

Please photocopy these details for your friends if required – also present on www.lamm.co.uk

EVENT DETAILS

LOWE ALPINE MOUNTAIN MARATHON

SCOTTISH HIGHLANDS

19th/20th JUNE 2004

A Two-Day Competition for Pairs with Overnight Campsite

Location is 4½ Hrs Drive North of Glasgow/Edinburgh, 1½ Hrs Drive from Inverness!

Please bring these details to the event and know Your Team Number at Registration

The LAMM has taken place at **Arrochar 1994, Isle of Mull 1995, Lochaber 1996, Isle of Jura 97, Ardgour 98, Black Mount 99, Glen Shiel 2000, Loch Laggan 2001, Braes of Balquhidder 2002 and last year at Spittal O' Glenshee**. For all of us these events have provided unique challenges and unforgettable experiences. This year our event will as usual take place in a remote, high mountain region of the Scottish Highlands. It is a two-day mountain orienteering competition with an overnight camp at a remote location. Teams run in pairs and carry lightweight camping equipment, clothes and food to sustain themselves for 36 hours. You can choose from six courses ranging from Elite to Novice depending on your ability and fitness. The aim is to visit each of the checkpoints on your course and the times for both days are aggregated to find a winner.

The many landowners and local people have already been most helpful during the early planning stages. Our event has a reputation for providing the competitors with novel surprises and as usual we ask you to expect the unexpected. We would prefer teams only to apply if they are sure that they will feel able to enter into the spirit of the event.

OBTAINING PRECISE DETAILS OF THE LOCATION - At the request of the estates concerned and also to keep you guessing, further information about the location will **NOT** be provided until **14:00hrs on Thursday 17th June**. There will then be two ways to obtain details of the location:

Those with Internet access should look on web site www.lamm.co.uk where details will remain until after the event. It will be best to visit the LAMM website, which will tell you far more than is possible in a brief message.

If you are still living in the technological Dark Ages, please telephone Lowe Alpine between **18.00hrs on Thursday 17th June -> 08.00hrs on Friday 18th June** to hear a brief recorded message. You will see the phone number in the Final Details that will appear on the website in early June. This message will be removed at 08.00hrs on Friday 18th June and no further assistance can then be provided. Please do not jam Lowe Alpine's switchboard during normal business hours on Friday 18th June with questions about the event - they will not be able to assist you.

If you expect to be en route to the area or on holiday in Scotland before the Thursday evening, it may be best to arrange to telephone a friend who has retrieved the information you require - we will not be able to assist you with any more clues.

Should you become aware of the location by accident, we are relying on you to keep it to yourself and under no circumstances to spoil the surprise for others by 'spouting off'. **Anyone found to be passing on this information will have their entry fee returned and is barred from future events.**

From the experience of previous years, we expect the event to fill quickly. The format of the competition itself will be fairly straightforward for those with experience of 2-day Mountain Marathons and we hope to keep the organisation informal and friendly. The emphasis will be on good courses and the quality of the race itself.

Our course planner this year is **Angela Mudge**, top Scottish mountain runner and our controller is **Ken Daly**, experienced planner of major orienteering events. Both are based in Edinburgh.

We hope to provide you with a weekend of racing and adventure at the connoisseurs Mountain Marathon.

Martin Stone	<i>Event Organiser</i>	Debbie Thompson	<i>Entries Administration</i>
Angela Mudge	<i>Planner</i>	Ken Daly	<i>Controller</i>

RECEIVING EMAIL UPDATES AND OBTAINING INFORMATION FROM THE WEB SITE: Our event was the first UK Mountain Marathon to make use of a website in 1998. More than 2500 of you have already subscribed to the Staminade Events email mailing list to receive regular news updates about important issues and so that we can tell you when you need to take another look at the website. If you haven't already subscribed, it is important that you visit www.lamm.co.uk and subscribe to the list. If your first attempt to register is not successful, please try again.

Those who do not have access to the Internet will be sent confirmation of your entry and your team number a few weeks before the event. If you do not hear from us immediately, assume you are entered.

BRIEF DETAILS OF THE WEEKEND & EVENT FORMAT

ARRIVING ON FRIDAY: Yellow LAMM signs will direct you to the parking area. The car park will not open until **15:00**, so please do not come to the venue by vehicle until then. Wherever possible please share transport with another team, as parking space is especially limited this year. Parking will be adjacent to the camping field where the Event Centre is located and those who arrive earliest will park furthest away. There will be no car key deposit so please keep your keys with you. We cannot accept responsibility for any loss or damage, should an unfortunate incident occur. Do not arrive at the parking area after **MIDNIGHT**, as it will be closed to avoid disruption to local people and other competitors. This means passing Glasgow/Edinburgh by about **19:30**. If you cannot make this closing time, you should camp en route and drive the final hour on the Saturday morning.

