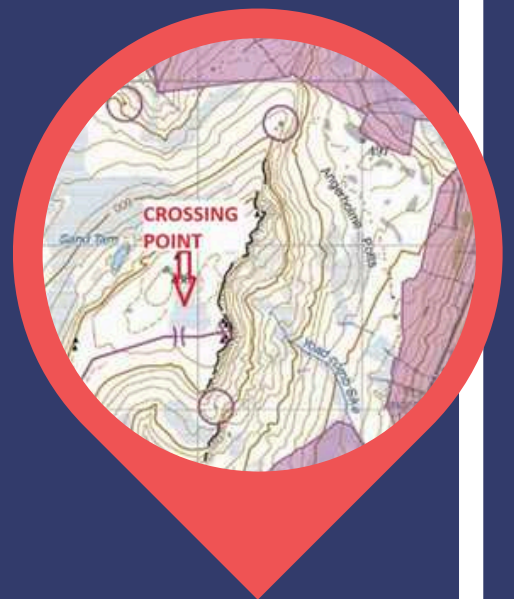




2024 EVENT COMPETITOR GUIDE

6TH - 7TH JULY
HAWESWATER
FELLS





COMPETITOR GUIDE

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We suggest you view this guide digitally rather than printing the whole thing - there are printer friendly checklists on the [last 2 pages](#).



COMPETITOR GUIDE

ABOUT THIS GUIDE

The purpose of this guide is to provide SLMM competitors with the essential information you need about the event in one place to help you prepare for the event.

Further details are available on the [website](#) and, in particular, in the [FAQ](#).

ABOUT THE SLMM

The Saunders Lakeland Mountain Marathon (SLMM) is a two-day mountain navigation competition that is held annually in the Lake District for teams of two runners. It is organised by Lakeland Events Community Interest Company.

Any surplus generated that is not required for future events will be distributed to registered charities that support access to the mountain environment and the wellbeing of our competitors. We are delighted that in 2024 we will again be supporting the [Brathay Trust](#) as the major recipient of the surplus from the event.



COMPETITOR GUIDE

2024 SLMM EVENT

The **2024 SLMM** will be held in the Eastern Lake District on the weekend of **6-7th July**. The event centre is at:

High Howe Farm

Askham

PENRITH

CA10 2QL

Grid ref: NY 49062 19198

W3W: ///sunshine.dive.cries

This is North West of the village of Bampton, Cumbria and about a 30 minute drive from Penrith.

There is mobile phone service at the site.

ARRIVING BY TRAIN:

We will be providing free shuttle bus transportation from Penrith station to the event HQ on the Friday night night at 1830, 2000 and 2130, and on the Saturday morning at 0730. Return trips will be provided on the Sunday afternoon from the event HQ campsite at 1330 and 1500.

ARRIVING BY CAR

If travelling by car, please try to car share as much as possible. We suggest using the [SLMM Competitors Group](#) on Facebook to offer or request lifts with other competitors.

The route to the event HQ will be signposted from the Wideworth Farm Road with approaches from two directions:

FROM THE NORTH

Take the Wideworth Farm Road south of Askham to the junction at Grid Ref: NY 50662 21084, W3W: ///campfires.churn.spurned. Follow the signs from here.



COMPETITOR GUIDE

2024 SLMM EVENT

FROM THE SOUTH

Take the Wideworth Farm Road North out of Bampton and very soon by the telephone box (featured in Withnail & I) you will arrive at the junction at Grid Ref: NY 51424 18265, W3W: ///maker.yours.squirts. Follow the signs from here.

KEY DATES AND TIMELINE

Please note these key dates:

7 June	Event HQ Location Announced
7 June	Drinks orders open via SIEntries
23 June	Drinks orders close
28 June	Last day that team/course changes can be made
1 July	Team sheets/bar codes issued
5 July	Registration open 1800 - 2145
6 July	Registration open 0630 - 0930
6 July	SLMM Day 1
7 July	SLMM Day 2



COMPETITOR GUIDE

2024 SLMM EVENT

ENTRY CHANGES

You will be able to make changes to some aspects of your entry via the SIEntries system up to a week before the event. This includes changes to the individuals in the pair and changes to the selected course. Changes to the course are subject to availability as each course has a limit on the number of entries.

