



## SCOTLAND'S FRIENDLY SOCIABLE WINTER MOUNTAIN MARATHON

**Information and Rules – GMC 2021 – 6<sup>th</sup> & 7<sup>th</sup> November (NOT 13<sup>th</sup> & 14<sup>th</sup> as originally planned).**

### **Accommodation for the Friday Night**

It is not possible to stay in the Registration Hall this year. There are various Hotels, Hostels & B&Bs in Braemar and Ballater. The Ballater Hostel (01339 753752) in particular has been supportive of the event, and we're sure will be very welcoming to competitors.

### **Toilets at the Mid Camp**

We know that the standard of toilet facilities at the Mid Camp can be a deciding factor in whether or not people enter an event. We can confirm that there WILL be individual Portaloo toilets at the Mid Camp.

### **Car Parking:**

Free Car Parking will be available for the full weekend in the West car park of the Balmoral Public Car Parks on the north side of the River Dee in the western angle formed at the Tee Junction between the North (A93) & South (B976) Deeside Roads - WTW repeat.oiled.humans (which might just sum up the weekend).

### **Entries Open on SiEntries on 12 July 2021.**

Revisions to this information will be available on the Grampian Orienteers website as required. 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 & Drop-off for Overnight Kit Bags.**

Please register between 7.15 and 8.20am on Day One, at the Crathie Hall, which is on the South side of the North Deeside Road (A93), about 300m to the East of the Balmoral Car Parks (WTW rice.fearfully.weekends – again, maybe a good sum-up). Kit and passengers can be quickly dropped off at the Hall prior to drivers parking their cars. The start will be about a 25 minute walk from the Hall. As well as Registering, please allow time for a potential kit check, and a weigh-in of your overnight bag before it goes for transportation. Please ensure your overnight bags ARE NOT OVER THE MAXIMUM AMOUNT, as you will be asked to remove items and may end up at the back of the queue if others are waiting.

**Starts:**

The Start on Day 1 will be about a 25 minute way-marked walk from Crathie Hall.

Day One

From 8.00 – 9.00am

The Start on Day 2 will be about 5 minutes from the mid camp.

Day Two

From 7.30 – 8.15am

**Finish:**

Day 2 Finish will be a short walk from Crathie Hall which will be used for Download.

All competitors must report to Download.

There is a compulsory course closure time of 3.30pm on both days. Competitors finishing after this will be classed as DNF and may not be permitted to compete on Day 2. There may be controls on the courses with latest cut-off times applied (which will be advised in advance), and anyone reaching these controls after this time will need to just go straight to that day's finish.

**Categories and Prizes:**

There are six categories

A Pair, A Solo (approx. 57km 2300m over 2 days)

B Pair, B Solo (approx. 47km 1900m over 2 days)

C Pair, C Solo (approx. 37km 1500m over 2 days)

Terrain is rough on all courses.

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.

We currently do not plan any prize-giving at the event itself, and will expect competitors to leave soon after downloading, enjoying a snack and drink, and collecting their overnight kit. At both the Crathie Hall and the Mid-camp, the Organising Team will consider guidance and their own views with regards the extent of close mingling, especially indoor, which will be possible / permitted.

**Participants:**

Participants may be required to complete a Covid declaration.

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](http://sientries.co.uk). The entry fee is £57.50 for a solo entry and £115 for a pair entry. Refunds will be available (minus SI admin charges) up to 15 August. Refunds will be similarly given up to 1st October if a replacement person / team are available. If the event is cancelled due to reasons beyond the organisers' control (weather or Covid typically), refunds will be given, with deductions taken off to cover incurred, non-returnable event expenses. No substitutions after 1<sup>st</sup> 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 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:**

SI (SportsIdent) timing will be used. Those with their own dibber may use their own. A short beep indicates a successful punch. One dibber will be issued per team. The dibber must be carried by the same person at all times. Lost dibbers will be charged for.

**Visiting Controls:**

Both participants in a pair must visit each control.

**Mid Camp:**

As described below, competitor's kit bags (a max weight will apply again this year) will be transported to the mid camp and back. It is planned for the mid camp to have heated socialising marquee(s), but this will depend on Covid related guidance and the feeling of the organising team at the time. 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 in the evening as availability permits. Boiling water & hot drinks will be available in the morning (again as availability permits). No Breakfast will be provided this year.

**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 Download at the Crathie Hall (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 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. Mobile phone coverage in the area is poor to non-existent. Emergency text messages may work better if there is a poor signal. Mobile phones should be registered to send emergency 999 texts (see <https://www.emergencysms.net/>).

Marshals will be on the course but will be moving. There may be an Emergency Tent within the competition area. If there is, it will contain warm clothing and a sleeping bag and can be used to seek emergency refuge.

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 nearly over by early-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 13KG PER COMPETITOR IN A PAIR AND 14KG 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  
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.