

The La Sportiva Lake District Mountain Trial

Sunday 9th September 2018

Fell Running from Grasmere

Starting at 8.30 a.m.

Finishers returning from approximately 12.30 p.m.

SPONSORED BY



TRIAL ORGANISATION

The trial is organised by the Lake District Mountain Trial Association.

Our **Honorary Life Vice President** is John Nettleton.

COMMITTEE

Edwin Coope (**President**)

Tony Richardson (Chairman)

Miriam Rosen (General Secretary)

Geoff Clarke (Treasurer)

Dan & Karen Parker
(Course Controller)

Quentin Harding (Course Planner)

David & Miriam Rosen (Organisers)

Mike Hind

Tim Goffe (Marshals Coordinator)

Dave Fenwick

Wendy Dodds

VENUE and TRAVEL

Showfield, Grasmere, Cumbria. Grid Reference NY 340073 Nearest Postcode LA22 9SL GPS 54.456826,-3.019084. The entrance will be signed from Stock Lane, the road into the south end of Grasmere Village from the A591.

If you bring a dog with you, it must remain on a lead at all times.

Parking is in a flat field. **The parking marshals will collect £2 per car.** Please have the correct change ready.

THE 64th LAKE DISTRICT MOUNTAIN TRIAL

This year is the 64th running of the Lake District Mountain Trial. A **60 year supplement** to the **50 years running** booklet has been prepared by Edwin Coope and some copies will be available at the Trial at the bargain price of £3.

REGISTRATION

From 7.45 a.m. in the Pavilion in the parking field. On entry to registration, you can complete a **disclaimer form** for presentation at registration. (Alternatively, you can download the form in advance and bring it along).

Information to be included on the form will be name, race number, car registration, emergency contact number and names of travelling companions. On presentation of the completed and signed form you will collect your competition number (which must be worn at all times) and an E-card with wrist strap if you are not using your own. **Remember to bring your own E-card if you gave us the number with your entry.**

Start times and race numbers are published at
https://www.sientries.co.uk/list.php?event_id=4568

Please note that on the day, the only change possible will be to switch from the Long or Medium to the Short Course for a £5 fee and subject to the availability of maps.

ELECTRONIC TIMING AND PUNCHING SYSTEM

The Sportident Electronic punching system will be used, to record your times at each control and at the finish. You must use it at the finish even if you retire. The electronic card is a small plastic device with an identification number, which is carried on the wrist strap provided. These cards cost £30 each and we have hired them for the day. **If you lose or damage your hire card, we will have to charge you £30.** If you are unfamiliar with the use of Electronic punching, a control box will be on display at registration, with instructions, so that you can familiarise yourself with the system.

The information from the E-cards will prove that you have been to each control but it will also provide us with split times at each control. Ensure that the control box 'beeps' and the LED flashes when you 'dib', otherwise you will be recorded as not visiting that control. The control boxes are not programmed in "beacon mode"; if you have a SIAC you will need to put it in the hole to record a punch.

If you lose your E-card you will be disqualified.

RACE MAP

At the map issue point you will be given a Harvey's map produced specially for the event. It covers the entire competition area. The scale is *1:40,000* with 15 metre contour intervals for Classic and Medium courses, scale *1:25,000* with 15 metre contour intervals for the

Short course. The map is made of Pretex, which is waterproof but is not completely indestructible. **This year we have again laminated the map which should protect it and ensure that there is no danger of the print rubbing off.** The map will have your course and any relevant out-of-bounds areas pre-marked in purple.

RACE SAFETY

The Trial will be run under FRA Safety Requirements for Fell Races. Should the weather on the hills be of such severity as to endanger competitors or to prevent marshals from carrying out race checking procedures efficiently, the courses will be either shortened or abandoned. Bad weather alternative courses are shown on the map and descriptions. Competitors will be informed before the start if the bad weather courses are to be used.

