

## LAMM 2010 - FULL & FINAL DETAILS

**THIS YEAR WE HAVE RE-NUMBERED TEAMS BY FIRST TEAM MEMBER'S SURNAME. AT REGISTRATION, LOOK FOR THE DESK SHOWING YOUR FIRST TEAM MEMBER'S SURNAME. YOU WILL NOT NEED TO KNOW YOUR TEAM NUMBER.**

### LAMM LOCATION

Further information about the location will be provided by **12:00hrs** on **Thursday 10th June**. If you are on the LAMM email mailing list you should receive a LAMM email on Thursday lunchtime. Those with Internet access should visit [www.lamm.co.uk](http://www.lamm.co.uk) where details will be provided. If you don't see a new home page with the event venue, please **click on REFRESH**, to update your browser window. For those without web access, a recorded telephone message will be available at Lowe Alpine from **17:30** on the Thursday until **08:00** on Friday. Telephone **01539 742052**. Please visit the LAMM website, which will tell you far more than is possible in a brief telephone message.

### INDEMNITY FORM

Each team must complete one of these forms and hand it in at registration. You will also find the form on tables near to registration. Please save yourself time and hassle by downloading and printing one from [here](#). It is a PDF file so you will require the free utility from Adobe, Acrobat Reader.

### TEAM CHANGES

Please make any team changes online before you come to the event by clicking on **UPDATE ENTRY**. The last chance to enter or make changes online is **21:00** on **Thursday 10th June**. This will help us considerably with the smooth running of the event. Report any even later changes to the **Information Desk** at registration. Please register for the Outdoor Industry or University MM championships if your team fits the bill. See the appropriate links.

### COURSE DISTANCES/ASCENT

Course	Saturday	Sunday
E	36km 2,410m	30km 1,350m
A	30km 2,100m	27km 1,340m
B	25km 1,700m	23km 950m
C	22km 1,610m	20km 900m
D	20km 1,240m	16km 870m

### LAMM 2010 WOMENS FLOW & DRYFLO CREW TEES

Please visit this page to find out about the [2010 LAMM tee](#).

### COACH TRANSPORT

If you have booked places on our transport, please visit the relevant page on the site to check your booking is correct and see the final coach details.

### JON BROOKE PHOTOGRAPHY

Photographer Jon Brooke will be out on the course attempting to capture at least one image of every team. His pictures will be available to purchase online a day or two after the event via his website [www.rightplacerrighttime.co.uk](http://www.rightplacerrighttime.co.uk). The images will be available as JPEG files for personal (non-commercial use). They come in two different sizes suitable for regular prints or enlargements. The large file would probably be acceptable up to A3 size at least. Those taking part in the Chasing start on Sunday will be wearing race numbers front and back and can search for photos using their race number. Payment can be made using any credit card (via Paypal) and no registration or other faffing is required. Prices are **£4.95** and **£7.95** respectively.

## ATHLETES' ANGELS - SPORTS MASSAGE

For the third year, the LAMM will have on board the highly experienced Athletes Angels at the finish. Athletes Angels provide sports massage and physio for some of the UK and Europe's top outdoor endurance events and will be on hand to tend to weary muscles, creaky joints and any sprains or injuries at the end of the event. As many will know, a thorough sports massage at the end of an event can make all the difference in the recovery stages! For more information please visit [www.athletesangels.com](http://www.athletesangels.com) and to pre-register (highly recommended!) for an appointment please email [info@athletesangels.com](mailto:info@athletesangels.com). The team will be at the Event Centre from 10.00 am on the Sunday and a 15 minute massage will cost only **£10**, if you wish a longer appointment please specify when you pre-register. Go on - treat yourselves, you deserve it!

## ROUTE GADGET

As the competitors are setting off on Saturday and on Sunday we will use the popular orienteering tool, **Route Gadget**, to display our map on the website. During the weekend, folks back home will be able to see our Controller's route choices displayed on the LAMM map. By the time you arrive home on Sunday evening we hope to have loaded all your results into Route Gadget. Please make an effort to visit the Route Gadget web page where you will be able to add your routes to the map and compare them with those of other teams. The routes are automatically linked with your SPORTident punch data and you will be able to replay the event. You will actually see little squares run across the map as if all teams had started off in a mass start. This really adds another dimension to post-event analysis.

