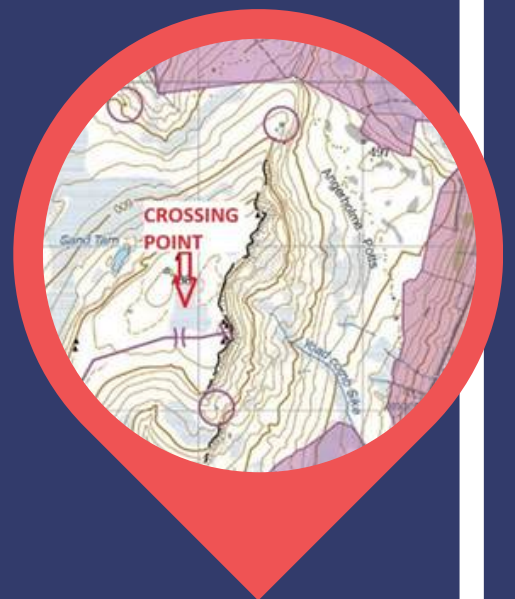




# 2026 EVENT COMPETITOR GUIDE

4 - 5 JULY  
HELVELLYN RANGE





# 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 2026 we will again be supporting the [Brathay Trust](#) as the major recipient of the surplus from the event.





# COMPETITOR GUIDE

## 2026 SLMM EVENT

The **2026 SLMM** will be held in the Eastern Lake District on the weekend of **4 - 5 July**. The event centre is at:

**Hill Top Farm  
St John's in the Vale  
Keswick  
CA12 4UB**

**Grid ref: NY 31622 22938 or W3W: ///seashell.husky.launched**

This is 2km south of Threlkeld and about a 20 minute drive from J40 on the M6.

There is reasonable mobile phone service at the site, at least on some networks.

### **ARRIVING BY PUBLIC TRANSPORT:**

Access by public transport is by train to Penrith. There is then a regular bus service (route X4 and X5) to Threlkeld Village Hall (the third stop in the village). From here (w3w: ///clocks.blogs.implanted) we will be running a regular shuttle bus between 1700-2115 on the Friday and 0630-0900 on the Saturday.

The last connecting bus from Penrith is at 2035, which would get you to the Threlkeld by 2101.

The shuttle bus will provide a service on Sunday afternoon to Threlkeld with the last shuttle meeting the 1729 bus to Penrith.

### **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.



# COMPETITOR GUIDE

## KEY DATES AND TIMELINE

Please note these key dates:

<b>5 June</b>	Event HQ Location Announced
<b>5 June</b>	Drinks orders open via <a href="#">SIEntries</a>
<b>21 June</b>	Drinks orders close
<b>21 June</b>	Last day for new entries (subject to space available)
<b>28 June</b>	Last day that team/course changes can be made*
<b>29 June</b>	Team sheets/bar codes issued
<b>3 July</b>	Registration open 1800 - 2145
<b>4 July</b>	Registration open 0630 - 0930
<b>4 July</b>	SLMM Day 1
<b>5 July</b>	SLMM Day 2



\*changes may be open via SIEntries upto 0800 on the Monday morning but this is the last possible time - please do not contact the organiser to request changes after this.



# COMPETITOR GUIDE

## ENTRY CHANGES

You will be able to make changes to some aspects of your entry via the SIEntries system up to five days 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

## 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 5th June via the [SIEntries](#) system. **All orders must be made by 21st 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 <b>NOT</b> 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 <a href="#">FAQ's</a> 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 – eg not a phone torch)	<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 <a href="#">FAQs</a> 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"/>
One mobile phone per team is mandatory and both runners must be able to access it if required. A second phone is recommended but optional. Mobile phones must not be used for navigation. The phone must still have at least 20% charge at the finish.	<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 2026 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.

Suggested crossing points on rivers and streams may be marked on the map. These are not compulsory and under normal conditions rivers and streams can be crossed almost anywhere.