REGISTRATION will be open from **16:00 – MIDNIGHT** on the Friday but will be closed from **22:00 – 22:45** for the marshals briefing. At registration you will receive your SI-Card and wriststrap, 2 small polybags for the Control Descriptions (which are not waterproof), a pair of foot shaped plastic bags care of Sidas and the 2004 LAMM car sticker. The Information Desk will provide your Saturday start time, the relevant vouchers for laminated or unlaminated maps and allow you to register team/course changes.

ACCOMMODATION ON FRIDAY NIGHT - There is quite a lot of convenient B&B accommodation available within a few miles of the Event Centre. Details of the accommodation will be visible on the website when the location of the LAMM goes live at www.lamm.co.uk on Thursday 17th June by 14:00hrs. We have arranged with the owners of the accommodation for their details to be removed from our site as soon as their accommodation is full.

ARRIVING ON SATURDAY MORNING: We think that you will enjoy the ambience of the event more if you are able to arrive on Friday. However, if this is not possible, the parking area and registration will be open on Saturday morning from **06:00 – 09:15**. You should arrive at registration ready to start. If you are registering on Friday and heading off to find accommodation or not arriving to register until Saturday morning most of you will be given start times nearer to **09:15**.

USE OUR TRANSPORT FROM GLASGOW OR INVERNESS: We are organising optional transport on Friday evening, which will carry you directly to the Event Centre with the option to return on Sunday. If in due course you wish to book on one of the coaches, complete the online booking form by **12th JUNE LATEST** so that we can schedule the coaches to meet your requirements. Details of those who have booked will be displayed on the website and precise details of the arrangement will be displayed there by **14th June**. Coach 'managers' will try to ensure that connections are kept with late-running trains, coaches and flights, so long as we are made aware that people are arriving on them.

Inverness: We would thoroughly recommend booking flights or trains to Inverness as it is much more local to the event than Glasgow. Transport will be provided at about **17:30** from the airport and **18:00** at the railway station. If there is demand we will also provide transport to meet later flights arriving between **20:00 – 21:45** and any additional arrivals by train at **22:00**. On Sunday, the transport to Inverness will leave the Event Centre at **14:00** and is only intended to connect with flights leaving from **17:10** onwards. En route it will call at Inverness railway station approx. **16:00** so please don't book onward transport before **16:15**.

Glasgow: Do not confuse Glasgow Airport with Prestwick Airport, which is 1 hour to the SW of Glasgow. There will be one coach from Glasgow. In view of the distance to the venue, the transport on Friday will leave Glasgow Buchanan Bus Station at **18:30** and Glasgow Airport at **19:00**. Please don't make bookings on trains/buses that get to Glasgow later than **18:15** or planes that get to Glasgow Airport later than **18:30**. On Sunday, our coach to Glasgow will leave the Event Centre at **14:00** and is only intended to connect with flights leaving Glasgow Airport after **19:30**. Transport will then call at Glasgow railway station and Buchanan Bus Station. Please don't book onward transport from the centre of Glasgow before **19:30**.

FLY DRIVE: The deals available at the moment from the budget airlines are truly fantastic. We have a special page on the website devoted to helping those who arrive early on the Friday by plane to be put in touch with others who might like to share a hire car rather than wait for our coach transport.

Useful online booking websites: www.easyjet.com www.go-airlines.co.uk www.flybmi.com www.ryanair.co.uk www.britishairways.com

HOT TIP - CARRY YOUR PACKED EVENT SACKS AS HAND LUGGAGE. A few years ago, Sabena Airline mislaid the hold luggage of a pair from Holland. They turned up at the event without any kit and were unable to participate - a disaster for them and a lesson to be learned. Even on domestic flights you should now carry your passport or some other form of photo identification.

GAS CANISTERS: You cannot carry these canisters on an aircraft. Please contact Compass Point so that they can bring the right type of gas canister to the event for you. See details of the shop below.

MANAGE A COACH: If you live in the **Glasgow or Inverness area** and in return for free transport would be prepared to 'manage' a coach, please contact martin@lamm.co.uk.

