

26th Hoy Half Marathon

Sunday 17 June 2012



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Chairman
Hoy Half Marathon

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Dear Runner,

Thank you for your interest in the 26th Hoy Half Marathon. Please find enclosed an entry form and some details of the event.

The entrance fee is £14 for SAF members and £16 for non members. This covers registration, transport on the island, drinks en route, trophies, medals and certificates. Any profit produced is donated to local charities.

Trophies and medals are awarded in the following categories:

- Men: 18-39, 40-44, 45-49, 50-54, 55-59, 60-69, 70+* and resident
- Women: 18-34, 35-39, 40-49, 50-59, 60-69, 70+ * and resident
* The 70+ is a joint category
- Teams: 3-5 runners of the same sex, the first 3 to count. Trophies to the 1st male and 1st female teams plus place medals.
Please indicate on entry forms the names of the other team members. All entrants must fill in an entry form.

The Half Marathon complies with SAF rules and therefore entrants must be at least 18. However, young people between the ages of 9 and 17 can take up the challenge of the Hoy Quarter Marathon (6.5 miles) which starts and finishes at the school. The entrance fee is £1 and a separate entry form is included in this pack.

Quarter Marathon trophies and medals are awarded as follows:

Male and female: 9-10, 11-12, 13-14, 15-17 and resident

Timed certificates will be awarded to every finisher in both events. All ages quoted are as on 13th June, 2010. If you have any queries regarding the day, travel or accommodation please get in touch.

For those who are using the race to fundraise for a charity, we have enclosed an official sponsor form - we hope you find this useful.

Wishing you a pleasant day. Good Luck

Tony Trickett



natural spring water from the Northern Isles

There's more to Hoy than the Half Marathon.....

If you are travelling to Orkney especially for the Hoy Half Marathon, why not spend more than one day on Hoy and discover all that the island has to offer:

- Superb walking on the hills and along the sea cliffs - visit the Old Man of Hoy or climb Ward Hill, Orkney's highest mountain
- Visit the Dwarfie Stane, a prehistoric rock-cut chambered tomb
- Get close to nature on the largest RSPB reserve in Orkney - <http://www.rspb.org.uk/reserves/guide/h/hoy/index.aspx>
- Admire the wild flowers or search for the rare Primula Scotica at the Scottish Wildlife Trust's Hill of the White Hamars reserve - <http://scottishwildlifetrust.org.uk/reserve/hill-of-white-hamars/>
- See how a Napoleonic garrison lived and worked at the Hackness Martello Tower and Battery - http://www.historic-scotland.gov.uk/propertyresults/propertyoverview.htm?PropID=PL_147&PropName=Hackness%20Martello%20Tower%20And%20Battery
- Explore the wartime history of Hoy at the Scapa Flow Visitor Centre & Museum - http://www.orkney.gov.uk/Service-Directory/S/scapa-flow-visitor-centre-and-museum_2.htm
- Find out about the island's long association with the RNLI by visiting the Longhope Lifeboat Musuem at Brims or the current Lifeboat Station in Longhope - http://www.rnli.org.uk/rnli_near_you/scotland/stations/LonghopeOrkney/history
- Watch a film or see a show at the Gable End Theatre - <httpwww.orkneycommunities.co.uk/IOHDT/index.asp?pageid=2772>
- Visit the Hoy Heritage Centre in the former Hoy Kirk to see the latest exhibition, watch short films about the island and browse through the archive of old photographs and documents - <https://hogetheritage.wordpress.com/>
- Take part in one or more of the many community events that regularly take place - <http://www.orkneycommunities.co.uk/IOHDT/calendar.asp>
- Tune up your muscles before or wind down after the race at the island's swimming pool or Healthy Living Centre - <http://www.orkney.gov.uk/Service-Directory/S/north-walls.htm>

and, of course, enjoy the hospitality on offer at the island's pubs, hotels and cafes. Find out more at <http://www.visitorkney.com/hoy/index.asp>

There is a wide range of accommodation on offer, from hostels to hotels; check out the Visit Scotland Guide or our local webpage for details - <http://hoYorkney.com/VisitHoy/accommodation.html>

We look forward to welcoming you to our island!

