

## **INTRODUCTION**

These final details contain important information that you should read **now**. You should also refer to these details again closer to the event. The site is quite tight for space and we have over 1,000 competitors. Please help us to limit the number of vehicles on the site by planning your transport arrangements well in advance.

## **EVENT HQ**

Our Event HQ will be at Low Borrowbridge Farm, near Tebay, CA10 3XX. Grid Ref NY613005. This lies off the A685, approximately 3 miles south of Tebay (Junction 38 of the M6) and the farm will be signposted from the A685. You will be directed to park by marshals. The area of the site is smaller than usual and parking will be tight so please try and make arrangements to share transport with your partner and other competitors.

## **PLANNING YOUR ARRIVAL TIME**

Start times will be available, on the website, by 10pm on Friday 28<sup>th</sup> June and will be within the 30-minute block selected on entry. When deciding what time to arrive at the site, please note that the Saturday start is a 2.2 km walk from Event HQ and you will need to allow time for this, in addition to registration and parking, in order to get to the start on time.

Registration will be open from 18.00 to 21.30 on Friday and from 06.30 on Saturday.

If you are just coming to register and then going away to sleep elsewhere on Friday night, you will be directed by marshals to temporary parking. Please do not follow those cars that are being directed to the camping area as this will upset the one-way system.

## **CAMPING**

Camping on the Friday night is available for competitors. Tents and campervans will be in different areas, so follow instructions when you arrive. Parking and camping will be allowed from 16.00 on Friday and tents can be left erected until Sunday if required but cannot be occupied by friends and supporters as the site is on private land and will be closed over the weekend. Due to the restricted entry to the campsite, you will not be able to leave this area in a car on the Friday so please make sure you have everything with you when you arrive. Hot food and drinks will be available on site.

We will not be providing a security guard, so you may prefer to pack your camping gear into your car before starting the event on Saturday. A locked luggage store will be available for those who arrive on foot but we can take no responsibility for any items left in it, or elsewhere on the site.

The camping area at Event HQ is in an attractive location, by a river. However, noise from the nearby motorway and the railway may well be noticeable and you may wish to bear this in mind when making your plans. Unless using water from the river for cooking, you will have to carry a few hundred metres from a bowser so you may wish to consider bringing water with you if arriving by car.

### **PUBLIC TRANSPORT**

The event HQ is 11 miles from Oxenholme Train station which lies on the main West Coast line (2 hours 40mins to London). We recommend Lakeside Taxis (01539 239239) who offer a fixed price of £28 per car (up to 4 people) and £37 for a larger vehicle (7-8 people) for the journey and will try and fill cars to share the cost if you contact them in advance.

### **CATERING SERVICES**

Fell and Dale Catering will be on the field from Friday through to Sunday. You will be able to purchase food and non-alcoholic drink from them from about 18.00 on Friday night, breakfast from 6.30 on Saturday morning and they will provide the meal that is included in your entry fee when you finish on Sunday afternoon. Please look at the menus for Friday night here and for Saturday morning here. We will be sending a separate email in a few days asking about your plans for Friday night and it would help us if we had an indication of food choices.

### **BAR ON FRIDAY EVENING**

We will be providing a bar onsite at the Friday night so there should be no reason for campers to leave the site once arrived.

### **DRINKS AT THE OVERNIGHT CAMP**

You must pre order all drinks by using "Edit/Substitute" button on your existing entry on the Si Entries website between Monday 00.01 on the 24 June and Sunday 23.59 on the 30 June. Only the person who made the initial entry can order drinks so they should purchase drinks for everyone they have entered. The proposed drinks menu and price for the overnight camp can be found here No refunds on drink will be available if you do not get to the overnight camp to collect it.

### **DOGS**

No Dogs, even on a lead are allowed at the event. Both the Event HQ and the Overnight Camp are on private land.

### **TOILETS**

At Event HQ there are Portaloo-type toilets on the Parking/HQ field and a small number in the camping area. Please use these before making the journey to the start and do not foul the area along the way.

At the overnight campsite, Portaloo-type toilets will be provided.