Note: You can check your start times for both days by viewing your entry on [SIEntries](#) at any time.



COURSE DOWNGRADES

It is possible to change to a shorter course for Day 2 once you have reached the Overnight Camp. If you change course, you will not be included in the overall results, but will appear in the appropriate results for each separate day. For Wansfell and Bedafell (or anyone else) there is a new extra short Day 2 course available called “Holme Fell”.

SAUNDERS



COMPETITOR GUIDE

2024 SLMM EVENT

OVERNIGHT CAMP DRINKS ORDERS

As usual you will be able to pre-order drinks that will be available for collection at the overnight camp. Drink orders can be made from 7th June via the [SIEntries](#) system. **All orders must be made by 23rd June.**

The menu is as follows:

Item	Price
Tennent's Lager	£2.00
Wainwrights Golden Ale	£2.50
Guinness	£2.00
Brewdog Alcohol-Free IPA	£2.00
Thatchers Gold Cider	£2.00
Bombay Sapphire G&T	£3.50
Coke	£1.50
Diet Coke	£1.50
San Pellegrino Orange	£1.50
San Pellegrino Lemon	£1.50
Milk	£1.50
Oat Milk	£1.50





COMPETITOR GUIDE

EQUIPMENT REQUIREMENTS

For safety reasons all competitors must carry a set of **minimum equipment**, **both individually and as a team**. We suggest you print these and use them as a **checklist**.

INDIVIDUAL EQUIPMENT

Each team member **MUST** carry the following equipment at all times:

Equipment item	Team Member 1	Team Member 2
Fell running/Trail shoes or boots with a minimum tread depth of 4mm	<input type="checkbox"/>	<input type="checkbox"/>
Rucksack	<input type="checkbox"/>	<input type="checkbox"/>
Sleeping bag with insulation (liner only insufficient) or integrated sleep system made by recognised manufacturer	<input type="checkbox"/>	<input type="checkbox"/>
Survival Bag – a Bag NOT a Space Blanket	<input type="checkbox"/>	<input type="checkbox"/>
Waterproof jacket with hood and waterproof over trousers with taped seams (not shower proof materials – see FAQ's for more details)	<input type="checkbox"/>	<input type="checkbox"/>
Full length trousers/tights/ leggings	<input type="checkbox"/>	<input type="checkbox"/>
T-shirt/base layer	<input type="checkbox"/>	<input type="checkbox"/>
Long sleeved mid-layer	<input type="checkbox"/>	<input type="checkbox"/>
Hat (can include Buff) & gloves	<input type="checkbox"/>	<input type="checkbox"/>
Torch (suitable for emergency night navigation)	<input type="checkbox"/>	<input type="checkbox"/>
Compass & Whistle	<input type="checkbox"/>	<input type="checkbox"/>
Watch or other means of timekeeping	<input type="checkbox"/>	<input type="checkbox"/>
Waterproof pen / pencil, capable of marking your course onto wet plastic. See FAQs for recommendations	<input type="checkbox"/>	<input type="checkbox"/>
Map as provided by SLMM	<input type="checkbox"/>	<input type="checkbox"/>
SPORTident dibber (provided and attached by us at Registration). (Note: If you have your own dibber this <u>cannot</u> be used for the SLMM)	<input type="checkbox"/>	<input type="checkbox"/>
Emergency food (minimum 150kcal) 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.	<input type="checkbox"/>	<input type="checkbox"/>



CLICK HERE



COMPETITOR GUIDE

TEAM EQUIPMENT

Each team **MUST** carry the following equipment at all times:

Equipment item	Team
Tent with integrated groundsheet, poles and pegs (includes hooped bivi with these characteristics), large enough to accommodate both runners	<input type="checkbox"/>
Stove & fuel, matches/lighter – with Emergency fuel remaining at the end of Day 2 sufficient to boil 500ml of water	<input type="checkbox"/>
Food for 2 days	<input type="checkbox"/>
Plasters and bandage	<input type="checkbox"/>

KIT CHECKS

There will be random checks at the overnight camp and at the finish. Failure to be in the possession of an item of mandatory equipment will be grounds for disqualification. There will be no kit checks at registration, so you do not need to bring your full kit to register. However, rucksacks need to be taken to registration so that a tracker can be fitted.

