



# The 42<sup>nd</sup> MOURNE MOUNTAIN MARATHON 11<sup>th</sup> – 12<sup>th</sup> SEPTEMBER 2021 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. The event has been organised and risk assessed in line with current Government regulations and guidelines (see [NI Direct website](#) for info). 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 are not double vaccinated and have been in close contact with anyone who is suspected of or confirmed as having Covid-19 in the 10 days before this event
- You are awaiting the outcome of a test for suspected Coronavirus
- You are been out of the UK or Ireland within the last 10 days UNLESS your travel falls within the exemptions for travel – See the [NI Direct -Travel](#) for the current rules and advice.

## Other measures in place:

- **Face coverings must be worn in queues** for Registration. 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 **50ml 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
- **At the camp site** - you must pitch your tent with the door at least 2m from any other
- **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. There will be no refund of entry fee for disqualification.**

## **VENUE - Sandy Brae, Atticall, Co Down BT34 4HT (J 2633 2053)**

The START/FINISH venue for this year's mountain marathon is at the top of the Sandy Brae which starts about 1km west of Atticall along the Tullyframe Road.

### Friday night Camping, transport and other accommodation

Camping will be available the venue on the Friday night (water and toilets available) and [The Mourne Lodge](#) in Atticall are offering MMM competitors hostel accommodation for £30 including continental breakfast. Please book this directly with them (028 51765859). [Leitrim Hill B&B](#) (07762 469741) a supporter of the event are also offering accommodation and there is plenty of other B&B, hotel and hostel accommodation in the surrounding area.

**Parking is in a field at the venue.** The field is not secured and competitors using the car park do so at their own risk. Neither owner nor Mourne Mountain Marathon can accept any liability for damage or loss to cars or belongings left there.

**Short Term parking** - for drop of is also at the top of the lane.

- The lane is narrow at the upper end but there are passing places. Returning drivers should give way to incoming cars and local traffic
- Drivers should pay careful attention to the parking marshals and signposts. Please observe speed limits and take care of pedestrians

### **Registration will open at 07:45 on Saturday morning.**

**Please plan to arrive just on time allowing 30min to park, get through Registration and make the short walk to the Start**

- Key drop and 2<sup>nd</sup> Tent Drop are at Registration
- Kit bags can be left at Tent Drop. They will be stored securely overnight the venue.
- SCORE CLASS – teams can leave kit bags which we will take to the overnight camp.

Kit bags, keys and tents are left at your own risk and neither the Organisers nor landowners can accept responsibility for any loss of property.

The registration procedures will be the same as last year and will be very quick.

**Face Coverings MUST be worn throughout Registration.**

At registration you will

- Hand in your 2<sup>nd</sup> 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 SI Card timing chip (aka dibber) and numbered Tyvek strap
- 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. 5min.

Late changes to teams can be made by email ( [mmmadmin@mourne2day.com](mailto:mmmadmin@mourne2day.com) ) or on the Saturday morning at Registration.

### **MAP ...**

This year's courses have been planned on the 1:25000 [Mourne Mountains map](#) from the Harvey Superwalker series – 2<sup>nd</sup> edition or later recommended. There are NO map corrections, but recent mountain bike tracks are not marked on 1<sup>st</sup> edition map which may offer some advantage to Elites, B and ambitious Score runners. Use of the OSNI map is not recommended for this event. 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, observe private property notices and stay out of fenced farmland.

## **START – Day 1**

There will be 2 Start Areas about 5 minutes' walk from Registration. Elite & B Classes will be directed to SA1 and C & D & Score Classes to SA2. Please plan to arrive at the start just on time.

Elite and Score 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.

To minimise the risk of spreading Covid please try not to touch the Control Boxes with anything other than the tip of the SI Card. The Control Box should beep and flash to indicate it has punched.

**\*\*\* YOUR TIME STARTS WHEN YOU PUNCH (DIB) THE START BOX AT THE START LINE \*\*\***

**Route Cards** - 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 are issued at the start. The Route Card describes each control point, which will be an identifiable feature on the map and supported by a 6-figure grid reference.

Example: **103 – 8 - Wall bend – 336301**. Control number **8** on your route has **Code 103** and is on a Wall Bend at **J336301**. Controls in "clusters" are denoted as "Any Order" and are not numbered.

The **3-figure Code Number** 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 Code Numbers.

On the ground, controls will be identified by an orienteering marker (an orange and white flag) on a stake. The Control Box will usually be on the ground although a few will be attached to the top of the stake. The box should beep and flash when you dib it with your SI Card and your time is recorded. Both team members must visit all controls together.

If you accidentally dib 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 the box fails to beep, try dibbing it again. If it still doesn't work (or if you have lost your Si Card) 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. Caution – be aware of time and energy spent searching for a control and do not put yourself at risk.

## **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.

**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**

### OVERNIGHT CAMPSITE

The overnight camp site will be marked on the Control Description Sheets. After checking in and, perhaps, a few minutes' rest, you should pitch your tent suitably socially distanced and settle down for the evening.

Facilities are limited to:

- **Portaloos** – watch out for the morning queue.
- **Water** – this will be on tap from the mains. (N.B. when out on the hills - Water in the Mournes tends to be clean but there is a risk of infection from pathogens such as cryptosporidium. We recommend you bring a suitable filter or purification tablets or boil any non-tap water before drinking).
- **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 mountain 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 Sandy Brae you will need to contact us in order to get your car keys.**

To help maintain Social Distancing, results and radio control data might 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.

**SCORE COURSE TEAMS** – will be taken back to Sandy Brae in a minibus which will make 1 or 2 runs after 4.30pm as required.

**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 2<sup>nd</sup> tent and hand it back to us for transportation back to the Event Centre. 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.

**RETIRES** - 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 Sandy Brae 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 (see booking form [here on the website](#))

## **And finally, a few reminders ....**

**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 **MUST 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.

## **GOLDEN RULES**

And, of course, make sure you have read [The 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 11<sup>th</sup> September for the 42<sup>nd</sup> Mourne Mountain Marathon**