

Silent Valley, Northern Ireland Saturday 10th April 2010

British Fell and Hill Running Championship Event

Series sponsored by Pete Bland Sports & Norman Walsh Footwear

NIMRA Mountain Running Championship Event

Series sponsored by Primo-Solutions

Silent Valley Mountain Park, Mourne Mountains, 10 miles/4500 feet
Head Road, Kilkeel, County Down

Registration, parking, toilets GR 306210

Start 12 noon

Entry £7 by 3rd April

Please enter using online facility
on NIMRA website or by post using form
available on website.

Teams free

Navigation skills required

Parking charge at Silent Valley £4.50/car
payable on day

Optional buffet meal available at
prizegiving in Newcastle- details on
entry form and website

Details:

Ian Taylor
52 Bladon Drive
Belfast
BT9 5JN

028 9028 0790
ir.taylor@ntlworld.com

COURSE

Map: Mourne Country OSNI 1:25000

Start: Gate on track, Scardan Hill	310 213
1. Gate on Moolieve (marked route)	315 216
2. Slieve Binnian Summit Tor, 747m	320 234
3.Col Binnian / Lamagan, track junction	320 256
4.Doan, 594m	302 262
5.Carn Mountain, 588m	288 260
6.Slieve Muck, wall junction, 674m	281 250
7.Slievenaglogh, wall corner, 445m	299 229
8.Wall junction and crossing point	295 227
9.Stile approaching reservoir	302 221
Finish: Below Dam wall (marked route)	307 217

ENTRIES

NIMRA has invested in a new website with online entry. If possible, please use this facility as it integrates with our results system. Alternatively, you can enter by post using the form available on the website. Please pre-enter as this helps our race administration. While entries can be made on the day, the cost is £15.

INTRODUCTION

This is a new race, designed specifically for the British Championship. We have used Donard-Commedagh as our medium race in the British Series for some years. While it is a fine race, we decided on a new offering from Silent Valley on the south side about 12 miles from Newcastle. Silent Valley runs deep into centre of the high Mourne and contains two reservoirs which supply Belfast.

The reservoir grounds have been developed as a park which is open to the public. This provides us with ample car parking and toilet facilities. There is also a cafe, visitors centre and marked walks. Please note that the standard entry charge of £4.50 per car is payable on entry at the gate. Slieve Binnian, with distinctive tors along its ridge, dominates to the east, while Slievenagloagh, Slieve Muck, Carn and Doan lie to the west side. As this is a new race the course description is quite detailed.

COURSE DESCRIPTION

The race starts up on the slopes of Moolieve at Scardan Hill on an old quarry track to the east of the car park. The half mile/300 feet climb route to the start will be marked. Allow plenty of time to get to there. On the way you will see why we are not starting the race lower down - it is heavily overgrown. The start is not as spacious as our other British Championship races, so please try to line up in 'pace' order.

The section across Moolieve is marked with the first half mile on track. The serious climbing starts at Wee Binnian and the Mourne Wall can be followed for most of the 1500 feet to Slieve Binnian summit. The path skirts round the foot of Wee Binnian's rocky tor then climbs steeply over rocky ground. There is a crossing point on the wall after Wee Binnian and on race day there will also be a small temporary crossing point high up near where the wall meets the slabs of the summit tors. Only cross the wall at these points. Approaching the summit tors traverse across to the north, climb up to a small col between the tors and up to the checkpoint on top of the north most of the summit tors. From here it is north along the ridge of Binnian with great views if it is clear and you have time to look. There is a slight climb to the North Tor then about 800ft descent to the check point at the col with Lamagan. About two thirds of the way down the ridge narrows and there is a short rocky section to negotiate.

