

# Tinto Tiptoe

## Hill Fun Run

Saturday November 10<sup>th</sup>

Under UKA Rules. Scottish Athletics Permit.

<b>Directions</b>	<b>Fun Run Register &amp; Start</b> Off the Lanark to Abington road A73 (Grid Ref: 963 373)
<b>Entry Fee</b>	10p (Pensioners half price)
<b>Start</b>	2.07 Approx.
<b>Course</b>	Run (or walk) up track, round hill fort and back.
<b>Prizes</b>	None. Certificates, juice & Kit Kat to all finishers.
<b>Note</b>	The Tiptoe is held in conjunction with the Tinto Hill Race 6.5k / 450 m, which starts at 2pm, and the tough junior race 3.75k / 250m 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)
<b>Further Info</b>	<b>Fun Run:</b> Martin Hyman (01506 412322) <b>Tinto Hill Race:</b> Derek Bearhop (0131 443 1228) <b>Junior Hill Race:</b> Mark Johnston (01506 670 184)