



# The Original Mourne Seven Sevens 2023 Final Instructions

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

Lagan Valley Orienteers welcomes you to the Original 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 dangerous).

**Parking** is free in Donard car park but parking may be limited due to other events especially later in the morning. Please car share if possible and allow time to find alternative parking nearby.

**Registration opens on Saturday morning at 06:00** in Shimna College approx. 400m from Donard park. Follow signs & tape from the south end of the car park through to Registration in Shimna Integrated College. (Please do not drive directly to the college). Registration will take no more than 10 minutes.

**IMPORTANT: Please report to Registration no earlier than 15 minutes before your allocated Start Block**

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 receive an electronic timing chip (aka dibber) on a lanyard. Please look after this as you will be charged £30 for a lost dibber. You will also have a Tyvek strap attached to your rucksack which has your **Participant Number** on it.

**The Start** – of the walk is just outside Registration. Therefore, once registered you should be able to start immediately. Please do not loiter.

**How to use the electronic timing gear:** At the Start Line a marshal will check your **Participant Number** against your name, and then 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 until 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 six Marshalled Check Points (MCPs) along the route in the cols between summits and at Ben Crom Dam. **Please be sure to give the marshals your number as you go past.**



**The Initial Route** – from Shimna college into the forest to the Glen River path will be signed and marked.

**Light refreshments** and will be available at Shimna from 14:00. **Please bring a cup so we can reduce waste.**

**Finishers' names and 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.

**Covid Safety** – Do not come to this event if you are unwell or are supposed to be isolating. Please maintain Covid Safety measures throughout – keep your distance and use hand sanitiser.

**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.

**Route:** The route is 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*		Marshals / Timed
Start – Shimna College	J 374 301		<b>Start Control Box</b>
Follow signage and the Glen River track from the bottom bridge until you exit the forest at the top gate			
<b>Slieve Donard</b>	J 357 276	Summit – North side of shelter	<b>Control Box</b>
Col Donard-Commedagh	J 349 279	Stile – Either side depending on weather	MCP
<b>Slieve Commedagh</b>	J 346 286	Summit Cairn	<b>Control Box</b>
<b>Slieve Lamagan</b>	J 328 260	Summit	<b>Control Box</b>
Col Binnian-Lamagan <b>Cut-Off Time 12:00</b>	J 321 255	Path junctions in Col	MCP
<b>Slieve Binnian</b>	J 320 233	South Summit Tor – East side	<b>Control Box</b>
Ben Crom Dam <b>Cut-Off Time 14:00</b>	J 313 256	Northwest end of dam	MCP – <b>Control Box</b>
<b>Slieve Meelbeg</b>	J 300 279	Summit – East side of wall corner	<b>Control Box</b>
Col Meelmore-Meelbeg <b>Cut-Off Time 16:00</b>	J 303 281	Stile – Either side depending on weather	MCP
<b>Slieve Meelmore</b>	J 305 285	Summit Cairn – West side of wall	<b>Control Box</b>
<b>Slieve Bearnagh</b>	J 312 280	Corner in wall – South side	<b>Control Box</b>
Hares Gap <b>Cut-Off Time 18:00</b>	J 322 286	Gate – Either side depending on weather	MCP
Col Donard-Commedagh	J 349 279	Stile – Either side depending on weather	MCP – <b>Control Box</b>
Follow the Glen River path from the gate at the top of the forest to the bottom bridge and then marker tapes back to the college			
Finish – Shimna College	J 374 301		<b>Finish Control Box</b>

\*Tip - The 6 figure grid reference denotes the bottom left hand corner of a 100m square. [See here](#) for more info.

Mark these on your Mourne map before the big day and plan your route.

**Cut-off times will be enforced.** Walkers missing a cut-off will be retired from the walk and will be marked **RTD** on the results (no times). **Each control box will be taken in after everyone has been through it or after the cut-off time for each stage of the course.**

**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 until the cut-off times.

**Retirees at any stage of the event must report as soon as possible to a marshal or via text to base (07845 659503) and return directly to Shimna College to return their dibber and to register that they are safely off the mountains.**

**The Mourne Rambler Bus** (Service 405) does a loop of the eastern Mournes starting Newcastle at 09:00, 12:30 and 15:30 via Bryansford, Trassey Road, Ott Carpark, and the Head Road past Silent Valley, Carricklittle and Bloody Bridge. [See Translink](#)

**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 minimum kit which will be checked at registration:**

- Hiking boots/shoes or fell shoes (no trainers)
- Waterproof coat with hood & waterproof trousers
- Hat
- Food and drink sufficient for a long day hiking
- 1:25,000 map of the Mourne Mountains\*\*
- Compass & whistle\*\*
- First Aid kit\*\*
- Survival bag\*\* (a foil bag is good but no space blankets)

\*Smart phones must not be used as the only means of navigation

\*\*If walking in a group – the map, compass, whistle, first aid kit and survival bag may be shared between up to 3 people. Groups will need to do kit check together and stay together throughout the day.

These items are required regardless of the weather forecast as mountain conditions in Britain and Ireland can change dramatically with little warning. **Anyone failing the kit-check at registration will not be allowed to start. The Organiser's decision will be final and there will be no recompense for this decision.**

**Water** - There will be a bucket of water from a local ground source at the Ben Crom Dam which walkers may use at their own risk. We recommend that this water be treated with water purification tablets before drinking because of the risk of infection.

***We look forward seeing you on 12<sup>th</sup> August and we hope you have a great day out – Lagan Valley Orienteers***