



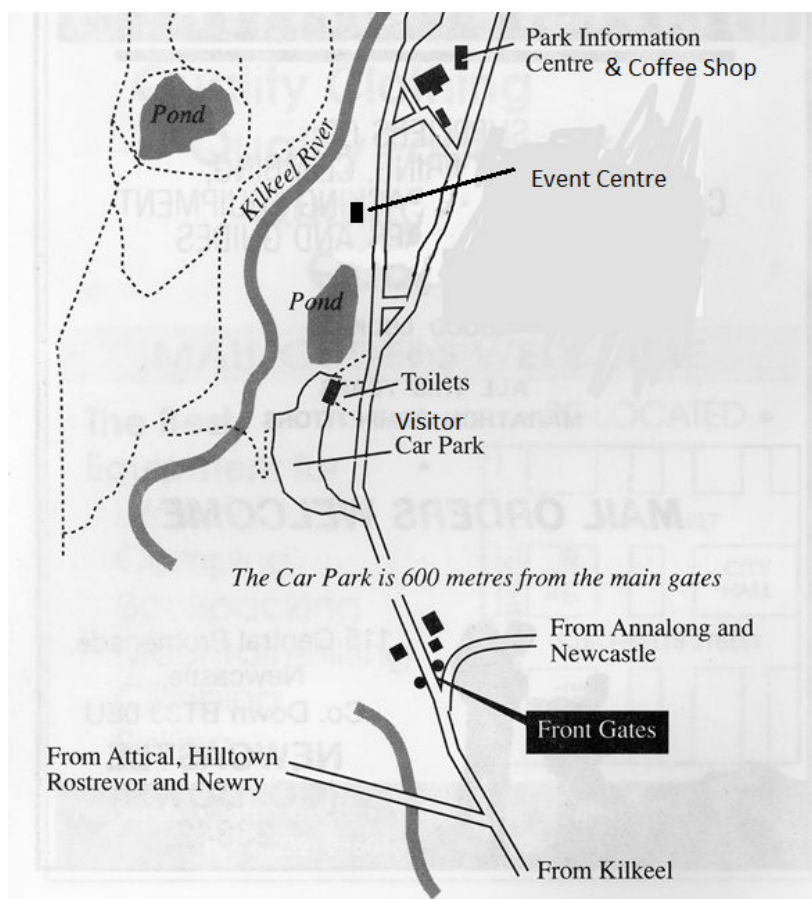
# LOWE ALPINE MOURNE MOUNTAIN MARATHON 18/19 SEPTEMBER 2010



## Silent Valley Reservoir

The START/FINISH venue for this year's mountain marathon is the Silent Valley Reservoir on the southern side of the Mournes: The marathon has started at the here many times in the past most recently in 2005. The Silent Valley is 7 kilometres from Kilkeel, 8 kilometres from Annalong and 18 kilometres from Newcastle. The map reference for the entrance gates to the Silent Valley is 309205 (nearest post code BT34 4HU); the registration marquee will be situated at 306213

There is no official campsite in the vicinity of the Silent Valley and competitors are requested not to visit the centre on Friday 17 September. Competitors who have still to make accommodation arrangements for Friday evening would be well advised to visit the *Accommodation Links* which are provided on the website.



## **Registration will open at 07:30 on Saturday morning.**

Parking for competitors will be provided beyond the Event Centre and is free for Saturday & Sunday. Competitors using the car park do so at their own risk. Whilst the Silent Valley park is secured overnight we do not provide car park security and neither the park owners nor the Mourne Mountain Marathon can accept any liability for damage or loss to cars or belongings left there.

Free access may be obtained at the entrance gates to the Silent Valley on identifying oneself as a Mountain Marathon competitor. Teams are encouraged to share transport as space is limited.

The coffee shop will be open at 8am on Saturday morning and from 10am on Sunday. It sells snacks, soups and tray bakes but does not do cooked breakfasts etc.

## Arrival and Parking

- Drivers should pay careful attention to the parking marshals and sign posts. Please observe speed limits and take care of pedestrians and other park visitors.
- Visitors delivering and collecting competitors should use the Silent Valley visitors car park before the Event Centre
- We would ask that, if possible, competitors get a lift to the Event Centre or use the free MMM bus which will drive from Belfast to Newcastle on the Friday night and also run from Newcastle to the Event Centre on Saturday morning for about 07:30. Please be sure to arrange pick up with the bus driver the night before or in advance with Gerry on 07720770074. (details are in the transport section).

