

Scottish Hill Running
Junior Home International Trial and Open Race
Sunday 22 August 2010 - Myreton Hill, Menstrie
scottishathletics Permit Event, held under UK Athletics Rules

Information Sheet

The Junior Home International Trial in 2010 is at the same venue on Myreton Hill in the Ochils above the village of Menstrie as was used in 2009. The courses are on steep and runnable terrain using a mixture of tracks and smaller paths.

This is the final race in the Scottish Athletics Junior League series (for further information see <http://www.shr.uk.com/Juniors.aspx>), and is held in conjunction with an Open Race. The event is open to all, but only individual members of Scottish Athletics count for the Junior League or are eligible for International selection.

The event is also the Scottish trial race and main selection race for the Scottish Athletics teams for the Open British and Irish Junior Hill Running Championship, which incorporates the Junior Home International. More details on that event are given below.

Venue

Scout Activity Centre, Menstrie, Clackmannanshire (Grid reference NS848971)
<http://www.streetmap.co.uk/map.srf?X=284856&Y=697100&A=Y&Z=120>

Directions to Menstrie

From east - follow A91 towards Stirling through Dollar, Tillicoultry and Alva.
From other approaches - follow M9 to Junction 9, then follow A91 northwards round Stirling and on (about 6 miles from M9 junction), through 6 roundabouts.

Car parking

The area around the Scout Centre is residential. No event parking please. Limited car parking is available in the grounds of Menstrie Primary School from 9.30am. Please share transport if possible. The school buildings will not be open - registration and facilities are at the Menstrie Scout Activity Centre.

Registration and Entries

Entries will be taken at the Menstrie Scout Activity Centre from 10am. Entries taken on the day only. Entry fee is £4 (£2 for Scottish Athletics members). Fun run 10p

Age classes

Open - Born 1990 or earlier

U19 - Under 19 years of age on 1 January 2010 (i.e. born in 1991, 1992 or 1993)

U16 - Under 16 years of age on 1 January 2010 (i.e. born in 1994 or 1995)

U14 - Under 14 and over 12 years of age on 1 January 2010 (i.e. born in 1996 or 1997)

Fun Run - Open to everybody

Races and course lengths

Courses will be planned in accordance with the guidelines for the Junior Home International courses, and will combine age classes as follows.

	Start time	Course	Length (km)	Climb	
				(m)	%
1	11.30	Fun Run - Menstrie Mystery - open to all ages	1.2	60	5.0
2	11.50	U14 Girls, U14 Boys	3.0	165	5.5
3	12.10	U16 Girls	4.1	240	5.8
4	12.40	U19 Girls, U16 Boys	4.6	280	6.0
5	1.15	U19 Boys, Open	6.3	410	6.5

Start

The start and finish area is about 1km uphill walk from registration, around 100m above registration. It gives good views of the early and concluding part of each race, and wonderful views of the surrounding countryside. Because of the elevated location, you should bring sufficient warm and waterproof clothing.

Kit requirements

Because the start and finish are elevated and exposed, and courses 4 and 5 climb to nearly 400m, runners on these courses must carry or wear full waterproof cover if the weather conditions are poor. This requirement will be enforced by officials at the start.

Course descriptions

Courses will be marked with tape and arrows as necessary, and will be marshalled. All of the courses start and finish on a land rover track, with their middle section on a mixture of small grass paths and open hillside.

Course 1 (fun run) climbs along the track for 300m, then cuts uphill across grass to rejoin the track, and then returns 600m downhill along the track to the start.

Course 2 (U14 Girls, U14 Boys) climbs along the track and a large path for 900m. It then follows a 1km loop which starts on minor grassy paths with some steep uphill sections before a brief section ascending the track again before descending on a mixture of open grass, track and minor paths. The course ends with the same path and track section that it started on.

Course 3 (U16 Girls) is the same as Course 2 except that it does 2 laps of the loop.

Course 4 (U19 Girls, U16 Boys) starts by following the same track and path as Courses 2 and 3, and the first part of their loop. It then follows a 1.8km loop up onto Myreton Hill. This climbs steeply at first on a minor path, flattens, and then climbs more steeply to the top. The descent is on grass and a minor path until it meets a track which it follows for 0.5km back to the start of the loop. The course then descends using the second part of the Course 2 and 3 loop and the track and path.

Course 5 (U19 Boys, Open) is the same as Course 4 except that it does 2 laps of the loop onto Myreton Hill.

Junior Home International

The event is the Scottish trial race and main selection race for the Scottish Athletics teams for the Open British and Irish Junior Hill Running Championship, which incorporates a Junior Home International match between Scotland, England, Wales, Northern Ireland and the Republic of Ireland. That event is being held on Sunday 19 September in Dublin.

The Junior Home International is between 4 teams: girls' and boys' teams in each of Under 18 (i.e. born in 1992 and 1993) and Under 16 (i.e. born in 1994 and 1995). Each team comprises 4 athletes. Note that the age eligibility for the Under 18 team is narrower than the older age group in the Scottish Athletics Junior League.

Although the Junior Home International does not include an Under 14 team, the best Under 14 athletes may be invited to travel to the Sedbergh event with the Scottish teams.

Further information

Enquiries to Hugh Buchanan, hugh.buchanan@iname.com, 01786 473776.

