

## PUMLUMON CHALLENGE DETAILED INSTRUCTIONS

*These instructions are to be kept by entrant. Please print a copy for reference.*

**The following applies: A kit check will be undertaken before signing in at the start with spot checks en-route. The organisers will be empowered to disqualify anyone they consider to be insufficiently equipped. Additionally, entrants are advised to carry food and drink. Entrants should further note that the wearing of jeans is not advised.**

1. Entrants must arrive at Nant yr Arian, grid reference SN 717 813 no later than 30 minutes prior to the start.
2. Each entrant will be given a check-card at the start of the challenge which should be handed in at each check-point or punched at unmanned controls.
3. All entrants forced to retire are asked to do so at a check-point, if at all possible. Emergency telephone numbers will be included on your check card.
4. All entrants, including retirees and disqualifications en-route (hopefully none!) must check-in at the finish before leaving for home. Failure to do so will cause the organisers and Rescue Team undue work and worry ensuring you are off the mountain safely.
5. Certificates will be awarded to all finishers.
6. There is public liability insurance in force. The route requirements below are necessary to comply with the Adventure Activities Licensing Regulations 1996.
7. The Entry Form must be signed.
8. Please note that on the day of the challenge, and for safety reasons only, you will be asked for your mobile phone number (if you have one) and the vehicle registration number in which you travelled to this event

### ROUTE REQUIREMENTS

Walkers Registration	7.00 am
Walkers start	7.30 am
Runners registration before	9.30 am
Runners start	10.00 am

The organisers will provide a printed map of the route  
Maps: OS Explorer sheet 213/214

Minimum equipment comprises compass, torch, whistle, simple first aid kit, pen and pencil. All entrants must wear suitable outdoor clothing, carry waterproof coat and trousers and wear boot/fell shoes.

Eligibility: Participants over 18 years of age may 'Solo' the route. Those between 16 and 18 years must walk in groups of two or more, and those under 16 years must be accompanied by two adults, one of whom must be an experienced hill walker.