

CHARITY WALK/RIDE – MUSSELBURGH TO KELSO

Sat 16th – Tues 19th Sept 2017

Course to Course for Causes

A really original charity walk/ride from Musselburgh race course on Caledonian Race Day, Sunday 16th September, raising funds by sponsorship for MS, IJF and RDA. The walk/ride is over a total of 4 days with people being asked to participate in all or as many days as they can – total distance being approximately 34.5 miles.

Day 1 – Musselburgh Race Course, Carberry, Crossgatehall, Pencaitland Railway Walk, Ormiston.

We would like to encourage as many people in wheelchairs and buggies to join in at Musselburgh race course before racing begins Walking from Musselburgh race course before racing begins, continuing as far as they are able – even if only just across the racecourse?

12 noon Assemble in Stable Canteen (building next to race course stables – glass fronted building) for finger buffet and registration where you will be given a tee-shirt and race course badge. Please park in the Owners & Trainers by the stables. There will be the opportunity of a race course tour by Bill Farnsworth.

2.15pm congregate in the paddock for media, photographs etc.

2.30pm Leave paddock for official start, parade on race course and start of walk, those who are not walking can stay and enjoy racing. Walkers/wheelchairs will continue through Musselburgh to Carberry. There will be a collection point for those who wish to return to Musselburgh. The walk will continue on to Crossgatehall and then follow the Pencaitland Railway Walk to Ormiston, where there will be transport available to return to Musselburgh. (There is ample parking at Ormiston) Approx finish time 5.00pm

Musselburgh to Carberry 2.75 miles, Carberry to Ormiston 2.15 miles Total 5 miles

Day 2 - The Hopes (EH41 4PL) will be signed from Gifford Golf Course), Crib Law, Windy law, Dodcleugh/ BBQ/ Carfraemill, Netherhowden, railway line, Lauder, Thirlestane Castle.

Sunday 17th will be the main riding day crossing The Lammermuirs. There are optional 'loops' on the route for riders and walkers. Riders will finish at Tollishill Haugh with a BBQ, there is plenty of horse box parking for collection. After the BBQ walkers can continue on to Thirlestane Castle.

9.00am Pick up by Lauderdale Coaches from Thirlestane Car Park To The Hopes.

10.00 – 11.00am Registration of walkers and riders.

The Hopes to Tollishill 6 miles, Tollishill to Thirlestane 7 miles. Total 13 miles Optional longer loops for walkers and riders on top of Lammermuirs.

Day 3 - Thirlestane, West Mains, Boon, Legerwood, Morriston, Fans, Mellerstain House. This day is for walkers only.

9.30am Pick by Lauderdale Coaches at Mellerstain House.

10.00am Assemble at Thirlestane Castle car park for registration, photographs, media etc

10.30am Start of walk

There will be a stop for soft drinks at Legerwood and the walk will finish at Mellerstain House with tea and biscuits at approx 3.00pm

Thirlestane to Legerwood 5 miles, Legerwood to Mellerstain House 4 miles Total 9 miles

Day 4 - Mellerstain House, Nenthorn, Muirdean, Galalaw, Floors castle, Kelso Race Course
This is for walkers and riders.

9.30am Pick up by Lauderdale Coaches at Kelso Race Course

10.00am Assemble at Mellerstain House for registration.

10.30am Start of walk

11.30am Start of Ride

Walkers and riders assemble at Galalaw Farm before crossing the road all together into Floors by the North Gate. Walk through Floors as a group to the East Gate again crossing the main road together. The walk/ride will then continue to Kelso Race Course our final destination. Mellerstain House to Kelso Race Course 7.5 miles

Total mileage 34.5 miles Medals will be awarded for completion of all four days.

TERMS AND CONDITIONS

- Entry to this event is your commitment to raise at least £25 per day for the designated charities. (£75 for all four days)
- Gift Aid does not count towards your sponsorship total.
- Registration is required at the start of each day.
- Riders must be competent of riding in company, on open hill terrain.
- Designated routes to be followed at all times
- Organisers must be notified if you retire part way through the walk/ride.
- Dogs must be under strict control at all times.
- Participants are responsible for ensuring they have the suitable attire.
- Photographs and video footage taken at this event may be used for publicity purposes.
- You participate at your own risk
- Entry forms and sponsorship money raised to be sent by 6th Sept and any additional funds raised should be sent no later than 2 weeks after the event.

“They’re Changing Guards at Kelso Race Course”

(Richard Landale - Jonathan Garatt)

A dinner with guest speakers at Kelso on Tuesday 19th September 7.30pm