

The Black Mountains Trek - conditions of entry

Please read carefully



1. The registration, start and finish for all routes will be at Longtown Outdoor Learning Centre (HR2 0LD, Grid Reference SO 322290 on Map OL 13 or Landranger 161). Route directions and position of compulsory checkpoints will be issued during registration. Participants must pass through registration at the start and finish of the event, even if they retire early.
2. Timings shown will be strictly adhered to for safety reasons. Start times for each route:
Registration from 0800 Earliest start time 0800 Latest start time 0900
3. It is the participant's responsibility to carry appropriate hill walking equipment for the day, including map and compass. (This will not be checked) This kit should include:
 - Whistle, waterproofs, additional warm clothing (hat, gloves, spare jumper/jacket).
 - Food and Drink including emergency rations e.g. chocolate bars
 - Personal first aid kit (pain relief, plasters for blisters, etc)
 - Torch, including spare battery and bulbs
 - A light polythene survival bag
4. Groups should carry one map/compass between four people, in case larger groups decide to split en route.
 - Map Outdoor Leisure 13 (1:25,000) Brecon Beacons East – (recommended) or Landranger 161 (1:50,000) Abergavenny and the Black Mountains
 - Compass (protractor type).
5. Entrants over 18 years of age may "solo" the routes. Those between 16 and 18 years of age must walk in groups of two or more, and those aged under 16 years must be accompanied by an adult who should be an experienced hill walker.
6. Marshalls at checkpoints may advise participants to use a different or shorter route depending on the weather, time of day or physical condition of individuals. Please ensure that you and any members of your groups follow these recommendations as this is done for your safety.
7. There will be a compulsory cut-off time in operation at Capel y Ffin checkpoint. This information will be included with route directions on the day of the event. Participants who have not reached the checkpoint by the cut-off time will be advised that it is not safe for them to continue. Minibus transport will be provided to return any affected participants to the centre.
8. All participants are requested to abide by the Country Code and keep to paths where they exist.
9. Please note: in the interests of safety, places are non-transferable.
10. ON YOUR ARRIVAL AT THE EVENT, PLEASE PROCEED TO THE REGISTRATION AREA, WHERE YOU WILL BE GIVEN YOUR ENTRY NUMBER AND CHECKPOINT CARD. Checkpoint details will be provided prior to leaving the registration area.

Details of the route will be available on the event web site:

st-michaels-hospice.org.uk

IN THE INTERESTS OF SAFETY THERE WILL BE NO ENTRIES ACCEPTED ON THE DAY

Please Note: Persons enter at their own risk. The organisers and marshals will accept no liability for injury, death or loss/damage to vehicles and personal effects, however caused. To meet this challenge you will need good navigation and hill skills.