SUGGESTED ADDITIONAL KIT

You will probably want to take additional items on top of the mandatory kit (many suggested by previous competitors).

Some things you might like to consider are:

- Vaseline or similar to prevent chafing
- Compeed, K-tape or other blister treatment
- Sunscreen and midge repellent
- Electrolyte/salt tablets to help prevent cramp
- 'Dry bag' or other means of keeping your sleeping bag and spare clothes dry
- A dry pair of socks is rather nice for wearing at the overnight camp
- Polythene bags for feet to keep socks dry at the overnight camp
- A midge headnet for sitting around at the overnight camp
- Tampons (although pads will be available at First Aid at the overnight camp)
- Reading glasses
- Inflatable pillow
- Long handled spoon for eating out of freeze dried food sachets
- Earplugs
- Toothbrush/toothpaste
- Tissues
- Duct tape for repairs
- Tick remover
- Wide-brimmed sun hat
- Something to hold all the water you'll need for cooking/drinking overnight to avoid having to go to refill in bad weather (eg bladder, dry bag, ziplock bags)



COMPETITOR GUIDE

EVENT MAPS AND CONTROL DESCRIPTIONS

HARVEY MAPS

Harvey Maps have produced a dedicated SLMM 2024 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. Maps will be printed on Polyart Special paper, which is both waterproof and very strong.

Event maps with no controls marked for any courses will be available for view in the Event Centre on Friday night and Saturday morning. Sample of maps showing key symbols and the map legend are shown below. If you are not familiar with Harvey maps please study these.



FAIRFIELD COURSE MAPS

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

OUT-OF-BOUNDS, UNCROSSABLE BOUNDARIES AND CROSSING POINTS

Fields with maintained walls are considered out of bounds and entering them may lead to disqualification. Additionally, certain areas with environmental restrictions are marked on the map with a purple wash, and entering these areas can also result in disqualification. While out on the fells, you may encounter walls and fences marked with a purple line on the map. Crossing them is only allowed at specified crossing points, indicated by purple crossing point symbols or gaps in the purple line.

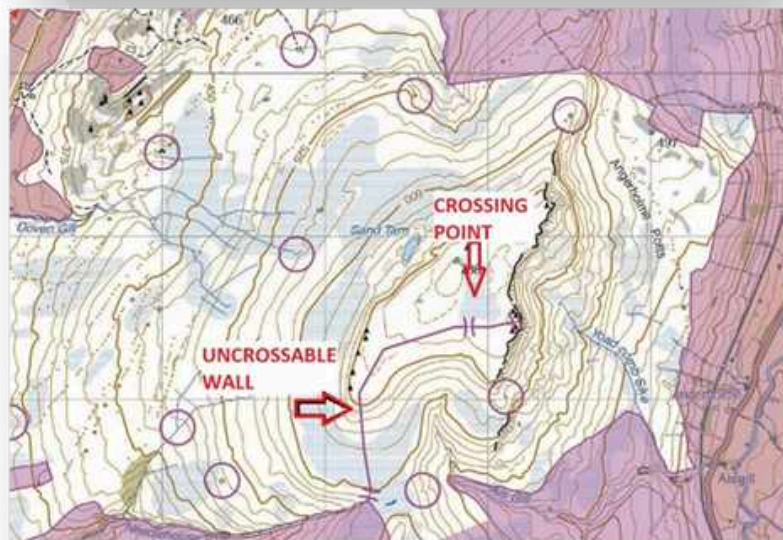
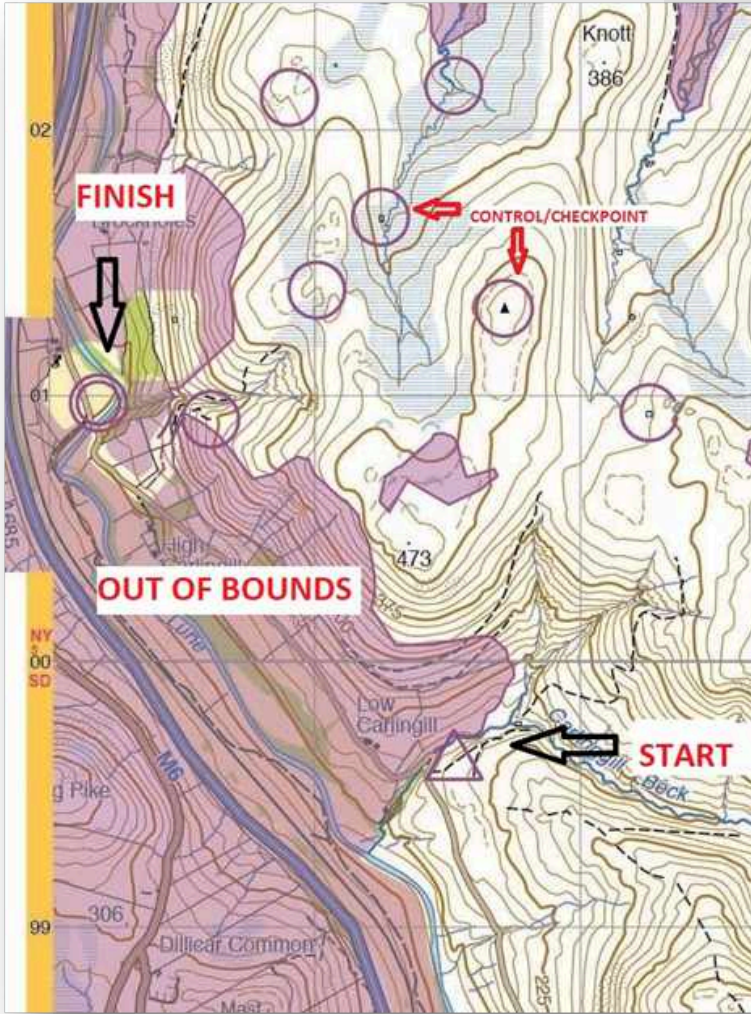




