



The 41st MOURNE MOUNTAIN MARATHON 19th – 20th SEPTEMBER 2020 Final Instructions



COVID-19 Safety

Once again, we want to emphasise how important it is for us all to work together to minimise the risk of spreading Coronavirus. Here are the key measures in place and actions you must take.

YOU MUST NOT attend the event if:

- You are shielding or supposed to be self-isolating
- You are unwell with a **high temperature, cough, loss of taste or smell** or other Covid-19 symptoms
- You have been in close contact with anyone who is suspected of or confirmed as having Covid-19 in the 14 days before this event
- You are undergoing testing for suspected Coronavirus
- You have been out of the UK or Ireland within the last 14 days ****EXCEPT** from exempted countries – See the [**NI Direct website**](#) for the current rules and advice.

If you have any reservations about attending the event you may withdraw and we will offer you a full refund of the £100 entry fee – even on Saturday morning.

Other measures in place:

- **Face coverings must be worn in queues** for Registration and Starts (both days). We recommend you also wear them wherever a queue may form – e.g. to the toilets on Sunday morning
- You must report to Registration with your **100ml bottle of hand sanitiser** to hand
- **You must observe 2m Social Distancing in all queues**
- **If using the MMM minibus** you will be required to wear your face covering
- **2 Tents are required for all Teams** unless you have already declared that you are sharing with someone in your household or social bubble. We will have a checklist at Tent Drop
- **SI Air Contactless** timing means that **you should not need to touch the control boxes**
- **At the camp site** - you must pitch your tent on one of the widely spaced marks
- **Continue to maintain Social Distancing** whilst socialising at the campsite.
- **Hand sanitiser dispensers** will be posted widely around the campsite – use them sensibly
- **Plan your cooking process and food sharing** so as to maintain hygiene with your partner

If you start to experience Covid like symptoms during the event you must retire at the earliest opportunity. Report to a Marshal and keep your distance. Please do not put yourselves and others at risk by ignoring the danger signs.

In the event of someone falling ill we may be required to report the names and addresses of any likely “contacts” during our event. A Team Partner will also be required to retire from the event.

By registering on Saturday morning, you will be deemed to have understood and agree to abide by the rules and safety requirements of the event. Anyone found to have knowingly breached these rules or who fails to comply with reasonable instructions from our marshals will be disqualified from the event and may be barred from future events.

VENUE - Meelmore Lodge 52 Trassey Rd, Bryansford, Newcastle BT33 0QB

The START/FINISH venue for this year's mountain marathon is Meelmore Lodge 6 miles from Newcastle on the north side of the Mourne. This is our first visit to Meelmore for a very long time and we are very grateful to the owners for accommodating us.

Friday night Camping, transport and other accommodation

Camping and hostel accommodation are available at Meelmore. Please book this directly [with them](#). There is plenty of B&B, hotel and hostel accommodation in Newcastle and the surrounding area.

Registration will open at 07:45 on Saturday morning.

Competitors using the car park do so at their own risk and neither Meelmore Lodge nor 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 front of the café. Please do not loiter as it will be busy. If you want to stay longer you will need to pay the parking fee in the café.

Overnight parking for teams will be to the rear of the café

- Drivers should pay careful attention to the parking marshals and signposts. Please observe speed limits and take care of pedestrians

Please plan to arrive just on time allowing 30min to get through Registration and walk to the Start

- Registration will be at the bottom of the field
- Key drop and 2nd Tent Drop are at Registration
- Kit bags can be left at Tent Drop. They will be stored securely overnight at Meelmore

REGISTRATION

The registration procedures will be slightly different to last year in that we are using SI Air contactless chip timing. We will issue you with an SI Air Card (SIAC) which you can wear on your wrist or keep in a pocket. N.B. it will NOT BE Tyvek strapped to your wrist so **please be careful not to lose it**. Full information on [SI Air is here](#).

At registration you will

- Hand in your 2nd tent - If you have declared that you are sharing, your name will be checked against a list
- Confirm that you have read and will adhere to the rules of the event (**be sure to inform us of any changes**)
- Collect your team's SIAC timing chip (aka dibber)
- Submit your equipment for mandatory kit checking by event officials

Start times will be as shown in the start list which has been posted on [SI Entries](#). Registration and kit check will take approximately 15 min. The walk to the Start is approx. 15min.

Car keys can be left with us at Registration for collection after the event. **Kit bags** can be left at Tent Drop and will be stored in a room which will be locked overnight. Kit bags are left at your own risk and neither the Organisers nor Meelmore Lodge can accept responsibility for any loss of property.

Late changes to teams can be made by email (mmadmin@mourne2day.com) or on the Saturday morning at registration.

MAP ...

