



Information and Rules – GMC 2018

Updated 15nd February 2018

Entries Open on SiEntries on 1 April 18

Final details will be confirmed on the Grampian Orienteering Club website 1 week before the event. If the event is cancelled due to bad weather, this will be announced no later than 3 days before the event.

Registration:

Please register between 7.30 and 8.45am on Day One, at Braemar's Castleton Hall, 4 Glenshee Road, Braemar, Aberdeenshire AB35 5YQ (NO 152913). This is to the west of the A93 and east of the River Clunie The start will be a short walk away from the hall.

Car Parking:

Car Parking will be available in the Braemar Public Car Parks (the main one is next to the hall on the village side) and other areas locally.

Friday Night Accommodation:

There are various Hotels & B&Bs in Braemar, and also an SYHS Hostel and an independent hostel.

Starts:

The Start on Day 1 will be less than 15 minutes' walk from Castleton Hall.

Day One

From 8.30 – 9.30am

Day Two

From 8.00 – 8.45am

Finish:

Day 2 Finish will be a short walk from the Castleton Hall which will be used for Download. All competitors must report to Download.

Categories and Prizes:

There are six categories

A Pair, A Solo (approx. 52km 3000m over 2 days)

B Pair, B Solo (approx. 47km 2900m over 2 days)

C Pair, C Solo (approx. 40km 2500m over 2 days)

Prizes will be awarded for first place on each course. Other sub-categories may be created and prizes may be awarded too, depending on the make-up of the entries. Hopefully this will include the previously hotly contested Parent & Offspring prize within the C course again.

Participants:

No participants under 16 on the day of the event.

Participants aged between 16 and 18 may enter as one of a pair, with a responsible adult.

Parental permission is required for under 18s to enter (the form will be posted on the Gramp website in due course and will be available at Registration).

The accompanying adult must accept responsibility for the under 18 for the duration of the event.

Pairs must stay together within speaking and visual distance while on the course each day. If one team member cannot complete the course, their partner must stay with them whilst they get off the hill and to safety (except as described below under 'Accidents'), and cannot continue to compete as a Solo or with another pair.

Teams or solo entries must have suitable experience walking or running off paths in Scottish hills in November and should operate within their limitations.

Entries:

Entries are via sientries.co.uk. The entry fee is £50 for a solo entry and £95 for a pair entry. Refunds will be available (minus SI admin charges) up to 1 August. Refunds will be similarly given up to 1st November if a replacement person / team are available. If the event is cancelled due to reasons beyond the organisers' control, it may not be possible to offer full refunds (again minus SI admin charges).

No substitutions or cancellations after 1st November.

Maps:

Maps will be supplied and handed out at the starts on both days.

The maps will feature two scales – one for the orienteering sections and another for the hill sections. Maps will be printed on A3 waterproof paper and will be printed back-to-back on the same sheet.

Courses and control descriptions will be overprinted on the maps.

Electronic Timing:

EMIT timing will be used. This system uses flat 'brikkes' which are placed onto the control, rather than the SportIdent dibber type. A flashing light on the control indicates a successful punch.

One brikke will be issued per team. The brikke must be carried on the elastic provided or in a secure pocket. Lost brikkes will be charged for (£45).

Visiting Controls:

Both participants in a pair must visit each control.

Mid Camp:

As described below, competitors kit bags (a max weight applies this year) will be transported to the mid camp and back. It is planned for the mid camp to have heated socialising marquee(s). A hot meal will be supplied at the mid camp, although competitors will wish to bring additional food to supplement the meal. Please notify us of any dietary requirements at the time of entry.

Beer (a selection of ales at £2 each) and hot drinks will be available as availability permits. Breakfast will be available to purchase.

Water:

Drinking water will be available at the overnight camp. Water on the hill may be obtained from streams, although having a full water bottle at the start is advisable. Take water from flowing streams only and check for animal activity.

Retirements:

All retirements must report to the mid camp or to the emergency contact (on Day One) or the finish (on Day Two). A phone number will be provided for the emergency contact.

Retired competitors should be prepared to make their own way from the mid camp to the finish, if not seriously injured, as transport will be limited.

Accidents:

If you are injured and cannot make it to the mid camp or finish or otherwise get safely off the hill, then you may make use of the emergency tent. The position of this will be marked on the map. These will contain sleeping bag, food & water, and will get checked by Marshals.

If you cannot make it to an emergency tent then you should get into your spare clothing and survival bag and use your phone / whistle to summon help. If more than one person is present, a casualty should only be left if help cannot be summoned.

Marshals will be on the course, but will be moving.

If you encounter an injured competitor you must stop to assist, including going for help if required. Your result will be adjusted to take account of this.

Crossing Fences/Rivers:

Certain fences will require to be crossed at designated crossing points. These will be shown on the map. Such crossing points may be Marshalled. Other fences should be crossed at strainer posts if there is no available crossing point. Deer fences should not be climbed.

When looking for a stream/river crossing point move upstream. Streams will swell in wet weather. If in doubt do not cross. Some courses may be planned to allow very logical use of existing bridges etc. In such cases, these must be used.

Wildlife:

The land crossed is a mixture of grazing and working shooting estates with hare, grouse and deer.

The stag rutting season will be mostly over by mid-November, so bear in mind that female deer may be pregnant.

Please do not unduly disturb any wildlife.

Out of Bounds Areas

Any areas marked on the maps as Out of Bounds must be obeyed.

Kit List

The following **must** be worn or carried by **each** competitor **each** day:

Leggings or trousers– if you prefer to take part in shorts you must carry longs

Base Layer – wicking thermal variety suggested – not a cotton T-shirt

Fell running/orienteering shoes or hillwalking boots.

Waterproof jacket - pertex/windproof not acceptable

Waterproof trousers - pertex/windproof not acceptable

Additional warm clothing – including longs if you run in shorts

Hat, gloves

Compass, whistle

Food & water bottle for the day

Emergency food equivalent to 2 mars bars

Head torch

Survival bag (foil blanket not acceptable)

First aid kit - to contain at least one triangular bandage, one 5cm x 5cm sterile dressing, plus some plasters.

Permanent pen or chinagraph pencil for marking up map

Money – in case you are stranded away from the finish.

You must carry one mobile phone per team, but this is only for emergency use.

GPS's should not be used for navigation, however GPS watches are permitted to record route taken – do not use for navigation.

You must carry enough equipment in your day sack to survive if injured or lost. The above is the compulsory minimum. If you feel, given the weather forecast, that you wish to carry more, do so.

Competitors' Mid Camp Kit:

MAX WEIGHT 12KG PER COMPETITOR IN A PAIR AND 12KG PER SOLO COMPETITOR

This will be transported from Registration to the mid camp and back to the finish.

One rucksack or zipped or roll top bag per competitor (either waterproof or with internal waterproof bags – it may spend time lying on the open ground in the rain!), labelled with name and course.

Tent

Sleeping bag

Sleeping mat

Warm clothing

Clothing to be worn on day two

Torch

Stove (not essential)

Additional food/drink

Day two breakfast (or purchase this)

Day two hill food - including extra emergency food in case original is used on day one

First Aid – any extras such as blister plasters, personal medication you may require

Plastic bag for rubbish – to be packed and taken home

Toiletries including alcohol gel.