COMPETITOR GUIDE

EVENT MAPS AND CONTROL DESCRIPTIONS

MAP COURSE SYMBOLS



MAP LEDGEND

Scale 1:25 000
Contours 15m

0 Kilometres 1 2
 0 Miles 1

1 grid square equals 1km. Heights are given in metres

Main road	
Minor road	
Track or forest road	
Footpath or old track	
Intermittent path	
Building, ruin, sheepfold	
Maintained wall or fence	
Boundary remains	

The representation of a road, track or footpath is no evidence of the existence of a right of way.

Fell or moorland	
Farmland	
Rough farmland	
Natural woodland	
Plantation, forest ride	
Settlement	
Lake, small tarn, pond	
River, footbridge, waterfall	
Stream: narrow, wide	
Marsh, peat hags	

Contour (15m interval)	
Index contour (75m interval)	
Auxiliary contour	
Scattered rock and boulders	
Predominantly rocky ground	
Crag, boulder, sinkhole	
O.S. trig pillar, large cairn	
Spot height (from air survey)	
Workings/spoil heap	
Limestone pavement	

Contours change from brown to grey where the ground is predominantly rocky outcrops, small crags and other bare rock.

UNCROSSABLE BOUNDARY WITH MARKED CROSSING POINT



COMPETITOR GUIDE

ADDITIONAL MAP NOTES

Although marked on the map with a blue line, you may find that several streams are, in fact, dry in the summer. Small tarns may also be dry.

In the Lake District there are many animal trods and small paths and some of these are not marked on the map.

MAP CORRECTIONS

The maps will be correct at the time of printing. If there is a need to tell you about map corrections, we will put out a number of maps after the Start line, where you can copy the corrections onto your own map. You will need to have your pen/pencil available.





COMPETITOR GUIDE

MAP AND CONTROL DESCRIPTION ISSUE

Competitors will only receive their maps and a separate list of control descriptions just past the start (i.e. after your time has started). Each team member will receive a single map covering their courses for both days.

The control description sheet lists the controls that you need to visit, provides a description of the feature and a six-figure 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. Remember that there are other circles on the map that are not relevant to your course. You will need to take care to mark your course correctly and 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**.