This year's courses have been planned on 1:25000 Mourne Mountains map from the Harvey Superwalker series. **The are NO Map Corrections.** The 6 figure 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. There are no specific out-of-bounds areas this year but if you need to exit the hills please use public tracks and stay away from fenced farmland.

THE RACE

START – Day 1

There will be 2 Start Areas about 15 minutes' walk along a lane from Registration. Elite & B Class will be directed to SA1 and C & D Class to SA2.

The first start time in all four classes will be 08.30 hours. Elite class starts are every 4min, B Class every 2 minutes and C and D classes start times will be every minute. SI Cards will be pre-cleared.

Using SI Air you should not need to touch any Control boxes. Just pass your SI Card within 50cm of the Control and the card should beep and flash to indicate it has punched. The box will not beep.

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

Control Description Sheets will be issued to each team at the Start Line

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. Swipe your SI Card over the box and the card should beep and flash to confirm your record. Both team members must visit all controls together.

The control box will 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 swipe the wrong box, don't worry - the results system will ignore it. However, you must still swipe all the right boxes in the right order.

If your SIAC fails to beep and flash, try dibbing it into the hole in the box. This should make the box beep and flash as well as the SIAC. If it still doesn't work (or if you have lost your SIAC) please note down the 3 letter word on the box (eg: TEA or POT) and perhaps take a photo of the flag as evidence of your visit and the time.

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, a 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.

CUT-OFF TIMES

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 pitch your tent on one of the widely spaced marks and settle down for the evening. Facilities are limited to:

- **Portaloos** – 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 Big Bin** – 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 our website throughout the day along with any other important information.
- **GPS Watch Charging** – We will have a bank of USB chargers for anyone who wants to top up their watch in the evening. Just bring your USB lead
- **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. You should be equipped and prepared for this eventuality.

No matter how late you arrive at the campsite, please check in with us. If you chose to retire you must let us know and arrange to return your SI Card. If you retire back to Meelmore you will need to contact us in order to get your car keys.

To help maintain Social Distancing, results and radio control data will not be displayed on screens this year. However, they will be published to the results section of the website throughout the afternoon and evening. You will be able to see how your time was compared to others at various stages and also keep an eye out for friends still out on the mountains.

Visitors are not allowed at the overnight camp. This is especially important this year due to Covid.

START – Day 2

Reveille will be at 07.00 hours on Sunday morning in the camp site. The Start will be a few minutes' walk from the camp. **ALLOW EXTRA TIME** to take down your 2nd tent and hand it back to us for transportation back to Meelmore. Please check that it is still labelled.

- **All teams may start at any time between 08:00 to 08:45**

YOUR RACE TIME STARTS when you dib the Start Box.

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. 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 also 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

Retirees on the morning of Day 2 should report to the officials at the camp site. We will take you back to the Event Centre. N.B The camp site is cleared by about 10am so if you decide to turn back near the start there might not be anyone there to give you a lift.

THE FINISH & REFRESHMENTS

The Finish will be back at Meelmore Lodge where 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. There will be no prize giving this year.

- There are no showers and changing facilities at the Event Centre
- Hot and cold drinks and sandwiches will be provided (please let us know if you have any special dietary requirements). Please use your own cup for drinks if possible – to save on waste.
- The bus to Belfast will leave at about 15:30 - seats are limited and must be pre-booked

Retirements – If you have to retire then please report this to a marshal or via mobile or text message giving your **surnames, team number, location, reason for retiring and intended route/destination**. E.g.; *This is Abbot and Costello, Team 120, Retiring at Control 10 Rocky Mtn due to a sprained ankle. We are heading down to the Bloody Bridge then back to Newcastle.* Then make your way to the finish or back to the start if that is closer/safer. N.B. we will not call out rescue services unless an accident is reported.

The mobile number for the MMM Team on the day will be **+44 (0)7711 118035** .

GPS Navigation devices are not allowed however tracker watches and mobile phones are OK as long as they aren't used for navigation. Mobile phones are NOT to be relied upon for navigation. Please read the section on GPS devices [in our FAQs](#) to find out why. We will have a number of USB charging points at the overnight camp if you want to bring your watch charging lead.

We will also be publishing the courses on Routegadget so you can upload your GPS tracks or hand draw routes for comparison and split times analysis. [Click here](#) to see last year's routes and go to our FAQs to find out [more about Routegadget](#).

Equipment - Don't forget to do a final check of [The Equipment](#) list to make sure you have everything required. Our Saturday morning gear checkers can be very strict and certainly won't take kindly to anyone in Bermuda shorts and flip-flops.

Rules - And, of course, make sure you have read [The Rules](#) - especially the one about sticking together.

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 above) 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 landowners 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 time at the manned controls.

Good luck with your training and preparations and see you bright and early on Saturday 19th September for the 41st Mourne Mountain Marathon