

Ochil Hill Runners

Calendar of Summer Mid Week Runs 2009

10-Mar	5:30 PM	Gannochy Sports Centre - Dumyat*
17-Mar	5:30 PM	Alva, Alva Glen Car Park*
24-Mar	5:30 PM	Menstrie - outside Scout hut
31-Mar	6:00 PM	Sheriff Muir Inn
7-Apr	6:00 PM	Dollar, Dollar Academy Gates
14-Apr	6:00 PM	Ben Ledi
21-Apr	6:15 PM	Stuc a' Chroin, Ardchillarie More (Glen Ample)
22-Apr	7:30 PM	Whangie Whizz Hill Race^{BB}
28-Apr	6:00 PM	Tillicoultry, Mill Glen Car park
6-May	7:00 PM	Dumyat Hill Race^{BB}
12-May	6:15 PM	Meall an t-Seallaidh - Edinchip - Balquhidder Station (NN583222)
19-May	6:00 PM	Glen Devon - Glenshurup Car Park
20-May	7:30 PM	Kinnoull Hill Race^{BB}
26-May	6:15 PM	Creag Uchdag, Glen Lednock Reservoir (NN729289)
27-May	7:30 PM	Knock Hill Race - Crieff
2-Jun	6:15 PM	Ben Venue, Car Park before hotel (NN 506069)
3-Jun	7:00 PM	Kilpatrics Hill Race^{BB}
9-Jun	6:00 PM	Ben Ledi & Ben Vane, Ben Ledi car park
10-Jun	7:30 PM	Cort-ma Law Hill Race^{BB}
16-Jun	6:00 PM	Alva, Alva Glen Car Park
17-Jun	7:30 PM	Ben Sheann Hill Race^{BB}
23-Jun	6:30 PM	Ben Vorlich - Ardvorlich - Loch Earn
24-Jun	7:30PM	Red Moss Revolution^{BB}
30-Jun	6:15 PM	Dunning Glen, Tonguey Faulds Car Park
7-Jul	6:30 PM	Coire Seicheach, Head of Glen Buckie (NN529175)
15-Jul	7:30 PM	Maddy Moss Mash Hill Race^{BB}
21-Jul	6:30 PM	Ben Lomond
22-Jul	7:15PM	Turnhouse^{BB}
28-Jul	6:00 PM	Dollar, Dollar Academy Gates
4-Aug	6:15 PM	Ben Chonzie, Glen Lednock
11-Aug	6:00 PM	Tillicoultry, Mill Glen Car park
12-Aug	7:30 PM	Caerketton Hill Race^{BB}
18-Aug	6:00 PM	Ben Ledi
25-Aug	6:00 PM	Glen Devon - Glenshurup Car Park
1-Sep	6:00 PM	Sheriff Muir Inn
8-Sep	6:00 PM	Menstrie - outside Scout hut
15-Sep	5:30 PM	North Third from Quarry Road, Cambusbarron
22-Sep	5:30 PM	Gannochy Sports Centre - Dumyat/Loss Hill
29-Sep	5:30 PM	Gannochy Sports Centre - Dumyat/Loss Hill
6-Oct	5:30 PM	Alva, Alva Glen Car Park*
13-Oct	5:30 PM	Gannochy Sports Centre - Dumyat*
20-Oct	6:00 PM	Gannochy Sports Centre - Dumyat*

Races shown in **Bold** type

^{BB} Denotes Bog and Burn Series

* Head torch may be required

For the latest details see the web site: www.ochilhillrunners.org.uk