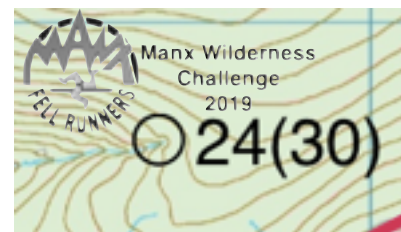


Some help in deciding if you want to enter the event.

Please read carefully...



The event is over rough ground. There will be sheep trods and tracks, but it is likely you will be 'off piste' some of the time, going up and down steep terrain. This is part of the route selection element of the event. Is it better to divert and follow a track? Or follow a compass bearing over rough ground?

Four hours is the maximum time allowed. You and your partner may decide that you want to enter the event, but due to your level of experience, only want to be out for a **shorter time. This is OK.** You are unlikely to win, but the event is offered to encourage MFR club members to enhance their navigation skills. Only teams that are after MFR league points are likely to need the full four hours. Returning to the finish after 1, 2 or 3 hours is acceptable.

Navigation. This is what the event is all about. If you regularly run in fell races, you should be able to read a map and use a compass. Working with basic skills and a partner, you ought to be able to find some of the check points. Your skills will quickly improve as you start to understand the map against what is happening on the ground. By entering the event, it is assumed that at least one of the pair has basic navigation skills.

Bad weather. There is a requirement to carry certain clothing and other equipment for safety reasons. Bad weather will not necessarily stop the event, but it would make it more challenging. Fog/mist/low cloud will add to navigation focus. You must take this into account when deciding whether or not to turn up on the day. Such weather will really sharpen navigation skills, and is regularly a feature in our fell races. In extremely bad weather the time on the course may be reduced, or the event cancelled. There is an assumption that if you enter, you and your partner have sufficient skill to handle the course in changing weather.

Hills and distance. Navigating an unknown route over rough ground is much slower than 'running a fell race', especially one that is familiar. Faster pairs (who can navigate well) are likely to cover over 14 miles with several thousand feet of height gain. Nobody will collect all of the points in four hours. Most people will run and walk most of their route. Some will walk all of their route. Knowing how far you can travel when plotting and following an unfamiliar route is another part of the learning potential for the event. And that's before you have to retrace due to error! Revising your route choice will be paramount, once you and your partner have a better understanding of pace, distance and terrain. Taking all this into account, some pairs may cover around 5 miles.

Essential Equipment:

Your partner is your main piece of safety equipment for the event. You must stay within voice and visual contact with your partner at all times. During a regular race, the route is known and racers are checked off at certain points. In a score event, you choose the route - you could be anywhere. This makes finding people who are missing very difficult. A partner greatly reduces the risks faced if injury occurs.

A mobile phone. Electronic navigation aids are not allowed, and whilst phone signals are patchy in the event area, each pair will be required to carry a fully charged and switched on mobile phone. You will be trusted not to sneak a peak at Google maps! Anyone caught doing so will be disqualified.

Waterproof full body cover, with taped seams and fixed hood. Unless we are blessed with a dry, bright day, a good waterproof top will be extremely useful. The mid-pack and slower pairs will be moving much slower during this event and may well not generate the heat normally associated with fell races.

Other clothing: Dress appropriate to the weather forecast. Unless you are in the front pack, you are unlikely to be moving at speed. You will be cooler. Consider bringing a small rucksack that you share with your partner. This will enable you to store layers that you can add and remove as necessary.

Hat and gloves.

A good quality compass.

A whistle.

Food - you are out for four hours. I'd be packing sandwiches and a drink! Emergency food (Mars bar or equivalent) is compulsory. Picnic is recommended! There are no 'water stops' but there are streams. If you plan to drink from them, consider using a purification system. Water is not compulsory (unless the weather is particularly hot - be prepared to carry 500ml).

Footwear: If you planning to complete the event as a 'fast hike', hiking boots are acceptable. Those planning on running/walking the event, fell or trail shoes will be appropriate. Standard shoes or road trainers will not be acceptable.

First Aid Kit: Each pair must carry a small first aid kit, capable of dealing with a bleeding cut. Consider latex gloves, antiseptic wipes, plasters and a small conforming bandage.