Penchrise Pen Race

Sunday 30th September 2018

12:00 start

Venue: Start/finish parking and registration (11am onwards) at Stobs Camp (GR500094), 4 miles south of Hawick on B6399 (turn off at war memorial near Woodfoot Bridge)

Category BS: Distance 8km, Ascent 280m

Entries on day - £5

Entrants must be aged 16 or over on the day

Run under SHR rules (full kit may be required depending on weather)

Note: Race and parking all taking place on farmland with livestock by kind permission from local farmers so please do not bring dogs.

For further information contact Keith Murray: email - kjmurray63@hotmail.com or tel – 07804648287

Race Route at <http://gb.mapometer.com/running/route_3568219.html>

Records

M – 34:19 Lucas Cheskin (Moorfoot) 2016

F – 35:13 Charlotte Morgan (Carnethy) 2014

Penchrise 5k Trail Race

Start Time and Location as above

Distance 5km, Ascent 137m

Records

M- Fraser Clyne 22:34(Teviotdale) 2017

F- Maddison Hewitt 28:39 (Teviotdale) 2015

Entries - £3 Entrants must be aged 12 or over on the day

<http://gb.mapometer.com/running/route_4066237.html>