

Ochil 2000's

Ochil 2000's Race - All the 2000ft peaks in the Ochils plus Dumyat

1 Graham, 5 Donalds, 4 Donald Tops, 2 Marilyn's and 3 HuMP's *

Date: 27th August 2011
 Time: 12:00
 Distance: 28km
 Climb: 1500m (AL)

Registration from 9:30am to 10:30am: Gannochy Sports Centre, Stirling University (NS 805964)

At 10:30am a bus will leave the Gannochy to take runners to the start.

Start: Glensherup (NN 967052). **Route** marked to Deer Fence Crossing at: (NN 975037)

You are then required to visit the following tops:

Hill	Height		Grid Reference	Cutoff
Innerdownie	611m	2005ft	NN 967031	
Whitewisp Hill	643m	2110ft	NN 955014	
Tarmangie Hill	645m	2116ft	NN 943015	
Kings Seat Hill	648m	2126ft	NS 936998	1:30
Andrew Gannel Hill	670m	2198ft	NN 919005	
The Law	638m	2093ft	NS 910996	
Ben Cleuch	721m	2365ft	NN 903007	
Ben Buck	679m	2228ft	NN 896014	
Ben Ever	622m	2041ft	NN 893001	2:45
Blairdennon Hill	631m	2070ft	NN 866019	
Dumyat	418m	1371ft	NS 836977	

The last part of the route is marked from the Gate at the entrance to Yellow Craig Woods (NS 820974) finishing at the Gannochy. The route will require the ability to navigate and if the cloud is low, some areas have not got many features. You will be required to carry a map, compass, whistle and full waterproof body cover.

Latest race information and a list of entrants can be found on www.ochilhillrunners.org.uk

* Courtesy of the Eddie Dealtry Hill list service

Ochil 2000's Race – 27th August 2011

Cost £12 – Entries to: Alex King, The Poplars, Drum Kinross, KY13 0PR by 20th August.

Cheques payable to: Ochil Hill Runners.

Name:	Male <input type="checkbox"/> Female <input type="checkbox"/>
Address:	Snr <input type="checkbox"/> Vet <input type="checkbox"/> Svet <input type="checkbox"/> Svet 60+ <input type="checkbox"/>
.....	Declaration:
.....	<i>I take part in the Ochil 2000's Race at my own risk, and am obliged under the conditions of the Race Insurance to carry the following:</i>
.....	§ Waterproof full body cover
Tel:	§ Suitable map, compass and whistle
Email:	
Date of birth:	Signature:
Club:	