

LAMM 2018 – PUTTING YOU IN THE PICTURE

Released 28/05/2018 – including details of Saturday late afternoon bus to Stornoway

You can read the [Event Details](#) elsewhere. This is a **REALLY IMPORTANT** document that we ask you to read carefully, focusing on the topics that are relevant to your own circumstances. The better you understand the logistics of the event, the easier it is for us and the less marshals we need to make it run smoothly. The LAMM will bring the largest influx of folk that the village of Tarbert has ever seen and our event will be the largest sporting event to ever take place in the Hebrides. The Outer Hebrides is already a very, very popular holiday destination at this time of year and it is difficult to imagine how busy Tarbert will be on Saturday night. But it should be great fun.

Thank you for providing so much information about your plans. It has been really helpful as we try to make the event as seamless as possible. Once you have read this, you will know almost as much as I do about the event.

WATER AT THE MIDCAMP – PURIFICATION

We are concerned that the closest stream to the midcamp could be drying up in this extended period of fantastic weather. There are 2 other options but depending on where you pitch your tent there could be a 400M walk. If you are not intending to boil water prior to drinking it you should consider the use of purification tablets.

PARTNER NEEDED & CAR SHARE?

If you are looking for a [partner](#), offering or looking for a [lift or car share](#), please visit these pages. They really work.

LAMM TEES

Take a look at the [LAMM 2018 tee shirt design](#). We have ordered 100 more tees because we like it so much. There is still time to order a tee for **£12 and save £4**. After the event is over, you will be able to visit the LAMM Tee shirt page and order tee shirts for **ONE** more week.

WHETTING YOUR APPETITE

My colleague and friend Andrew Leaney now lives on Harris in the shadow of Clisham and he will be providing our SPORTident Timing and Results Service. He loves his photography and if you visit his website <http://www.siar.photography>, you will get taste of what lies ahead. Fantastic photographs.

ALL PROCEEDS FROM THE EVENT ARE BEING DONATED

The event will make a donation of **£3,000** to Sir E Scott School which is hosting the finish of the event and **Wilfs** post event meal. This money will be used to fund the annual activities week for the school that takes place at the end of term. On Thursday and Saturday evening you will be able to drop in to socialise with your mates and drink a pint or two of **Skye Ale** - the microbrewery at Uig is the closest to the event. Each pint you purchase will raise at least **£2.50** for **Hebrides Rescue Team** and **Arrochar MRT**.

In 1988 I won the first Rock n Run MM Elite (which later became the LAMM) with Ken Taylor. About 8 years ago, Ken had his stomach removed due to cancer and is now winning V70 fell races – hard as nails. Stan Bradshaw, my Elite KIMM partner from 1984-86 is battling Pancreatic Cancer and my uncle has recently been ‘cured’ of Pancreatic Cancer. Our friend and event photographer Jon Brooke, who is now fit and healthy, spent 2 years recovering from acute myeloid leukaemia. With these sobering thoughts in mind, all the money remaining from the 2018 event when the bills have been paid will be donated to **cancer research**.

THURSDAY

FOOT PASSENGER TICKETS BOOKED THROUGH SIENTRIES

There is no need to print a ticket as you will collect your tickets from the special LAMM ticket desk in each ferry terminal where you will see our marshal sporting a bright yellow bib. Only **ONE** member of each team needs to collect the tickets. Each passenger needs to hand in a **Passenger Registration/Boarding Card** to Calmac for each journey. To make this easier could the person who made the entry please [PRINT THIS A4 FORM](#) and complete 2 slips (out and back) for each person and chop it into 4 slips before you come to the event. No signature is required. Passenger check in closes 30 minutes before a ferry departs.

YOU MUST NOT LOSE YOUR FERRY TICKETS AS REPLACEMENTS WILL NEED TO BE PURCHASED.

If you have booked tickets online directly with Calmac, you should print your own tickets or collect them from any Calmac Ticket Office.