## **GAS, AND OTHER SUNDRIES**

**Competitors needing gas canisters should purchase these IN ADVANCE through [Jackson Sports](#).**

Once again we are pleased to welcome *Lowe Alpine* as major sponsors of this year's MMM along with *Jackson Sports* their main stockists in Northern Ireland. They will have a stall at the Event Centre from early on Saturday morning with a range of items commonly required by last minute mountain marathon shoppers (although you should not rely on this for any important items unless you have made a prior arrangement with them). They will also be there on Sunday afternoon to satisfy any requirements for retail therapy.

## **REGISTRATION**

The registration procedures will be similar to last year. Once again we are planning to use *SPORTident* electronic timing which provides a speedy results service and records times at checkpoints. (See below for details). A short demonstration of how to use it will be given at registration.

At registration you must

- complete the Safety Committee's information form
- confirm your team members' names and that you intend to start (be sure to inform us of any changes)
- collect your team's SI card and permanent wristband
- submit your equipment for checking by event officials (random but rigorous checks will be performed)

Start times will be as shown in the start list which has been posted on the website. Registration and kit check will take approximately 20 min (but allow for queues). **In the Elite and D classes you should allow 30 minutes** to get to the start. For the B and C classes please allow 5min. After registering you should follow the directions to the start.

Late changes to teams can be made online up until 8<sup>th</sup> Sept, or by email ( [mmm2010@mourne2day.com](mailto:mmm2010@mourne2day.com) ) thereafter or on the Saturday morning at registration.

## **MAP ...**

This year's courses have been planned on the 1:25000 OSNI Activity Map The Mournes (copyright 2009).

## **.... OUT OF BOUNDS AREA**

This year there are no particular Out of Bounds Areas near the Event Centre however please note that the courses have been planned to avoid passage across farmland. Farmland should always be treated as out of bounds and the normal rules of respecting the countryside apply.

## **THE RACE**

### **START – Day 1**

The first start time in all four classes will be 08.30 hours. Except in the Elite class, the start times will be every minute. **There will be two start areas this year** so watch out for the sign posts and don't end up in the wrong place. At the Starts teams will be called up four minutes before their actual start time and they should plan to be there in good time. SI Card clearing will be done in this 4 minute period.

YOUR TIME STARTS WHEN YOU DIP THE START BOX ON THE OTHER SIDE OF THE START LINE

Control Description Sheets will be issued to each team after they start. N.B. These are not laminated and teams should be prepared to protect them in the event of bad weather.

### **OUT ON THE COURSE**

Each day's course is only disclosed to participants on the issue of the Control Description Sheet which teams collect from an event official some distance from the start. The Control Description Sheet describes each control point which will be an identifiable feature on the 1:25000 scale map of the Mourne and supported by a 6-figure grid reference. On the ground, controls will be identified by an orienteering marker (an orange and white flag) next to which will be found a control box into which you must dip your SI Card to record the time with a bleep and a flash.

The control box may also be identified by a 3-figure code which will also be shown on the control description sheet. This may be used as an additional check that you are at the checkpoint for your course; WATCH OUT there may be another control nearby which is being used on a different course. Neighbouring controls will be sited on different features (e.g. a re-entrant\*\* as opposed to a spur) and will also have different codes. If you accidentally dip your SI Card in the wrong box don't worry - the results system will ignore it. However, you must still dip all the right boxes in the right order.

On both days a pre-determined number of controls will be manned and these controls will be indicated on the control description sheet together with a 'cut-off' time. Teams failing to reach these controls before the 'cut-off' time will be 'timed-out' and automatically retired from the competition. They should make their way back to the event centre and report their safe arrival to the event marquee or caravan or otherwise inform an event official of their safe retirement from the competition. On Day 1 retirees may "exit" via the overnight campsite if this is nearer than the Event Centre. Transport back can be arranged from there.

**PLEASE CHECK THE RULES** as there have been a number of important changes and clarifications since last year. In particular Rules 1 and 4 will be enforced with almost unseemly zeal in order to ensure fairness and the safety of all involved in the event. **Gear checks and secret marshals** will be evident on both days and offenders will be either penalised or disqualified.

### **CONTROL CLUSTERS – Elite, B and C courses (NEW 2010)**

At some point on the Elite, B **and the C courses** there will be a set of controls, which may be visited in any order - a "cluster". You must still visit all the controls before and after the cluster in the correct order. It is anticipated that the control clusters will provide a further test of navigation and route choice. There will be no control clusters on the D course.

