



## **SCOTLAND'S FRIENDLY SOCIABLE WONDER MOUNTAIN MARATHON**

The following items are new to this revision:

Well the long-range forecast is looking OK for 11 & 12 October, but then I didn't think they were looking too bad two weeks before GMC 2023! Have I just jinxed it again!

There are now no more entries or changes possible for GMC 2025.

If a team member needs to pull out, (unless they were previously a triple team) the only options that the remaining team member has is to find another team to become a triple (or even quadruple) team with, or pull out also. The organising team can't assist with matching people into teams. If a team pulls out or such a change needs to happen, please advise me (Dave Kirk) ASAP so the Registration Crew can be pre-alerted.

### **Registration and Parking**

Close to Cuttishillock turn off the east side of the C road which links the B974 (from the Glen Dye AA Box junction) & B976 (at Whitestones/Feughside) at GR 6461 9106 W3W corner.screaming.glides.

There should be an event sign post at this point.

Follow the track North East for about 0.5Km.

Entrance to the parking is on the right at GR 6498 9136 W3W number.masks.aware.

Please don't arrive before 7:15am on the Saturday as we won't be set up for you. You should plan to arrive by 8:15 at the latest, to Register before 8:30 and start before 9am.

This year, we don't have a nice comfortable hall for Registration etc., so please be ready for whatever the weather might throw at us while you are going through the process.

There will be a hill-sack check and a kit bag weight check. Note the maximum weight of 14.5kg. If your bag is overweight, you'll need to go and sort it out and return to the back of the queue.

The communal facilities at Mid-camp may be more basic than in some previous years. We would re-iterate the point that chairs there may be limited, so including a light-weight camp chair in your weight allocation is not a bad idea.

A head torch is a requirement in your daysack, however our own head torches may be the main lighting in the communal facilities, so taking a spare one in your overnight bag may be useful.

Best to take some cash along as there may be the opportunity to spend some on extra tasty goodies at mid-camp, and we're hoping for charity donations from those who fancy some of the beers. You may also wish to tip the barbershop quartet.

Fundamentally, the GMC is a sociable outdoor event for people who enjoy the hills and exercising amongst in them, especially those who like a bit of a navigational challenge. I hope you all enjoy it, have fun (types 1, 2 maybe a little 3 and not too much 4) make new acquaintances, renew old ones, stay very safe, and go home with great memories.

Dave Kirk  
GMC Organiser

#### Original document from April 25

The GMC is a Two-Day Mountain Marathon type event organised by Grampian Orienteers. It is held approximately every two years in late Autumn / early Winter. It is always in the Grampian Mountains area, and up to now, has always been somewhere accessible from Deeside.

For safety reasons, we no longer have the solo categories, however we will now allow teams of three (Triples) as an alternative to a Pair.

Each day will normally have a significant section of Mountain Marathon type hill land to navigate through using a 1:40 or 50k map, via a series of 'control' points, plus a shorter Orienteering section, typically on a 1:10k map. This Orienteering section could be at the start, end, or part through each day.

To make the event more 'comfortable' for competitors, kit bags are transported to the mid-camp, where a heated marquee (or large tents), hot drinks, snacks and an evening meal are provided.

The event is still tough. The weather could be white-out full winter conditions and blowing a hoolie. The terrain to be crossed can be some of the most inhospitable in the UK. Competitors are still required to carry essentials for a full day in such conditions plus emergency kit. Do not enter unless you are happy, competent and prepared to spend two days in such conditions!

As per all other GMCs so far, there will be three linear courses covering both days with over night at the mid-camp. For the first time this year, we will also have a Saturday 1-day Course. This will have the same parking, registration and start areas as the 2-day linear courses. Competitors will be transported back to the car parking area after completion.

## **Information and Rules – GMC 2025 – 11<sup>th</sup> & 12<sup>th</sup> October.**

**N.B. Entries now closed but you can still check entry lists.**

~~Entries Open on 1 May 2025. Maximum number of entries: Maximum 125 people for the 2-day event & 40 for the 1-day Course.~~

~~Keep an eye on the Gramp website for a link to this.~~

Revisions to this information will be available on the Grampian Orienteers website as required. Please keep an eye out for revisions with a later date than this one. Final details will be confirmed on the website 1 week before the event. If the event is cancelled due to bad weather, this will be announced no later than 3 days before the event.

### **Parking, Registration & Drop-off for Overnight Kit Bags.**

Please car share as much as possible. The parking will be open from 7.15am on the Saturday, with Register close by and open from 7.30 to 8.30am.

