

The Scottish Hill Runners Championship

The Scottish Hill Running Trophies will be awarded on the basis of the Scottish Hill Runners Championship. The first three in all categories will be awarded medals, with the winner receiving the requisite Scottish Hill Running Trophy, to be kept for one calendar year.

All athletes who complete the championship will be awarded a worthwhile memento (not a medal).

Championship Races: **Chapelgill**, Sat 22 Mar (S); **Knockfarrel**, Sat 12 Apr (S); Dollar (M); **Durisddeer Hill Race**, Sun 22 Jun (M); **Stuc a'Chroin**, Sat 3 May (L); **Bens of Jura**, Sat 24 May (L).

Photo: sunset from Beinn a'Chaolais, Isle of Jura
By R.C.J.G.

- 1) The 6 races as above. One race from EACH category (S,M,L), PLUS one other is required to complete the championship, i.e 4 in total.
- 2) To receive the trophies and/or medals, Scottish eligibility is required: Scottish by birth, or residence, or FIRST claim Scottish club.
Note, mementos also to all athletes not claiming Scottish eligibility, but completing the championship.
- 3) No requirement for membership of any organisation. Individuals welcome to compete as individuals.
- 4) Categories: Individual senior men/women, Veteran men/women (40+), Superveteran men/women (50+). 60+ too if we get entrants. Team prizes to first men and women's teams. 4 to count for men and 3 to count for women.
- 5) Points awarded to first 20 in each category. First in each category at any race receives 1 extra point, i.e. 21 points for first 19 points for second, etc. No requirement to gain points to receive memento

Other notes: Experience of 'A' class races is required for the long (L) events. Navigational skills and correct equipment, as specified by the race organiser, will also be required.

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