### **OVERNIGHT CAMPSITE**

The overnight camp site will be marked on the Control Description Sheets. After checking in and, perhaps, a few minute's rest, you should find a pleasant spot to camp and settle down for the evening. Facilities are limited to

- Portaloo toilets – watch out for the morning queue.
- Water – this will be on tap but may be from a spring or river source. Water in the Mourne tends to be clean but if you are concerned about its drinkability we suggest you bring a suitable filter or purification tablets. This also applies to any water sources you find out on the course.
- A Skip – This is for waste food and rubbish only (inc empty gas canisters) – NOT FOR UNWANTED EQUIPMENT OR CLOTHING. The rules of this event are very clear – competitors must carry all their equipment for the 2 days. Anyone found dumping any equipment or clothing will be summarily disqualified. If in doubt please ask an official.
- Information – Results will be posted on a notice board regularly throughout the day along with any other important information.

- A medic – will be on hand for most of the day to deal with any minor injuries and give advice however competitors are responsible for their own health and safety and must make appropriate decisions about their fitness to continue with the event.
- Overdue teams WILL NOT BE reported to emergency services unless there is a report of an accident or problem. It is common (and sensible) for teams to camp out on the hill if they feel it is safer to do so.

**The marshal's tent will be staffed all night. No matter how late you arrive, please check in.**

Results will be posted regularly on a bill board throughout the afternoon and evening. You will be able to see the routes taken by the stage leaders and also keep an eye out for friends still out on the mountains.

We have been discouraging visitors to the overnight camp in recent years, sometimes because of limited access but also for competitive fairness as there is a tendency for visitors to bring supplies - there has even been the odd illicit visit to the pub. More recently the presence of people not formally involved with the event has become more of an insurance issue and they can clog up the minor roads and limited parking that we may have arranged with landowners who have been so good in allowing use a particular area. So we would ask that you adhere to the "no visitors" rule and ensure that friends and relatives understand its importance.

**START – Day 2**

At the overnight campsite reveille will be at 07.00 hours on Sunday morning. There will be a **massed start** of all those teams who successfully completed their course on Day 1. The massed starts will be at 08.00, 08.15, 08:30 and 08:45 for the Elite, 'B', 'C' and 'D' Classes respectively – ie: this is your start time. Please be sure to be in the correct crowd at the correct time – and don't get caught in the toilet queue. Control description sheets for Day 2 will be issued to teams after their respective starts.

**DAY 2 - COURSE AND TEAM CHANGES**

Competitors wishing to drop down a course or change partners may do so but they will no longer be competitive and their times will not be listed in the official results. Please allow extra time in the morning to AGREE ANY CHANGES WITH THE TIMING OFFICIAL. N.B. If a single runner wants to "tag along" with another team, that team will be deemed non-competitive and their times will be listed at the bottom of the results. A better alternative would be to team up with other single runners to complete the course – although again, these will be non-competitive teams.

**RETIREMENTS**

All teams must report back to the finish (or overnight camp) or other event official whether they have completed their course or not and hand in their SI Card and wristband to the official (losses and breakages will be charged for). Teams who get stuck on the hills overnight should try to report their status to a marshal or by mobile phone. Retirees on the morning of Day 2 should report to the officials at the camp site.

N.B The camp site is cleared by about 09:30 so if you decide to turn back near the start there might not be anyone there to give you a lift.

N.B. Overdue teams WILL NOT BE reported to emergency services unless there is a report of an accident or problem. It is common (and sensible) for teams to camp out on the hill if they feel it is safer to do so.

**THE FINISH/REFRESHMENTS**

At the finish teams will be 'timed-in'; they should hand in their team control card, be prepared to have their equipment checked by an event official and collect refreshment and t-shirt tickets. Competitors are especially requested to stay for the prize giving which will take place at approximately 15.00 hours.

**GOLDEN RULES**

In the interests of competitors' safety and fair competition we want to highlight the following points

- Teams found breaking the rules will be disqualified and may be barred from future events
- Teams must visit all controls in their pairs (Rule 1) and carry of all their kit (Rule 4).
- Anyone found stashing or dumping equipment (or littering) will be disqualified. (Rule 4)
- Competitors who retire from the event must inform an official or the finish control. The Mountain Marathon mobile phone number (see below) may be used for this purpose. If this is not possible competitors should report their retirement to the Police in Newcastle, Kilkeel or Warrenpoint.
- Mountain rescue services will not be called out unless an accident is reported.

- Follow the country code: We are grateful for the goodwill and cooperation of the various land owners in the Mourne area. Please be sure to repay them by following the country code and being careful not to stray onto private property or damage fences and walls. N.B. The Out of Bounds area.

Try to **remember** your **team number** - it will save you a lot of time at registration, start/finishes and at manned controls.