Bedafell Day 1

All controls must be visited in the order given

Distance: 17 km Climb: 1100 m

	Code	Grid Ref	Description
Start		174 008	
1	108	176 018	Southern Ruined Building, south corner (outside)
2	128	166 009	Between Hills
3	129	155 018	Bridge, east side
4	105	155 039	Tarn, northeast side
5	113	168 049	Hill Top
6	109	177 033	Hill Top
7	101	199 047	Sheepfold, inside
8	148	195 059	Stream Junction
9	104	183 068	Gate in Wall, west side
Finish		180 069	Follow tapes 350m from 104

Course closes at 20:00 hours

YOU MUST BE BACK BEFORE THEN EVEN IF IT MEANS RETIRING



COMPETITOR GUIDE

TRAINING

- 📍 If you have done a mountain marathon before you'll know what to expect but here are some tips on training for newcomers to this type of event.
- 📍 **Get used to running off paths** – particularly for the harder courses there may be a lot of tussocky/rocky ground. Get used to long traverses in this sort of terrain.
- 📍 Do some **navigation training with map and compass**. The SLMM has a range of [orienteeing training routes](#). If you cannot get to these find a local orienteeing event e.g. via this [web page](#).
- 📍 Do some **training in poor weather**, particularly poor visibility
- 📍 Do some **training with a fully loaded rucksack** containing all the required equipment. This will help you to test your equipment choices and not make it a surprise on the event itself that running with a rucksack is hard work!
- 📍 Although you should aim to get fit for running (by running!), **strength training** can also be valuable.
- 📍 Don't underestimate how hilly the Lake District is! **Get some hill training done**.
- 📍 **Choose the shoes** you will use and train in those. Hardening up your feet is the best way to avoid blister problems.
- 📍 **Train to get your tent up quickly** – you don't want to be taking a long time to do this in the unlikely event that it's raining hard at the overnight camp 😊



COMPETITOR GUIDE

REGISTRATION AT EVENT HQ

TRAVELLING TO THE EVENT

The location of the event HQ and travel instructions are detailed on [page 4](#).

As a reminder, if travelling by car, we suggest using the [SLMM Competitors Group](#) on Facebook to offer or request lifts with other competitors.



PARKING

Parking will be available near registration and opens at 5pm. This may be on the Friday night campsite but there may be a separate parking area for teams who are staying off site. Marshals will be available to direct you. After you have parked, both members of your team should come to Registration.

REGISTRATION OPENING HOURS

Registration will be open from 6pm to 9:45pm on Friday and from 6:30am to 9.30am on Saturday.



Group by Saunders Lakeland Mountain Marathon







Saunders Lakeland Mountain Marathon competitors group

🔒 Private group · 825 members



COMPETITOR GUIDE

REGISTRATION

-  You should bring to registration your **Team Sheet** (sent to you via email shortly before the event) identifying your team number and team members. You will also need to bring the bar code that will be sent out by email. Please bring either the printed bar code or a photo of it on your phone.
-  Please [print and sign the SLMM terms and conditions and disclaimer](#) in advance and bring to registration.
-  Those teams with a junior runner (a person aged over 14 but under 18 on the day of the event) must also sign [this form](#). Those teams with a junior where the accompanying adult is not the parent or legal guardian must also sign [this third form](#).
-  Both team members must bring their **rucksacks** to have a tracker fitted (this is used as a safety feature in the event of a team not making it to the overnight camp or finish). The bar code is required for collecting your tracker. **No exceptions!**
-  At Registration, each team member will be fitted with an **SPORTident timing chip**, otherwise known as a “dibber”. The dibber will be attached to your wrist and must not be removed until after you have finished on Sunday. If you lose, break or forget to return your dibber we will have to charge you an extra £30. We will provide all dibbers and you cannot use your own if you have one.
-  Each team member will carry a **tracker** issued to you at Registration and attached to your rucksack. Trackers are used by the race organisers for safety purposes and there will be no live tracking portal for spectators. Trackers may also be used to check teams have not accessed out of bounds area. Routes taken by competitors may later be extracted from the trackers for use in the results system (eg Routegadget).



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T-SHIRTS

If you have ordered T-shirts they can be collected at Registration. There may be a limited number available for sale at the event for £15 each (cash). We will also have a few T-shirts available for older events and will be running an exchange – so bring in your unneeded spares (clean)!

