



**Big Black Mountains Challenge,  
Longtown Mountain Rescue Team,  
P.O. Box 120, Abergavenny.  
NP7 7WU**

### **Event Information**

Thank you for your interest in the 34th year of our Big Black Mountains Challenge 2019. To enter please go to the online registration system.

As in previous years, you can choose between three possible routes:

- A route (approximately 50 km)
- B route (approximately 32 km)
- C route (approximately 17 km)

The three routes cover up to 15 summits of over 660m in the breath taking scenery of the Black Mountains in the Brecon Beacons National Park. You will need good navigation and hill skills to meet this challenge. It has all the characteristics of a mountain expedition, crossing peaks and valleys; walkers describing themselves as 'fit' take an average of 12 hours to complete the A route.

### **CONDITIONS OF ENTRY – PLEASE READ CAREFULLY**

1. The start and finish for all routes will be at Llanthony Priory car park (Grid Reference: 289277, Map 161). Route directions and position of compulsory checkpoints issued during registration. Participants must pass through registration at the start and finish of the event, even if they retire early.
2. Please see above for registration and start times.
3. Note – THERE IS NO MANDATORY KIT CHECK

It is the participant's responsibility to carry appropriate hill walking equipment for the day.

4. Groups should carry one map/compass between 4 people, in case larger groups decide to split enroute.

This kit should include:

- **Map Outdoor Leisure 13** (1:25,000) Brecon Beacons East – (recommended) or Sheet 161 (1:50,000) Abergavenny and the Black Mountains. Compass - Protractor type.
- **Torch**, including spare battery and bulbs.
- **Whistle, waterproofs, additional warm clothing** (hat, gloves, spare jumper/jacket).
- **Food and Drink** including emergency rations e.g. chocolate bars.
- **Personal First Aid Kit** (Pain Relief, Plasters for blisters, etc)
- A light polythene **survival bag** is essential.

5. Entrants over 18 years of age may "solo" the routes. Those between 16 and 18 years of age must walk in groups of two or more, and those aged under 16 years must be accompanied by an adult, who should be an experienced hill walker.
6. Marshalls at checkpoints may advise participants to use a different or shorter route depending on the weather, time of day or physical condition of individuals. Please ensure that you and any members of your groups follow these recommendations as this is done for your safety.
7. All participants are requested to abide by the Country Code and keep to paths where they exist.
9. All money raised will be used to finance equipment and running costs of Longtown Mountain Rescue Team. Please forward sponsorship money to the address below by 1st August, 2019.
10. Please note in the interests of safety and for insurance purposes, places are non-transferable. We also cannot offer refunds.
11. Timings shown will be strictly adhered to for safety reasons. Start times for each route:

	Route A	Route B	Route C
Registration from	0700	0730	0730
Earliest start time	0700	0730	0730
Latest start time	0830	0900	0930

ON YOUR ARRIVAL AT THE EVENT, PLEASE PROCEED TO THE REGISTRATION AREA AT THE APPROPRIATE TIME FOR YOUR ROUTE, WHERE YOU WILL BE GIVEN YOUR ENTRY NUMBER AND CHECKPOINT CARD. Checkpoint details will be provided prior to leaving the registration area.

Details of the route will be available on our web site, [www.longtownmrt.org.uk](http://www.longtownmrt.org.uk) A sponsor form also available on our web site which you may find useful. You will also find us on the 'Just Giving' website - [www.justgiving.com](http://www.justgiving.com), which may make collecting sponsorship easier for you.

IN THE INTERESTS OF SAFETY AND TO PROTECT THE UNIQUE  
ENVIRONMENT OF THE BLACK MOUNTAINS THERE WILL BE NO ENTRY ON THE  
DAY

**Persons enter at their own risk. The organisers and marshals will accept no liability for injury, death or loss/damage to vehicles and personal effects, however caused.**

For further information contact: [bbmc@longtownmrt.org.uk](mailto:bbmc@longtownmrt.org.uk)

The address for all correspondence and for any sponsorship raised is:

Big Black Mountains Challenge, Longtown Mountain Rescue Team, P.O. Box 120,  
Abergavenny. NP7 7WU

Thank you for supporting Longtown Mountain Rescue Team, we look forward to  
seeing you on Saturday 18th May 2019.

LONGTOWN MOUNTAIN RESCUE TEAM



[www.longtownmrt.org.uk](http://www.longtownmrt.org.uk)

'Saving lives in wild and remote places'  
Registered charity number **518928**