You must carry the race map, a waterproof cagoule with hood, waterproof over-trousers, gloves, separate hat, compass, whistle and E-card. Your waterproofs must have taped seams. *You are strongly advised to carry with you other body cover appropriate for the prevailing and forecast weather conditions. A fell-tops weather forecast for the day will be displayed at registration. Bring plenty of spare clothing with you – if the weather is bad you may be required to carry additional kit.* **You must also carry sufficient food for a day out in the hills.** Your kit will be checked before the start and should your kit not match the requirements, you will need to resolve this before your start. You may be asked by a race marshal at any point on the course, or at the finish, to confirm that you still carry the required kit.

- 'Sufficient food' is different for each person, but this means that you should have some food remaining at the finish.

Ticks and Lyme disease

There are some infected ticks in the Lake District.

If you find a tick on your person, (check armpits, groin and waistband areas) remove it as soon as possible, as the risk of infection from an infected tick attached for 24 hours or less is very low.

However, any subsequent reddening of the area around the tick bite or development of flu-like symptoms should indicate a visit to the doctor, who will normally prescribe antibiotics.

Emergency phone number

The emergency phone number is **01539 435463**. The number is printed on the map. It is the telephone in the pavilion that we are using as Race HQ. You might want to add it into your mobile phone (if you are carrying one) before you set off.

START

You need to be at the pre-start, which is in the car park field, 10 minutes before your start time for a kit and food check. You will be called up to the starting boxes 3 minutes before

your allocated start time. You will be required to clear your E-card by dishing it in a "clear" box. You will start at the time listed in the start list. After a short distance you will cross a major road. After crossing you will punch a start box. Your timing only starts at that point so there is no need to rush across the road. A marked route will lead 1 km from the start to the map issue point. You will be responsible for picking up the correct map for your course.

COURSE LENGTHS AND CLIMB

Classic 26.5 km 2150 m (16.5 miles 7100 feet)

Medium 19.6 km 1700 m (12.2 miles 5600 feet)

Short 16.3 km 1250 m (10.1 miles 4100 feet)

Distances are as the crow flies, climb approximate. Distances include the run-out to the map issue.

ON THE COURSE

The course is marked in purple on the map with the following symbols accurately centred: a triangle for the map issue point; a numbered circle for each control and two concentric circles for the finish. To make the course easier to read, the map issue triangle and control circles are joined in order by straight lines (that do not constrain choice of route). A joining line is broken if there is a choice of going left or right of an out-of-bounds area. Course symbols and lines may also be broken to avoid obscuring important map detail.

A control description sheet is printed on the map giving a brief description of each control point and control closing times.

You must visit each control on your course in the correct order. The marked route from the last control towards the finish is indicated on the map by a dashed purple line.

Competitors must follow any instructions from race officials. Please observe any flagged routes encountered on your course and respect the land you are passing through. An area that must not be crossed is hatched in purple on the map. A thick solid purple line without hatching indicates a wall or fence that must not be crossed and any crossing points are indicated with a)(symbol. Purple Xs along a road mean that it should not be used (unless retiring). To preserve good relations with landowners and tenants, you are requested to honour out-of-bounds restrictions; infringements will cause disqualification. Do not climb walls. Please report any damage to a race official.

Some but not all controls will be manned. At each control site there will be an orange and white orienteering marker and an SI control box.

Competitors must respect the countryside code by keeping to rights of way through intake land at all times.

Courses will cross a road later in the course. The crossing will be timed-out so you punch a control on each side. Any time between the controls (maximum two

minutes) will be subtracted from your overall time. Take great care as the road might be quite busy.

The use of a GPS/mobile phone is not allowed and any competitor using one will be disqualified. You may carry a GPS tracking device purely for the purpose of recording your route for post-race analysis and a phone may be carried for emergency use.

You must not accept sustenance on route. If you do, even from a marshal, you will be disqualified.

Please close any gates that you open and bring back food wrapping (even organic such as banana skins).

PAIRS

Pairs must stay together at all times (within talking distance) and both must punch each control.

