

# Mountain Navigation Challenge

## 8th/9th July 2006

The Mountain Navigation Challenge is a two-day mountain marathon type score event for teams of two people held in the Lake District and its environs. The time limits are seven hours on day one and five hours on day two, during which teams visit as many controls as they can. Teams must carry all the equipment and food they require for two days and one night on the fells. The maximum number of teams is only 15 and the event has a history of being fun and friendly and yet retaining the element of competition.

The 18<sup>th</sup> MNC will start and end at Sedbergh Peoples Hall, Howgill Lane, Sedbergh (Grid Ref SD656923). There will be a mass start at 11 am on 8<sup>th</sup> July, registration and control details from 10 am. We aim to be finished by 2pm on the Sunday to allow for driving home.

Teams should be competent with a map and compass, have experience of navigation on the fells in poor visibility, be physically fit and take full responsibility for their own safety. All competitors must be aged over 18 years on 8<sup>th</sup> July 2006. The organisers accept no responsibility for any injury or loss, howsoever arising.

### **Rules:**

1. All teams must hand in their control card to one of the organisers, even if they are retiring. Failure to do so will cause significant problems for the organisers and may result in a mountain rescue call out.
2. All teams must follow the country code. Enclosed farmland may only be crossed by public rights of way.
3. Each pair must remain together at all times on the fells, except in case of emergency.
4. Each individual must wear appropriate footwear (fell running shoes or hiking boots) and clothing and must carry or wear waterproof jacket and trousers, thermal base layer, sleeping bag, compass, whistle and torch.
5. Each team must carry a 1:25000 map (see below), tent (bivi bags are not sufficient), stove and cooking equipment, food (including emergency food), plasters and bandage.

The 2006 event will use **the area covered by OS Explorer 1:25000 map OL 19 Howgill Fells & Upper Eden Valley. Teams must provide their own map(s).**

Website: <http://homepage.ntlworld.com/russell.ladkin/Running/MNC>

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Entries are accepted on a first come, first served basis – so book early. Entry forms should be returned to Warren Mason, 5 Church View, Knutsford, Cheshire WA16 6DQ. Tel: 01565 652576 (evenings) or 07783 344673(mobile). Cheques for £8 per team should be made payable to Warren Mason. This amount covers small prizes for the winners and refreshments at the finish.

### Accommodation:

There is a range of bed & breakfasts and pubs in Sedbergh. Here is a list of useful websites & Tel Nos

Sedbergh Tourist Information Centre Tel 015396 20125

B&B's in the town <http://www.sedbergh.org.uk/accommodation/b-and-b1.html>

Self catering in the town <http://www.sedbergh.org.uk/accommodation/self-catering1.html>

### Team class: Male / Female / Mixed

#### Team member "A"

Age on 7<sup>th</sup> July 2006: \_\_\_\_\_

Surname: \_\_\_\_\_

Forename: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Tel. No. \_\_\_\_\_

E-mail \_\_\_\_\_

Experience / previous events:

#### Team member "B"

Age on 7<sup>th</sup> July 2006: \_\_\_\_\_

Surname: \_\_\_\_\_

Forename: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Tel. No. \_\_\_\_\_

E-mail \_\_\_\_\_

Experience / previous events:

### Disclaimer

"I have the experience and the ability to compete in the Mountain Navigation Challenge 2006 and have read and accept the rules and conditions of entry. I accept that I take part in the Mountain Navigation Challenge 2006 entirely at my own risk and take full responsibility for my own actions.

\_\_\_\_\_  
Signature "A"

\_\_\_\_\_  
Signature "B"