

Ben Ledi Ascent 2017



Sat. 1st July

Event Information Pack

Event Summary

This event is a hill race involving 750m of ascent in a circular route over “Callander’s Mountain” - Ben Ledi (879m).

While mountain conditions apply this is a smaller route than many hill races and is supported so is a good event for novice hill racers and serious runners alike.

Parking and Event HQ Location

Parking is available at the race HQ field just short of Strathyre Forest Cabins - FK17 8HF

Event Times

Registration will take place at race HQ the following times. Please make sure you register within this time slot, we can't delay the start of the race for late entries so registration must close on time. If you have entered on line you still need to register within this time frame and collect your race number.

Time	Event	Location	Notes
09.45 – 10.45	Registration for all	HQ	
11.15	Race Briefing	HQ	
11.30	Race Start	HQ	
14.00 Approx	Prize Giving	HQ	The prize giving will take place once all runners have returned to the finish line.

Age Categories and Entry Fees

Online entries close at 5pm the Thursday before the event

All entries, including on- the- day entries are subject to availability and only cash payments will be accepted on the day.

Age Categories			Online Price	On The Day Price
Ben Ledi Hill Race	Young Uns	18-39	£12.50	£15
	Senior	40-49		
	Vet	50 - 59		
	Supervet	60 - 69		
	Wondervet	70+		

If the cost of this event prevents you from entering please contact Skidaddle to discuss.

Further explanation of our prices can be found on our website at <http://skidaddle.org/events/about-our-events/>

Prizes

Medals will be awarded to overall Bronze, Silver and Gold winners in each discipline in both male and female categories.

Age category medals will be available to order from Skidaddle after the event at a cost of £5/medal.

Finisher's medals and event mugs can be purchased through the ticket purchase system and will be available for collection at the finish-line.

Some may be available for purchase on the day but are subject to availability and price increase. Current on the day prices are as follows...

Mug and Medal	£10
Mug	£6
Medal	£5

Toilet Facilities

Toilets are available at Strathyre forest cabins café. This is a 5 minute walk from HQ.

Route/ Terrain

The route will start on the track next to race HQ near Strathyre cabins. Participants will proceed in a clockwise direction up the forest track for approximately 2km before joining the tourist path onto the Ben Ledi Shoulder. Once on the shoulder the rough path will take participants across mountain moorland and grassy peat fields up a number of false summits before reaching the trig point at the top.

The route then proceeds along the ridge and onto the bealach. From here the path will lead runners down Stank Glen on a narrow foot path.

At the foot of this path participants will join a dirt/ stone track taking them back onto the forest tracks and paths and down to the finish line.

There will be a number of check points on route which runners must pass through.

Signage

The route is signed but all participants will be required to apply common sense and due vigilance. For more information on Skidaddle signage please check our website... <http://skidaddle.org/events/event-signage/>

Fitness Levels

While some people enter this race to set new records many people have used Ben Ledi as their first hill race. There is no pressure to finish within a certain time. Feel free to contact Skidaddle if you want to discuss further.

Equipment

All participants must carry full upper body cover throughout the event. (Jumper/ jacket)

Water Stop/ Transition area

All participants must carry their own water.

Refreshments

Water and energy replacement will be available at the finish line. Strathyre Forest Cabins Café will be offering 10% discount to all runners on the day.

Prize giving

Prize giving will be held by the finish line after all contestants have finished. At Skidaddle we believe that the prize giving ceremony should celebrate not just the winners but all who have taken part. If possible please stay at the end of the event to help support the later finishers and join us at the prize giving.

Headphones

For safety reasons headphones **must** be removed at all checkpoints. Any breach of these rules may lead to disqualification.

Results and Photos

Results and photos will be posted on the Skidaddle website www.skidaddle.org and on Facebook as soon after the event as possible. We will do our best to get these up on the day of the event but please bear in mind that Skidaddle is run mostly by volunteers and this may sometimes take a bit longer.

If there are any queries regarding the results please contact Skidaddle by email at info@skidaddle.org and we will do our best to sort out any issues as quickly as possible.

The environment

Scotland is a beautiful country but our natural environments are at risk. Please support the Skidaddle policy by taking all litter home.

Any participants seen dropping litter will be disqualified from the event and may be banned from future Skidaddle events.

Terms and Conditions

- **Cancelations and Refunds** – Refunds will only be given on bookings that are cancelled more than two weeks before the date of the event.
- **Exchanging entry numbers** – Each entry is valid only for the named person registered with the ticket and cannot be passed to a third party at any time.
- **Changing age or event categories** – It is the responsibility of the participant to book into the correct event category (10k/ 5k etc.) and any changes requested will be subject to a fee of £5 per change.
- **Entering in the wrong category** – Any entrant who participates in a different category to that which they have registered in will be disqualified and will not appear in the event results.
- **Withdrawals** - Anybody withdrawing from the event must report to a marshal before leaving.
- **Skidaddle withdrawals** – Skidaddle reserves the right to withdraw any participant for their own safety or the safety of others.

We look forward to seeing you on the day