As well as Registering, please allow time for a potential kit check, and a weigh-in of your overnight bag before it goes for transportation. Please ensure your overnight bags ARE NOT OVER THE MAXIMUM AMOUNT OF 14.5KG, as you will be asked to remove items and may end up at the back of the queue if others are waiting. Small, back-packing sized tents permitted only at mid-camp. Chairs at the mid-camp will be very limited, so we recommend that competitors include a camp chair in their weight allocation.

### **Accommodation for the Friday Night**

There are no plans to provide overnight accommodation for the Friday night. There are various Hotels, Hostels & B&Bs close by.

### **Starts:**

Day One

From 8.00 – 9.00am

The Start on Day 1 will be within a 15-minute walk from Registration.

Day Two

From 7.30 – 8.15am

The Start on Day 2 will be within a 10 minutes walk from the mid camp.

### **Finish:**

Day 2 Finish will be a short walk from Download which will be in the same place as previously used for Registration. All competitors must report to Download.

On Day 1, there is a compulsory course closure time of 5pm for those on the 2-day courses and 3:30pm for those on the Saturday 1-Day course. On Day 2, the course closure time is 3.30pm. Competitors finishing after this will be classed as DNF and may not be permitted to compete on Day 2. There may be controls on the courses with latest cut-off times applied (which will be advised in advance), and anyone reaching these controls after this time will need to just go straight to that day's finish.

### **Categories and Prizes:**

There are four categories

A Pair or Triple (approx. 54km 2000m over 2 days)

B Pair or Triple (approx. 46km 1650m over 2 days)

C Pair or Triple (approx. 40km 1300m over 2 days)

Saturday 1-Day Course – Pair or Triple (approx. 20 - 25km 700m)

Terrain is rough on all courses.

Prizes will be awarded for first place on each course if possible. Other sub-categories may be created and prizes may be awarded too, depending on the make-up of the entries.

Prize-giving, if conditions allow us to have it, will be around 2:30pm on Day 2 close to Event Download.

### **Participants:**

Teams must have suitable experience walking or running off paths in Scottish hills in what could be wintery conditions and should operate within their limitations. All participants will be asked when they enter to quote relevant experience and the organisers may require them to enter a shorter course (or even cancel their entry) if they don't have suitable experience.

No participants under 16 on the day of the event.

Participants aged between 16 and 18 may enter as one of a pair, with a responsible adult.

Parental permission is required for under 18s to enter (the form will be posted on the Gramp website in due course and will be available at Registration).

The accompanying adult must accept responsibility for the under 18 for the duration of the event.

Pairs & Triples must stay together within speaking and visual distance while on the course each day. If one team member cannot complete the course, their partner(s) must stay with them whilst they get off the hill and to safety (except as described below under 'Accidents'), and cannot continue to compete as a reduced team size or with another team.

Participants may be required to complete a Covid declaration and take a test prior to attending. This will be advised if necessary.

### **Entries:**

**N.B. Entries now closed but you can still check entry lists.**

~~Entries are via [sientries.co.uk](http://sientries.co.uk).~~ The entry fee are

2-Day Courses: £140.00 for a Pair, £210 for a Triple entry.

Saturday 1-Day Course: £60 for a Pair, £90 for a Triple entry.

The maximum number of entries is 125 people, regardless of the distribution, for the 2-day courses, plus an extra 40 for the Saturday 1-Day Course.

Refunds will be available (minus SI admin charges) up to 1 July whatever the circumstances. Refunds will be similarly given up to 31 August if a replacement person / team are available, and substitutions can be made up to this date too. Substitutions will also need to quote relevant experience and may be barred if they don't have this.

After 31 August, no refund will be given, even if the Organisers manage to fill your place or even fill the maximum number of places on the event. If the event is cancelled due to reasons beyond the organisers' control (weather or Covid typically), refunds will be given, with deductions taken off to cover incurred, non-returnable event expenses.

**Maps:**

Maps will be supplied one per competitor on both days.

The maps will feature two scales – one for the orienteering sections and another for the hill sections. Maps will be printed on waterproof paper and will be printed back-to-back on the same sheet. Like in 2023, we will issue 'all-controls maps' and a list of the controls & location descriptions which need to be visited on each course.

**Electronic Timing:**

SI (SportsIdent) timing will be used. Those with their own dibber may use their own. A short beep indicates a successful punch. One dibber will be issued per team. The dibber must be carried by the same person at all times. Lost dibbers will be charged for.

**Visiting Controls:**

All participants in a team (pair or triple) must visit each control together.

**Mid Camp:**

Competitors may only use backpacking sized tents at the mid-camp.

We can confirm that there WILL be portable toilets at the Mid Camp and not just trenches.

