

Areas/Start Venues

Each venue will be detailed 1 month before the event on www.minimountainmarathon.co.uk look out for white & black directional signs on the day of the event. Please contact us BEFORE the day of the event if in doubt as to the location. NB some of the parking may be P&D.

Maps

A waterproof, full colour 1:25000 or 1:30000 map section, pre-marked with all controls, will be provided on the start line. One map per runner is included in the entry fee; extra maps available @ £2 each. An area Master Map can be viewed pre-start.

The Challenge

Visit as many control sites (each having a varying points value) as possible within 4 hours - route planning is as important as fitness. There are penalty points if you are back late! Mountain/fell navigation skills are required, these events are mainly aimed at fell runners & orienteers, but they are also suitable for strong walkers. Control sites will be identified by red & white orienteering "kites" on a feature to which a SPORTident box will be attached. "Dib" in the SPORTident boxes at the start, finish, all controls visited & in the download box at the end. You must use a SPORTident dibber to compete. **You may use your own dibber if you have one (please fill in its number on the entry form) alternatively we will rent you one automatically.** Teams please note: both members must carry & use a dibber.

****IMPORTANT: these events are only possible with permission of the landowners. If any land is marked out of bounds on the map please do not cross. if any land is fenced off, do not climb these fences or walls & only use authorised crossing points as marked on the map. ANYBODY ABUSING THIS RULE WILL BE DISQUALIFIED & BANNED FROM EVENTS.**

The Start/Finish

Registration opens at 7.30 am. Start anytime between 8.00 am & 10.00 am. Try to arrive at registration at least 30 minutes before you intend to run. At the start line you will be handed a map and a control description/value sheet. Courses close at 3.00 pm. Lunch and hot/cold drinks will be available to finishers. ******The Golden Rule - if you are unable to complete the event you MUST (a) let the organisers know either in person or telephone & (b) return your SI dibber to the organisers. If you do not, you will be held responsible if the mountain rescue team is called out to search for you. Emergency telephone numbers will be provided on the start line on your map and with your control descriptions.*******

Entry & Results

NO FINAL DETAILS WILL BE SENT OUT. If you wish to have confirmation of entry either enter on-line at www.minimountainmarathon.co.uk or please enclose an sae with your postal entry (postal address as below). If entering late ring 07760558031 or 07469895267 to check first to see if places are available. Provisional results will be displayed on the day; for full results see www.minimountainmarathon.co.uk after the events.

Equipment

Due to the time of year & the high level nature of these events you MUST wear/carry the following items: boots or fell running shoes that in the organisers opinion are fully suitable for the type of rough terrain; good quality waterproof whole body cover; other warm body cover appropriate for the prevailing weather conditions; hat; gloves; survival bag (it MUST be a bag and not simply a blanket; it may be foil); watch; compass (preferably a Silva type); whistle; sufficient coins for telephone calls or a mobile phone; a plentiful supply of liquid & food to see you through the event. PLEASE DO NOT SKIMP ON EQUIPMENT - IT IS NOT WORTH IT!! Event marshals will not let you start or disqualify anyone who does not meet the equipment criteria.



Mini Mountain Marathon Series 2023

**5/3/23 (Lake District), 24/9/22 (Peak District),
19/11/22 (Wales)**

- **Three x 4 hour fell running/mini-mountain marathon score events for solos or pairs, NEW: Linear route**
- **Each event is a challenging and testing event across moorland, fell or mountainous terrain. As it is a score event everybody can set out a route that matches their ability. Strong walkers are welcome as well.**
- **Organised and run under FRA/WFRA ((Welsh) Fell Runners Association) rules**
- **Waterproofed full colour map sections provided**
- **Best two results count towards a final league score; great series prizes in each category by Kong Adventure**
- **Lunch & hot drinks after each event included in the entry fee**
- **Electronic punching/scoring using the SPORTident timing system with on-the-spot results**

All enquiries: info@minimountainmarathon.co.uk

Look for any major late changes on minimountainmarathon.co.uk

Postal entries to:
BogRock Partnership
The Barn Green Farm
Thorpe Ashbourne
Derbyshire
DE6 2AW

Cheques to "BogRock Partnership"

If you enter close to the event you must ring first, on 07760558031, to check map availability. There is a £3 charge for a late entry.

***VERY IMPORTANT** - there will be a limited number of entries. The maps are being produced for the event only. Pre entry is strongly advised! It is **ABSOLUTELY VITAL** that if you intend to enter late (**£3 surcharge**) that you check beforehand to ensure that there will be a map available for you at the start!

***VERY IMPORTANT** - there will be a limited number of entries. The maps are being produced for the event only. Pre entry is strongly advised! It is **ABSOLUTELY VITAL** that if you intend to enter late (**£3 surcharge**) that you check beforehand to ensure that there will be a map available for you at the start! First come, first served.