## EVENT PARKING, EVENT CENTRE, ACCOMMODATION & CAMPING

The LAMM car park will not open or be signed until **15:00 on Friday** so please do not arrive until then. It will close at **MIDNIGHT** and re-open at **06:00 on Saturday**. There is a fair amount of accommodation available within 10 miles. This year it is only a very short walk from the parking field to the camping field. We think it is best to leave a tent up on the camping area throughout the weekend and you can change in it on your return. If you don't have a second tent, a rucksack can be left in the event marquee and we will provide labels. When you leave on Sunday, please adhere to the unofficial one way system and depart to the north.

**REGISTRATION** will be open from **16:00 - MIDNIGHT on Friday** but be closed between **22:00 and 22:30** for the marshals briefing. At registration you will receive your **TWO** Si-Cards and wriststrap, 2 LAMM 2010 car stickers and 2 small polybags for the Control Descriptions (which are not waterproof). Teams will receive a pair of foot shaped plastic bags, care of **Sidas**. The Information Desk will provide your Saturday start time, vouchers for laminated maps and allow you to register any **VERY LATE** team/course changes. Could doctors please collect a 'Barrier Tape Streamer' and attach it to your tent at the Event Centre and midcamp so that we can locate you in an emergency.

**SCOTT'S EVENT CATERING (inc. WILFS)** who attend orienteering events and mountain marathons all around the UK will be present to provide a variety of food for purchase on Friday evening from 16.00. This will include Soup, Pizza, Chilli in a bowl, baked potatoes, pasta bowl, a number of cakes and the usual brews. On Saturday morning, cereal and bacon rolls will be on the menu from 06:00. A free meal is provided to each competitor on Sunday at the end of the event. Visit [www.scottseventcatering.co.uk](http://www.scottseventcatering.co.uk).

## OVERPRINTED MAP

The LAMM map has control circles overprinted on it for the first time this year. From the grid references on your Control Descriptions, you will be able to identify the control circles for your course. For the Score Course, the values of the controls will also be printed on the Control Descriptions which you will receive as you start. Each team will receive 2 maps, approx. size (66cm x 77cm) which will be handed out on the way to the start. The map is at 1:40000 scale with a contour interval of 10m and is based on data from the relevant OS 1:50000 sheets. This year all the control circles will be pre-marked on the map. We are providing the option of laminated maps and we will ensure that you are given the correct type of map. For those who do not request laminated maps, **map bags will be available for purchase at registration**.

## START TIMES ON SATURDAY MORNING

Registration will be open from **06:00 - 09:00**. Assembly times will be from **07:00** for the B/C/D/Score courses and from **08:00** for the Elite/A. At the start enter the taped area corresponding to your course. You are advised to use the small plastic bags provided at registration to protect the description sheet, which is not waterproof. The description sheet will give a 6-figure grid reference for each checkpoint on your course, plus a written description and code to look for at the checkpoint. Except on the Score Course, all checkpoints must be visited in the order shown on the sheet.

## VISITING CONTROLS

Pairs must stay within visual and verbal contact of each other and **BOTH MEMBERS MUST VISIT EACH**

**CONTROL CARRYING THEIR EVENT RUCKSACK.** We are aware that in previous years, a few teams have cheated by leaving rucksacks on the way to an out and back checkpoint or one member descended to a control before climbing back up the hill to join a weaker partner. This year, each competitor will use an SI-Card. Each checkpoint will be marked with an orienteering-type orange and white nylon marker and a SPORTident station will be attached to it. This will usually be sited at ground level, weighted down with rocks. **Always check the 3-digit identification code on each SPORTident station to ensure that you have visited the correct one for your course.** You will not be penalised if you inadvertently dip your SI-Card at an extra control that is not on your course but you must dip your SI-Card at all the controls on any course other than Score, in the correct order. Ensure that the station is not upside down when you insert the SI Card. Any closing times will be marked against the relevant checkpoint description and you should not expect to find a checkpoint marker if you arrive after this time.

## THE MIDCAMP

This year, the midcamp is an unusual and fairly wild location with a limited number of grassy camping spots. Other ground is roughish tussock and if we have rain before the event, could be quite soggy underfoot. If you are in any doubt about the quality of your groundsheet, please consider bringing a thin plastic sheet to place under your tent.

- Any **A&E trained DOCTOR** should inform us on arrival at the midcamp so that we can hand you a streamer to attach to your tent
- **NO LITTER, CLOTHING OR EQUIPMENT WHATSOEVER** is to be left behind when you leave as it will be quite difficult for us to litter sweep every location used for a tent. Be vigilant. If your neighbour leaves litter, please mention it to them!
- You must use our toilets for all solid deposits. There will be a few portaloos and the usual slit trenches located a few hundred metres from the main camp area. There is to be no AI Fresco crapping anywhere within 2KM of the midcamp
- Take your water from the nearby stream - a 100M stretch above/below the footbridge. Please don't wash in it or pollute it in any way upstream. If you are in any doubt about water quality, you should boil or purify it.

