

# Mountain Navigation Challenge

Formerly The Howgill Mountain Challenge



## Langholm Hills - 23rd/24th August 2008

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 saw it's first venture North of the Border to the Moffat Hills last year, and this year it is remaining in the south of Scotland but moving to the Langholm Hills.

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 20 and the event has a history of being fun and friendly and yet retaining the element of competition.

The 20<sup>th</sup> MNC will start and end at Ewes Public Hall near Langholm. This lies 5 miles north of the town on the A7.

Teams will be allotted start times, setting off at minute intervals from 11 am on 23<sup>rd</sup> August, 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 23<sup>rd</sup> August 2008. 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 with sewn-in groundsheet (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 Maps 323 /324. As an alternative to buying and carrying two maps at a cost of £7.75 each, we can supply a single map centred on the start point for £14.50. These must be pre-ordered and can be collected upon registration.

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

Email: [mtnavchallenge@yahoo.co.uk](mailto:mtnavchallenge@yahoo.co.uk)

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Entries are accepted on a first come, first served basis – so book early. Cheques for £20 per team (£10 per person) should be made payable to Andy Fairgrieve. This amount covers small prizes for the winners and refreshments at the finish.

### Accommodation:

Sleeping space is available in Ewes Public Hall, which is also the start point on Saturday morning. The hall has a kitchen and toilets, but the sleeping area is communal and you will need a kip mat and sleeping bag. The cost is £3 per person. If you would like to reserve a place, please include this with your entry fee. Camping is available right next to the hall at the Bush of Ewes Campsite at a cost of £5 per tent. Phone the proprietor, Jane Fisher, on 013873 80902 to reserve a pitch.

Alternatively there is also a wide range of hotels, bed & breakfasts and pubs in Langholm, which are listed here: [http:// www.langholm-online.co.uk](http://www.langholm-online.co.uk)

### Team class: Male / Female / Mixed

#### Team member "A"

Age on 23<sup>rd</sup> Aug 2008: \_\_\_\_\_

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

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

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

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

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

Experience / previous events:

#### Team member "B"

Age on 23<sup>rd</sup> Aug 2008: \_\_\_\_\_

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

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

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

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

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

Experience / previous events:

Please reserve \_\_\_\_\_ spaces in the village hall @ £3 per person

Please reserve \_\_\_\_\_ copies of the 1:25000 map centred on the race start @ £14.50 each

### Disclaimer

"I have the experience and the ability to compete in the Mountain Navigation Challenge 2008 and have read and accept the rules and conditions of entry. I accept that I take part in the Mountain Navigation Challenge 2008 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**