

Mountain Navigation Challenge

Formerly The Howgill Mountain Challenge



Western Lake District - 26th/27th June 2010

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.

The format is a two day score event with time limits of 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 22nd MNC will start and end at Windsor Farm in Wasdale (GR NY121058). Teams will be allotted start times, setting off at minute intervals from 11 am on 26th June, registration from 9.30 am. We aim to be finished by 2pm on the Sunday to allow for travelling home.

Teams must 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 and for the consequences of their own actions while participating in the event. All competitors must be aged over 18 years on 26th June 2010. 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 before leaving the event, including if they are retiring. Failure to do so will cause significant problems for the organisers and may result in a mountain rescue call out. If a team does not arrive at mid-camp at the end of day one, it is assumed that they have camped elsewhere on the hills. The cut-off time for returning to Windsor Farm on Sunday is 5pm
2. All teams must follow the countryside code.
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, base layer, warm layer (including leg cover), hat, sleeping bag, compass, waterproof pen, survival blanket or bag, whistle, and torch.
5. Each team must carry a map (see below), tent with sewn-in groundsheet (bivi bags are not sufficient), stove and cooking equipment, food for 36 hours (including emergency food), mobile phone, plasters and bandage. The mobile phone is only to be used in an emergency.

The 2010 event will use a specially prepared OS Select 1:25 000 map of the event area included in the entry fee.

Website: <http://www.mtnavchallenge.co.uk/>
Phone: Kate/John 01946 67941

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 sent to Kate Charles, 30 Victoria Road, Whitehaven, Cumbria, CA28 6JA. Cheques for £35 per team should be made payable to Kate Charles. This amount covers expenses, small prizes for the winners and refreshments at the finish. Any profit will be passed on to Wasdale Mountain Rescue Team.

ENTRIES CLOSE 10PM JUNE 13th. Please aid the organisers by entering early.

Accommodation/Parking:

Unfortunately there is no accommodation at the event venue on the Friday night but there is plenty in and around Wasdale including the Youth Hostel and the National Trust Campsite.

There is not a huge amount of parking space at the farm so it will be limited to **one car per team**. You can safely park additional cars for free in the Gosforth village car park (GR NY068 035).

Team class: Male / Female / Mixed

Team member "A"

Age on 26^h June 2010: _____

Surname: _____

Forename: _____

Address: _____

Tel. No. _____

E-mail _____

Experience / previous events:

Team member "B"

Age on 26^h June 2010: _____

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 2010 and have read and accept the rules and conditions of entry. I accept that I take part in the Mountain Navigation Challenge 2010 entirely at my own risk and take full responsibility for my own actions."

Signature "A"

Signature "B"

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