



# The 44<sup>th</sup> MOURNE MOUNTAIN MARATHON 16<sup>th</sup> – 17<sup>th</sup> SEPTEMBER 2023 Final Instructions



## **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. It's been a while since we last used this venue and we are grateful to the Centre for welcoming us back. B&B accommodation is available to book directly with the Centre at a reasonable price.

### **Friday night Camping, transport and other accommodation**

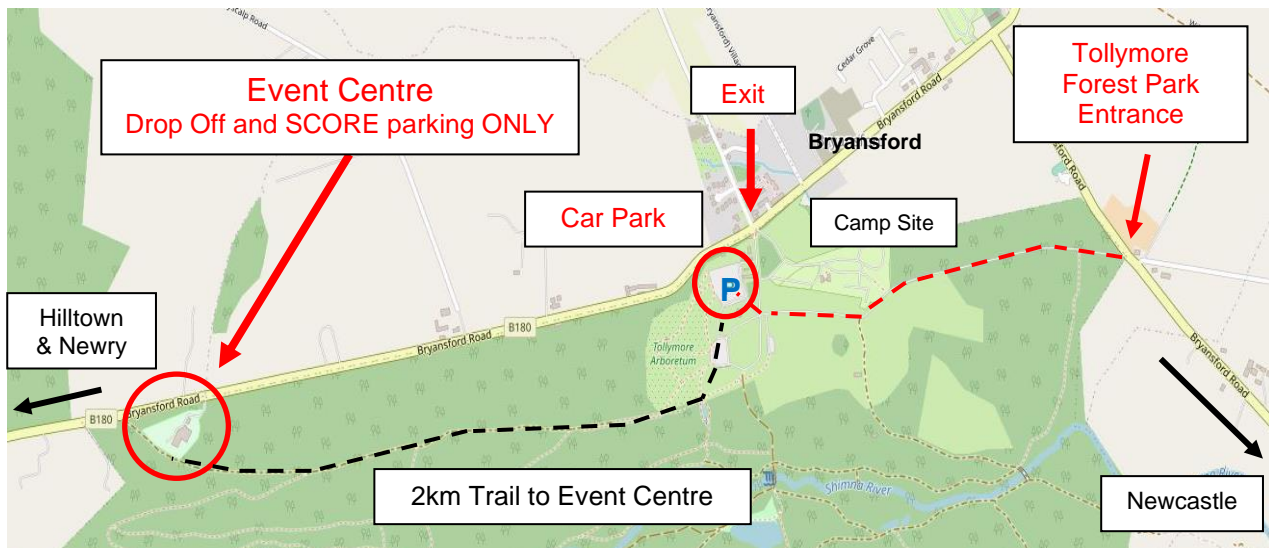
Camping is available in Tollymore Forest Park Tel: +44 (0)2843721269 centre (or see the [NI Direct website](#) and there is plenty of hotel, B&B and hostel accommodation in the area. [See our website for more info.](#)

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](#).

### **Parking**

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 tracks from the Event Centre OR you can take the shuttle bus. Allow about 20min for the bus and be sure you arrive at the Event Centre with all your stuff.

Competitors using the car park do so at their own risk. It is not secured overnight and neither Tollymore Forest Park 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 Barbican Gate Forest Park entrance on the Bryansford-Newcastle road (J355328)
- Drivers should pay careful attention to the parking marshals and signposts. 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).
- Visitors delivering and collecting competitors may park at the Event Centre temporarily.

## COVID-19 Safety

In line with Government advice, personal Covid safety measures are advisable (but not mandatory). We would encourage everyone to use hand sanitiser, maintain social distancing and wear a face covering in crowded spaces. (see [NI Direct website](#) for info).

**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 event officials will be disqualified from the event and may be barred from future events. There will be no refund of entry fee for disqualification.

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

The Starts are 650m walk down forest tracks from the back of the Event Centre so you should allow about 30min to get through Registration, kit check and get to the Start on time.

- Keys and kit bags can be left at registration and will be secured overnight
- SCORE CLASS – teams can leave kit bags and keys which we will take to the overnight camp.

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

At registration you will

- Confirm that you have read and will adhere to the rules of the event
- 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](#).

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 XT25 series. Some recent or obvious features may not be marked on the map – eg: a new or temporary stile, a large boulder under a crag, etc. There will be additional descriptive text on the Route Cards to help identify such features where required. 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.

