

Scottish Co-op Goatfell Hill Race, Isle of Arran

Date:

Saturday 17th May 2005

Time:

12 noon

Venue:

Ormidale Pavilion, Brodick, Isle of Arran

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 18 years of age on the day of the race.

Course:

8 Miles, 2866 feet of ascent. The race starts and finishes at the Ormidale Pavilion in Brodick. It follows the main road north to Brodick Castle drive. From the Castle drive, it climbs to the top of Goatfell via the standard 'tourist' path. It returns the same way to the finish. The Arran Mountain Rescue Team marshals the route on the hill and provides emergency cover. St Andrew's Ambulance Corps provide first aid at the finish.

Prizes:

Trophies are awarded to the first male and female athlete. Shields will be presented in the following categories: SM, M40, M50, M60, SW, W40, W50, W60, First Team of 3, First Local.

Facilities:

Changing facilities, toilets, showers and baggage storage are available at the Ormidale Pavilion. Light refreshments will be served after the race. The Ormidale Hotel is located adjacent to the sports field. Drinks and Bar Meals will be available after the race (and during it for spectators!).

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:

84 runners completed the race, with times varying between 1h 20m and 2h 59m. Ronnie Gallagher of Westerlands won in 1h 21m 49s. First female was Alice Scriven in 1h 43m 04s.

Further Details:

Contact Paul Emsley – 01770 700689 – 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 200 competitors.
3. No refunds will be given unless the event is cancelled.
4. All competitors must be at least 18 years of age.
5. There is only one prize per person, with the exception of team prizes.
6. All competitors must carry a whistle and full body cover waterproofs. There will be a kit check before the race.
7. Any competitor who retires or strays from the course must inform a marshal as soon as possible.
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. Maps of the course will be available at the start. The route is signed over the lower sections and the final section to the top of the mountain is flagged.

Scottish Co-op Goatfell Hill Race, Isle of Arran – 21st May 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

18 – 39 40 – 49 50 – 59 60 +

Female

18 – 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

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