

THE 34th CHEVIOTS CHALLENGE – RULES

Saturday 5th September 2015

Our 34th Cheviots Challenge will take place on Saturday 5th September 2015 and will start and finish at Alwinton. This event is designed as a personal challenge and is not a competition. It is a demanding event requiring personal fitness, navigational skills and the ability to endure up to 12 hours 'in the field', hence the recommended equipment.

There is a choice of route: The 'Terry Lynn' long route is about 22 miles and over 4000 feet of climbing. The 'Eileen Lynn' short route is about 16 miles and over 2500 feet of climbing. On the day of the event you will receive a route card and a photocopy map giving details of the route.

YOU WILL REQUIRE: O/S OUTDOOR LEISURE MAP 16 OR LANDRANGER MAP 80

Checkpoints on the route must be visited before the closing time shown on the route card. Manned checkpoints can provide first aid; one or more will provide refreshments. Participants completing the event between 0800hrs and 2000hrs will be awarded, upon production of a completed route card, a certificate and souvenir.

RULES

The safe and successful running of the event depends upon you following the simple rules detailed below.

A. GENERAL

1. You will be provided with a route card which **MUST** be punched at each checkpoint.
 2. You **MUST** follow the route given to you - we do not have permission to use any other.
 3. If you elect to withdraw during the event, you **MUST** hand your route card to an official. (If you doubt your ability to complete the event, please remember some checkpoints are remote and a long way from the start).
 4. Persons under the age 18 years **MUST** be accompanied by a parent or guardian. This event is considered unsuitable for persons under 14 years of age.
 5. Officials will recommend withdrawal to anyone they consider unfit to continue or unlikely to complete the route in the time allowed.
 6. Please follow the Country Code.
 7. **NO DOGS ALLOWED**
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B. EQUIPMENT

An 'Equipment Check List' must be completed before the event.

As a minimum all persons will use or carry with them:

1. Strong footwear, either walking boots or fell-running shoes with sole suitable for travel over rough terrain.
2. Waterproof top and trousers.
3. An exposure (bivi) bag.
4. Reserve food (dried fruit, chocolate, mint cake, glucose tablets etc.) and a hot drink in a vacuum flask.
5. Spare fleece/sweater or similar warm garment.
6. A functioning torch (six flashes in an emergency, repeated every minute).
7. A whistle (six blasts in an emergency, repeated every minute).
8. A simple first aid kit (including adhesive dressings and crepe bandage).*
9. A compass (Silva or equivalent).*

* Persons travelling in groups may share these items on the understanding that the group does not split up. The above is a recommended minimum and the organisers will accept no responsibility for persons failing to comply with these recommendations. Interpretation of the above rests with the organisers.

C. TIMES

1. The event starts at 0800hrs. You may start anytime between 0800hrs and 0900hrs.
 2. You must reach the checkpoints before their closing times.
 3. Registration will begin at 0700hrs and you should report at least **10 MINUTES** before you intend to start.
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Camping will be available at Alwinton, contact the Rose & Thistle Inn

The organisers reserve the right to modify or cancel the event should a search and rescue operation become necessary. Half of the entry fee will be returned if cancellation occurs.

These rules are necessary in the interests of your safety. Please come along and have a hard, but enjoyable day in the Cheviot Hills.