

Hill and Dale Race Series 2010

Date	Race	Estimated Distance/Climb	Location & Registration	Prizegiving
April 8th	'The McVeigh Classic'	5.5 miles 1,080 feet	Castlewellan Lake Car Park	Maginns ,Castlewellan
April 15th	Tollymore Forest	5 miles 900 feet	Tollymore Main Car Park	O'Hare's, Newcastle
April 22nd	Slieve Martin	4.25 miles 1,740 feet	Kilbroney Park, Rostrevor	Luke's Bar, Rostrevor
April 29 th	Binnian to the Top	2 miles 2,000 feet	Head Road near Annalong	Harbour Inn, Annalong
May 6 th	Moughanmore	3.25 miles 1,560 feet	Deer's Meadow	Greenan's, Kilcoo
May 13 th	Rocky	4.25 miles 1,600 feet	Leitrim Lodge Car Park	Doran's Pub, Hilltown
May 20 th	Slieve Muck	4 miles 1500 feet	Crocknafeola Wood	Mary Margaret's, Hilltown
May 27 th	Meelbeg Meelmore	3.5 miles 1,800 feet	Happy Valley Car Park	Maghera Inn
June 3rd	Hen/Rocky	3.5 miles 1,500 feet	Hen Car Park	Doran's Pub, Hilltown
June 10th	Loughshannagh Horseshoe	4 miles 1,700 feet	Spelga Dam Car Park	Mary Margaret's, Hilltown
June 17th	Monument Race (Tollymore Forest)	4.5 miles 1,100 feet	Tollymore Main Car Park	Avoca Hotel, Newcastle

ALL RACES START AT 7.30pm SHARP - Entries close 7.15pm

BEST 6 RACES FROM 11 TO COUNT

- All competitors must carry a whistle.
- If the weather is poor, all competitors must carry a waterproof coat. All runners must report to the finish.
- Reasonable fitness levels needed – **cut off times will apply at the discretion of the organisers**
- All efforts should be made by runners to car share, and park safely at all races.
- Safety equipment required for races: compass, whistle, full body cover which should be brought to **ALL** races

SANDWICHES AND SPOT PRIZES IN THE PUB BY 9.30PM

Further information at www.newcastleac.org