## **WASHING AND SHOWERS AFTER THE EVENT**

There is good access to the river at Event HQ for those who wish to have a wash after the event and before they depart on the Sunday. For those travelling by car, hot showers are available for £2.50 at the J38 truck stop, Tebay. 3 miles to the north of Event HQ.

## **WATER**

Water at both the Even Centre and the Overnight camp are from local sources and are used by their respective farms as primary sources of drinking water. However, the water is untreated, and you should therefore treat the water yourself, if you have any concerns, before drinking or using for cooking.

## **EQUIPMENT SALES**

[Alpkit](#) and [Pete Bland Sports](#) will both be present at the event, from the Friday, with a full range of Mountain Marathon equipment, and some great offers - don't forget to bring cash or credit card to the event centre. Both firms are offering a discount of 10% on all items ordered on their respective web sites before 24th June using the code SLMM19. You can email Pete Bland ([sales@peteblandsports.co.uk](mailto:sales@peteblandsports.co.uk)) directly for any last minute items and arrange for them to be brought to the event HQ for you to collect.

## **T- SHIRTS**

Until Sunday, 9<sup>th</sup> June, you can order a technical commemorative T-shirt, by using "Edit/substitute" button on the SI Entries website and amend your entry by adding a T shirt for £12.50. There will be a limited number of T shirts available to purchase on the weekend at £15 each, these will be sold on a first-come-first-served basis. See this link to the web site for photos of this year's T-shirts.

## **MULTIPLE COMPLETION CAPS**

Customised running caps may be claimed by competitors who have successfully completed 10, 20 and 30 Saunders Lakeland Mountain Marathons. To claim a cap, you must a) be present at a SLMM event so that it can be presented to you and b) have completed (not just participated in) the appropriate number of qualifying events (this can include the one at which you want to collect the cap). If you qualify for a 20-year award then you will not be given a 10-year award as well, etc. If you are eligible for a cap in 2019 then please send details of courses completed in each qualifying year to [slmmcaps@gmail.com](mailto:slmmcaps@gmail.com). Caps can be collected at the Event Centre on completion of the event.

## **REGISTRATION**

Registration will be open on Friday between 18.00 and 21.30

On Saturday morning it will open at 06:30. Go to the registration desk that is designated with the first letter of the surname of the team member who made the

entry. Both members of a team must come to registration, at the same time and both must sign one Registration/disclaimer form which should be downloaded from [here](#) and printed and bought with you.

You do not need to bring your kit with you. However, random kit checks will be carried out at the Overnight Camp and at Day 2 Finish.

At Registration you will be given a dibber each and asked to move on to an area where the dibbers will be attached to you. Please do not attach it yourself.

### **TEAM CHANGES**

We will not accept any new entrants or course changes at registration. Any such changes must be made, via the SI website, before midnight on Sunday 23<sup>rd</sup> June.

### **JUNIOR RUNNERS**

A junior runner is one who is under 18 on the Saturday of the event. Where one of the two runners is under 18, the other runner must be at least 21 and must be the parent/guardian or the “accompanying adult” appointed by the parent or guardian of the junior runner.

The Saunders Lakeland Mountain Marathon Parental/Guardian Consent Form must be completed and signed by the parent or guardian of the junior runner and submitted at registration. [Click here for copy.](#)

### **SPORTIDENT ELECTRONIC TIMING**

Each person will be issued a SI-card (dibber) which will be attached to his/her wrist. The card MUST remain attached to the wrist throughout the event. Each control has an electronic box with a number on it. Your SI card is inserted into a hole in the top of the box until it flashes and beeps (this takes less than a second) which means that your visit to the control has been successfully recorded. One beep or flash is sufficient. If the unit does not flash or beep, please insert your card and try again and if still unsuccessful, make a note of the 3 letter word written on top of the box.

Your SI-card will be issued at Registration and will be pre-cleared. On Day 1 you insert it into the Start control box at the Start. On Day 2, just before the Start, your SI-card will be cleared. You dip your SI-card into the special clear station for about 5 seconds until it beeps. Once the SI-card is cleared you move on to the next stage where the SI-card is checked. Finally, you get to the start, where you again need to insert it into the Start control box, as on Day 1.

