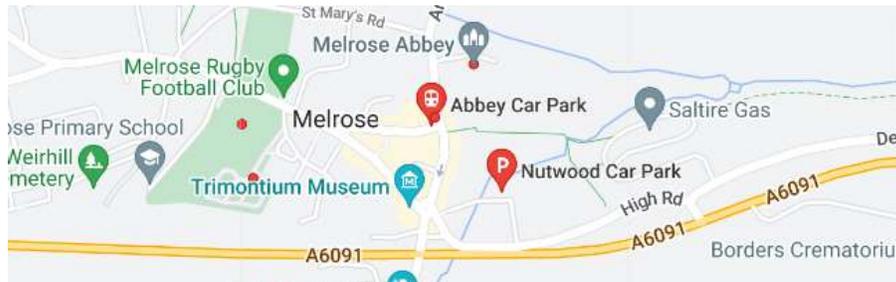
### Registration

Registration and number collection will be upstairs at Melrose Rugby Club, High Street, Melrose, TD6 9SA. Registration will open at 13:00 and close at 14.00.

During registration you 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 safety that you do this.**

### Parking Details

There are two public car parks in the centre of Melrose (see below map). If you park on the street please be considerate of access for local residents.



### Public Transport Option

Travel to the race by public transport is possible and would relieve pressure on parking as well as minimising the carbon footprint of the event. Race registration is 1.6 miles from Tweedbank train station and there are buses that run between the two. Bus timetable can be found at <https://www.bordersbuses.co.uk/>

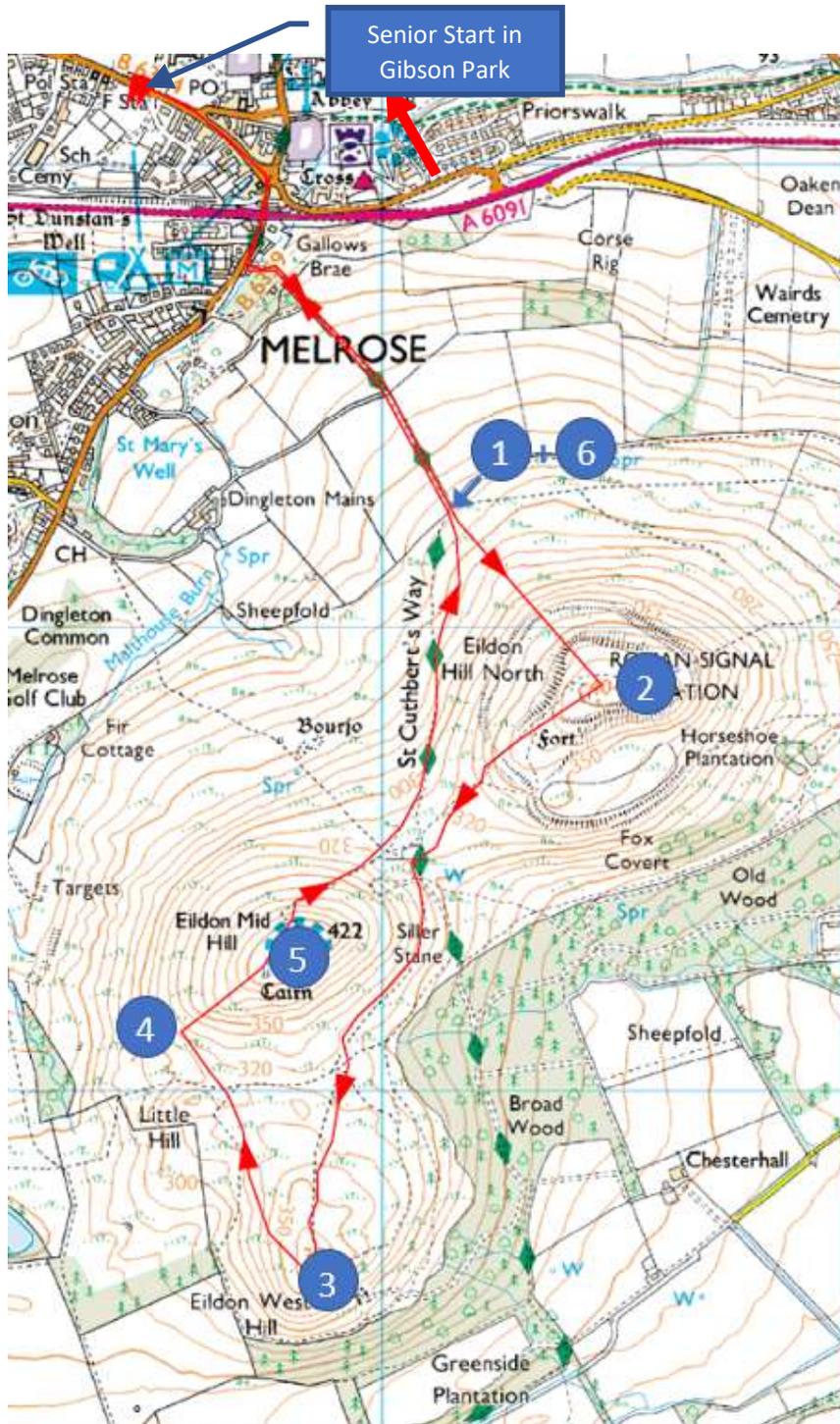
### Race Briefing and Start

There will be a race briefing for all competitors at 14.20 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 will be just over the road from the Rugby Club in Gibson Park.

## Race Route

The recommended route will be fully marked but runners are free to take any route they wish. You must however pass each of the checkpoints shown on the map below, in the order shown. These checkpoints are at the top of each of three hills - Eildon Hill North; Eildon Wester Hill; and Eildon Mid Hill – and two other waypoints to ensure we stay off sensitive areas.

### Senior Race Route – 7.2 km



### **What runners need to carry**

All competitors are required to carry a whistle and if poor weather conditions are forecast, we will also ask you 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.

There will be no water provided for runners on the hill.

### **Facilities**

Runners can use the changing rooms, showers and toilets upstairs in Melrose Rugby Club. Water will be provided for competitors at the end of the race but there will be no water stations on the race route. We will be running a stall selling tea, coffee, and cake after the race near the finish line. This year all the takings from the cake stall will go directly to the National Autistic Society.

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 15.30.

Our fab race sponsors Tempest Brewing Co. are putting a pop-up bar at the finish line to provide all our runners with a free beer, or non-alcoholic beer. You just need to show your race number at the end (18 years+ only).

### **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, Tempest Brewing Co and Tweed Valley Mountain Rescue Team.

Donations to Tweed Valley Mountain Rescue can be made through their Facebook Page:

[www.facebook.com/TVMRT](http://www.facebook.com/TVMRT)

### **Tempest Brewing Taproom Evening Event**

Our sponsors Tempest Brewing Co are hosting The Banjo Lounge 4 at their taproom and beer garden in nearby Tweebank. With two bars and two food trucks, it's going to be a lively one. This is a ticketed event where all proceeds go to the Tweed Valley Mountain Rescue Team.

All runners, and friends, are welcome to come along and you can book a ticket and make a donation via this link <https://www.eventbrite.co.uk/e/live-music-on-tap-fundraiser-tickets-648117315337>

### **Further Questions?**

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