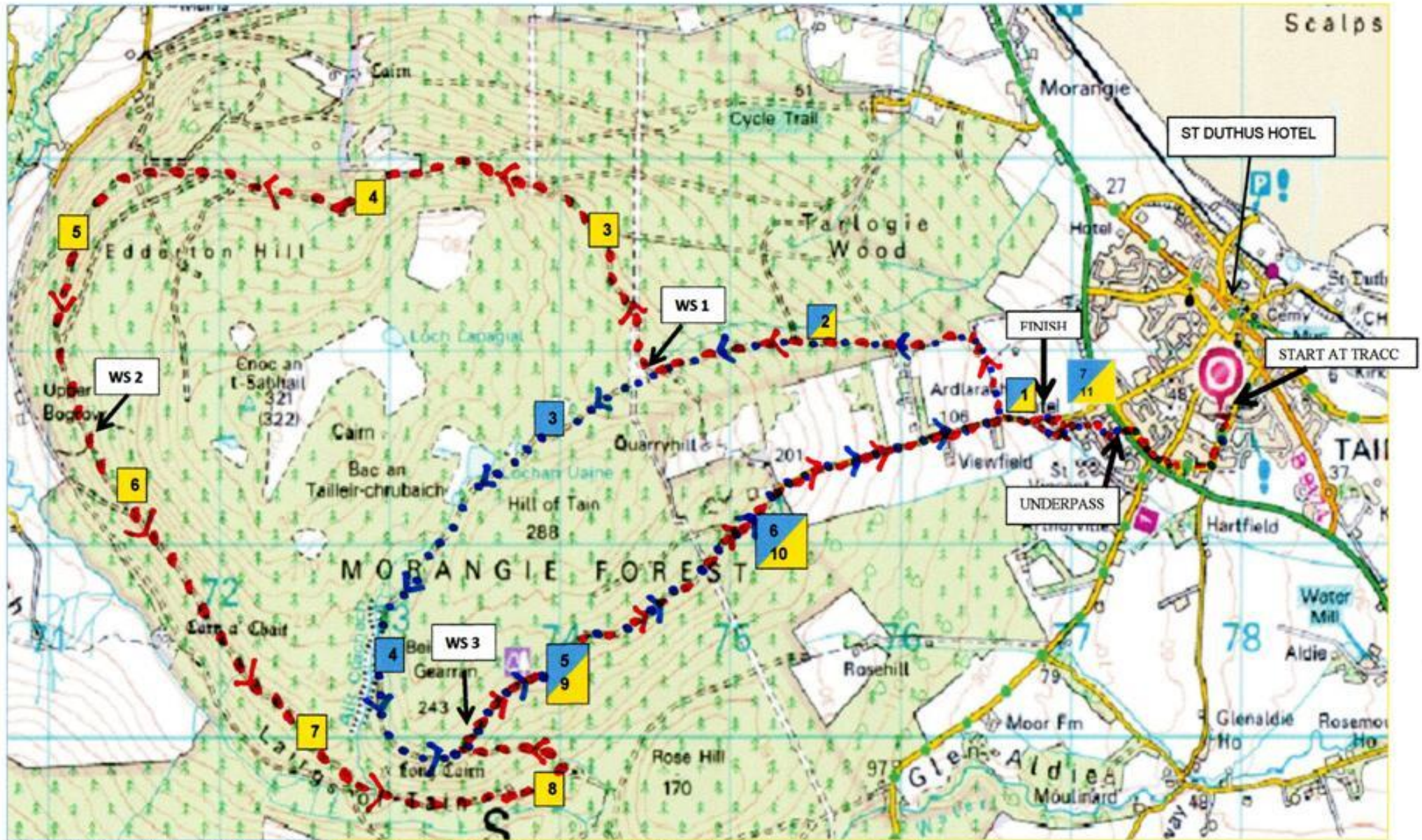


TAIN HILL TRAIL RACE MAP - 11 mile race & 7 mile "challenge"



START: TRACC (back of Tain Royal Academy), Hartfield Road, Tain IV19 1DX (Changing rooms, showers, toilets)

FINISH: Behind Carnegie Lodge Hotel, Viewfield Road, Tain, IV19 1NR

PRIZEGIVING & REFRESHMENTS: St Duthus Hotel, Tower St, Tain, IV19 1DY

= 11 mile race route = 7 mile "challenge" route

= Water Station

= mile marker on 11 mile route

= mile marker on 7 mile route