



SCOTLAND'S FRIENDLY SOCIABLE WINTER MOUNTAIN MARATHON

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

NEW UPDATES – WE ASK ALL COMPETITORS TO TAKE NOTE OF THE FOLLOWING:

This event is organised by Grampian Orienteers and run entirely by volunteers.

The event will involve tricky navigation over pathless high mountain terrain with deep heather and boulders underfoot. The weather could be foggy, wet, windy, cold and snowy! If you are unsure about your course selection, please change to an easier course on SI entries. The map you get at the start will be pre-printed with your selected course, and printed on both sides.

Covid

Covid is very much still with us and we cannot be certain how it might affect the event. Two changes we can advise you of straight away:

- 1. There will definitely be no Prize Giving at the event. Results will be posted on the Grampian Orienteering Club website ASAP and further event feedback will follow.**
- 2. We have decided to allow all competitors a maximum weight limit of 14kg for their transported mid-camp bag. This will allow more people the option of solo camping.**

Potentially, critical individuals may unexpectedly not be present if they suddenly need to self-isolate, for example please ensure that you take enough food to get through the event in case the planned evening meal can't happen.

Please socially distance as much as possible in the social areas and wear masks while moving around inside.

We will need all competitors to complete a Covid declaration which will be available on the Grampian Orienteering Club website a week before.

Mid Camp Items

Please ensure when you download at the end of Day 1 you get an evening meal voucher. As well as the meal, which is included in the event cost, there should also be various items, savoury & sweet, available to buy, so please take some cash if you wish to take advantage of this. There should be free boiling water, tea and coffee available as long as it lasts, and there will be some snacks available as you finish Day 1.

We do not plan to have a generator at the mid-camp, so there will be less noise! We plan that the main source of lighting will simply be from everyone's own headtorches.

Remember that we are not providing breakfasts this year, so take your own. We do plan to have boiling water and hot drinks available in the morning too.

Cut-Off Times

It will be requirement to for all competitors on Day 1 to reach the end of the forest Orienteering section (approx. 3km from the start) by 10am. Competitors who are not experienced orienteers should start as early as possible so they can achieve this. Any competitors who feel they might miss the 10am dead-line should miss out some forest controls.

There will also be a Day 1 Mid-Course Control with a timed cut-off of 1:30pm. Competitors missing this cut-off will need to head straight to the finish from this control. Again, those who start earlier will have a better chance of getting through this cut-off.

3.30pm remains the compulsory course closing time on both days. This means be aware of your progress and be prepared to abort if necessary in order to reach the Mid Camp by 3.30pm and report to Download so we know you are safe.

Maps

Please note that the maps are on waterproof but not indestructible paper. We suggest taking an A3 waterproof bag / poly-pocket for your map. The maps will show the above cut-off times and which controls they apply to.

Dibbers

Previous GMCs all used Emit Units. This year it will be SI Dibbers. Competitors who have their own will be able to use them. If borrowed dibbers are lost, we will need to charge for them. The controls will not be contactless (air enabled) so a full 'dibb' is required at each control.

Carried Kit

There will be no Pop-Up Shop at the Registration this year, so please ensure you have all items, as there will be kit-checks. Survival bags and first aid kits per person have been forgotten before. It would be a real shame if someone couldn't complete due to haven forgotten one of these. Please check the list in this document to ensure you have everything.

The rest of this document is the original document from June.

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. 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 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 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

Document compiled 21st June 2021. This Revision 8th Oct 2021

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.