The next section to Carn Mountain will be familiar to all those who ran Mourne Peaks in 2008 as it is a reverse of that route. The run down to Ben Crom Dam is roughish then across the dam wall and about 1200 feet of climb up to the steep summit of Doan. After Carn Mountain there is a more gradual climb up to the checkpoint at the wall junction on the summit of Slieve Muck. There are two steep sections descending Muck on the way to Slievenagloagh. About 100 metres after the summit the wall goes over a small crag, which can be easily negotiated by keeping out to the left/north of the wall at this point. About two thirds of the way down the wall runs over a longer section of rocky slabs so keep wide on either side to get past. It is shown on the map as a break in the wall.

After crossing the Bann's Road there is flat boggy section. The 500 foot climb up Slievenaglogh is straight forward, but likely to be tiring by this stage. Next descend south west over rocky ground for about 400 metres to the next checkpoint at the wall crossing point. Then it is south east across flattish ground. Soon the finish will be in sight as you drop down alongside the wall, then fence to the checkpoint at a stile approaching the reservoir. A short section of rough ground leads to a track down to the corner of the dam. From here it is 400 metres across the dam to the tapes which will mark the short drop down the grass back of the dam wall to the finish.

At 10miles with 4500 feet climb, there is a substantial amount of running in this course.

ACCOMODATION

There are plenty of B&Bs, guest houses and self catering cottages in the region. Newcastle is the main centre about 12 miles away while the town of Kilkeel is 4 miles south of Silent Valley. Newcastle has a Youth Hostel and there is a well appointed campsite at Tollymore Forest Park.

Less than three miles from the course is the Cnocnafeola Centre
Bog Road, Atticall, Kilkeel, Co. Down, BT34 4HT
T: +4428 417 65859 Mob: 07918197000
W: www.mournehostel.com E: info@mournehostel.com

Meelmore Lodge on the north side of the Mourne (GR 305 307) has a hostel, basic campsite, showers and a café. It was the venue for the Mourne Peaks race in 2008. The Lodge has a 32 bed self catering hostel. Rooms include 3 family with double and bunks, 2 single and 1x10 beds and 1x 8 beds. It may be ideal for club groups. Camper vans will be welcome.
<http://www.meelmorelodge.co.uk/>
meelmorelodge@hotmail.co.uk

Meelmore Lodge 028 4372 5949 028 4372 6657 0793 466 6842

Newcastle Scouts Campsite is also available at Tipperary Woods (5 mins walk to Newcastle Centre) – details from Deon McNeilly email deon@mournes.plus.com

Further details are available from Tourist information offices:-

Newcastle	Newry
Central Promenade	Town Hall
Newcastle	Newry
Co Down	Co Down
BT33 0AA	BT35 6HR
tel: 028 4372 2222	028 3026 8877
fax: 028 4372 2400	028 3026 8833
e-mail newcastle@nitc.net	

Newcastle YH 028 4372 2133 Tollymore Campsite 028 4372 2428

Websites www.kingdomsofdown.com
www.visitcoastofdown.com
E-mail info@kingdomsofdown.com

The Mourne Heritage Trust website www.mournelive.com gives a wide range of information about the area.

TRAVEL

You can travel to Belfast and Larne by ferry from Stranraer, Cairnryan and Troon. Also Dublin/Dun Laoghaire from Holyhead. Stena and P&O both operate services and it is often worth shopping around for special offers.

P&O 0870 24 24 777

Stena 08705 70 70 70

www.poirishsea.com

www.stenaline.co.uk

By air you can travel to Belfast City and International airports or Dublin. Easyjet fly to Belfast International which is 15 miles to the north of Belfast.

MAP

The Mourne Country Outdoor Pursuits Map is published by Ordnance Survey Northern Ireland.

Tel 028 9025 5755

Fax 028 9025 5700

PRIZEGIVING

This will be held at the regular venue of O'Hares beside Donard Park in Newcastle. This year the optional meal which can be ordered will be a buffet format. Details are included on the entry form and website.

Showers are available for a small charge at the Newcastle Centre on the Central Promenade and at Meelmore Lodge.

Brian Ervine 31 January 2010.