



MOURNE MOUNTAIN MARATHON

17th – 18th SEPTEMBER 2016



VENUE- Tollymore National Outdoor Centre

Hilltown Road, Bryansford, Newcastle, Co Down BT33 0PT Grid Ref: J328323

Contact: <http://www.tollymore.com> Phone +44 (028) 4372 2158

The START/FINISH venue for this year's mountain marathon is the Tollymore National Outdoor Centre on the northern side of the Mournes. This is the fourth time we have used this venue and we are grateful to the Centre for the use of their fantastic facility. Accommodation, food and showers are all available however competitor parking is limited so we have arranged this with Tollymore Forest Park 2km from the Centre

Friday night Camping, transport and other accommodation

Camping is available in Tollymore Forest Park (Tel: +44 028 43722428). Tollymore NOC can offer B&B at the centre and there is plenty of hotel, B&B and hostel accommodation in the area. See our website for more info.

The MMM bus will run from Belfast Europa Buscentre via Newcastle to Tollymore on Friday night and from Newcastle to the Event Centre on Saturday morning if requested. Book your seat via the form on the website.

Registration will open at 07:00 on Saturday morning.

Free overnight parking for competitors will be provided in the Upper Car Park at Tollymore Forest upper car park. This car park is a 2km walk along forest track from the Event Centre OR you can take the shuttle bus. Allow time for this and ensure you arrive at the Event Centre – ready to run.

Competitors using the car park do so at their own risk. It is not secured overnight and neither Tollymore Forest Park owners nor the Mourne Mountain Marathon can accept any liability for damage or loss to cars or belongings left there.

Short term parking for drop-off and pick-up of competitors is available at the Event Centre itself.

Arrival and Parking - Summary

- Saturday morning access to the overnight car park is via the Bryansford gate (grid ref: J344328)
- N.B. This is normally the exit from the park but we have permission to use it between 06:00 and 10:30 on Saturday. Please take care when driving through. After that you must use the normal Barbican Gate entrance on the Bryansford-Newcastle road (J355328)
- 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.
- Allow time to walk the 2km or take the shuttle bus to the Event Centre (Tollymore NOC).
- There are coin operated lockers at the Event Centre if you want to leave a kit bag.
- Visitors delivering and collecting competitors may park at the Event Centre temporarily.

GAS, AND OTHER SUNDRIES

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

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. As usual we are planning to use *SPORTident* electronic timing which provides a speedy results service and records times at checkpoints. If you are not familiar with this system please read about it in the [FAQ section](#) of the website.

At registration you must

- Sign the registration sheet confirming your team members' names and that you intend to start ([be sure to inform us of any changes](#)) N.B. we will need your car registration number if you have parked overnight.
- Collect your team's SI card (aka dibber) and permanent wristband and have it attached to one wrist
- Submit your equipment for checking by event officials (random but rigorous checks will be performed)
- Check master map for Out of Bounds areas and map corrections.

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).

Car keys can be left with us at Registration for collection after the event.

Late changes to teams can be made online up until 10th Sept, or by email (mmmadmin@mourne2day.com) thereafter or on the Saturday morning at registration.

MAP ...

This year's courses have been planned on the 1st edition Mourne Mountains map from the Harvey Superwalker series. The second edition contains some updates and corrections, none of which are critical. Where second edition changes may provide some advantage they will be included in the map corrections. All map corrections will be available on the morning of the event, some may also be provided on-line before the event. Some control features may not be marked on the OSNI map, so anyone planning to use this will be at a definite disadvantage. All grid references are in Irish Grid section J and describe a 100m square. N.B. Some controls may be at the far edge of this square – see [lesson on grid references](#) in the FAQ section.

.... OUT OF BOUNDS AREA

All courses are designed to avoid sensitive farmland. Specific areas will be noted as **Out of Bounds** along with any map corrections on a master map at registration for you to copy on to your own maps. Anyone found crossing an OOB area will be disqualified. If you find yourself away from the obvious route choices near such an area please use public tracks clearly printed on the map.

This year we will be bussing teams from the Event Centre to the Start about 20mins away. Please arrive early enough to allow for this extra journey time. However, start times are not strict so don't panic if you miss the first bus.

THE RACE

START – Day 1

The Start Area will be approximately 20min bus ride from the Event Centre.

The first start time in all four classes will be 08.30 hours. For B,C and D classes start times will be every minute. Elite class starts are every 4min. Because of the bussing arrangement and to minimise waiting times we will start teams in the order that they present themselves. SI Card clearing will be done just before the Start.

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.

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 a short distance from the start. The Control Description Sheet describes each control point, which will be an identifiable feature on the map 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. Both team members must visit all controls together.

The control box may also be identified by a 3-figure code number which will also be shown on the control description sheet. This may be used as an additional check that you are at the correct checkpoint; 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 numbers. Example: **103 – 8 - Wall bend – 336301**. Control number 8 has code 103 and is on a Wall Bend at J336301.

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.

Occasionally a control box goes missing which is unfortunate but unavoidable. If you can't find a control box after a reasonable amount of searching but you are convinced you are in the right location then try to take some proof that you were there such as a camera photo or GPS mark on your tracker watch or a description of and bearings to known visible features - and then move on. We will review the evidence at the finish and credit missing controls where this is proven to be the case.

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 there 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. DON'T FORGET to return your SI Card.

CONTROL CLUSTERS – Elite, B and C courses only

At some point on the Elite, B AND 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's 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 (including 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 marshals' tent will be staffed all night. No matter how late you arrive, please check in. Alternatively if you retire and return directly to the Event Centre you must check in with the marshals there.

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.

Visitors are not allowed at the overnight camp 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. The presence of people not formally involved with the event also poses an insurance issue for us 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 of 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.

YOUR TIME STARTS WHEN THE WHISTLE BLOWS

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 another single runner to complete the course – although again, this will be a non-competitive team.

RETIREMENTS

All teams must report back to the finish (overnight camp or Event Centre) or to another 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 (text or call). 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 SI card, be prepared to have their equipment checked by a marshal and collect refreshment and t-shirt tickets. Showers are available in the changing area. Competitors are especially requested to stay for the prize giving which will take place at approximately 15.00 hours.

- There are showers and changing facilities at the Event Centre
- Unfortunately, there is no shuttle bus back to the car park on Sunday
- The bus to Belfast will leave at about 15:30

After prize giving the annual [Denis Rankin Round](#) Certificates of Completion will be awarded.

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.
- 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.

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