FOOT PASSENGERS PARKING & TRAVELLING FROM UIG

If you arrive by vehicle at the Ferry Terminal you will meet a LAMM marshal on the road from **07:30 onwards** who will ask if you are camping on the Uig campsite on Saturday night or just need to park your vehicle. You can drop off passengers and kit before you are directed to the relevant place to park. Folk can collect tickets while partners are parking cars.

Uig is a small village with very limited parking. Please arrive at least **75 MINUTES** before your sailing as we will be directing a number of vehicles to a parking area at the [Totscore Road Maintenance Depot](#) which is on the east side of the A855, approx. **2KM** from the Ferry Terminal. You should see yellow signs en route at road junctions and a marshal will meet you at the car park. As you walk back you will come across a marked path that cuts off a huge hairpin.

If you have decided to camp at Uig on Saturday night, our marshal will direct you immediately to the campsite where you will leave your car for the weekend. As previously discussed, the cost is **£15** for the car + **£7.50** per person camping. Please have the **correct cash** ready as the campsite wants to be paid before you jump on the ferry. There is still capacity for a few more teams to camp, even if you didn't notify us until now. Please keep on [EDITING YOUR ENTRY](#) if you change your plans.

When you arrive at Tarbert, it is a 10 minute walk to the camping field just beyond the school. Use our [Tarbert map](#) to orientate yourself.

EVENING FERRY FROM UIG – VERY IMPORTANT

There are **200** of you travelling on the evening ferry from Uig and we are expecting a **DR Macleod** curtain side lorry to be located on the quay at Uig so you can load your big rucksack onto the lorry. You won't see your rucksack again until you reach the coach park by the camping field, a 10 minute walk from Tarbert Ferry Terminal! It is **REALLY IMPORTANT** that when you arrive at Uig you have a daysack packed ready to take on the ferry as hand luggage. **KEEP YOUR MONEY AND FERRY TICKETS WITH YOU!** When the ferry arrives at Tarbert, some of you will be routed from the ferry to register at the Community Hall (100M from the terminal) immediately you disembark. The reason for this is to spread the load at the Community Hall. When you have registered, eaten, had a pint and listened to some music you can walk to the camping area, retrieve your rucksack from the lorry and camp. **IF YOU ARE USING YOUR OWN SI-CARD FOR THE EVENT, YOU MUST HAVE IT WITH YOU WHEN YOU REGISTER.** This means that you must have your own SI-Card in your daysack.

If you are very tight for time for the evening ferry, please phone our LAMM Marshal Charmian Heaton on **07749 844212** and she'll see what can be done. If you miss the evening ferry this is very bad news and will prove very expensive if you are determined to get to Harris. I have a Doomsday option to send a rib from Tarbert to fetch you but this will cost **£400** and most of it will need to be shared between you. Phone me on **07836 384853** if you miss the evening boat.

FOOT PASSENGERS PARKING & TRAVELLING FROM ULLAPOOL

The main car park in Ullapool is the [Latheron](#). On entering Ullapool from the Inverness direction, carry straight on along the sea front towards the harbour. On reaching the harbour, turn right up Quay Street following signs for free

parking, then third left. The [Latheron](#) car park is then straight on. Please do not park long term in the Tesco store car park, which has strict time limits. Ullapool is exceptionally busy at the time of writing. Please allow plenty of time for the journey, and to make sure that you can find a parking space. On street parking is possible as a last resort. Please be considerate of local residents if you need to use this option and look out for parking restrictions.

Our marshal Paul Driver will be in the upstairs Departure Lounge, identified by a yellow bib, from **09:00 – 10:00** and from **15:00 – 17:00**. If you are very tight for time for the evening ferry, please phone Paul on **07840 396550** and he'll see what can be done. If you miss the evening ferry it will be a painful experience but not a complete disaster! There is an undocumented freight only ferry departure at **03:00** on Friday morning and you should be able to persuade the Powers That Be to let you travel on the boat. When you get to Stornoway at about **05:30**, telephone STS Taxis **01851 704444** and take a taxi a few miles to Lochs Motor Transport Limited, Cameron Terrace, Leurpost Lochs, HS2 9PE. You can travel down to Tarbert on a LAMM coach leaving there to support the LAMM at about **06:15**. It won't be the ideal start to the event but it is a solution!