CATERING & EQUIPMENT SALES AT REGISTRATION

Food and drink (alcoholic and non-alcoholic) will be available to buy at Event HQ. You should bring cash for this in case the phone signal is insufficient to support card payments. Catering will be open from about 6.00pm until 10.00pm on the Friday night, and open for breakfast from 6.30am on Saturday morning.

Pete Bland Sports will be present at Event HQ and will have some interesting equipment offers as well as last minute kit items (be sure to check the kit list carefully - you must carry all mandatory items).

CAMPING

Camping on the Friday night is available for **competitors only**. Friends and family are not permitted. Please follow marshals' instructions when you arrive. We cannot accept caravans on the site. The campsite will open at 5pm.

Campervans of less than 6.0m are allowed provided you have bought a permit as part of your entry via SIEntries. You are not issued with a permit document, but we will have a list of vehicle registrations for permits issued. Tents can be left erected until Sunday. 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 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.

Water bowsers are available on site but there are no dishwashing facilities.



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NO 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.

CAR KEYS

We **do not** offer a service to keep your car keys for you. You must keep them yourself.





COMPETITOR GUIDE

THE START

GETTING TO THE START

This year the start is adjacent to Event HQ but aim to get to the starting area **at least 5 minutes before your allocated start time.**

TIMING AT THE START

A master clock is displayed at the start and you will be called forward into the start boxes shortly before your start time. You will proceed towards the start line and marshals will help you to clear and check your dibber so you are ready to start.

If you arrive at the start area after your allocated start time the marshals will try to slot you in to an available position but this is disruptive so please arrive at the correct time.

AT YOUR START TIME

When it is your turn to start you must punch the start control with your dibber and then proceed to collect the map and control descriptions for your course. These are clearly marked and marshals will help but **CHECK YOU HAVE THE CORRECT CONTROL DESCRIPTIONS** for your course. You will need to mark the controls used for your course on your map (as described on [pages 10-11](#)). This process is part of your timed route so you should make it as efficient as possible.





COMPETITOR GUIDE

OUT ON YOUR COURSE

NAVIGATION ROUND THE COURSE

You need to navigate around your course using **map and compass** – **courses are not marked!** 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.

PUNCHING CONTROLS

Each control will be marked by a **standard orange and white orienteering kite** lying on the ground, together with a SPORTident timing box. 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 dibber into the unit. Both members of the team must dib the control. If the box does not beep/flash then try again, holding the dibber in for several seconds. If it still does not beep/flash then note down the 3 letter word written on the box and report it when you download.

On the linear events you must punch the controls in the correct order shown in the control description. For the Fairfield (score) event you may punch controls in any order.

*Orange and
white
orienteering kite*





COMPETITOR GUIDE

COURSE CLOSURE TIMES

All courses on Day 1 close at 8pm and on Day 2 at 4pm.

Check your Control Description sheet for the closing times of individual controls on both Day 1 and Day 2, as some controls will be closed, and removed, earlier than the course closing time.

If you reach the overnight camp after 8pm you may be forced to retire from the event.

EMERGENCY PROCEDURES

If, during the course of the event, there is an incident 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 – the international emergency number which works exactly the same as 999 in the UK) and ask for the Police. When you are connected to the Police call handler say you need the Mountain Rescue. In addition, an event emergency phone number will be printed on your map. Please use this to 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 but text messages may get through where voice contact is not possible. To use SMS texting for emergencies you will need to have registered your number with the emergency services in advance. Visit

<https://www.emergencysms.net/> for details and do this now!



COMPETITOR GUIDE

EMERGENCY PROCEDURES (CONT)

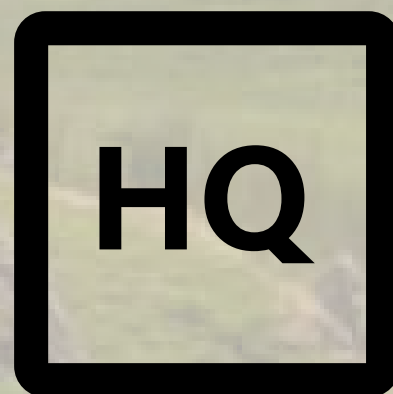


If the emergency involves a medical incident or injury make the casualty comfortable, in a tent and sleeping bag. Use your whistle to summon the assistance of other teams. If possible, someone should stay with the casualty at all times. Write down your team number, names, exact location (use your phone or watch to get a grid reference or What 3 Words address) and distinctive landmarks close by you. Note the time of the incident and nature of the injuries/medical condition.