At the Finish there will be a station at the finish line which you must use to record your finish time. Both team members must dib. It will be the second person who determines your finish time. You must then go to the download station. Do not lose, break or forget to return your SI-card, or we will have to charge you an extra £30.

## **MAPS**

Harvey Maps are producing a dedicated SLMM 2019 map at a scale of 1:25000 with 15m contours. It will be overprinted with out of bounds areas, un-crossable boundaries (boundaries that you are not permitted to cross except at marked crossing points). In addition, the map will be overprinted with circles identifying all controls. Blank maps will be available for view in the marquee on the Friday night and we would encourage you to familiarise yourselves with the symbols and out of bounds areas.

Maps will be printed on Polyart Special paper, which is both waterproof and very strong. Polythene bags will not be supplied. If you want to use a map bag, then you should bring your own.

## **FAIRFIELD COURSE MAPS**

Separate maps will be printed for the Fairfield Course. These will show only the controls relevant to the Fairfield course, together with the points value for each control.

## **MAP NOTES**

Many of the ridges have intermittent paths or quad bike tracks that are not shown on the map. Although marked on the map with a blue line, you may find that a number of streams are, in fact, dry in the summer.

## **COURSES AND CONTROL DESCRIPTIONS**

The control description sheet, which you will receive at the Start, lists the controls that you need to visit, provides a description of the feature and a grid reference for its location. The grid reference will identify a circle on the map and the feature is in the centre of that circle.

You will want to mark your course onto the map. You should have a permanent marker that is suitable for writing on plastic. Sharpie markers work reasonably well, but the best thing, if the map is wet, is a chinagraph pencil.

## **ALL LINEAR COURSES**

You must visit all the controls on the control description sheet, in the order shown **FAIRFIELD COURSE ONLY**. At the Start on Day 1, you will receive a control description sheet and also a map showing all the controls, with points values, that you may visit on either Saturday or Sunday. You need to plan your route for both Saturday and Sunday to visit as many of these controls and obtain as many points as you are able. Do not visit any control twice during the two days. You will only get points for one visit. NOTE -This map and these control descriptions cover both days. You will not be issued with a new map or new list of controls on Sunday. Your time allowance is 7 hours on Saturday and 5 hours on Sunday. If you are late finishing, on either day, then you will receive penalty points, which will be deducted from

your score. You must go through the Finish on Saturday and the Start on Sunday. Full details of how the Fairfield course is structured and of the penalties for finishing late are provided on the “Courses” page of the SLMM website.

### **SOLO COMPETITORS ON SCAFELL AND FAIRFIELD COURSES**

If you retire on Day 1 you must ring the phone number that is printed on your map. (The emergency numbers are 07855 347295 and 07552 063267. You are advised to enter them onto your phone now.) As all other courses are for pairs we assume that, in the event of an accident, one of the team members will raise an alarm but obviously this is not applicable for Scafell/Fairfield Solo, so a mobile phone is a compulsory item of kit for these classes. Any Scafell/Fairfield Solo competitor not arriving at Day 1 finish or ringing this number will be assumed to be in difficulty and appropriate action will be taken.

### **ACCESS**

We have had to do a lot of negotiating with landowners, and others, over access to this area. The good reputation of the event has helped and we ask you to help maintain our good name by being considerate and careful.

Out of Bounds areas are marked on the map with a purple wash. You must not enter these areas. Anyone doing so will be disqualified.

All maintained walls with inbound fields are out of bounds. You may also encounter walls and fences out on the fells. If you are forbidden to cross them they will be clearly marked with a purple line. Permitted crossing points will be marked. Important bridges which cross large watercourses are also marked, using the crossings symbol. Please study your map carefully to identify where these crossings are located.

### **START DAY 1**

Your start time will be shown on the SiEntries website by 29<sup>th</sup> June at latest. All courses will start in the same location, which is 2.5km from the HQ field, along a minor road. Follow the signs. **Please ensure you allow enough time to walk to the Start.** Maps will be issued after the Start and, if necessary, master-maps will be displayed, showing last minute corrections you may need to make to the map. So have your pen/pencil ready. Control description lists will be issued on the Start Line

Ensure you use the toilets at the Event HQ before leaving. There will be one emergency toilet near the start, but obviously, it will not be able to cater for many people and it is very important that you do not foul the locality of the start.

