

# **Arran Distillery Glen Rosa Horseshoe Hill Race,** **Isle of Arran**

**Date:**

Saturday 11<sup>th</sup> June 2005

**Time:**

12 noon

**Venue:**

Brodick Castle Ranger Centre, Brodick Castle, Isle of Arran (O.S. Sheet 69 – Grid 015380)

**Entry Fee:**

£7.00 (£5.00 for members of Athletics Scotland) Please make cheques payable to 'Arran Runners'.

**Minimum Age:**

All competitors must be at least 21 years of age on the day of the race.

**Course:**

12 Miles, 5,500 feet of ascent. See Entry Form for route details.

**Facilities:**

Changing facilities, toilets, showers and baggage storage are available at the Ranger Centre. Light refreshments will be served after the race.

**Travel:**

Competitors travelling to Arran on the day will need to catch the 0945 ferry from Ardrossan to Brodick, and can return on the 1640 or 1920 ferries. For further information contact Caledonian McBrayne 01475 650100.

**Accommodation:**

Contact the local tourist office 01770 302401.

**Last Year:**

24 runners completed the course with times varying between 2h 30m and 4h 30m. The winner was Ronnie Gallagher of Westerlands.

**Further Details:**

Contact Paul Emsley – 01770 700689 – [paulemsley@waitrose.com](mailto:paulemsley@waitrose.com)  
Swallow Cottage, Whiting Bay, Isle of Arran, KA27 8PX

## **Important Information**

1. This event is organised by Arran Runners. It is a Scottish Athletics Permit event, and is run under UK Athletics rules.
2. Entries will only be accepted in advance. There is a limit of 100 competitors.
3. No refunds will be given unless the event is cancelled.
4. The organisers reserve the right to postpone or cancel the race, to alter any part of the course, to run an alternative race, and to refuse entry. The organisers' decision on any matter concerning the race is final.
5. Competitors must be at least 21 years of age. They must have completed 2 similar races: Category AL with navigational skills. The ability to navigate in mist is essential.
6. All competitors must carry a whistle, compass, map (1:50,000 or better), full waterproofs and emergency food equivalent to at least 2oz chocolate. There will be a kit check before the race – no kit, no race!
7. Any competitor who retires or strays from the course must inform a marshal as soon as possible, and **MUST REPORT TO THE FINISH**.
8. Much of the race takes place on steep rocky ground. There is a real possibility of serious injury. Do not take part if you are not confident of your ability to race over this type of ground.
9. Some checkpoints have Closing Times. Runners arriving late at a checkpoint will be retired by the marshals, and must return to the start via the route stated by the marshals.

# Arran Distillery Glen Rosa Horseshoe Hill Race

## Race Regulations

1. Equipment – all competitors must carry a whistle, compass, map 1:50,000 (or better), full waterproofs and emergency food equivalent to at least 2oz chocolate.
2. Checkpoints – must be visited in the order listed below. Runners must leave a numbered tag at each checkpoint. Please ensure you collect these when you check in. Please note – CP2 and CP4 are just a few yards apart so ensure you put your tags in the correct container.
3. Race Numbers – must be worn showing to the front.
4. Refreshments – tea and sandwiches are provided free at the finish. Runners are advised to carry a water bottle.
5. Checkpoint Closing Times – see below – runners arriving at a checkpoint late will be retired by the marshals and must return directly to the start via the route stated by the marshals.
6. Retiring Competitors – should try to get a message to the marshals, and **MUST REPORT AT THE FINISH**

## Course

Checkpoint	Grid	Closing Time	Notes
0 Ranger Centre	015380	noon	From start proceed west along castle drive for approx. 1km. Follow marked path into Glen Rosa. Stay on north side of burn, to footbridge (982388). Make own way onto Beinn a' Chliabhain
1* Bienn a' Chliabhain	970407		Checkpoint is flag on summit. Continue north along ridge to the flags. Follow flagged route into Coire Daingean. From last flag head north until you cross the burn then contour under A'Chir to coll.
2* Coll	968429	14:30	Path very narrow to top of Cir Mhor so be considerate. Return by same path to coll, then contour around Cir Mhor to saddle.
3 Cir Mhor	973431		In poor visibility, a bearing of 120 from CP4 will take you below hazardous ground.
4* Coll	968429		
5* Saddle	979430	15:00	Keep to path up ridge to North Goatfell then take path west or east of Stachach onto Goatfell.
6* Goatfell	992415		From summit follow established ridge paths down to cairn
7* Cairn	997415		Follow path to footbridge (000396). Follow burn to reservoir (009390) and marked route to field above start.
8 Ranger Centre	015380	18:00	Refreshments at end.

\* Denotes Checkpoint with Marshals. Other checkpoints may only have markers.

**Arran Distillery Glen Rosa Horseshoe Hill Race, Isle of Arran**  
**11<sup>th</sup> June 2005**

Surname ..... Forename .....

Address .....

.....

Postcode ..... Telephone .....

Email .....

Athletics Club .....

Scottish Athletics Membership No .....

Date of Birth .....

Age Category (age on race day - please tick one)

Male

21 – 39 ..... 40 – 49 ..... 50 – 59 ..... 60 + .....

Female

21 – 39 ..... 40 – 49 ..... 50 – 59 ..... 60 + .....

Entry Fee: £7.00 (£5.00 if Scottish Athletics Membership Number provided)

I declare that I am physically fit to run, and waive and renounce any rights and claims for damages I may have against the organiser for loss and or injury sustained as a result of participation in this event. I have read the race information sheet and have noted the conditions etc. governing this event.

Signed ..... Date .....

Send to: Paul Emsley, Swallow Cottage, Whiting Bay, Isle of Arran, KA27 8PX