



## Dunny Deer Hill Race 2025



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3rd FV

I made the solo journey to Insch this year for the Dunnydeer Hill Race – and what a brilliant decision that turned out to be. This event is an absolute gem on the Scottish hill running calendar. Super friendly atmosphere from start to finish, and the kind of local charm that's getting harder to find.

It's one of the few races left where you don't need to sign-up online months in advance – just turn up, hand over a fiver, pin on a number, and you're off. There's something refreshingly simple and authentic about that.

The race is held as part of the Insch Strawberry Fair – a fabulous, family oriented day out full of energy, smiles, and plenty of strawberries and ice cream. The hill race is the tough core of it all though. The weather this year was stunning, with blue skies and sunshine – perfect conditions (at least until you hit the hill!).

Speaking of the hill... I swear Dunny Deer gets steeper every year. Even walking it felt like an effort this time, and I know I wasn't the only one thinking that. But the descent more than makes up for it – fast, fun, and just technical enough to keep you honest.

Huge thanks to the organisers and especially the marshals, who were brilliant as always – supportive, cheerful, and exactly what you need when your legs are screaming halfway up the climb.

Looking forward already to next year – the race, the vibe, and of course, the strawberries and ice cream at the end.

