

## **HELL O'THE MYND – JOINING INSTRUCTIONS**

Sorry for the delay in providing the joining instructions for Hell o'the Mynd.

### **Date and timings**

The event is this Saturday, 28<sup>th</sup> October 2017. Timings are as follows:

09:00 Registration

09:50 Race briefing at start

10:00 Start of Lap 1 (clockwise)

13:45 Possible time for first runners return from lap 1?

16:00 Cut-off time to start lap 2 (anti-clockwise)

18:00 Possible time for first runners return from lap 2??

20:15 Possible winner's time???

22:00 Cut off time to start final lap (direction TBA)

23:59 Course closes – all competitors should have returned to event centre even if they have not completed final lap.

### **Venue**

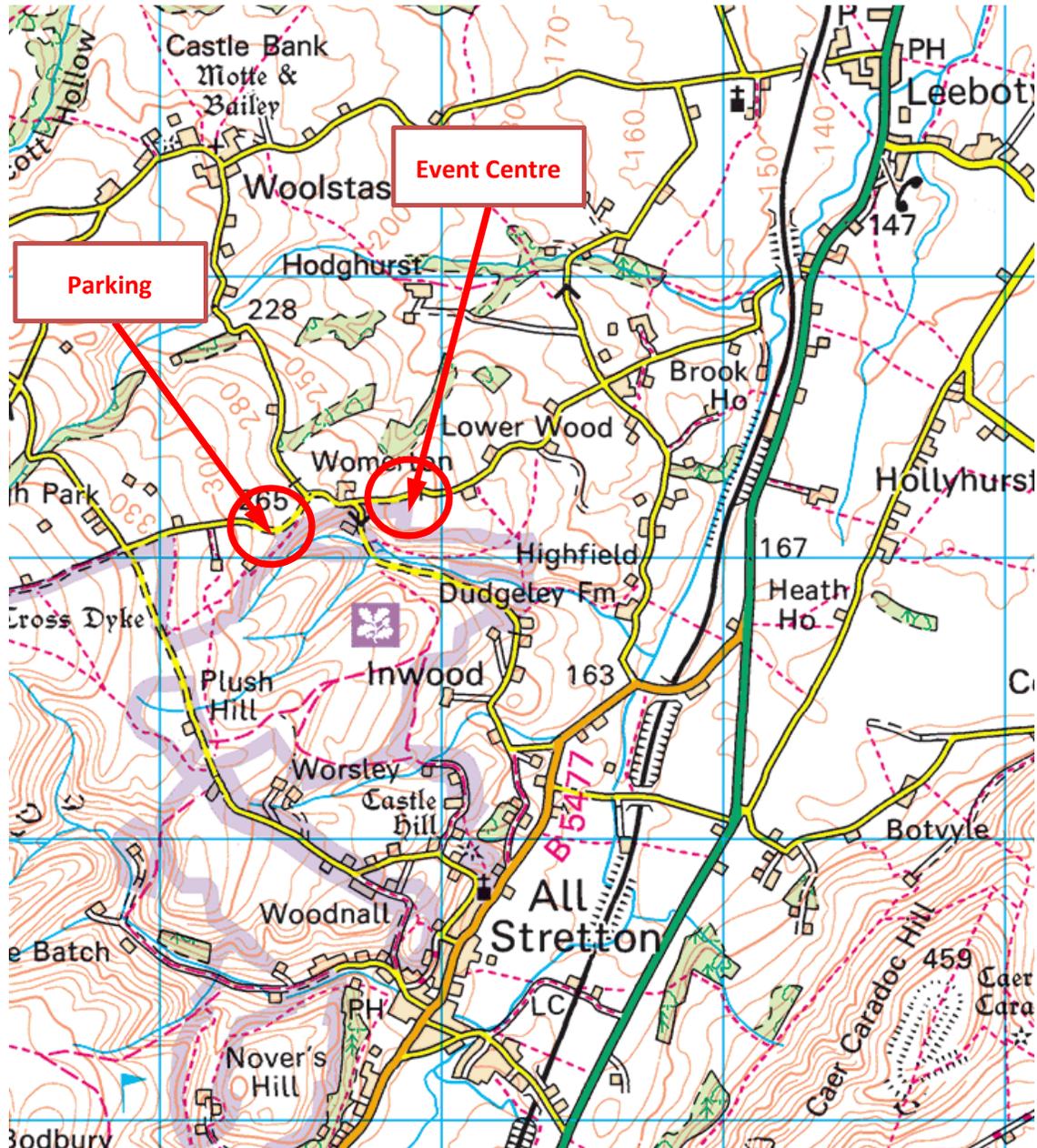
The event centre is on the Leebotwood – Lower Wood – High Park road at Womerton, the same location as the start of the Gogbatch Gallop, grid reference SO 459 972, postcode SY6 6LJ. The car park is located a little further up the road towards High Park – park between the “CAR PARK” signs on the left hand side of the road as you head uphill.

Please only approach the venue from Leebotwood and Lower Wood or from the direction of the car park - you will find that the junction at the top of Gogbatch (from Inwood) is on a steep hill and is not laid out to enable a right turn...