SPORTident TIMING, the premier electronic system for recording times at checkpoints, will be used. This year you may use your own SI Card to save a £2 hire charge. It is possible to purchase an SI-Card by visiting the online shop at www.sportident.co.uk. These cards can be used at many types of event. If you are using your own card at the event, you must present this card at registration to confirm that the SI Card number you logged on your entry form is correct. Those who need to hire an SI-Card will receive it at registration. If you have chosen to hire a card, it will be attached loosely to your wrist using a tamper proof wrist strap. This will remain attached all weekend and 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 **£18.00**. This is one reason why we are now using these wristbands for non-orienteeing events of more than 2 hours duration. 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.

CALLING ALL DOCTORS: We realise that it would be nice to get away from the 'day job', however it would reassure us to be able to identify a few doctors at the mid-camp who we can call on in case of emergency. If you don't mind the imposition, please make yourself known at registration and we'll give you a length of barrier tape to attach to your tent at the midcamp.

MERCHANDISE: 18" x 24" map bags, fine waterproof map pens, midge repellent, Blizzard Packs, videos of the Jura 1997 LAMM, the handbook "Mountain Navigation For Runners" by Martin Bagness and maps from previous events. Additional maps from LAMM 2004 may also be purchased at the end of the event. We still have a number of LAMM2002 Tees (£5) and LAMM2003 Dryflo tees (£14) available from the online shop at www.lamm.co.uk.

LAMM TEE SHIRT: This year we will offer another a special edition tee shirt bearing the LAMM 2004 logo. It will be **Lowe Alpine's Dry Zone T-Shirt**, the most technological garment ever offered at a LAMM with special zones woven into the fabric to allow moisture to escape. Even with the LAMM logo printed on it, this T-shirt will be available at little more than 50% of the RRP. The garments can be purchased during the weekend in the marquee and should these sell out, a mail order list will be compiled and items despatched by the end of July. They can also be ordered after the event from the online LAMM Shop.

COMPASS POINT SHOP: The mobile shop will be present at the event to provide an opportunity for any urgent last minute purchases before the event and replacement of trashed gear afterwards. Contact Rick Houghton at rick@compasspoint-online.co.uk or telephone **01253 795597** to ensure that the shop can bring whatever you will need. If you are flying to the event, contact the shop to ensure that Rick brings enough of the right type to the event. You can also order online from www.compasspoint-online.co.uk.

WILFS OUTDOOR CATERING who attend orienteeing events and mountain marathons all around the UK will be present to provide a variety of food for purchase on Friday evening from about 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. A free meal is provided to each competitor on Sunday at the end of the event. Visit www.wilfs-café.co.uk.

DAY 1 START times will be allocated at registration. Allow **10 minutes** to reach the assembly point. Day 1 assembly times are between **07.15 - 09.15**. 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. The checkpoints must be visited in the order shown on the sheet.

THE MAP: Each team will receive 2 maps, sized (72cm x 62cm) 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 we are providing the option of laminated maps and we will ensure that you are given the correct type of map. For those whose maps are not laminated, **map bags will be available for purchase at registration**.

CHECKPOINTS: Pairs must stay within visual and verbal contact of each other and **BOTH MEMBERS MUST VISIT EACH CONTROL**. We are aware that in previous years, a few teams have cheated where one member was descending to a control before climbing back up the hill to join a weaker partner. This will not be tolerated and some checkpoints will be manned by volunteers who will ask you for your team number. Each checkpoint will be marked with an orienteeing-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 your course 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 six figure grid references you will be given represent the bottom left corner of a 100m square. The exact location could be anywhere within the 100m square and the description should enable you to locate the checkpoint precisely. Due to the steepness of the ground, some checkpoints will be described as being, for example, 'on the 540m map contour'. This is to enable you to locate the precise point on the map and it may not always accurately reflect the height you are seeing on your wrist altimeter (should you be lucky enough to have one)!

OVERNIGHT CAMP: Please adhere to signs and protect the water source by washing downstream of the drinking water collection area. **No rubbish is to be discarded on the hills or at the mid-camp. ALL rubbish MUST be carried out and taken back to the Event Centre with you on Sunday afternoon.** Spot checks will be made at the finish.

Results will be displayed at the camp site. Those finishing within 55 minutes of the leader on each course will take part in a chasing start on day 2. Day 2 start times for Chasing Starters will be displayed on the results board when a reasonable number of teams have completed Day 1. The teams in the first 15 positions overnight in each class from Elite - D should come to the midcamp results tent after **20:00** to be given 2 race numbers marked 1 – 15 respectively. One member of each of these teams will wear the numbers which will be pinned on the front and on the back of the rucksack. This scheme was introduced with great success in 2003.