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RACE DAY

Boats leave Houton about 8.45 a.m., returning at 3.00pm, 4.30pm and 6.00pm. Returning on the 4.30pm sailing will give you the opportunity to collect your certificate and attend the prizegiving. **Please book your ticket in advance with the Houton ferry office, Tel: (01856) 811397.** Tickets are unlikely to be available on the day.

Free transport is provided to and from Lyness. Meet at North Walls School 9.30 a.m. for registration, changing and toilet facilities. Competitors will be issued with race numbers and pins, 2 large plastic bags for their belongings plus ties and labels - please use them to avoid loss. Hot and cold drinks will be available if required. As the course is one-way and the finish is at the School, runners will be taken by bus over the course to the start. Buses leave 10.15 a.m. arriving Rackwick about 10.40 a.m. The second plastic bag is for the last minute strip at the start. Please tie and label it and place in the designated area for transport back to the school.

THE COURSE

The course follows the B9047 from the start just outside Rackwick along single track roads to the school. There are numbered mile markers and ½ mile flags. There are 5 drink stations on the course.

We start with a few hundred yards slightly uphill followed by 3½ miles or so downhill/pleasantly undulating through the desolate Rackwick valley, past the Dwarfie Stane (first drinks in the car park at just under 3 miles) beneath the Ward Hill (Orkney's highest) then on to the cross roads in Hoy, turn right, a few hundred yards downhill to the bridge, (sea level) and then up and up for 1 ½ miles.

Shortly after the corner at the Bring there's the second drink station, at 5½ miles, and then about a mile of undulating road with spectacular views over Scapa Flow to the Orkney Mainland and the islands of Graemsay, Cava, Fara, Rysa Little and the Barrel of Butter. Then up again for about ½ mile to the Water of Hoy, 360ft. above sea-level and just over ½ way. Down Lyrawa hill - 1 whole mile coasting down to the sea at Lyrawa Bay and the third drink station at 8 miles. ¾ mile up the other side - it's tough enough and it keeps climbing around the corner. Then ½ mile downhill to the bridge of Pegal with its native trees. Another mile undulating and drinks again just before 10 miles followed by the sharp right at Rysa Farm - the first inhabited house on the course. A short sharp down and up (avoid the cattle grid at the bottom) and then downhill or flat to Lyness. The last drinks station (about 11½ miles) is just before the wartime cemetery. Turn right just past the electricity sub-station and along the flat past the turning to the ferry terminal. At the end of the straight, with ¾ mile to go there's Ore Brae, a nasty little hill which gets worse around the corner. At the top it's ½ mile coasting home to warm drinks, refreshments and a shower.

AND FINALLY....

It is emphasised that it is not possible to close the road as there is no alternative route. However, traffic will be extremely light and providing runners and road-users are sensible, there should be no problems. Remember, please run on the right.

There will be mobile medical cover for the whole of the race. Raynet will provide radio communication as an aid to medical cover and to keep spectators at the school up to date with the leaders.

This won't have been your fastest half-marathon but it almost certainly will have been your toughest and most scenic.

N.B. In the event of a severe head wind, the course may be changed, at the discretion of the race committee, to an out and back, starting at the school.

26th Hoy Half Marathon

Sunday 17 June 2012 (PROMOTED UNDER S.A.F. RULES)



Please note that places are given on a 'first come, first served' basis. The total of entries is strictly limited to 150, so to be sure of getting a place please return your form and entry fee as soon as possible to:

Jude Callister, Cot o' Midhouse, Brims, Longhope, Orkney KW16 3NZ.

NAME:..... AGE/AGE GROUP (on 17.06.2012)..... MALE/FEMALE

ADDRESS:

TEL. NO.....EMAIL.....

Name of team and other members if applicable:.....

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.....

Member of S.A.F. Yes/No Membership Number:.....

Estimated time for the Hoy Half-marathon:.....