RETIREMENTS

Competitors who are retiring must report to the finish and download their E-card. **On each course there will be one or more controls where you will be expected to retire if you arrive later than the time indicated on the control description list.** Should you find yourself in the wrong valley, the Organiser is unable to provide a taxi service.

PHOTOGRAPHS

The LDMTA would be grateful to receive any high quality digital photographs of runners on any of the three courses, for the website.

FINISH

From the last control there is a taped run to the finish. After punching at the finish control box, proceed quickly to the **download station which will be in the pavilion where you registered** and return your loaned E-card. You will receive a print out of your split times. There will be a hot meal and a hot drink served just outside. Please show your race number as your meal ticket.

FACILITIES

- **First Aid** – Derek Allison will be providing First Aid cover.
- **Toilets and showers** in the pavilion.
- **Pete Bland Sports** will have their van in the field for any last-minute kit purchases. If you want to pre-order, drop them an email via their website, www.peteblandsports.co.uk or give them a call on 01539 731012.

PRIZE-GIVING

Prizes will be presented at about 4.30 pm.

The prizes for all courses will be **Pete Bland Vouchers**. Each individual is eligible for only one prize (with the exception of team prizes), so veterans will be given the highest value prize for which they are eligible. There will be prizes for the first three teams on the Classic course and first women's team on the Medium. Please note that team prizes will only be awarded in accordance with the first team affiliation declared on entry.

Classic

1st-10th

V50 1st-4th, V60 1st-2nd, Women 1st-4th, FV50 1st

LDMTA 1st, YHA 1st, Teams 1st-3rd

Trophies: 1st Overall, 1st Woman, 1st V40 (Frank Davis Trophy), 1st V50 (Chris Brasher Trophy)

Harry Griffin Mountaineer, Mike Wilkinson Outward Bound Trophy, 1st Team

Medium

1st-2nd

Women 1st-5th, FV50 1st-3rd, FV60 1st-2nd

V50 1st-2nd, V60 1st

LDMTA 1st, YHA 1st

Trophies: 1st Woman, Outward Bound Trophy (Woman)

Short

1st-2nd

Women 1st-2nd

1st Under 21

V60 1st-3rd, V70 1st-3rd

FV50 1st-3rd, FV60 1st-2nd, FV70 1st

Pairs 1st-3rd

LDMTA 1st, YHA 1st

Trophies: 1st U21 (Harry Chapman Trophy)

Two pairs of **La Sportiva** running shoes will be awarded, one for the Classic and one for the Medium.

RESULTS

Results will be shown in the pavilion and will be available on the Sportident website www.sportident.co.uk or via www.ldmta.org.uk. Certificates will not be issued.

We will again be putting the map and results onto **RouteGadget**. There will be a link from the Sportident website. RouteGadget allows you to plot your route onto the map and compare it with your competitors.

If you feel that there is an error which affects the results, you should contact the organiser and request that the error be corrected. If, after consideration, the organiser feels that there is no error then you have the right to submit a protest which will be considered by a 3-person jury.

TROPHIES

Please return all trophies, cleaned and engraved, to Registration on the day.

ACCOMMODATION

There is the option of basic camping for competitors at the showfield. The only facilities are toilets, showers and water. Cost £5 per person (tents) or £13 per campervan which we will collect and pass onto the Showfield. Further accommodation possibilities can be found in Grasmere, Ambleside and Keswick.

QUESTIONS RELATING TO ENTRIES

David Rosen Tel 07870 653321 (e-mail to dandmrosen@btopenworld.com)

ACKNOWLEDGEMENTS

The LDMTA is sure that the competitors will want to join us in thanking our sponsors and those who give their time and energy to make the Mountain Trial the special event it is:

- La Sportiva for substantial financial support for the Trial.
- The Youth Hostel Association for donating prizes.
- Freda Chapman and family for donating a trophy and prize
- SPORTident UK
- George Gale and the Grasmere Sports Committee
- Podium Catering
- The National Trust, Lowther Estate, United Utilities, Deepdale Hall
- Manchester Scouts Raynet Group (Communications) for monitoring the progress and safety of all competitors.
- Pete Bland Sports
- Derek Allison

Thanks to those many friends who come back year after year to provide their unconditional help in many roles, and without whom the trial could not be held.