DAY 2 START: The start regime for the Sunday morning will be flexible, as in 2003. There will be a chasing start for the leading teams, which will begin at **06:00**. This will carry on until **06:55** and the majority of the teams will start from **07:00** onwards at any time of their choosing until **07:30**.

Teams that retire or are disqualified on Day 1 are very welcome to start Day 2. Teams will start from a taped area close to the mid-camp and all will use their Si-Card to record their start time. Course description sheets will be issued in the taped area. Competitors will receive description sheets just after they start. Any teams taking more than 9 hours to complete Day 1 **or who are concerned that they will miss the coach at 14:00** will be given the opportunity of starting at any time from **06:00** onwards. We hope that this will help to draw the slower teams 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.

DAY 2 FINISH - THE EVENT CENTRE: Random kit checks will be made and rubbish generated during the weekend must be displayed. A free meal will be served to all competitors by Wilf's Outdoor Catering. The prize giving will take place nearby at **13.30**.

DAY 2 COURSE CLOSING TIME: All teams must be back by **16.00** on Sunday whether or not they have completed their course. You are very welcome to stay on and camp at the Event Centre on Sunday night. The local hotel will welcome your custom.

PRIZES will be awarded to the first 6 teams on each course, first mixed and first women's team in each class. A handicap prize will be awarded to the first veteran's team where the total age of the team is **90** or more on **Saturday 19th June 2004**. The handicap is based on an allowance of 1 minute per hour of running time for every 2 years of age increment over 90 years.

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.

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.

HIND CALVING, CROSSING FENCES & RIVERS: The event takes place during the hind calving period. Should you discover a newly born calf that is apparently alone and in distress, please give it a wide berth and under **NO CIRCUMSTANCES TOUCH IT**. On her return, the mother is likely to reject the calf after detecting human scent. No deer fence is to be crossed except at a specified crossing point and stock fences should either be straddled or crossed at strainers. 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.

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 for about half an hour with the relevant limb elevated. 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.

CHOOSING YOUR COURSE:

ELITE:	Fastest running time about 12 hours	Age limit - 18	56KM
A:	Fastest running time about 11 hours	Age limit - 18	52KM
B:	Fastest running time about 10 hours	Age limit - 18	48KM
C:	Fastest running time about 9 hours	Age limit - 18	43KM
D:	Fastest running time about 8 hours, walking time 11 hours	Age limit - 16*	37KM
NOVICE:	Fastest walking time about 8 hours	Age limit - 16*	30KM

(*One team member must be over 18. A letter giving parental consent must accompany the entry form)

These distances are only approximate but we will endeavour to ensure that the fastest time is achievable given good weather. Please do not be misled if you feel the distances are short. These are **straight lines** drawn between the controls; the terrain is mountainous even by Mountain Marathon standards with plenty of climbing. Day 1 will take significantly longer than day 2 and the courses will combine relatively fast high-level routes with lower level sections, which demand more technical navigation.

Here are the LAMM 1999 and 2003 course statistics. The 2001 event was slightly shortened because we felt that competitors would be less fit than usual due to access restrictions caused by Foot & Mouth disease.

	Black Mount 1999		Spittal O' Glenshee 2003	
	Distance – KM	Ascent/Descent	Distance – KM	Ascent/Descent
Elite	55.1	3210	70.8	4110
A	51.2	2670	56.6	3100
B	47.9	2490	51.6	3080
C	40.4	2380	43.2	2210
D	36.3	1840	36.3	1710
NOVICE	27.9	1350	35.9	1670

NOTES ON VETTING: All entries will be vetted for suitable experience and each team must be able to navigate in the hills. **Elite** entries must have completed an Elite or A course at a recent mountain marathon, **A** entries an A or B course. Alternatively they should have achieved a fast time in a long fell navigation race or similar event. Other impressive achievements will be considered! These courses could involve some scrambling.

B and C entrants must have completed a course at a recent mountain marathon or long fell navigation race or alternatively have significant experience of mountaineering or long days moving quickly in the hills. The **D** course is intended for those with limited mountain marathon experience, but who are very strong walkers or steady runners. These courses will also cross steep, rough mountain terrain and require excellent navigation skills.

We are providing a **NOVICE** course again this year but it is intended to be non-competitive and no prizes will be awarded. It is only suitable for those who have limited or no experience of Mountain Marathons and it may be necessary to provide relatively direct courses to and from the midcamp.

All entrants should feel capable of completing the E, A and B courses within 150% of the winner's time, while the C and D courses should be completed within 180% of the winner's time. Speed and fitness are important factors in mountain safety. Please do not enter this event merely with the aim of finishing a course regardless of the time taken.