## SUNDAY MORNING STARTS

The start regime for the Sunday morning will be flexible. Chasing Start times for the leading teams on Elite, A, B, C and D courses will be displayed near the results by **20:00** on Saturday. The Chasing Start will begin at **06:30** and will last for **90** minutes. If you are not on the Chasing Start list you may start anytime from **07:00** onwards until **08:00**. All teams in the Chasing Start should come to the midcamp results tent **after 20:00** to be given 4 race numbers which indicate your course and position. Each team member will wear the numbers pinned on the front and on the back of the rucksack. For these teams, Sunday will be all about head to head racing and far more of you than ever before will be able to experience the exhilaration (and pressure) of racing on Day 2 of a Mountain Marathon.

Teams that retire or are disqualified on Day 1 are very welcome to start Day 2 and we don't need to be informed about this. If your partner pulls out and you would like a new team mate to join you for Day 2, come to the Download Tent anytime from **06:00** and we'll try to help you form a new team. Teams will start from a taped area close to the mid-camp and those that are not in the Chasing Start will use their SI-Card to record their start time. Course description sheets will be issued in the taped area and competitors will receive description sheets just after they start. Any teams taking more than 9 hours to complete Day 1 or who need to leave the Event Centre early to connect with public transport may start from **06:30**. We hope that the slower teams will be drawn along and when the majority of teams catch up, they will help to motivate the slower teams. Also we hope that the range of finish times will be compressed.

On Sunday morning there is **NO Chasing Start** for the Score course and you may start at anytime from **06:30 - 08:00**. You will receive the description sheet for all Sunday controls which shows score values. Please don't all come at once as we would like there to be a small gap between each team. We suggest that the inexperienced teams who may overshoot the 6 hours, those who have a chance of winning a prize and those who are depending on our coach transport should start early. If you are likely to be a prize winner, please don't finish after **14:00!**

## PRIZEGIVING

This will take place by the Event Centre marquee at **14:15** and will last no more than **30 minutes**. Prizes will be awarded to the first 6 teams on each course, first mixed and first women's team in each class. A prize will be awarded to the veteran's team on each course with the best handicap results where the total age of the team is **90** or more on **Saturday 12th June**. On the linear courses, the adjusted time is calculated by

deducting 30 seconds per hour of running time for each year the combined age of the team **exceeds 90**. On the score course, the adjusted score is calculated by adding 1.5% to the score for each year the combined age of the team **exceeds 90**. There are also prizes for the teams with most LAMM appearances, also the best University team and team associated with the Outdoor Industry. The retail value of LAMM prizes this year is **£7,000**. We only provide one prize per person so that the prizes can trickle down to more teams.

### **SPECIAL ELITE PRIZE**

Anders Morell who organises the **BAMM - Bjorkliden Arctic MM** has very kindly offered a prize of a free entry for the **BAMM** on 20-21st August 2010. The prize will include transport from Kiruna Airport and accommodation/food at the Hotell Björklidens Fjällby the night before and after the event. The LAMM will share the cost of this prize and we will pay **£500** towards appropriate flights from a UK airport to Kiruna. Bjorkliden is located 200km (124 miles) north of the Arctic Circle just north of Sweden's Abisko National Park, almost on the border with Norway. It is possible to travel to or from the venue to the UK in one day. This is a great opportunity to take part in a Mountain Marathon in another wonderful location far from home and we're very grateful to Anders for his kind offer. However - here's the catch. This prize will not necessarily be offered to the winning Elite team. It will be offered to the best performing Elite team that remembers to confirm at LAMM Registration Information Desk that (barring exceptional circumstances) they will be able to take part in the BAMM. We will use the information from registration and your results to allocate this prize.

### **POT HUNTING!**

Prize-winners in previous years (other than Elite) are ineligible for prizes when competing on a course & category (unless veterans) where they have previously won a 1st or 2nd, Mixed or Ladies prize. We reserve the right to decide a team's eligibility for a prize where one team member who has previously won a prize pairs up with another previously unplaced member and they enter a lower course.