The LDMTA AGM

The AGM will be held on Friday 30th November 2018 at Wilf's Cafe, Staveley There will be an illustrated talk by mountaineer Simon Yates.

The AGM will start at 6.30 followed by a buffet at 7.15 and the talk at 8.00.

Attendance at the talk is free but there will be a charge of £9-00 for a buffet meal. Tickets for the meal will be on sale at the Trial and after that can be obtained from Tony Richardson richardsonkendal@talktalk.net

Become a member of the LDMTA for £5 per year.

Joining the Lake District Mountain Trial Association is a means of supporting the organisation. Purchase your membership at the LDMTA table at registration/download.

HISTORY OF THE MOUNTAIN TRIAL

The Lake District Mountain Trial was started in 1952 by the Lakeland Regional Group of the Youth Hostels Association as part of their twenty-first anniversary celebrations.

The first Trial started in Langdale, the runners ascending Bowfell, Esk Pike and Scafell Pike in turn and then descending by the corridor route to Styhead. From Styhead the route went up Great Gable, with the return route to Langdale by way of Rossett Gill. Later Trials took a different fixed course, but this was known in advance by the runners. The distance was normally about 18 miles and competitors were started at intervals. Most competitors wore heavy footwear. A women's race was also organised in 1953 and 1954, the route going up Rossett Gill to Esk Pike, over Bowfell and down the Band.

In 1956 the Lancashire Evening Post sponsored the event and a new organising committee was formed by the late A H Griffin. Representatives were drawn from mountain rescue teams, the Outward Bound Schools, mountaineering clubs and the Youth Hostels Association. The objective was 'to encourage among fell walkers and mountaineers the highest possible standard of safe and fast traverse of difficult mountain country'. The course was lengthened and the rule that competitors had to be members of the YHA no longer applied. A radical change in the event was made by keeping the course secret. The competitors were given an Ordnance Survey National Grid Reference for the first control. The other control references were revealed as they made their way around the course. In later events the competitors were started at intervals and given the grid references for the whole course a little way after the start. In 2003 maps were issued already pre-marked with the course. The Lake District Mountain Trial became the first event in England to be run regularly on orienteering principles, a decade before the sport became firmly established in this country.

The Trial is now organised by the Lake District Mountain Trial Association which was formed in 1965. Membership of the Association is open to everybody who has an interest in the event. The Trial has grown from fewer than 50 competitors in the late Fifties to the present numbers. The women's event was revived in 1978 as a separate race. The severity of the event demands that all competitors are required to have the experience to cope with poor conditions. On some occasions the weather has been extremely severe but has been abandoned only once in 2013. It was shortened for safety in 1978, 2004 and 2011. The race was cancelled in 2008 because the parking and assembly field was unusable.

In 2011 the courses were renamed to Classic, Medium, Short; each open to both men and

women.

The principal sponsor, La Sportiva, is committed to ensuring that the Trial retains its unique and traditional character among the Lake District fell events. The Association is committed to ensuring that the Mountain Trial will continue the tradition of a friendly event; never easy, sometimes desperate, with top fell runners and mountaineers finding it a sufficient test of stamina and skill for completion of the course to be reward enough. The more persistent are able to collect a special certificate for men completing 21 events (Classic Trial) or women completing 15 events (Medium or Classic Trial).

Nature of the Trial

The Trial is an annual event held at different venues in the Lake District in mid-September. It is considered to be one of the major events in the fell-runner's calendar. The Classic and Medium courses will be severe tests of route choice, navigational skill and stamina in difficult mountain country. The Classic route will cover a maximum of 20 miles and the ascent and descent of about 8000 ft. The Medium route will be shorter (about two-thirds of the Classic distance). The Short Trial caters principally for novices over 18 years old and veterans over 50. The course is about 10 miles in length with about 3500 ft of ascent and descent. In 2016, the option to compete as a pair was introduced for Short Trial. Owing to the severity of these courses, applicants are vetted for fell-running and navigational experience and there is a minimum age of 18. Because of mountain safety requirements, no substitution of entries can be allowed after the start list is finalised. There is a limit on the total running time for each course. Entrants are seeded and given start times appropriate to their perceived ability.