IT IS ESPECIALLY IMPORTANT TO CHOOSE A SENSIBLE COURSE IF YOU INTEND TO USE THE COACH! If we assume you are in the Sunday mass start at **07:00**, the transport to Glasgow/Inverness will leave the Event Centre approximately 7 hours later. (But see the information about Day 2 Starts)

PLEASE READ THIS WARNING: This year you will be tackling some very challenging mountain terrain and the daily distances will reflect this. It will not however be as severe as Glen Shiel 2000. If you are not both competent and confident when moving across steep, rough mountain terrain, you will inevitably be spending longer on the hills than you anticipated. In view of this, please make a realistic assessment of your capabilities and ensure that you are tackling a course which best reflects your mountain skills. Please be prepared for the worst possible conditions as the competition area is very isolated and these hills are exposed to serious weather. Bear in mind that you are very much on your own once you have started. Although the organisers will ensure that the event is as safe as possible, your safety is ultimately your own personal responsibility, just as it is with any trip into the hills. Consider training for this event by running on mountain terrain where possible and by practising fine map reading and compass skills.

TRAINING COURSES for those who wish to improve their mountain marathon skills will take place in the Lake District on seven weekends this year. Joe Faulkner who is an outdoor professional and qualified mountain/canoe instructor will lead them. For more details and a booking form visit www.bamptonpo.com, email faulknerjoe@hotmail.com, or contact Joe at 3 Larch Close, Penrith, Cumbria, CA11 8UH Telephone: 01768 895 293 / mobile 07764 532 758

COMPULSORY KIT: Each team must carry a tent with ground sheet, 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).

Each person must wear or carry a whistle, compass, map, pencil & paper, torch (not penlight) with spare bulb (or second LED) & 6 hours light - Petzl Tikka and similar are fine, sleeping bag, survival bag (not space blanket), waterproof cagoule 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.

A Goretex bivvy bag may be used as a sleeping bag but not as a tent. The Blizzard Pack is an acceptable alternative to a sleeping bag. 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.

Please carry some money with you (a note) in case you get stranded miles from the Event Centre.

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

WATER SUPPLY: If you feel there is any risk that the water you may drink en route or at the campsites is not pure enough, you should consider using suitable water purification tablets. This would be more significant after a period of unusually dry weather. All water consumed during the weekend is at your own risk. Midge repellent and sunscreen should also be considered.

FORBIDDEN KIT: GPS and any Satellite Navigation device such as Magellan and Garmin - altimeters are allowed.

ENTRY LIMIT & WAITING LIST: Teams will generally be accepted on a first come basis. We will however guarantee entry to teams on the Elite and A courses, teams entering from abroad and those who have helped the event in a significant way.

CHANGE OF PARTNER OR COURSE: Should it be necessary to make a change, please do NOT telephone us. You can make your team changes online until **Tuesday 15th June**. After this date, inform us of changes at registration information desk.

WITHDRAWING AN ENTRY: Should the team be unable to participate (even at the eleventh hour), please write to the entries address (see below) and your request to withdraw will be acknowledged. If we receive your notification of withdrawal by letter, franked with a postmark no later than **29th May**, at the address shown below, the team will qualify for a refund of **£44** plus any coach booking fee and this will be paid by cheque before the end of July. No refunds will be made in any other circumstances.

SHARING CAR HIRE FROM AIRPORTS: If you wish us to help you find another pair arriving on the same flight so that you can hire a car together please visit the "**Share Car Hire**" page at www.lamm.co.uk.

LIFTS REQUIRED/OFFERED: Last year we were able to solve a number of transport 'crises' by publishing details of those offering lifts on our website. If you have a particular travel problem and have been unable to find a solution visit the "**Lifts to the Event**" page at www.lamm.co.uk if you are either a donor or a hopeful recipient.

LOOKING FOR A PARTNER? The web site worked wonders for a few 'desperate' competitors last year. At least 10 partnerships were forged through the site and some teams were very successful. If you lose a partner or are looking for a partner visit the "**Partner Needed?**" page at www.lamm.co.uk.

CAN YOU HELP?: If you are thinking of coming to the event but are not competing and would be able to commit yourself from Friday afternoon onwards to help with parking, registration, the starts, finishes, midcamp or on the hill, please contact **MARTIN STONE** as shown below no later than **1st June**.

ADMINISTRATION ADDRESS: For all correspondence, EMAIL: entries@lamm.co.uk, FAX 01931 714107, write to Martin Stone, Lowe Alpine MM, Sleagill Head Farm, SLEAGILL, PENRITH CA10 3HD or in the last resort telephone 0870 766 1792.