### **SUNDAY COURSES CLOSE AT 17:00. YOU MUST BE BACK BY THEN.**

### **A NOTE FROM OUR PLANNER**

A word of warning, with the map based on the OS 1:50,000, not all crags are marked accurately and many small streams are not marked, so be wary of using these features for fine navigation. Just remember it is not a purpose made orienteering map, but a map for travelling through mountains and gives you exactly the information you need for the LAMM.

### **LEADERS ON COURSES WILL HELP TO WRITE THE LAMM WEBCAST**

This year we will again pull out all the stops to keep those at home informed about the LAMM during the weekend. At the end of each day top teams on courses will be asked to step into a "room" or maybe a shed or a tent where we will have a few laptops setup. We would like them to write a paragraph or two about their experiences of the day. Please write whatever springs to mind and we think that this will help to make the reportage from the event come alive. **Jon Brooke** will be taking digital photographs out on the course and writing about the event as it unfolds. He will compile a section of the LAMM webcast that contains the competitor's stories of the day and pictures of each team. If any other team has the urge to tell the world about their day on the Scottish hills there will be space. Its a flexible arrangement so we'll just see what happens.....

### **THE LAMM WEBCAST**

We may be living in a technologically advanced age but the Scottish Highlands still present significant communications problems and this year it will be especially difficult to provide updates from the midcamp. However we will try to not disappoint. Those with access to the Internet on Friday night will be able to see something of significant interest from **18:00!** We aim to upload photographs and reports on Friday evening, Saturday morning by **10:30**, Saturday evening by **22:00**, Sunday morning by **10:00** and Sunday evening by **20:00**. We will also display the courses each day after the competitors have started and upload photographs of each of the prize winners. Results will also be displayed at the end of each day showing overall positions on each course and also split times between each checkpoint. **Andrew Leaney** from SPORTident UK will also be processing results and acting as our webmaster for the weekend.

### **PRIZE FOR THE BEST PHOTO**

After the event is over, we will offer 2 prizes of Lowe Alpine kit for best digital photographs taken by competitors while the event is in progress. The two categories are best photo of LAMMers in action and best scenic photo (which should also include a few competitors). The photos will be displayed on the website. **Please only send a maximum of 2 of your very best photos and no bigger than 0.8MB**. Email them to [andrew.leaney@sportident.co.uk](mailto:andrew.leaney@sportident.co.uk).

## DO YOU REQUIRE EXTRA LAMINATED MAPS?

Maps (2 per team) are 66cm x 77cm and will be handed out on the way to the start. If you have purchased laminated maps you will hand in your voucher (issued at registration) and receive a laminated map in exchange. **No voucher, no laminated map - so don't lose your voucher.** If we have not used up our entire allocation of laminated maps, extra vouchers will be available at registration on a first come, first served basis - **price £3 each.** For those whose maps are not laminated, map bags sized 60cm x 45cm will be available for purchase at registration. Plain maps are not waterproof so please ensure that you take a large enough map bag with you and if the weather is really bad we suggest that you save one map for use on the second day. After the event is over, any remaining LAMM 2010 maps will be available at the LAMM shop.

## SPORTident SI-Card

Each competitor will carry an SI-Card and both members must punch at each checkpoint. **Failure to punch by either team member at any checkpoint will lead to disqualification.** This is intended to ensure that in future all unmanned checkpoints are visited by both team members. Each team member must visit registration to either receive a hire SI-Card or to present their own card so that we can confirm the card number. To ensure fair play and that both team members visit each control, all SI-Cards will be attached loosely to your wrist using a tamper proof wrist strap. This will remain attached all weekend and will be cut off you either when you finish or if you retire. If you lose, break or take a hire card home with you the charge will be **£25.00.** We use these wristbands for non-orienteeing events of more than 2 hours duration. Also you will quickly get used to carrying the card on your wrist. Wrists do swell during exercise and providing you have attached the card loosely, you will hardly notice that you are wearing it overnight.

If a checkpoint station doesn't beep or flash, please record or memorise the 3 letter word written on the station and tell us at the finish.

## WHILE COMPETING

Please remember not to touch any deer calves, even if they appear to be distressed as the mother will often reject them if human scent is detected. Also try to avoid stepping on nests of baby grouse - the estates get annoyed. A number of rivers in this area soon become uncrossable after prolonged rain or even a heavy shower. If in doubt, move **UPSTREAM**, not **DOWNSTREAM** to cross and if moving downstream, ensure that if all else fails you can cross by a bridge. Carry all your rubbish back to the Event Centre on Sunday and be prepared to show it during a kit check.