RETIREMENTS

All those retiring must make their way to the Event HQ or Overnight Camp and hand in their dibber and tracker at the reception/download area. 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 (8pm Saturday, 4pm Sunday), send a text message to the emergency number.





COMPETITOR GUIDE

THE OVERNIGHT CAMP

ARRIVING AT THE DAY 1 FINISH

Arriving at the Day 1 finish
There is a final finishing control to register with your dibber at the finish. Make sure you go straight to the download point to verify the controls you have visited. You will receive a printout of your current standing in the results.

DRINKS COLLECTION

Soft and alcoholic drinks and milk that have been ordered in advance via [SIEntries](#) can be collected at the overnight camp. Depending on stocks, it may be possible to purchase drinks at the overnight camp so bring cash. No refunds on drink will be available if you do not get to the overnight camp to collect it.

CAMPING

There is plenty of room to camp. Obviously first arrivals get the choicest spots. The camp site will be in a flood-free area but conditions will depend on the weather just before and during the event. Top tip: Competitors may wish to bring small plastic bags to line their shoes to avoid getting nice dry socks wet. Top tip: If you're hoping to meet up with friends at the overnight camp, telling them to 'look out for the green Alpkit tent' may not cut it! Be creative with the balloons, tinsel, fairy lights (but nothing that will cause litter please).

TOILETS

There will be plenty of Portaloo type toilets at the overnight camp. Toilet roll is provided.



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WATER

Water at the Overnight camp is from local sources and is used by the farm as the primary source 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.

As water is limited, please take no more than you need and do not allow it to run on the ground.

RUBBISH

Please empty and flatten all cartons and cans we supplied you for your overnight drinks order 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 random kit check list at the Finish.

DAY 1 RESULTS

Results from Day 1 will be posted in paper form at the overnight camp. These will be updated frequently.

DOWNGRADING COURSE FOR DAY 2

Having reached the overnight camp teams can change to a shorter course for Day 2. If you change course, you will not be included in the overall results, but will appear in the appropriate results for each separate day. For Wansfell and Bedafell (or anyone else) there is a new extra short Day 2 course available called “Holme Fell”. You must let us know if you are changing courses on Saturday afternoon or before you start on Sunday morning for both safety and results monitoring.



COMPETITOR GUIDE

RETIREMENTS

All those retiring at the overnight camp must hand in their dibber and tracker into Download. This is very important as it enables us to account for everyone at the end of the first day. You may need to make your own arrangements to return to the Event HQ to pick up your car and/or belongings, although we will help with transport if possible. It is important that you tell us your plans as to how you will return to Event HQ before you leave the overnight camp.

DAY TWO STARTS

TIMING

The Day 2 start is 1.2km from the campsite – allow about 15 minutes.

Your start time for Day 2 is selected by you as part of the entry process through [SIEntries](#). You will be reminded of this at registration. There are no chasing starts for the leading teams – all competitors **must** start at their allocated times.

Control descriptions for Day 2 will be available for collection from around 6:30. This will be announced by tannoy.

DAY TWO COURSE CLOSURE

All courses on Day 2 close at 4pm. If you reach the finish after 4pm you will be disqualified. Anyone late back to the finish is likely to miss out on their meal.





COMPETITOR GUIDE

THE FINISH



DOWNLOAD

There is a final finishing control to register with your dibber at the finish. Make sure you go straight to the download point to verify the controls you have visited. You will receive a printout of your current standing in the results.

KIT CHECKS

Teams will be selected for kit checks against the mandatory equipment list. Note that you are expected to have emergency food left over and sufficient gas to boil 500ml water. You will be expected to show you have carried your rubbish out.

RESULTS

Results will be displayed at the finish in printed form and these will be updated frequently.

FINISHING MEAL

A hot meal and hot drink are provided to all competitors at the finish.

PRIZE GIVING

There will be two prizegivings. At around 12.45pm for Wansfell, Bedafell, Harter Fell and Carrock Fell. Then at around 2.30pm for Kirkfell, Scafell and Fairfield.