There will be undercover space for registration and later socialising / eating / recharging before going out again... However, please bring a tent if you want to knock back a beer or two after you have finished and stay over until Sunday morning. When you finish we will provide a couple of sausages in rolls (or vegetarian equivalent), and there will be soup / boiling water. If your needs are more complex, please bring your own food and means of preparing it (also for breakfast if staying over). You are very welcome (and encouraged) to stay the night at the event centre – bring your own beers etc. and a tent, sleeping mat and sleeping bag (we advise you pitch this before you start!)

Camping is only at the event centre, parking is only at the event car park – otherwise there won't be space.

There will be limited temporary toilet facilities at the venue. There are also toilets just off the race route at the National Trust Pavilion building in Cardingmill Valley (open normal café hours).



By all means use the small car park located at the Event Centre to drop off / pick up your stuff, but please then move your car up the road and park on the left hand side beyond the Gogbatch Junction and Womerton Farm as marked. Please be quiet if passing Womerton Farm after dark.

## **Kit**

The event is held with UKA insurance and under FRA rules. You **MUST** bring and carry full kit at all times, with some additional items:

- Waterproof top and bottoms;
- Hat and gloves (if warm a buff will serve as a hat, if cold/wet/windy this must be a hat)
- Emergency food
- Whistle
- Map (supplied) and compass (not supplied)
- Fleece or other warm second layer appropriate to weather conditions
- Headtorch and spare batteries
- Mobile phone with fully charged batteries, switched on at all times and programmed with the event emergency number 07583 781 283. If you use a smart phone, please keep it dry and wrapped up! You are on trust not to use any GPS mapping or tracking app to **follow** the route but if you are genuinely lost and can't make sense of where you are please feel free to use it to get back onto the route.

There may be random kit checks at the start and/or during the event. Failure to carry all the kit listed will result in disqualification and will have to be reported to UKA.

There will be **NO SUPPORT** on the route other than an emergency tent at roughly the half way point for loops 1 and 2 – this means you must leave the event centre with sufficient food and clothing to enable you to function in comfort on the hills in the prevailing weather for at least eight hours.

You will also need food, drinks and camping gear etc. if you are intending to stay on after you have finished and help us welcome any stragglers and celebrate your victory over the Hell o'the Mynd...

## **Safety**

Despite being held on relatively low and benign hills, with easy access to the valleys, this event is a serious undertaking. You will get tired, and possibly cold too if you don't manage your race well.

If you are reaching the point where you feel you are unable to continue, text the event emergency number with your last known location, name and race number and ensure you receive a response. We will advise you on what to do next. Remember, do not assume a message has been received until you get a reply.

Generally we will advise you to head down into one of the many valleys the route crosses and then follow the valley downhill. A network of minor roads and the B road between Little Stretton and All Stretton will enable you to return to the event centre at low level or to reach a suitable point of shelter in the main Stretton valley. There are pubs in Little Stretton, Church Stretton and All Stretton, for example.

Don't forget that once you have stopped you will become cold quickly. Use all the clothes you have with you!!

We will try to pick you up if necessary but this may take some time, particularly if members of our team are dealing with any other issues / incidents.

In case of significant injury: contact the race team as above giving precise details of your location and the nature of your injury. We will then coordinate with the emergency services. Locations are best described using the OS grid reference. You can work this out from your race map.

**Golden rule: if withdrawing from the event you must return to the event centre and personally give your race number to Jim or Zoe.** Do not under any circumstances go home without formally withdrawing from the event. The only permissible exception is if you are rescued by the emergency services.

There will be a tent at the bottom of Windy Batch, near the half way point, with some emergency equipment in it. If it's cold / wet and you need to get out of the weather please use this, but don't expect to get a mobile signal at the tent, so if you need to get in touch with us do so from the nearest high point first.

### **Route and checkpoints**

The route is given in a written route description and on a map. Do not vary from it or cut corners! We will give you a specific route description as you start each loop. You will get one copy of the map for the whole event. Both will be contained in clear plastic wallets. The route will not generally be marked except in a couple of locations where we need you to follow a precise course to avoid damaging property or environmentally sensitive areas. Where markers are used they will be red and white plastic construction site tape and similar reflective tape, generally on canes but also sometimes attached to fences / vegetation. We will also use glow sticks after dark.

The checkpoints will be marked with a red and white orienteering kite. Close to the kite at each checkpoint you will find a waterproof folder. This will contain a sheet with tear off quotations (no books to destroy, sorry!) a pencil, a pencil sharpener, and a clipboard with a matrix for recording your times. **It is very important that you enter your race number and the time you reach the checkpoint on the matrix.** We will be visiting the checkpoints and may use the times you have logged to monitor your progress and locate you in case of emergency. Some checkpoints may be manned.

If you can't find a checkpoint and you are warm and comfortable – keep looking! Contact race control by texting the emergency number if you are really having problems. If you can't find a checkpoint and you are wet / cold / start to shiver: put on all your clothing and move on. If you feel able to continue, do so. We will credit you with a distance covered / non-competitive time if you miss a checkpoint that was there, and if the checkpoint has been removed / vandalised you will still get a finish.

**Prizes etc.**

Each competitor will be sent a certificate after the event with the distance and climb they complete.  
A prize will be given to the first male and female to complete the course.