

### **Hill and/or Trail Run Sunday 3rd March**

Meet: Castleton Hall 9am

This run will be led by local club runners from Deeside Runners.

The run, weather and condition dependant, will follow the route of the hill run of the world famous Braemar Gathering to the cairns on Morrone and return to the hall with an option of extending through the Morrone Birkwood nature reserve.

If conditions dictate there will be an alternative run through Morrone Birkwood and the pinewoods beyond.

Both routes will be about 10km and will take about 1.5hrs

Kit List:

Full waterproof/windproof body cover

Hat/gloves/buff

Energy snack

Fluids as required

Hill running shoes or trail shoes with off road grip.

Spare warm top

Small running sack to carry spares