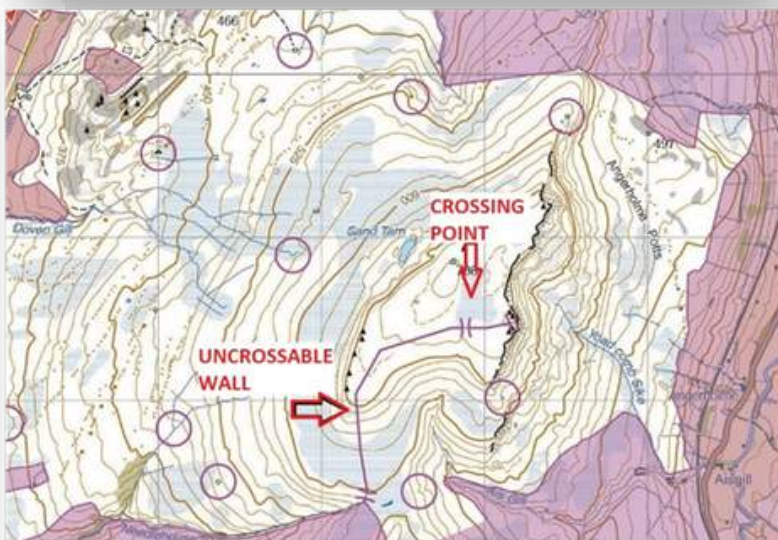
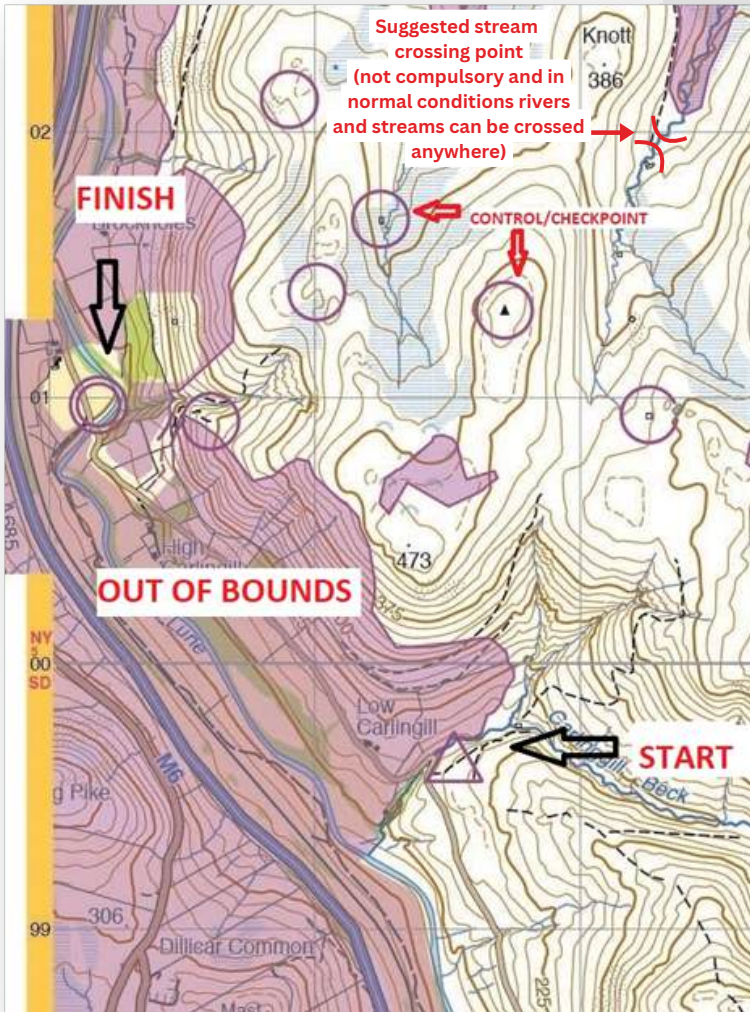