**Map Corrections & OUT OF BOUNDS AREA\*\*** - All courses are designed to avoid farmland and fields must not be crossed. Roads are out-of-bounds and must not be crossed except where specified. A specific out-of-bounds area near Tollymore Forest (purple hash) is shown on the map at the end of this document along with 5 recommended access points (yellow ovals) plus some notable map corrections.

Please mark these on your maps before Saturday morning so as to minimise queuing at Registration. There are additional OOB areas near the overnight campsite which will be posted at the Event Centre on Saturday morning and at the camp site.

**\*\* See Page 7**

## **START – Day 1**

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.

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

**Route Cards** - will be issued to each team after the Start Line.

## **OUT ON THE COURSE**

Each day's course is only disclosed to participants on the issue of the **Route Cards** which are handed out at the Start. The Route Card describes each control point, which will be an identifiable feature on the map or an obvious feature on the ground 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** should be used to 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.

## **PROBLEMS**

If you accidentally dib the wrong box, don't worry, the results system will ignore it. However, you must still dib all the right boxes in the right order. I.e: if you dib control 4 then 6 having missed 5, you must go back and dib control 5, then control 6 again before going onto 7.

If the box fails to beep, try dibbing it again but hold it in for longer. If it still doesn't work (or if you have lost your SI Card) please use the orange pin punch attached to the cane to punch your Route Card or note down the 3 letter word on the box (eg: POT, TIN.. etc)

Occasionally a control box & flag goes missing which is unfortunate but unavoidable. If you can't find a control 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 of the location, a GPS mark on your tracker watch or a description of and bearings to identifiable, 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 marshalled, 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 07845 659503**

## **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 and settle down for the evening.

Facilities are limited to:

- **Portaloo toilets** – 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 Mourne 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. <https://mourne2day.com/liveresults/index.html>
- **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.
- **Visitors are not allowed at the overnight camp.**

**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 Tollymore you will need to contact us in order to get your car keys.**

Results will be [published on our 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 CLASS INSTRUCTIONS**

As the Score Class is a one-day event there are a number of differences to the main instructions. The registration process will be the same and all the rules are the same although the kit list is slightly reduced. See the [Rules](#) and [Equipment](#) sections on the website.

- **Arrival** – Parking is at the Event Centre. Space is tight so please park neatly.
- **Kit bags** – with food and dry clothes can be left with us at Registration to be transported for you to the Finish (camp site). Every care will be taken to keep them secure but bags and contents are left at your own risk.
- **Dry Clothes** – You may have to wait around at the finish before the shuttle bus run. Please bring dry clothing and coat etc depending on the weather.
- **Out-of-bounds Areas** – as per 2day instructions above
- **Map Mark Up** - At the Start Line you will be issued with a Control Description sheet similar to the other courses but with many more controls. These will be listed in order of Score Points value. You will also be given an A4 size map on waterproof paper with the controls and score points marked on it. This map is low quality and not to scale and is intended as an aid to route planning when used in conjunction with your full sized 1:25000 map.
- **Out on the Hills** - **You will have 6 hours to collect** as many controls as you can in whatever order you like. The usual MM rules apply - you and your partner and all your kit must stay together at all times. This is for safety as well as competitive fairness and any breaches will be heavily penalised if not disqualified.
- **Penalty Points** – You will lose up to 5 points from your score for every minute you overrun the 6hr limit. This is common with other mountain marathon scoring regimes. Do not be late!
- **Tip** – Count the contours. There will be some juicy high points controls to tempt you up a hill and off the beaten track but count those contours and make sure the time spent is worth the risk of points lost. Remember they are 15m contours on the Harvey Map.
- **At the finish** - you will download your SI Card and hand it in. You can then collect your MMM T-shirt (much coveted) and your kit bag and generally chillax until you and/or the shuttle bus are ready to go back to the Event Centre. Warm drinks, biscuits and shelter will be provided so we hope you will stay around for a while and share experiences with the 2 day teams who will have had similar navigational and route choice challenges.

## **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.

- 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 competitor 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 Tollymore 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 a prize giving at around 3pm.

- There are 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 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 all of 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 marshalled controls.

**Good luck with your training and preparations and see you bright and early on Saturday  
16<sup>th</sup> September for the 44<sup>th</sup> Mourne Mountain Marathon**

# Map Corrections & Out of Bounds around Tollymore

## Tollymore map corrections Mourne Mountain Marathon 2023

