PROGRAMME



0800 ONWARDS Satu Bacon roll breakfast Registration at Seafront Centre, Golspie

1000

Route briefing — all participants

1030

Challenge begins!

Hike/Run start at base of Ben Horn

1045

Bike start at Seafront Centre, Golspie

ALL DAY / OPEN TO PUBLIC BBQ & refreshments Raffle

1400 Prize giving — Bike & Run