### **AT EACH CONTROL**

Each control will be marked by a standard orange and white orienteering kite and a SPORTident timing box. The kite will normally be lying on the ground. **BOTH TEAM MEMBERS MUST VISIT EACH CONTROL AND MUST DIB WITHIN 1 MINUTE OF EACH OTHER.** There will be controls out which are not on your

course so check that the code number on the SPORTident timing box corresponds with the code on your description sheet and only then dip your SI-card into the unit.

### **OVERNIGHT CAMP**

The Overnight Camp is strictly for competitors and officials only. Nobody else should be told of its location and no one other than competitors or officials will be allowed onto the campsite.. Having finished, **YOU MUST DOWNLOAD YOUR DIBBER IMMEDIATELY**. You will then walk a short distance to the camping area. There will be water available from a row of taps. This is untreated spring water. We believe it to be safe to drink, but you may wish to boil it or sterilise it. Your pre ordered drinks will be waiting for you. A limited amount of soft drinks and milk will be available to purchase on a first come basis. Only alcohol that has been prepurchased will be available. Please empty and flatten all cartons and cans we supplied you and return these empties to us at a designated point. On no account will we take any other rubbish away. You must carry back the remains of all items that you brought and dispose of them when you get home. Rubbish will feature on the kit check list, at the Finish.

### **START DAY 2**

Day 2 course descriptions can be collected from 06.45hrs on Sunday. The start will be no more than 200m from the mid-way camp. There will be a Chasing Start from 07.15 for teams that finished within 45 minutes of the Day1 leaders. Start times for the chasing start will be posted close to the download tent, during Saturday evening. Fairfield will not have a chasing start. Teams not in the Chasing Start can start any time between 08.05 and 09.00 hrs but must come through the official start box and dib their SI card in the Start station in order to record their start time.

### **DAY 2 FINISH**

The Day 2 Finish will be at the Event HQ. **PLEASE GO TO DOWNLOAD AS SOON AS YOU** have finished. For all those on Fairfield, the Score course, you will be directed to a separate download desk.

### **RETIREMENTS**

All those retiring must hand in their dibber (SI card), into Registration at the Event HQ or to Download at Mid Camp. This is a very important action. It enables us to account for everyone at the end of each day. If you are retiring and expect to return after course closing time you should ring one of the numbers printed on your map. If you choose to retire at the overnight camp because you have decided not to compete on day 2, then you will need to make your own arrangements to return to the Event HQ to pick up your car and/or belongings. In this event, we will provide details of a local taxi firm for you to make these arrangements.

## **BAD WEATHER COURSES**

In the unlikely event of extremely bad weather, courses will be shortened and “Bad weather control description sheets” will be issued. These courses will be shorter than the planned course. They will reduce the amount of exposure on high ground and avoid difficult river crossings.

## **COURSE CLOSING TIMES**

Courses will close at 20.00 on Saturday and at 16.00 on Sunday. Anyone who finishes later than these times will be disqualified. Check your Control Description sheet for the closing times of individual controls, as some controls will be closed, and removed, earlier than the course closing time. Anyone late back on Sunday is likely to miss out on their meal.

## **PRIZEGIVING**

Prize giving will take place at approximately 14.00 on Sunday. Trophies and/or prizes will be awarded to the first, second and third in each class, plus first females, first mixed teams and first veterans (The veteran’s handicap formula is explained in [FAQs](#))

## **EVENT RULES**

The event is held in accordance with the rules and safety requirements of the Fell Runners Association. The following additional rules and minimum kit requirements must also be adhered to by all entrants.

All competitors must report to the finish and hand in their SI card, even if they are retiring. This is a vital safety check. Failure to do so could result in a mountain rescue call out and a ban from further events.

All competitors must follow the country code, in particular it is forbidden to climb walls, and enclosed farmland should only be crossed on public rights of way.

Teams must remain together at all times except in an emergency situation.

No dogs are allowed at Event HQ or in the competition area.