It is emphasised that the course is not only scenic but also extremely hilly and it is essential that runners who wish to complete the course should train adequately and take advantage of the 5 drink stations where water and dilute juice will be available. The race organisers wish to make it clear that all runners take part at their own risk. Anyone with doubts as to their fitness or ability should seek medical advice.

I enclose £14/£16 as my entrance fee. (Cheques made payable to Hoy Half Marathon). I agree to abide by the rules and conditions of the race as laid down by the organisers and declare that I will not hold them responsible for any injury, accident or illness which may be incurred before, during or after the race, nor for any loss or damage to personal property or possessions.

Signature:.....Date:.....

Anyone seeking further information on travel arrangements, accommodation or anything else is welcome to contact Jude Callister at the above address or email hoyhalf@gmail.com

You will receive email confirmation of your place.

**WE REGRET THAT NO REFUNDS CAN BE GIVEN ONCE YOUR RACE
ENTRY HAS BEEN ACCEPTED**

Course Records

Hoy Half Marathon - 13.11 miles



COURSE RECORD	1-07-38	Dan Robinson	2007
LADIES' RECORD	1-30-51	Megan Wright	2007
MEN 40-44	1-15-04	Adrian Askew	1994
MEN 45-49	1-19-22	Adam Ward	2008
MEN 50-54	1-22-22	Alastair Cook	2005
MEN55-59	1-25-05	Bill Scullion	2004
MEN 60-69	1-22-18	Bill Adams	2008
LADIES 35-39	1-35-26	Murial Shearer	2000
LADIES 40-49	1-31-33	Elise Orten	2009
LADIES 50-59	1-42-30	Martine Hughes	2009
LADIES 60-69	1-53-48	Megan Eggeling	2004
MEN & LADIES 70+	1-55-08	Jim Shaw	2007
RESIDENT MEN	1-30-55	Richard Mowat	1991
RESIDENT LADIES	1-52-46	Jude Callister	2000

Quarter Marathon – 6.56 miles

BOYS 15-17	0-44-06	David Grant	2007
BOYS 13-14	0-43-38	Adrian Clark	1991
BOYS11-12	0-43-30	Finlay Wood	1993
BOYS 9-10	0-47-09	Erlend Johnston	1987
GIRLS 15-17	0-54-52	Emma Stevenson	2004
GIRLS 13-14	0-47-39	Rhian Mackay	2009
GIRLS 11-12	0-50-42	Rhian Mackay	2007
GIRLS 9-10	0-51-41	Helga Tulloch	1991
RESIDENT BOYS	0-43-38	Adrian Clark	1991
RESIDENT GIRLS	0-50-50	Carly Kirkpatrick	2005

Hoy Quarter Marathon

Sunday 17 June 2012, 10.30am



QUARTER MARATHON

The course is an out-and-back run from North Walls School, starting at 10.30am. There is a drinks station at 1.5 miles from the start and finish, and one at the turning point.

Entry for the race costs £1.

You can enter in advance or on the day. Registration takes place in the marquee outside the school.

Trophies and medals are awarded in the following categories, for boys and girls: 9-10, 11-12, 13-14, 15-17. All those who complete the course get a certificate, which is available for collection in the hall after the race.

COURSE RECORDS

BOYS 15-17	0-44-06	David Grant	2007
BOYS 13-14	0-43-38	Adrian Clark	1991
BOYS 11-12	0-43-30	Finlay Wood	1993
BOYS 9-10	0-47-09	Erlend Johnston	1987
GIRLS 15-17	0-54-52	Emma Stevenson	2004
GIRLS 13-14	0-47-39	Rhian Mackay	2009
GIRLS 11-12	0-50-42	Rhian Mackay	2007
GIRLS 9-10	0-51-41	Helga Tulloch	1991
RESIDENT BOYS	0-43-38	Adrian Clark	1991
RESIDENT GIRLS	0-50-50	Carly Kirkpatrick	2005

✂.....

QUARTER MARATHON ENTRY FORM

NAME:.....boy/girl

ADDRESS:

TEL NO.: POST CODE: