

Mountain Navigation Challenge

Formerly The Howgill Mountain Challenge



Moffatdale - 19th/20th May 2007

The Mountain Navigation Challenge is a two-day mountain marathon type score event for teams of two people traditionally held in, or near, the Lake District. However the 19th MNC sees it's first venture North of the Border to the Moffat Hills. The rounded summits and high ridges provide spectacular views, and the deep valleys of Moffatdale and upper Annandale are remarkable for their unspoilt beauty. Explore one of the best kept secrets north of the border.

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, noting down the code on the control card. 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 19th MNC will start and end at Moffat Water Hall, Moffat Water Valley, Dumfriesshire, DG10 9LG (Grid Ref NT136079). The hall is located on the A708 Selkirk Road five miles north east of Moffat.

Teams will be allotted start times, setting off at minute intervals from 11 am on 19th May, registration and control details from 9.30 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 19th May 2007. 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, and familiarise themselves with the Scottish Outdoor Access Code (found at: <http://www.outdooraccess-scotland.com>)
3. Each pair must remain together at all times, 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), pen, tent (bivi bags are not sufficient), stove and cooking equipment, food (including emergency food), mobile phone, plasters and bandage.

The 2007 event will use **the area covered by OS Explorer 1:25000 Map 330 Moffat & St Mary's Loch**. Teams must provide their own map(s).

Website: <http://www.mtnavchallenge.co.uk/>

Email: mtnavchallenge@yahoo.co.uk

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Entries are accepted on a first come, first served basis – so book early. Entry forms should be returned to MNC2007, 2 (2F2) Meadowbank Ave, Edinburgh EH8 7AP. Tel: 0131 661 1602 (evenings) or email mtnavchallenge@yahoo.co.uk. Cheques for £16 per team (£8 per person), plus any accommodation costs at the hall as required (see below) should be made payable to “Colin Williams”. This amount covers small prizes for the winners and refreshments at the finish. Any surplus funds shall be donated to the Moffat Mountain Rescue Team and National Trust Scotland Reserve at Grey Mare’s Tail.

Accommodation:

Moffat Water Hall, the start and finish, provides excellent "camping barn" type facilities. This will be available on the Friday night. Up to 24 people can be accommodated within the hall area, at a charge of £3 per head, please request this accommodation on your entry form and it will be provided on a first come, first served basis. Visitors will need to bring their own sleeping bags and camp beds. The hall is heated and has a well equipped kitchen with a sink, refrigerator, dishwasher, hob, oven and microwave oven. Cutlery, crockery and cooking utensils are also provided. There are two toilets and a shower. Photos and details of the hall can be found here: http://www.moffatwaterhall.org/hall_facilities_&_hire.htm
In addition camping is available in an adjoining field, at a cost of £2.50 per tent.

Alternatively there is also a wide range of hotels, bed & breakfasts and pubs in Moffat, which are listed here: <http://www.visitmoffat.co.uk/>

Or contact the Moffat Tourist Information Centre - Tel: 01683 220620 Email: moffat@dgtb.visitscotland.com

Team class: Male / Female / Mixed

Team member "A"

Age on 19th May 2007: _____

Surname: _____

Forename: _____

Address: _____

Tel. No. _____

E-mail _____

Experience / previous events:

Team member "B"

Age on 19th May 2007: _____

Surname: _____

Forename: _____

Address: _____

Tel. No. _____

E-mail _____

Experience / previous events:

Please reserve _____ spaces in the camping barn accommodation in the hall @ £3 per head

Please reserve _____ spaces for tents in the field @ £2.50 per tent

Disclaimer

"I have the experience and the ability to compete in the Mountain Navigation Challenge 2007 and have read and accept the rules and conditions of entry. I accept that I take part in the Mountain Navigation Challenge 2007 entirely at my own risk and take full responsibility for my own actions."

Signature "A"

Signature "B"

Confirmation of entry and correspondence about race details will be by email where one is provided