

**Junior Home International Trial and Open Race**  
**Sunday 30 August 2009, Menstrie**  
scottishathletics Permit Event, held under UK Athletics Rules

**Information Sheet**

The Junior Home International Trial in 2009 is at a new venue and course on the Ochil Hills. 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 the Open Race is part of the Scottish Hill Runners Under 23 Championships (see <http://www.shr.uk.com/Championship.aspx?ChampionshipID=C-002> ). 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.

**Age classes**

Open - Born 1989 or earlier

U19 - Under 19 years of age on 1 January 2009 (i.e. born in 1990, 1991 or 1992)

U16 - Under 16 years of age on 1 January 2009 (i.e. born in 1993 or 1994)

U14 - Under 14 and over 12 years of age on 1 January 2009 (i.e. born in 1995 or 1996)

**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.

<b>Start Time</b>	<b>Course</b>	<b>Length (km)</b>	<b>Climb (m)</b>
11.00 (tbc)	Fun Run - Menstrie Mystery - open to all ages	Just a bit	Not too much
11.30 (tbc)	U14 Girls, U14 Boys	2.5 - 4	170 – 220
12.00 (tbc)	U16 Girls	2.5 - 4	170 – 220
12.40 (tbc)	U19 Girls, U16 Boys	4 - 6	250 – 350
1.30 (tbc)	U19 Boys, Open	6 - 7.5	400 – 500

Race start times will be between 11.00am and 1.30pm.

**Entries**

Entries taken on the day only.

### **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 4 October in Sedbergh, Cumbria.

The Junior Home International is between 4 teams: girls' and boys' teams in each of Under 18 (i.e. born in 1991 and 1992) and Under 16 (i.e. born in 1993 and 1994). 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**

This page will be updated with further information including final course lengths and confirmed race times when known.

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