**MOUNTAIN MARATHON MOBILE NUMBER**

**07596 455991**

*This operates for the duration of the event only  
and is shown on the Control Description Sheets*

## ORGANISATION AND PLANNING

Organiser	Denis Rankin
Course planner	Terry McQueen
Controller	Jim Brown
Event centre manager	Jim Brown
Campsite manager	Paddy Mallon
Start and finish	Frank Morgan
Results and timing	Mark Pruzina
Transport manager	Gerald McAlinden
Safety officer	Mark Pruzina

## ACKNOWLEDGEMENTS

The Mourne Mountain Marathon Committee would like to make a special mention of all those volunteers who turn out to man controls, start/finish venues etc and without whose assistance it would not be possible to stage such an event.

The Committee would especially like to thank the following for their support and cooperation:

- ❖ *Lowe Alpine* for agreeing to become our main sponsors for the third time this year; they have assisted us in many ways including publicity and contribution to prizes
- ❖ *Jackson Sports*, a major *Lowe Alpine* stockist, for their ongoing participation and particularly for being there on the day to supply those, vital, last minute purchases
- ❖ Northern Ireland Water and for facilitating the event at the Silent Valley
- ❖ The Trustees of the Mourne for their allowing us access to open hillsides
- ❖ Both Down District and Newry and Mourne District Councils for their subsidiary sponsorship.

### **\*\* What is a “reentrant”?**

If you are new to this type of event you might not have heard of this particular feature before. A reentrant is a small valley, the centre of which would collect water and funnel it downhill (if it were raining hard). It appears on the map as a U or V shape in the contour lines, pointing back into a hillside rather than sticking out of the hill (as would a spur). Hillsides are covered with reentrants and they are very popular as control features with course planners – especially ours!!

**We hope you are looking forward to an enjoyable and challenging weekend; the Lowe Alpine Mourne Mountain Marathon is the small, friendly mountain marathon.**

## **SPORTident ELECTRONIC PUNCHING**

SPORTident is an electronic timing system used at the majority of orienteering events in Europe and has been used in UK mountain marathons for several years now.

At registration, each competitor will be given a SI Card (a small plastic, electronic tag ) and a tamper-proof wristband. We will attach the card loosely to the wrist of one team member using the wristband, with the tip pointing towards the fingers. It's best to use a wrist that hasn't got a watchstrap on it. The card must be worn for the entire duration of the event - it will not be removed at the overnight campsite.

At each checkpoint the card should be dipped into a hole on the top of the control box. The box will flash and beep as it stores the control number and time onto the dipper. A demonstration control box will be present near registration which you can use to familiarise yourself with the punching process.

### **START DIPPING**

When you arrive at the Start Area a marshal will first ask you to CLEAR your card. This will take about 5 seconds before the Clear station beeps. As you then set off you must dip your card into the START box to start the timing (which will be instantaneous). If the box doesn't beep then the card is not empty. In this case, go back and dip the card into a Clear box again. Don't worry about any delay as you are not timed until the START box goes beep.

On Day 2, there will be no Start box as there will be a massed start for each class. However, we will check your cards are Cleared before starting. This process will cause a bit of a queue into the "start pen" so please be sure to be ready on time – especially in the C Class.

### **CHECKPOINT DIPPING**

At each checkpoint the card should be dipped into a hole on the top of the control box. The box will flash and beep as it stores the control number and time onto the dipper. If you visit a checkpoint and you do not get a flash and bleep, try a couple more times. If still no success use the needle type punch to punch your map or control description sheet to indicate that you have visited the checkpoint and/or write down or memorise a 3-letter word which is marked on top of each box. Carry on and mention the problem at the finish desk. It should be stressed that these alternative procedures are a back up and only need to be used if a control box has failed - which is rare.

If you accidentally dip a control which is not on your course, don't worry, the results system will ignore it.

If you dip a control in the wrong order you must return to it again after visiting the correct controls first. The results system will take the time of the second visit – ie; You can visit as many controls as you like but only the correct ones for your course in the correct order will count.

### **FINISH DIPPING**

At the finish you will be asked to do a final dip to download your times into a computer. N.B This box in the marshal's tent after the Finish control. You will be given a print-out showing the following information:

- list of checkpoints in order visited and time of punching
- start, finish and elapsed time

Please check the printout to ensure that you agree with it and if there is a discrepancy, alert the timing marshal.

On the first day, after download you must Clear your card in readiness for day 2. **DO NOT CLEAR YOUR CARD UNTIL YOU HAVE CHECKED YOUR PRINT-OUT.**

At the end of the second day we will cut the SI Card off the wrist of the card carrier.

*Please take care of your SI Card as each card costs £30. If you retire from the event you must return it to the finish control. If you lose or break one it will unfortunately be necessary to charge you £30 to cover the cost. Your SI Card, just like a control punch card is the only evidence that you have visited a checkpoint.*