ARRIVING AT STORNOWAY AIRPORT

You can't travel on our coaches unless you have made a booking by [EDITING YOUR ENTRY](#).

- **12:30** - First coach will collect all those arriving by **12:10**. The coach will then call at the Ferry Terminal and leave there for Tarbert at approx. **13:20**
- **17:20** - Will collect all those arriving between **14:45 – 17:00**. The coach will then call at the Bus Station (next to the Ferry terminal) at approx **17:40**. For those of you arriving by **15:00**, I recommend that you team up with others arriving on the same flight and take a taxi into Stornoway as there are no convenient service buses from the airport to the centre of town. If there is no taxi outside the airport, telephone STS Taxis **01851 704444**. You can then get on our coach at the Bus Station at **17:40**. If the coach doesn't arrive on time, please be patient as the coach may be delayed a few minutes at the airport, awaiting a late arriving flight.
- **19:40** - Our final coach will collect all those arriving at the airport between **18:10 – 19:10**. The coach will then travel directly to Tarbert.

ARRIVING AT STORNOWAY BY FERRY

LAMM coaches will meet each ferry. If you arrive at **13:00** and the coach isn't waiting for you, please be patient as the coach may be delayed a few minutes at the airport, awaiting a late arriving flight. You can't travel with us unless you have made a booking by [EDITING YOUR ENTRY](#).

CAMPING ON THE PLAYING FIELD AT TARBERT

Coaches from Stornoway will drop passengers at the school coach park adjacent to the camping field. The field is cosy for 240 small tents. Please don't try to pitch a monster! Our marshals will show you a place to pitch and there is about 4.5M x 4.5M available for each tent. Marshals will point out fire extinguishers in both diagonal corners of the field and in the centre. Arrochar MRT will be camped in the corner closest to the road and they will have one extinguisher. They are also your first point of contact if there is a medical incident overnight.

Portaloos are sited along one edge of the field and water is available from 2 taps on the side of the school buildings. You may not enter school buildings on Thursday or Friday as these are normal school days. You may leave a tent erected on the field throughout the event. The LAMM finishes on Saturday in a corner of the camping field. If you only have one tent with you, re-erect it on the field after the event when space won't be so scarce as many teams will be leaving on the evening ferry to Uig.

If you are not leaving a tent erected on the field, you can leave a big rucksack with our marshals at the school building end of the playing field near the water taps. These rucksacks will be moved into the school sports hall during the event. If the baggage isn't easy to identify, **Baggage tags will be available at Registration.**

ON THE ISLAND WITH A VEHICLE?

The number of vehicles being brought to Harris has surprised us and about 100 vehicles need to be accommodated in Tarbert. The Community Hall is next to the village car park, which will be chock-a-block with vehicles. From 17:00 onwards we have permission for vehicles to temporarily park on the Harris Distillery car park (only 200M from the Community Hall) but they **MUST NOT** stay there overnight as the distillery is open to hundreds of visitors on Friday and Saturday.

Camper vans may be parked on Wednesday (from 18:00) and Thursday night at the [Tarbert Showground](#) which is 1.5KM east of the centre of the village on the LHS of the road to Scalpay. Please park efficiently as other vehicles will be joining you on Friday morning. This is hardstanding only and there is a water tap but **NO** toilet facilities. The gate to the Showground will be unlocked for you from Wednesday (18:00).

If you have a car on the island and you need to camp before/after the event, we would prefer you to not camp on the school field but would like you to use the very nice campsite site at **Horgabost**, about 10 miles south of Tarbert.

COMMUNITY HALL – REGISTRATION, FOOD, MUSIC, BEER

The Community Hall is in the centre of the village, about 50m from the Ferry Terminal and a **10** minute walk from the camping field once you have pitched your tent. All those who are camping must register on Thursday. **Wilfs** are coming all the way from Cumbria to serve their usual food on Thursday from **midday to midnight** and breakfast early on Friday morning from **06:00**. See the menu [here](#). There will be live music by local players and a bar serving Skye Ale, raising thousands of pounds for Hebrides and Arrochar Mountain Rescue teams.