As described below, competitor's kit bags (one waterproof bag per competitor, max weight per bag – 14.5kg) will be transported to the mid camp and back. It is planned for the mid camp to have heated socialising marquee(s) or tents. A hot meal will be supplied at the mid camp, although competitors will wish to bring additional food to supplement the meal (pack your own rubbish back out in your transported kit bag). Please notify us of any dietary requirements at the time of entry.

Beer (a selection of ales and lagers at £2 or more donation to charity each) and free hot water & drinks will be available in the evening as availability permits. Boiling water & hot drinks will be available in the morning (again as availability permits). No Breakfast will be provided.

**Water:**

Drinking water will be available at the mid camp. Water on the hill may be obtained from streams, although having a full water bottle at the start is advisable. Take water from flowing streams only and check for animal activity.

**Retirements:**

All retirements must report to the Download location for the Day where possible (Mid Camp on Day 1, the final Download on Day 2), or where this is not possible, to one of the emergency contacts. Mobile phone numbers will be provided on the maps for the Emergency Contacts. The Organiser will be the first, and the Controller the second. These two people will not always be in Mobile reception area, so a third Emergency Contact will have their number on the map. This person will always be in an area with mobile reception.

Retired competitors should be prepared to make their own way from the mid camp back to the car park area if not seriously injured, as transport will be limited, although we will do what we can to assist with transport as required.

**Accidents:**

If you are injured and cannot make it to the mid camp or finish or otherwise get safely off the hill, then you should get into your spare clothing and survival bag and use your phone / whistle to summon help. If more than one person is present, a casualty should only be left if help cannot be summoned. Mobile phone coverage in the area is poor. Emergency text messages may work better if there is a poor signal. Mobile phones should be registered to send emergency 999 texts (see <https://www.emergencysms.net/>).

Marshals will be on the course but will be moving. There may be an Emergency Tent within the competition area. If there is, it will contain warm clothing and a sleeping bag and can be used to seek emergency refuge.

If you encounter an injured competitor you must stop to assist, including going for help if required. Your result will be adjusted to take account of this.

**Crossing Fences/Rivers:**

Some fences may require to be crossed at designated crossing points. These will be shown on the map. Such crossing points may be Marshalled (as may transition points between Orienteering & hill maps). Other fences should be crossed at strainer posts if there is no available crossing point. Deer fences should not be climbed.

When looking for a stream/river crossing point move upstream. Streams will swell in wet weather. If in doubt do not cross. Some courses may be planned to allow very logical use of existing bridges etc. In such cases, these must be used.

**Wildlife:**

The land crossed is a mixture of grazing and working shooting estates with hare, grouse and deer. Please do not unduly disturb any wildlife.

**Out of Bounds Areas**

Any areas marked on the maps as Out of Bounds must be obeyed.

## Kit List

The following **must** be worn or carried by **each** competitor **each** day:

Leggings or trousers– if you prefer to take part in shorts you must carry longs  
Base Layer – wicking thermal variety suggested – not a cotton T-shirt  
Fell running/orienteering shoes or hillwalking boots.  
Waterproof jacket - pertex/windproof not acceptable  
Waterproof trousers - pertex/windproof not acceptable  
Additional warm clothing – including longs if you run in shorts  
Hat, gloves  
Compass, whistle  
Food & water bottle for the day  
Emergency food equivalent to 2 mars bars  
Head torch  
Survival bag (foil blanket not acceptable)  
First aid kit - to contain at least one triangular bandage, one 5cm x 5cm sterile dressing, plus some plasters.  
Permanent pen or chinagraph pencil for marking up map  
Money – in case you are stranded away from the finish.

You must carry one mobile phone per team, but this is only for emergency use. GPS's should not be used for navigation, however GPS watches are permitted to record route taken – do not use for navigation.

You must carry enough equipment in your day sack to survive overnight in bad weather if injured or lost. The above is the compulsory minimum. There will be kit checks. If you feel, given the weather forecast, that you wish to carry more, do so.

### Competitors' Mid Camp Kit:

#### MAX WEIGHT 14.5KG PER COMPETITOR

This will be transported from Registration to the mid camp and back to the finish. One rucksack or zipped or roll top bag per competitor (either waterproof or with internal waterproof bags – it may spend time lying on the open ground in the rain!), labelled with name and course.

1 or 2-person Tent  
Sleeping bag  
Sleeping mat  
Warm clothing  
Clothing to be worn on day two  
Torch  
Small stove & fuel  
Additional food/drink  
Day two breakfast  
Day two hill food - including extra emergency food in case original is used on day one  
First Aid – any extras such as blister plasters, personal medication you may require  
Plastic bag for rubbish – to be packed and taken home  
Toiletries including alcohol gel.  
Lightweight folding seats.