Trophies are made from local Honister slate for each team member that finish first on all courses in the following categories – Female, Male, Mixed and Veterans (no veterans in Bedafell). Handicapping is used for veterans and Bedafell prizes – see the website FAQ for details..



COMPETITOR GUIDE

AFTER THE EVENT

In the week following the event we will publish:



Race reports from the Organiser and the course planners.



The final results.



Routegadget courses allowing you to compare your route and progress with other teams.



Official photographs.

FURTHER INFORMATION

For further information please check the SLMM [website](#) and [Facebook](#) page. If you cannot find the information you need here, contact organiser@slmm.org.uk.



INDIVIDUAL EQUIPMENT

Equipment item	Team Member 1	Team Member 2
Fell running/Trail shoes or boots with a minimum tread depth of 4mm	<input type="checkbox"/>	<input type="checkbox"/>
Rucksack	<input type="checkbox"/>	<input type="checkbox"/>
Sleeping bag with insulation (liner only insufficient) or integrated sleep system made by recognised manufacturer	<input type="checkbox"/>	<input type="checkbox"/>
Survival Bag – a Bag NOT a Space Blanket	<input type="checkbox"/>	<input type="checkbox"/>
Waterproof jacket with hood and waterproof over trousers with taped seams (not shower proof materials – see FAQ's for more details)	<input type="checkbox"/>	<input type="checkbox"/>
Full length trousers/tights/ leggings	<input type="checkbox"/>	<input type="checkbox"/>
T-shirt/base layer	<input type="checkbox"/>	<input type="checkbox"/>
Long sleeved mid-layer	<input type="checkbox"/>	<input type="checkbox"/>
Hat (can include Buff) & gloves	<input type="checkbox"/>	<input type="checkbox"/>
Torch (suitable for emergency night navigation)	<input type="checkbox"/>	<input type="checkbox"/>
Compass & Whistle	<input type="checkbox"/>	<input type="checkbox"/>
Watch or other means of timekeeping	<input type="checkbox"/>	<input type="checkbox"/>
Waterproof pen / pencil, capable of marking your course onto wet plastic. See FAQs for recommendations	<input type="checkbox"/>	<input type="checkbox"/>
Map as provided by SLMM	<input type="checkbox"/>	<input type="checkbox"/>
SPORTident dibber (provided and attached by us at Registration). (Note: If you have your own dibber this <u>cannot</u> be used for the SLMM)	<input type="checkbox"/>	<input type="checkbox"/>
Emergency food (minimum 150kcal) 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.	<input type="checkbox"/>	<input type="checkbox"/>

TEAM EQUIPMENT

Each team **MUST** carry the following equipment at all times:

Equipment item	Team
Tent with integrated groundsheet, poles and pegs (includes hooped bivi with these characteristics), large enough to accommodate both runners	<input type="checkbox"/>
Stove & fuel, matches/lighter – with Emergency fuel remaining at the end of Day 2 sufficient to boil 500ml of water	<input type="checkbox"/>
Food for 2 days	<input type="checkbox"/>
Plasters and bandage	<input type="checkbox"/>

SUGGESTED ADDITIONAL KIT

You will probably want to take additional items on top of the mandatory kit (many suggested by previous competitors).

Some things you might like to consider are:

- Vaseline or similar to prevent chafing
Compeed, K-tape or other blister treatment
- Electrolyte/salt tablets to help prevent cramp
- 'Dry bag' or other means of keeping your sleeping bag and spare clothes dry
- A dry pair of socks is rather nice for wearing at the overnight camp
- Polythene bags for feet to keep socks dry at the overnight camp
- A midge headnet for sitting around at the overnight camp
- Tampons (although pads will be available at First Aid at the overnight camp)
- Sunscreen and midge repellent
- Reading glasses
- Inflatable pillow
- Long handled spoon for eating out of freeze dried food sachets
- Earplugs
- Toothbrush/toothpaste
- Tissues
- Duct tape for repairs
- Tick remover
- Wide-brimmed sun hat
- Something to hold all the water you'll need for cooking/drinking overnight to avoid having to go to refill in bad weather (eg bladder, dry bag, ziplock bags)