If you are using your own SI-Card, be sure to bring it to Registration so we can check the number. If you forget to bring it to the event, you will need to hire one for the weekend. Friday Assembly Times will be issued at Registration. Teams that expect to move slowly and Elite teams should ask for an early Assembly Time.

We will also issue you with the meal tickets for Saturday night that you have paid for. **WHATEVER HAPPENS - DON'T LOSE YOUR SATURDAY EVENING FOOD TICKETS**. We can't provide replacements.

FRIDAY

PARKING VEHICLES

We would like all who park vehicles on the Showground on Thursday night to leave their vehicles on the Showground for the duration of the event until Saturday afternoon. We will be able to park some **small** vehicles near to the school but because so many are bringing vehicles to the island, there isn't space for all vehicles. Drivers of vehicles that arrive later and motorhomes will be asked to park at the [Tarbert Showground](#) which is 1.5KM east of the centre of the village on the LHS of the road to Scalpay. Marshals will be there to ensure that vehicles are parked efficiently.

The Scalpay Community Minibus will provide a shuttle service from **06:30 – 09:00**, calling at the Community Hall if you wish to get some breakfast from **Wilfs** and also at the Assembly Area by the camping field.

If you are leaving a vehicle at the Showground, we advise you to bring an additional small holdall with a change of clothing for after the event. You can leave the holdall with our marshals at the school building end of the playing field near the water taps. It will be moved into the school sports hall during the event.

BREAKFAST IN THE COMMUNITY HALL & LATE REGISTRATION

If you are camping on the field, allow yourself enough time to walk 10 minutes each way to the Community Hall for a Wilfs Breakfast. If you are arriving by vehicle, late registration is also possible at the Community Hall on the morning of the event.

START ASSEMBLY OUTSIDE CAMPING FIELD

I'm not going to keep it a secret this year – there will be (some) coaches. Please don't join the queue for a coach until **10 minutes** before your Assembly Time otherwise we'll be trying to manage the queue from hell. Coaches leave from the coach park adjacent to the field and the time on your Start Card is the time your coach leaves.

Now refer to the [Event Details](#) which cover all aspects of the competition

SATURDAY

FINISH ON SATURDAY AFTERNOON

Rucksacks and holdalls deposited on Friday morning will be in the School Sports Hall. There are limited changing rooms and showers adjacent to the hall/canteen. Wilfs will serve the post event meal in the canteen. Those who only have one tent can re-pitch it on the camping field if staying overnight. Prize giving will be at **16:00**. Courses close at **17:00** and you must be back by then. The school buildings close at **18:00**.

The Scalpay Community Minibus will do shuttle runs back to the showground from **15:00 – 17:30**.

COACH TO STORNOWAY

For those who have booked the coach to Stornoway, it will leave at **17:15** from the school coach park, adjacent to the camping field and drop you off at Stornoway Bus Station

PARKING ON SATURDAY EVENING IN TARBERT

The village car park will be even more chock-a-block than on Thursday. From **17:00** (when the distillery closes) you can move your vehicles onto the Distillery Car Park and if you have a camper van, your vehicle can stay there overnight as the distillery is closed on Sunday.

ENJOYING AN EVENING IN TARBERT

All pre-bookable meals in Tarbert have now been sold and we have made arrangements with all the food providers in the locality to gear up and support the LAMM. Please read the [LAMMers Gastronomic Guide to Tarbert](#). You will have been issued with your meal ticket at Registration. Take good care of your meal ticket because if you lose your ticket, you forfeit your food.

Even if you aren't eating in the Community Hall, please drop in for some craic with your mates and support mountain rescue by drinking a pint or two of **Skye Ale**. There will also be live music in the hall by a local 3 piece ceilidh band from **19:30 – 22:30**. These guys are top notch and play all over the UK.

