Dear all

With the XC season coming to a close, it’s a time when clubs and runners begin to plan the next races for 2018. On behalf of the Hill Running Commission for Scottish Athletics, we’d like to advertise some of the range of Hill Running events happening over Scotland through the year, for Junior and Senior runners. Hill running provides an ideal alternative or supplement to road events, as demonstrated by some of Scotland’s most successful road runners at London Marathon last year coming from a hill-running background!

**Senior hill running events**

***Scottish Hill Running (SHR) Championship series:***

17 March Chapelgill Peeblesshire (Short)

3 June Yetholm Kirk Yetholm (Medium)

7 July Glamaig Isle of Skye (Short)

28 July Ben Rinnes Dufftown (Long)

18 August Ochil 2000s Stirling Univ. (Long)

15 September Beinn Resipol Ardnamurchan (Medium)

Runners have to complete 4 of the 6 races to complete, and 1 race of each distance.

The series is organised by Scottish Hill Runners (SHR). More information can be found at: <http://www.scottishhillrunners.uk/Championship.aspx?ChampionshipID=C-001>

***Scottish Athletics Hill Running championship, and District Championships***

SA Championship Race: 18 August 2018 , Ochill 2000s, Stirling University

West District Championship: 12 May 2018, Ben Lomond, Rowardennan

East District Championship: 23 June, Eildon Three Hills, Melrose

North District Championship: 3 November, Knockfarrel, Strathpeffer

More information to these events can be found on Scottish Athletics: <http://events.scottishathletics.org.uk/events>

<http://www.scottishhillracing.co.uk/Races.aspx>

**Junior hill running events**

***Junior League***

24 March Alex Brett Cioch Mhor Junior Dingwall

6 May Lomonds of Fife Junior Races Falkland

12 May Ben Lomond Junior Race Rowardennan

3 June Saughhill Girvan

9 June Greenock Greenock

16 June Falkland Hill Race Falkland

4 August Cademuir Peebles

19 August Aberfoyle Aberfoyle

Results are calculated from athletes’ 3 best scores in the league. For more details see: <http://www.scottishathletics.org.uk/events/leagues-and-grands-prix/junior-hill-league>

***Scottish Athletics Hill Running championship, and District Championships***

More information to these events can be found on Scottish Athletics: <http://events.scottishathletics.org.uk/events>