

# Carnegie Harriers

## Hill Running Grand Prix 2007

### Counting Events 13 Events – Best 7 to Count

25 points will be awarded to the first Harrier to finish in each race, followed by 24 points for second, 23 points for third... 1 point for 25<sup>th</sup>

	<b>Date</b>	<b>Time</b>	<b>Hill Race</b>	<b>Grade</b>	<b>Length</b>	<b>Ascent</b>
<b>1</b>	Sat 17/02/07	2pm	<b>Carnethy '5'</b>	AM	6 mi	2500ft
<b>2</b>	Sun 04/03/07	3pm	<b>Bishop</b>	AS	2.5mi	1000ft
<b>3</b>	Sat 14/04/07	11am	<b>Clachnaben</b>	AM	10.5mi	3500ft
<b>4</b>	Sat 05/05/07	1pm	<b>SHR Stuc a'Chroin 5000</b>	AL	14mi	5000ft
<b>5</b>	Sat 07/07/07	2pm	<b>Dollar North Cape</b>	AM	9mi	3000ft
<b>6</b>	Wed 18/07/07	7pm	<b>Maddy Moss Mash</b>	AM	6.5mi	2500ft
<b>7</b>	Sun 19/8/07	1pm	<b>SHR Lomonds of Fife</b>	AM	11mi	3100ft
<b>8</b>	Sun 26/08/07	1pm	<b>Carnegie Hill Race</b>	TBA	TBA	TBA
<b>9</b>	Sun 09/09/07	12pm	<b>SHR Devils Beeftub</b>	AS	2 mi	750ft
<b>10</b>	Sat 15/09/07	12pm	<b>SHR Merrick</b>	AM	8.5 mi	3300ft
<b>11</b>	Sat 22/9/07	1pm	<b>SHR Morven</b>	AS	5 mi	2099ft
<b>12</b>	Sat 06/10/07	11am	<b>Pentland Skyline</b>	AL	16mi	6200ft
<b>13</b>	Sat 10/11/07	2pm	<b>Tinto</b>	AS	4.4mi	2300ft

**SHR**= Scottish Hill Running Championships Race

<b>Grade</b>	<b>Short</b>	<b>Medium</b>	<b>Long</b>
<b>A</b>	More than 250ft climb per mile	<b>S</b> < 6 miles	<b>M</b> >6 miles, but <12 miles
<b>B</b>	More than 125ft climb per mile	<b>L</b> >= 12 miles	