SATURDAY EVENING MEALS IN THE COMMUNITY HALL & HARRIS DISTILLERY

I have made a bit of an error and sold 60 too many meals in the Community Hall! When you come to collect your meal ticket for the Community Hall at registration we will be doing our best to persuade 60 of you to trade up and spend an extra £3 for a meal in the Harris Distillery served from 18:00 - 20:00. A hearty bowl of seafood chowder along with fresh bread and a Harris Gin & Tonic. You can sit in or takeaway (although those with a G&T will have to drink that on the premises!). They have a patio area outside the cafe.

TAKING THE EVENING FERRY TO UIG AT 21:10

There are **200** of you travelling on the Saturday evening ferry as foot passengers from Tarbert to Uig. We are expecting a **DR Macleod** curtain side lorry to be located next to the camping field from **16:00 – 20:00** so you can load your big rucksack onto the lorry. You won't see your rucksack again until you disembark at Uig! This will make it much easier and more relaxing to wander round the village and avoid the need to stack hundreds of rucksacks outside hostelrys. It is **REALLY IMPORTANT** that you have a daysack packed for your evening in Tarbert and to take on the ferry as hand luggage. **KEEP YOUR MONEY, EVENING MEAL TICKETS AND YOUR FERRY TICKETS WITH YOU!**

Those of you who are eating in the Community Hall or the Distillery will be given meal tickets that allow you to get your meal between **18:00 – 20:00**. If you are eating in the Harris Hotel, I suggest you go there not long after **18:00**.

If you are foot passengers it is likely that we will create a queue that tapers back into the village car park. You **MUST** have your ferry ticket handy and also your completed [Passenger Registration/Boarding Card](#) so that loading is as swift as possible. A delayed ferry may result in you trying to identify your rucksacks in the dark as they are unloaded from the lorry at Uig.

FOOT PASSENGERS ARRIVING AT UIG

We are arranging for a local minibus to do shuttle runs taking **ONLY THE DRIVER** back to the Totscore Road Maintenance Depot. The minibus will be parked outside the Calmac Terminal building. Please be patient as it could

require 2 or 3 shuttles. While the drivers are being taken back to their cars, team partners can be retrieving rucksacks from the lorry and then wait to be collected.

Please don't drive far on Saturday night – you will have completed Day 2 of the LAMM, you will have celebrated in Tarbert and then taken the ferry to Uig. There will not be enough left in the tank to stay awake much longer. When you have retrieved your car, you could try the Uig campsite and see if there is still space.

For those camping at Uig, the Pier Bar is within 100M of the campsite and is open until **00:30**. Once you have pitched your tent, you can drop in for a final pint to finish off the weekend in style.

SUNDAY

COACHES LEAVING FOR STORNOWAY

Sunday is a day of rest on the islands and the camping field is surrounded by houses. All the more reason for being as quiet as church mice as you dismantle tents at **05:30** in the morning. Coaches will leave from the school coach park, adjacent to the camping field. If you are camping at Tarbert, please bring a snack for an early Sunday breakfast as you won't find any shops or cafes open. Coach times are as follows:

- **06:00** – To Stornoway Ferry Terminal for **08:00** boat and then the Airport for the **09:30** flights
- **09:45** – To the Airport connecting with flights leaving until **12:00** and then Stornoway Centre
- **12:45** - To the Airport connecting with all remaining flights and then to Stornoway Ferry Terminal for the **15:00** boat. If your flight is late afternoon, I suggest you spend a few hours in Stornoway then get a taxi to the airport. Remember that Sunday is special on the islands and you are unlikely to see any taxis cruising the town, so telephone **STS Taxis 01851 704444**.

LATE BREAKFAST ON SUNDAY AT HARRIS HOTEL

If you aren't rushing off on the early coaches to Stornoway, you can get a bacon rolls and 2 cups of tea/coffee in the Harris Hotel between **10:00 – 10:30** for **£5**. If this is of interest, please [EDIT MY ENTRY](#) and you'll find this option at the top of the form! This will help the hotel to have enough bacon available and you pay on the day.