

26th TWO BREWERIES HILL RACE 2009 RACE ENTRY FORM



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Enter on-line

www.twobreweries.org.uk

from Traquair House, Innerleithen to Broughton Ales, Broughton
SATURDAY 26th SEPTEMBER 2009 STARTING AT 12 NOON

Before completing this form (**BLOCK CAPITALS PLEASE**), please read the attached information sheet

NAME _____

ADDRESS _____

POSTCODE _____ TEL _____

CLUB _____

DATE OF BIRTH _____ AGE ON RACE DAY _____

EMERGENCY CONTACT (if any) _____ TEL.NO: _____

Please tick as appropriate

MALE: Under 40 V40 V50 V60

FEMALE: Under 40 LV40 LV50 LV60

LOCAL (living within 6 miles of race route) YES

I REQUIRE TRANSPORT from Broughton Ales to Traquair House YES NO

DECLARATION

Please enter me in the 2009 Two Breweries Hill Race. I am an amateur athlete. I have read the Information Sheet. I understand this is an arduous event and that I enter at my own risk. I am medically fit to compete and am competent in hill navigation. I will not hold the organisers responsible for any injury or illness suffered as a result of competing in the race, or for property lost during the race.

ENTRY FEE £12.00. Please detach and return the entry form, together with your cheque for the entry fee, made payable to:

“TWO BREWERIES HILL RACE”

Peter Baxter, 11 The Meadows, Peebles EH45 9HZ

PLEASE NOTE: ADVANCE ENTRIES ONLY will be accepted up to **19th September 2009**. No entries will be allowed on race day.

You are reminded again to READ THE RACE INFORMATION SHEET

26th TWO BREWERIES HILL RACE

Saturday 26th September 2009

RACE INFORMATION SHEET



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RULES	The race will be run under SHR rules		
RACE CATEGORY	AL		
DISTANCE/ASCENT	18 miles (approx)/4,920 feet (approx)		
RECORDS	Men	2:33:38	John Taylor (Holmfirth) 1992
	Women	2:53:56	Angela Mudge (Carnethy) 2000

ENTRIES - BY POSTAL PRE-ENTRY ONLY Entry fee £12.00 by 19th September. For safety reasons, no substitution of entrants' names will be permitted. No acknowledgement of entries will be sent out. Online Entrants @ Entrycentral will receive a confirmation email.

CHANGING FACILITIES will be available at Broughton Village Hall.

REGISTRATION will be next to the tearoom in the grounds of Traquair House. Runners may either make their own way to Traquair House or use the race bus service departing Broughton Ales at **10.00am**. Buses will drop runners off at the main gates of Traquair House.

TOILETS are located in Broughton Village Hall and beside registration at Traquair House.

RUNNERS KIT not worn in the race should be placed in the Broughton Ales van at the start for transporting to Broughton Village Hall near the finish. Please ensure that kit is clearly marked with your name and/or race number.

FULL EMERGENCY KIT comprising wind and waterproof full body cover, map of entire race route, orienteering type compass, whistle and food equivalent to a chocolate bar must be carried by all runners. Kit will be checked at the start and finish and **any runner not complying will be disqualified**.

SAFETY This race is an arduous event which should not be undertaken by runners who are unfit, or are inexperienced in the hills. Runners must be at least 18 years old. The organisers cannot accept any liability for any accident or injuries. No accompanying dogs are allowed.

HILL RESCUE COVER will be provided by Moffat Mountain Rescue Team.

THE START will be on the lawn in front of the courtyard gates at Traquair House, at 12 noon on Saturday 26th September 2009.

TRAQUIR HOUSE We are fortunate to be allowed to start the race again this year from the grounds of this famous historic house. Please do not drop litter, trample flowers, damage lawns, display banners or climb gates. Refreshments may be on sale in the Tearoom within the grounds.

FLAGGED SECTIONS The course, though normally unmarked, may require to be marked in places because of a grouse shoot, etc. Failure to follow any flagged sections will result in disqualification.

CHECKPOINT information is provided below (OS Sheets 72 & 73).

	<u>Description</u>	<u>Grid Ref</u>		<u>Checkpoint Closing time</u>
Start	Traquair House	73/329353		-
	Birkscairn Hill	73/275332		1315
	Hundleshope	73/250339		1350
	Stob Law	73/230333		1425
Drinks station	Glenrath Farm	73/207342	*Retiral Point*	1440
	Whitelaw Hill (not on summit)	72/193354		1505
Drinks station	Stobo Home Farm	72/179370	*Retiral Point*	1530
	Trahenna Hill	72/136374		1630
	Ratchill Farm	72/119364		1650
Finish	Broughton Ales	72/111361		1700

- It is the responsibility of each competitor to ensure they have been recorded through every checkpoint. Checkpoint closing times will be adhered to. Runners outside these times will be asked to withdraw from the race at that point.
- Any runner retiring from the race for any reason must report ASAP to the nearest manned checkpoint, and to the timekeepers at the finish at BROUGHTON ALES (Tel:01899-221243).

THE FINISH will be at Broughton Ales, Broughton. Washing and changing facilities (not showers) will be available at Broughton Village Hall. Soup with rolls and tea will be served in the Village Hall.

PRIZEGIVING will be held in the village hall at 6pm. As usual a large number of prizes will be presented, including many spot prizes.

TROPHIES will be awarded to:

<u>Individuals:</u>	1st Runner	1st Male Vet	1st Male Super-Vet
	1st Woman		
<u>Teams:</u> (3 to count)	1st Men's Team	1st Women's Team	

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