



Mourne Seven Sevens 2019

Final Instructions

Phone Number – 07845 659503
Give your Name and Entry Number in all messages
In an emergency dial 999 ask for Police then Mountain Rescue

Lagan Valley Orienteers welcomes you to the Mourne Seven Sevens Challenge Walk. Please remember that this event is a personal challenge and not a race. To complete this challenge you must be an experienced hill walker and be fit enough for the distance, climb and terrain involved. The exact route is not fixed and is not way-marked at any stage. **Navigational skills will be required, especially if weather conditions are poor so participants must have the ability and experience to use both map and compass.** (Navigation using only a smartphone app is not allowed).

Registration opens on Saturday morning at 06:30 at the north end of the playing field beside Donard car park in Newcastle. The car park is free but parking may be limited due to other events. Please car share if possible and allow time to find parking nearby.

You will need to hand in the **Registration Form** ([click here to download](#)) with details of your car registration, walking companions (if any), contact details, etc. Please print out and complete this in advance so as to save you time queuing on Saturday morning.

You will be given a set of green plastic tabs and one small white tab with your entry number on each of them. For convenience they will be held together on a string. You will also receive an electronic timing chip (aka **dibber**) which will be fastened to your wrist. Please look after this as you will be charged £30 if you lose it.



Timing Chip (dibber)

The Start – of the walk is at the south end of the car park **between 07:00 – 09:00.**

How to use plastic tabs and electronic timing gear: When you're ready go to the Start where a marshal will activate your timing chip (dibber). You must then dib the **START BOX** as you leave.



At each summit you will find an electronic **SI Control Box** on a post with an orange and white flag. **Insert your dibber into the hole in the SI box** and wait till you hear a beep. The dibber will now have recorded the time you arrived at the top. ([Click here](#) for more info on the timing system). There are five marshalled positions along the route in the cols between summits and at Ben Crom dam. **Remove one green plastic tab from the string and hand it to the marshal** at each of these positions.



At the Finish, hand in your dibber and the last (white) plastic tab. You will receive a print out of your progress around the route with split times for each summit plus a certificate of completion and a Seven Sevens badge. The white plastic tab is our way of checking that you are off the hills, so even if you fail to complete the walk please make sure that you come to see us at the finish and hand in any remaining tabs and the dibber.

Light refreshments and showers will be available from 12:00. **Please bring a cup so we can reduce waste.**

Finishers' times will be streamed live to <http://lvo.org.uk/liveresults> throughout the day. We will also have live data from several checkpoints around the course which we will publish snapshots of onto Facebook page through the day so your friends and family can monitor your progress.

Route: The route is anti-clockwise around each of the seven summits which must be visited in the order stipulated below plus the marshalled checkpoints (denoted MCP below).

| Checkpoint | Grid Ref | | Type |
|--|-----------|---|------------------------|
| Start – Donard Car Park | J 373 305 | South end of car park | |
| Please follow the Glen River track until you exit the forest at the top gate | | | |
| Slieve Donard 853m | J 357 276 | Summit – North side of shelter | Control Box |
| Col Donard-Commedagh | J 349 279 | Stile – Either side depending on weather | MCP 1 |
| Slieve Commedagh 765m | J 346 286 | Summit Cairn | Control Box |
| Hares Gap | J 322 286 | Gate – Either side depending on weather | MCP 2 |
| Slieve Bernagh 739m | J 312 280 | Corner in wall – South side | Control Box |
| Slieve Meelmore 687m | J 305 285 | Summit Cairn – West side of wall | Control Box |
| Col Meelmore-Meelbeg | J 303 281 | Stile – Either side depending on weather | MCP 3 |
| Slieve Meelbeg 708m | J 300 279 | Summit – East side* of wall corner | Control Box |
| Ben Crom Dam (Cut-Off Time 2.30) | J 315 254 | South East end of dam | MCP 4 & Box |
| Slieve Binnian 747m | J 320 233 | South Summit Tor – East side | Control Box |
| Col Binnian-Lamagan | J 321 255 | Path junctions in Col | MCP 5 |
| Slieve Lamagan 704m | J 328 260 | Summit | Control Box |
| Finish – Donard Car Park | J 374 306 | Registration Tent | |
| | | *Changed from first issue | |

Cut-off time: There is a firm cut-off time of 2:30pm at Ben Crom dam. This is to ensure walkers complete the route before dark. Walkers missing the cut-off will be retired from the walk and should return directly to Donard Park. N.B. Retirements are marked RTD on the results with no times.

In the event of extreme weather conditions the route may be altered on the day. Marshalled Check Points may have to be moved for their safety but Control Boxes will remain in place.

Retirees at any stage of the event must report as soon as possible to a marshal or via text to base and return directly to Donard Park to register that they are safely off the mountains and to return their dibber and tags.

The Mourne Rambler Bus (Service 405) does a loop of the eastern Mournes every couple of hours. See <https://www.translink.co.uk/timetables> for info.

Equipment, food and water: The event is not supported along the route. Participants must carry all the equipment and supplies they need for the day. Participants must have the following kit:

- hiking boots, trail shoes or fell shoes (no trainers)
- waterproof coat with hood & waterproof trousers
- hat & survival bag (a foil bag is good but not an open foil blanket)
- 1:25,000 map of the Mourne Mountains & compass & whistle
- food and drink sufficient for a long day hiking
- (recommended) – Personal first aid kit

These items are required regardless of the weather forecast as mountain conditions can change dramatically with very little warning. You should carry your kit throughout the course in case of an accident or other incident. Marshals will not look after any kit while you pop up and down to a summit.

Leave No Trace – This event subscribes to the [LNT ethos](#) and the [NI Countryside Code](#): - Use stiles to cross fences and walls, leave gates as you find them and **please bring ALL your rubbish home** - including orange peels and banana skins! We will have recycling bins at the finish to help you with this task. **Unfortunately we cannot allow dogs on this event** – no matter how well behaved and experienced they are on mountain hikes.