## RETIREMENTS

Should you retire and return to the Event Centre during Saturday or early on Sunday, please place your hired electronic control cards in the labelled box in the marquee or leave a note if you own the SI-Card. At other times, please report to the finish. **THIS IS THE GOLDEN RULE AND MUST BE ADHERED TO WITHOUT EXCEPTION.** Failure to follow this procedure could result in the local Mountain Rescue team being called out. Any competitor doing so will be **blacklisted** for all future events. It is the responsibility of competitors to make their own way back to the Event Centre. The mid-camp will be at an isolated location and unless you have suffered a broken limb or other severe injury it is unlikely that we will be able to offer transport back to the Event Centre.

## ACCIDENTS

Use your whistle to summon assistance from other competitors. Put the casualty in a sleeping bag or tent while someone, preferably two people, go for help. Someone should stay with the casualty at all times, although if you cannot summon help you may have to leave them on their own. Make a careful note of the grid reference, nearby features, time and nature of injuries. Telephone the 24 hour emergency phone number shown on your Control Description sheet and ask for a suitable message to be passed to the Mountain Rescue Team.

Adders are quite active at this time of year; however it is extremely unlikely that anyone will be bitten. Should you be unlucky, it is not likely to be too serious. Immediately wash the bite to remove venom on the surface, dispel any notion of continuing competitively and rest with the relevant limb lowered below the heart for about half an hour. Bandage the limb above the bite just tightly enough so that the veins below bulge but pulses can still be felt. "Milking" the bite area to expel blood and plasma could be tried too. If you are not feeling too feverish or nauseous after this rest, proceed gently either to the mid-camp or to a road, whichever is the nearer. Seek medical advice as soon as possible.

## EMERGENCY TELEPHONE NUMBER

This is printed on the control descriptions and should only be used in extremis. Rescue facilities are only available to deal with potentially life-threatening situations. An emergency medical kit is available on Saturday

at the midcamp and on Sunday back at the Event Centre. Please carry some money with you in case you get stranded miles from the Event Centre.

## COMPULSORY TEAM KIT

- 2 person tent with a sewn-in ground sheet. Tents may be hooped bivi's but must have poles/hoops.
- Food for evening meal and breakfast, stove and means to produce hot food/drink
- First aid kit to include wound dressings (one large), triangular bandage, roller bandage & anti-inflammatory tablets/ointments (not compulsory).

## COMPULSORY INDIVIDUAL KIT

Each person must wear or carry a whistle, compass, map, pencil & paper, torch (not penlight) with spare bulb & 6 hours light. A torch with multiple LEDs is fine. A sleeping bag or Blizzard Pack, Survival Bag, waterproof gaiters with hood (**not a Pertex windproof**), overtrousers (these can be Pertex), hat & gloves, tracksters/thermal bottoms (lycra tights OK if weather forecast is good), thermal vest or similar, warm thicker top, hill food for each day with a small amount of emergency rations to remain at the end of day 2. Please carry some money with you (a note) in case you get stranded miles from the Event Centre.

A Goretex bivi bag may be used as a sleeping bag but not as a tent. The survival bag must be a bag rather than a blanket. An example of a specialist lightweight product is Adventure Medical Kits Heatsheets Emergency Bivvy (100gram).

Footwear must be lightweight boots, fell running or orienteering shoes - no flat-soled trainers permitted. Trail shoes may not be ideal for contouring but will be acceptable as long as the heel is not too high. The ideal shoe for most is a fell running shoe such as the Walsh PB, Inov-8, New Balance RX Terrain, The Felldancer or Adidas Swoop or Lightfoot.

Teams should be prepared for random kit checks on arrival at the midway camp and at the end of the event. You must

**FORBIDDEN KIT:** GPS, Satellite Navigation or mobile phone devices that show your current location either on a map or as a grid reference. Altimeters are allowed.

## MIDGES

The midges **WILL** be quite annoying if it is humid or still. We strongly recommend that you bring some insect repellent or a net.

**CAMPING IS AVAILABLE ON SUNDAY NIGHT** You are very welcome to camp at the Event Centre on Sunday night. A local hostelry will welcome your custom.

## COMPASS POINT FOR LAST MINUTE PURCHASES

Rick and Angela Houghton will have their mobile shop at the event. Telephone: **01253 795597** or email [rick@compasspoint-online.co.uk](mailto:rick@compasspoint-online.co.uk). Order online from [www.compasspoint-online.co.uk](http://www.compasspoint-online.co.uk).