Competitors will start in groups at one minute intervals from 8.30 a.m. and at that time will have no knowledge of the route. After following a flagged route for a few minutes they receive a pre-marked map and details of the controls, which must be visited in the order given. The competitors' fitness and map-reading skill then decide how long it is before they reappear at the finish, or whether they reappear in a different valley!

PREVIOUS WINNERS & VENUES

YEAR	MEN	WOMEN	MEN'S TEAM	WOMEN'S TEAM	VENUE
1952	R Moore				Old Dungeon Ghyll Hotel, Langdale
1953	R Moore	J Allsebrook	Leyland Motors		Old Dungeon Ghyll Hotel, Langdale
1954	J Hand	H Myers	Carlisle Holiday F ship		Old Dungeon Ghyll Hotel, Langdale
1955	J Hand		Border Harriers		Honister Hause
1956	J Hand	J Buckley	Border Harriers		Seathwaite in Borrowdale
1957	R Shaw		Border Harriers		Old Dungeon Ghyll Hotel, Langdale
1958	J Hand		Clayton-le-Moors		Old Dungeon Ghyll Hotel, Langdale
1959	E W Dance		Clayton-le-Moors		Old Dungeon Ghyll Hotel, Langdale
1960	J D Oliver		Clayton-le-Moors		Wasdale Head
1961	G Brass		Preston Harriers		Wasdale Head
1962	G Brass		<i>No team finished</i>		Ullswater Hotel, Glenridding
1963	P Hall		Barrow AC		Old Dungeon Ghyll Hotel, Langdale
1964	P Hall		Barrow AC		Greenside Youth Hostel, Glenridding
1965	M P Davies		Barrow AC		Travellers Rest Inn, Grasmere
1966	J Naylor		Kendal AC		Woolpack Inn, Eskdale