Title	Solo/ Team Member 1 Mr/Ms/Mrs/Miss/Dr	Team Member 2 Mr/Ms/Mrs/Miss/Dr
Forename		
Surname		
Club		
Address (Must give address)		
Post Code		
Phone	H	H
	M	M
E-mail always include	Solo	please print clearly
	Partner	please print clearly
Date of Birth		
Age		
Male/Female		
SPORTident dibber number		
Classes (please circle)	M MV40 MV50 MV60 MV70 L LV40 LV50 LV60 LV70 MIX MIXV40 MIXV50 MIXV60 MIXV70 U23	
Course	<input type="checkbox"/> 4 hour Score course <input type="checkbox"/> Linear course	

Entry Fee	Solo Fee	Dibber Hire for 1	Team Fee	Dibber Hire for 2
FRA/WFRA members	<input type="checkbox"/> £28.00	<input type="checkbox"/> £2	<input type="checkbox"/> £56.00	<input type="checkbox"/> £4.00
Non FRA/WFRA members	<input type="checkbox"/> £31.00	<input type="checkbox"/> £2	<input type="checkbox"/> £62.00	<input type="checkbox"/> £4.00
Total Fee	£		£	

I understand that this race is held in accordance, and that I have familiarised myself, with both the Rules and Safety Requirements of the FRA/WFRA. I confirm that I am aware of the Organiser's information and requirements in connection with this race. I confirm that I have navigational skills appropriate for this race and will carry throughout the race any equipment specified either by the FRA/WFRA Safety Requirements or by the organiser. I accept the hazards involved in fell running and acknowledge that I am entering and running this race at my own risk. Other than the Organiser's liability for causing death or personal injury by negligence, I confirm that I understand that the Organiser accepts no liability to me for any loss or damage of any nature to me or my property arising out of my participation in this race. Extra FRA/WFRA rules apply to entrants under 18 years of age). I agree that Athletics data like name, club affiliation, gender, date of birth, age category, emergency contact details and car registration are gathered for the purpose of administering the race. Our detailed privacy policy can be found on our website.

I WOULD LIKE TO RECEIVE INFORMATION ABOUT FUTURE RACES YES / NO

(Solo)..... (2nd team member).....

Classes * M male 18 to 39 MV40 male 40 to 49 MV50 male 50 to 59 MV60 male 60 to 64 MV70 male 70+ L female 18 to 39 LV40 female 40 to 49 LV50 female 50 to 59 LV60 female 60 to 64 LV70 female 70+ MIX Mixed 18 to 39 MIXV40 Mixed 40 to 49 MIXV50 Mixed 50 to 59 MIXV60 Mixed 60 to 64 MIXV70 Mixed 70+ U23 One runner under 23	ENTRY ON THE DAY £28.00 per solo (FRA/WFRA) £31 per solo (non members) £56.00 per team (FRA/WFRA) £62 per team (non members) (includes £3 pp late entry fee) Add £2 pp dibber hire * Pairs are allowed in all classes, the category entered to be determined by the oldest person in the team i.e. a male pair with ages of 56 and 27 would enter MV56. Younger runners allowed – see below Suitable for strong walkers
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Weather conditions/postponements/entry fees: in the event of inclement weather (particularly the chance of snow/ice etc) we will do our utmost to run the events but safety will not be compromised under any circumstances. If necessary in order to run the event we may use a shorter, lower level course. Should we have to postpone an event all entries and fees will be transferred to a re-scheduled date; if you cannot make this date then entry fees will be held over as a credit towards future Mini Mountain Marathons OR refunds will be given less a 25% admin fee (to cover our ongoing event costs). We don't provide refunds for any other circumstances.

Prizes/Class Awards: There are prizes for the first 3 finishers in each class at the end of the series. We have great prizes from our sponsor Kong Adventure. Class placings will be based on a minimum of two events completed as either a solo or as a team but not as a combination of both. The best 2 events completed will count towards the class placings. Prizes will be posted out after the results are declared final. NB classes will be merged if entries are low.

Tie breaks: In the event of two competitors in the same class gaining the same score the following tie break rules will decide the winner: (1) Lowest cumulative time for the best 3 events completed (2) the competitor(s) who has/have visited the most checkpoints (3) the competitor(s) visiting the greatest number of high scoring controls (the greatest and second greatest value controls for each of the best 3 events completed)

FRA/WFRA rule for younger runners: "for paired Mountain Marathon style orienteering events, over one or two days, where one of the two runners is under 18, the other runner must be over 20 and must also be the parent or guardian of the junior runner. The minimum age for the junior runner is 14 and the following straight line distance limits must apply for the event. Under 16 - 20km, Under 18 – 25km" It is the parent or guardian's responsibility to ensure that this rule is adhered to.

For details of the Kong Mini Mountain Marathons see www.minimountainmarathon.co.uk