



# Bella Ben Venue Challenge

bellahoustonroadrunners

## **Saturday 5th October 2013 Starts from Ben Venue Car Park, on Loch Achray**

(Grid Ref 506 069)

Registration from 11:30-12:30, 1:00pm race start

SAF Members £5, non members £7. £2 extra for entry on the day.

All proceeds from the race go to Lomond Mountain Rescue Team funds.

Ben Venue is the heart of the Trossachs, nestling between Loch Katrine and Loch Achray. Close to Aberfoyle and only 30 minutes drive from Glasgow & Stirling, it offers an easy to access hill with a remote feel!

The race is 7.5 miles with 3000 feet of climb over good paths, rough paths and open pathless hillside. The course will only be partially marked, so entrants must be able to navigate on the open hill.

You will be required to carry a map, compass, whistle, full waterproof body cover, hat and gloves. Entrants must be over 18.

More information at [www.shr.uk.com](http://www.shr.uk.com) or  
[www.bellahoustonroadrunners.co.uk/events/benvenuechallenge](http://www.bellahoustonroadrunners.co.uk/events/benvenuechallenge)