## **GPS**

The carrying of GPS, GPS phones or any other satellite navigation systems is permitted to enable competitors to record their routes, take photographs and for emergencies. **THEY MUST NOT BE USED FOR NAVIGATIONAL PURPOSES.** This includes checking your position on a digital map or obtaining a grid reference of your location.

## **EQUIPMENT**

Each individual competitor must wear or carry the following at all times (Note that it is not permissible for the other team member to carry any of this):

- \_ Footwear suitable for use in the mountains. Fell running/Trail shoes or boots with a minimum tread depth of 4mm.
- \_ Rucksack
- \_ Sleeping bag with insulation (liner only is not sufficient) or integrated sleep system of insulated quilt and compatible insulated mat made by recognised manufacturer.
- \_ Survival Bag – a Bag **NOT** a Space Blanket.
- \_ Waterproof jacket with hood and waterproof over trousers (not shower proof materials – see FAQs for more details)
- The following items of technical clothing (not cotton)
  - Full length trousers/ tights/ leggings
  - T-shirt/base layer
  - Long sleeved mid layer
  - \_ Hat & gloves
  - \_ Torch (suitable for emergency night navigation)
  - \_ Compass & Whistle
  - \_ Watch or other means of timekeeping.
  - \_ Waterproof pen / pencil and paper. Capable of marking your course onto wet plastic. See [FAQs](#) for recommendations
  - \_ Map provided by SLMM
  - \_ SPORTident dibber attached to your wrist. This must not be removed from your wrist.
  - \_ Solo competitors in the Scafell & Fairfield classes **MUST** carry a mobile phone with them for safety purposes

### **EACH TEAM MUST CARRY THE FOLLOWING AT ALL TIMES:**

- \_ Tent with sewn in groundsheet, poles and pegs (includes hooped bivi with these characteristics), large enough to accommodate both runners if a team
- \_ Stove & fuel, matches/lighter – with Emergency fuel remaining at the end of Day 2 sufficient to boil 500ml of water
- \_ Food for 2 days including your Emergency food (minimum 150 kcals per person) which you will still have with you when you finish Day 2. If you have eaten your Emergency food before the Finish then you will have experienced an Emergency and consequently be assumed to have retired.
- \_ Plasters and bandage
- \_ Their rubbish.

## **EMERGENCIES**

If there is an incident during the course of the event that requires external assistance, your first point of call is the police who will then call out the Mountain Rescue.

Attempt a mobile call if you have a phone or head for the nearest place that has a telephone line. Dial 999 or 112 and ask for the Police and then the mountain rescue. . In addition, an event emergency phone number will be printed on your map. Please inform us if you are calling out the Mountain Rescue. Do not use the Event emergency number for trivial matters. Be aware mobile phone signals are very unreliable in this area, for both sending and receiving. If in doubt, it is better to send a text message with relevant details.

To use SMS texting for emergencies you will need to have registered your number with the emergency organisation. [Details here](#)

Make the casualty comfortable, in a tent and sleeping bag. Use whistle to summon the assistance of other teams. If possible someone should stay with the casualty at all times. Write down your team number, names, exact location-grid reference and distinctive landmarks close by you. Note the time of the incident and nature of the injuries

## **FIRE AND FIRE EXTINGUISHERS**

In the event of fire in your tent, evacuate as quickly as possible. Fire extinguishers will be available on the camping field, in the HQ marquee and in the marquee/shelter at the Overnight Camp.

## **PREPARATION**

Whilst the organisers have done all they can to make the SLMM as safe as possible without compromising the nature of the event, once you have started you are responsible for your own safety on the hill, and that of your partner if you are in a team. Please prepare seriously – if possible train in mountain terrain, practice your navigation and use your kit - and get to know the strengths, weaknesses and temperament of your partner. Go to [Routegadget](#) and study last year's courses.

Think about the map reading skills needed and the route that you would have selected. Also, think about the terrain and your level of fitness. All courses cross high mountains and negotiate steep terrain, often well off footpaths. You should be capable of confident navigation using fine map detail and of following an accurate bearing in thick mist

**HAVING SAID ALL THAT, WE HOPE THAT YOU COME AND  
THOROUGHLY ENJOY THE CHALLENGE OF THE SAUNDERS  
LAKELAND MOUNTAIN MARATHON**