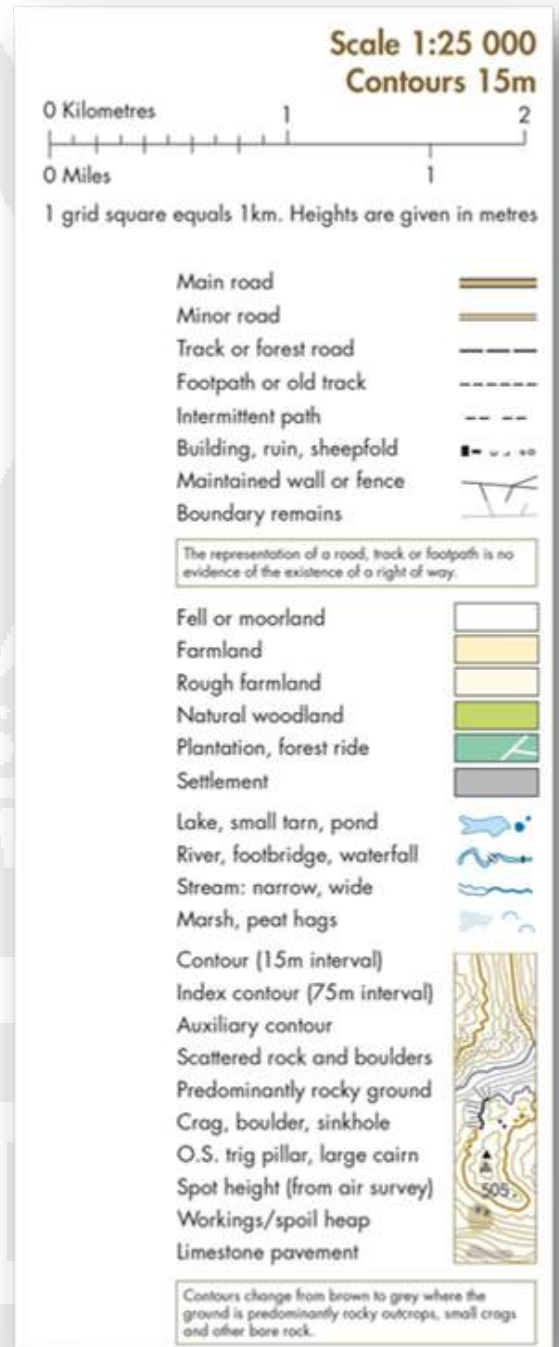
# COMPETITOR GUIDE

## EVENT MAPS AND CONTROL DESCRIPTIONS

### MAP COURSE SYMBOLS



### MAP LEGEND



### 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, for linear courses, 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**

Note: The control descriptions are also printed on your map.

For the **Fairfield** course separate control description sheets will not be provided - they are printed on the map.



# 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](#).
-  Team members must bring one of 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!**
-  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 areas. Routes taken by competitors may later be extracted from the trackers for use in the results system (eg Routegadget).
-  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.



# COMPETITOR GUIDE

## 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.



# COMPETITOR GUIDE

## 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 a 1km walk from Event HQ with 100m climb. 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. For the Fairfield course no separate control description sheet is provided - they are printed on all maps. You will need to mark the controls used for your course on your map (as described on [page 13](#)). 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 on the ground!** 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, but **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 over the two days. Each control can only be punched once.

There is one control (close to the Day 2 Finish) that is available only on Day 2. This will be clearly shown on the map and Control Descriptions.

*Orange and  
white  
orienteering  
kite*





# COMPETITOR GUIDE

## EMERGENCY PROCEDURES

During the course of the event if there is an incident that requires external assistance please escalate your request for help using the following steps:



### Step 1: Six whistle blasts repeated at one minute intervals

Immediate help from others can enable you to rapidly make the casualty comfortable and keep them warm. Wherever possible someone should remain with the casualty at all times whilst others may need to seek a phone signal to summon further assistance.



### Step 2: For a life-threatening emergency call 999 or 112

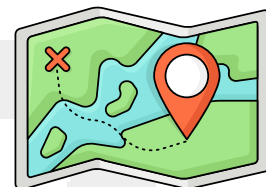
Ask for the Police and when connected say you need Mountain Rescue. In areas of poor phone signal a text message may get through even when you can't make a call. To use SMS texting for emergencies you will need to pre-register your number with them in advance. Visit <https://www.emergencysms.net/> for details and do this now.

### Step 3: Call the SLMM Medical Team on 01524 748031

Our medical team has the capability to attend an incident on the fells. For incidents that are not immediately life-threatening they are your main point of call rather than defaulting immediately to the emergency services. Once the nature of the incident has been established they will coordinate with the emergency services as required.

The team will need to know;

- The nature and time of the incident.
- Competitor team number and names.
- Exact location - grid reference or What Three Words.



### Step 4: Press the emergency button on the tracker

The tracker has an emergency function. This should be used as a last resort as it is often activated accidentally and direct communication with our medical team is always the best option. A 2G signal is required for the message to get through and you will not get any indication that this was successful. Please use the previous steps to back up activating the tracker emergency function. If our team only receive the tracker notification one of our sweepers on the fell will respond to avoid sending the medical team out to a false alarm.



# 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.

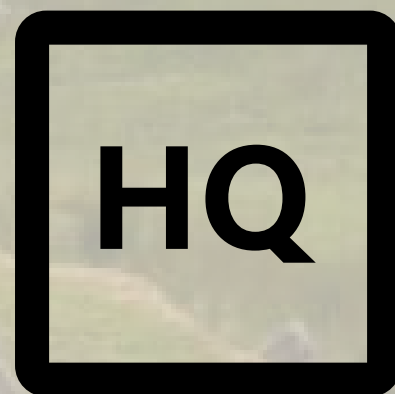
If you reach the overnight camp after 8pm you may be forced to retire from the event.

