

Tinto Tiptoe Hill Fun Run

Saturday November 10th 2018

Under UKA Rules. Scottish Athletics Licence.

Directions	Fun Run Register & Start (Grid Ref: 963 373) Turn off the Lanark to Abington road A73 at minor cross-roads nearest Tinto Hill. (On your right, if heading south.)
Entry Fee	10p (Pensioners half price.)
Start	2.07 Approx.
Course	Distance 1.2k. Climb 50m. Run (or walk) up track, round hill fort and back. Under 8 and over 98 must be accompanied. Note: There are no facilities at the start. The nearest are 3 miles away at Symington. Bring plenty of warm & waterproof clothing.
Prizes	None. Certificates juice & Kit Kat to all smiling finishers.
Note	The Tiptoe is held in conjunction with the Tinto Hill Race 6.5k / 450m, which starts at 2pm, and the tough junior race 3.2k / 180m, starting at 2.05pm. Registration for both these is 3 miles away in Symington village hall off A72. (GR 996 352, OS Landranger sheet 72)
Further Info	Fun Run: Martin Hyman (01506 412322) martinhyman@clara.co.uk Tinto Hill Race: Cameron Scott (01555 751 794) cameronscott386@btinternet.com Junior Hill Race: Nick MacDonald (0131 664 3871)