



Men up to M60 Lap

Woman, M65 + Lap

Start/Finish

Route on foot to course  
Distance 1,000 metres

1

2

Kippilaw Moss

WILTON

Teviotdale Leisure Centre  
Changing/Declarations

Overflow Parking

Edinburgh  
A7

Hawick  
Town Centre

| Race          | Time    | Route                       | Distance     |
|---------------|---------|-----------------------------|--------------|
| Women & M65 + | 1.30pm  | Start, 2 Small laps, Finish | 6,000 metres |
| Men up to M60 | 2.15 pm | Start, 2 Large laps, Finish | 8,000 metres |