We will have two teams of sweepers out on the courses, identifiable by their red SLMM caps. You must follow any instructions you are given by them, including returning directly to HQ or overnight camp. Failure to do so will result in disqualification and will be reported to the FRA.



## 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), call the emergency number (01524 748031) to let us know.





# 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 AND MARQUEE

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.

Once you have collected your drinks, please leave the marquee to set up camp and only return

without your rucksack. The marquee must not be used for cooking or drying clothes.

### 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: If you're hoping to meet up with friends at the overnight camp, telling them to 'look out for the green Alpkite 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 portable toilets at the overnight camp. Toilet roll is provided.





# COMPETITOR GUIDE

## 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.**

## MEDICAL SUPPORT

The SLMM medical team, including paramedic support, who provide cover throughout the event will be available at the overnight camp

## 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. Do not use residents' rubbish bins. 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. There will be minibus transport back to Event HQ on Sunday morning. Should you decide to make your own transport arrangements, it is important that you tell us your plans for returning to Event HQ before you leave the overnight camp.

---

## DAY TWO STARTS

The Day 2 start is in the campsite field.

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.

Some competitors will pass close to houses on the way to their first control. Please be quiet to avoid annoying the residents, and don't be tempted to use their bins for your rubbish.

## 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.



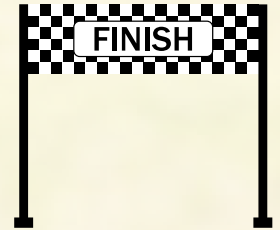


# COMPETITOR GUIDE

## THE FINISH

The Finish, with its gantry, is located in the Event Centre field.

For all Linear Courses, the final control is on the fell about 1km from the finish. Having punched this final control, follow an untimed taped route to the finish where you will punch the finish control. The route involves a marshalled road crossing – you **MUST** follow the marshals' instructions as there is a blind bend. The taped route will not be timed, so long as you complete it within 15 minutes



Fairfield, competitors will almost certainly approach the finish via the same final control as the linear courses, in which case the same rules apply. (Note that this control is only available on Day 2.) After punching this control, you must go to the finish via the untimed route; any additional controls you punch afterwards won't count.

If for some reason, you choose not to go to this final control, then the finish will operate as normal (i.e. there will be no untimed run-in).

### DOWNLOAD

You must punch the final finishing control with your dibber at the finish. Then 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 a phone with 20% charge, 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. This process has been streamlined from recent years.

### 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.



GPX tracks from your tracker.



Official photographs.

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## 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](mailto: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 <b>NOT</b> 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 <a href="#">FAQ's</a> 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 – eg not a phone torch)	<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 <a href="#">FAQs</a> 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"/>
One mobile phone per team is mandatory and both runners must be able to access it if required. A second phone is recommended but optional. Mobile phones must not be used for navigation. The phone must still have at least 20% charge at the finish.	<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:

- |   |  |
|---|--|
| <input type="checkbox"/> Vaseline or similar to prevent chafing<br>Compeed, K-tape or other blister treatment | <input type="checkbox"/> Reading glasses   |
| <input type="checkbox"/> Electrolyte/salt tablets to help prevent cramp                                       | <input type="checkbox"/> Inflatable pillow   |
| <input type="checkbox"/> 'Dry bag' or other means of keeping your sleeping bag and spare clothes dry          | <input type="checkbox"/> Long handled spoon for eating out of freeze dried food sachets  |
| <input type="checkbox"/> A dry pair of socks is rather nice for wearing at the overnight camp                 | <input type="checkbox"/> Earplugs  |
| <input type="checkbox"/> Polythene bags for feet to keep socks dry at the overnight camp                      | <input type="checkbox"/> Toothbrush/toothpaste   |
| <input type="checkbox"/> A midge headnet for sitting around at the overnight camp                             | <input type="checkbox"/> Tissues   |
| <input type="checkbox"/> Tampons (although pads will be available at First Aid at the overnight camp)         | <input type="checkbox"/> Duct tape for repairs   |
| <input type="checkbox"/> Sunscreen and midge repellent  | <input type="checkbox"/> Tick remover  |
|   | <input type="checkbox"/> Wide-brimmed sun hat  |
|   | <input type="checkbox"/> 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) |