1967	M P Davies		Southern Navigators		Howtown Hotel, Ullswater
1968	C R Fitt		Pendle Forest Orients		Old Dungeon Ghyll Hotel, Langdale
1969	J Naylor		Kendal AC		Wasdale Head
1970	M P Davies		Kendal AC		Kirkstone Pass Inn
1971	J Naylor		Kendal AC		Kings Head Hotel, Thirlspot
1972	J Naylor		Kendal AC		Woolpack Inn, Eskdale
1973	J Naylor		Kendal AC		Travellers Rest Inn, Grasmere
1974	J Naylor		Kendal AC		Coledale Hotel, Braithwaite
1975	J Naylor		Kendal AC		Newfield Inn, Seathwaite Dunnerdale
1976	J Naylor		Kendal AC		New Dungeon Ghyll Hotel, Langdale
1977	J Naylor		Kendal AC		Sykeside Farm, Brotherswater
1978	W Bland	R Coates	Borrowdale FR		Gatescarth Farm, Buttermere
1979	J Naylor	R Coates	Kendal AC		Low Becks Farm, Mungrisdale
1980	W Bland	R Coates	Keswick AC		Stonethwaite, Borrowdale
1981	M Hudson	S Parkin	Keswick AC		Hartrigg Farm, Kentmere
1982	W Bland	R Coates	Keswick AC		Steel End Farm, Thirlmere
1983	M Hudson	V Mason	Keswick AC		Coniston Village Institute
1984	W Bland	V Thornton	Keswick AC		Glencoynne Farm, Ullswater
1985	W Bland	S Parkin	Keswick AC		Dalegarth, Eskdale
1986	W Bland	J Smith	Keswick AC		Braithwaite
1987	W Bland	S Parkin	Keswick AC		Travellers Rest, Grasmere
1988	M Fanning	S Haines	Keswick AC		Hartsop
1989	M Rigby	H Diamantides	Clayton-le-Moors		Wasdale Head
1990	W Bland	S Parkin	Clayton-le-Moors	Lakeland OC	Seathwaite, Dunnerdale
1991	W Bland	C McNeill	Kendal AC	Ordnance Survey	West Head Farm, Thirlmere
1992	G Bland	S Parkin	Borrowdale FR	Keswick AC	Seatoller, Borrowdale
1993	G Bland	S Parkin	Borrowdale FR	Ambleside AC	Threlkeld
1994	G Bland	J Cory-Wright	Borrowdale FR	Ambleside AC	Buttermere Village
1995	J Davies	E Moody	Kendal AC	Ambleside AC	Hartrigg Farm, Kentmere
1996	P Clark	A Brand-Barker	Kendal AC	WCOC	Stool End Farm, Langdale
1997	M Seddon	A Brand-Barker	Kendal AC		Coniston Village Institute
1998	M Rigby	N Lavery	Borrowdale FR	Ambleside AC	Wasdale Head
1999	G Bland	S Parkin	Borrowdale FR		Grasmere
2000	P Clark	S Parkin	Kendal AC	Rucksack Club	Duddon Valley
2001	No Trial – Foot and Mouth Disease				
2002	B Bolland	A Brand-Barker	Kendal AC	Rucksack Club	Buttermere Youth Hoste
2003	M Hayman	E Cowell	Borrowdale FR	Dark Peak FR	Fell Foot, Little Langdale
2004	G Bland	N Davies	Borrowdale FR	Borrowdale FR	Thirlspot
2005	I Powell	P Whitehouse	Westbury Harriers	Dorking & Mole Valley	Tilberthwaite, Coniston
2006	J Bland	A Brand-Barker	Borrowdale FR	Keswick AC	Seathwaite, Borrowdale
2007	J Davis	K Nash	Borrowdale FR	Ambleside AC	Hartsop, Patterdale
2008	No Trial – Field unusable				
2009	S Birkinshaw	H Whitaker	Dark Peak Fell Runners	Dark Peak Fell Runners	Eskdale Youth Hostel
2010	Rhys Findlay-Robinson	Kate Cooper	Borrowdale Fell Runners	South Ribble OC	Kentmere
2011	Tom Brunt	Helene Whitaker/Wendy Dodds	Dark Peak Fell Runners	Clayton-le-Moors	Mungrisdale
2012	Rhys Findlay-Robinson	Catherine Evans/Tessa Hill	Dark Peak Fell Runners	South Ribble OC	Stair, Newlands Valley
2013	No Trial – Cancelled due to severe weather				
2014	Hector Haines	Jasmin Paris/Kirsty Bryan-Jones	Dark Peak Fell Runners	Ambleside AC	Patterdale
2015	Rhys Findlay-	Nicky Spinks/	Dark Peak Fell Runners	No team	Longthwaite, Borrowdale

	Robinson	Kirsty Bryan-Jones			
2016	Neil Talbott	Mary Gillie/ Charlotte Watson	Dark Peak Fell Runners	No team	Newfield Inn, Seathwaite, Duddon Valley
2017	Race stopped due to severe weather	Chloe Haines			Gatesgarth Farm, Buttermere

SPONSORS



Starting out in the 1920's making footwear for the farming community in the Italian Dolomites, La Sportiva quickly became a trusted name worldwide for their technical mountaineering, skimo and climbing footwear.

Fast forward to today and La Sportiva are now the brand of choice for both trail and fell running. With a comprehensive collection available including the critically acclaimed Anakonda featuring a deep studded sole with a rock-guard insert in the forefoot and a 4mm drop in a superlight package weighing only 540g per pair.

La Sportiva which today maintains its rightful place at the summit in the world of Mountain Running®, technical climbing, ski mountaineering and mountaineering footwear. We are delighted to be the key sponsor of the prestigious Lake District Mountain Trial, an event steeped in history, commanding a huge respect in the world of fell running.

Scan this code with your device to learn more about La Sportiva mountain running shoes

