

AONACH MOR MOUNTAIN RACE (6.4KM, 780M CLIMB) SATURDAY 18TH SEPTEMBER 2010

**Incorporating the 2010 UKA British and Irish Mountain Running Senior Home International
and the 4th race in the McCain Mountain Running Challenge**

Course

The event will take place on an uphill course on Aonach Mor Mountain (Nevis Range) near Fort William. See separate course map. The course starts near the bottom station (105m). The initial 2.5km of the course is on forest tracks at a gentle gradient before the route meets and heads up the main downhill mountain bike track. This track provides good challenging running with a variety of gradients on a rocky, gravelly and occasionally muddy well defined track. Once the top Gondola Station (650m) is reached there is a short section of Landrover track before the final climb up the open grassy hillside, following the right (west) side of a ski fence, to the finish at 845m above sea level.

Note that competitors **MUST** follow the race route when descending from the finish back down to the upper gondola station.

Racing/fell shoes with forefoot grip are advisable in all but the driest conditions. The course will be marshaled, and marked at any points where the route isn't obvious.

Programme

There will be separate races for men and women which use the same route :

1.30pm : Women's Race (6.4km, 780m climb)

2.00pm : Men's Race (6.4km, 780m climb)

The prize giving will take place in the top gondola station restaurant at 3.45pm.

Entry & Prizes

The race is open to runners born before 1992. Entry will be on the day with registration at the lower Gondola Station. Entry is £6 for members of Scottishathletics and £8 for non members. Those running in the Home International will be pre-entered by their national federation. Note, the trip back down the mountain in the Gondola after the race is free to competitors.

Individual prizes will be available for the first six male and female finishers in the race subject to UK eligibility outlined in the McCain Challenge rules. See link below for further details.

<http://www.uka.org.uk/competitions/mccain-mountain-running-challenge/>

In addition, there will be veteran prizes and a prize for first local male and female.

Individual and team medals will be awarded for the senior home international competition, see separate section below.

Safety

All competitors must bring water/wind proof long sleeve top and bottoms, hat and gloves and must be prepared to carry them if the organizer specifies they must do so in the event of bad weather.

Any athlete who retires from the race must report their retirement to a race marshal.

Facilities

The event takes place at Nevis Range near Fort William, one of Scotland's top ski areas and also a regular host venue for World Championship Mountain Biking events. There is plentiful car parking available at Nevis Range adjacent to the bottom gondola station. Toilets are available at the bottom and top gondola stations. Refreshments (food, soup, cakes, drinks etc.) will be available for purchase in the restaurant at the top gondola station.

As noted above, the ride back down the mountain on the Gondola is free to competitors. Special arrangements will also be in place for team managers and race officials. All other supporters/spectators must pay the normal charges if they wish to use the gondola. Competitors are asked to leave any bags they wish to be transported to the top gondola station for after the race at registration. The gondola will be open until 5.00pm on race day.

Course Recce-ing

The main downhill mountain bike track closes for the winter on 16th September so there is no restriction on recce-ing that section of the course from that date. If competitors wish to recce the downhill mountain bike track section of the course before that date, then they must do so outwith the opening hours of the downhill mountain bike track. Please contact Nevis Range for further details of opening hours.

The top section of course above the upper gondola station is on open, exposed hillside with vulnerable vegetation. The event has received special permission for using this section of the hill for the race and we ask that competitors **DO NOT** recce this section prior to the race. The race route over this section can clearly be viewed from the Landrover track below (assuming it's not cloudy!) and the route is obvious, following a ski fence to the finish.

We thank competitors in advance for complying with the recce-ing guidelines above.

Senior Home International

The event incorporates the 2010 UKA British and Irish Mountain Running Senior Home International. Teams have been invited from England, Ireland, Northern Ireland, Scotland and Wales. Teams comprise six females (four seniors and two under 23s) and seven males (five seniors and two under 23s).

Medals will be awarded to the first three finishers in both the male and female senior and under 23 categories. There will also be team medals for the first three male and female national teams with the first five men and first four women to count.

Under 23 athletes are defined as those born within the years 1988 – 1991 inclusive.

Contacts

If you have any further queries relating to the event then please contact the event organizer :
Malcolm Patterson – Phone : 0141 632 6986, Email : malcpat@yahoo.co.uk

The contact details for Nevis Range are :

Phone : 01397 705825, Email : info@nevisrange.co.uk , Web : www.nevisrange.co.uk

Please direct all race specific queries to the event organizer in the first instance.

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