



The Midnight Mountain Marathon

1st June 2024

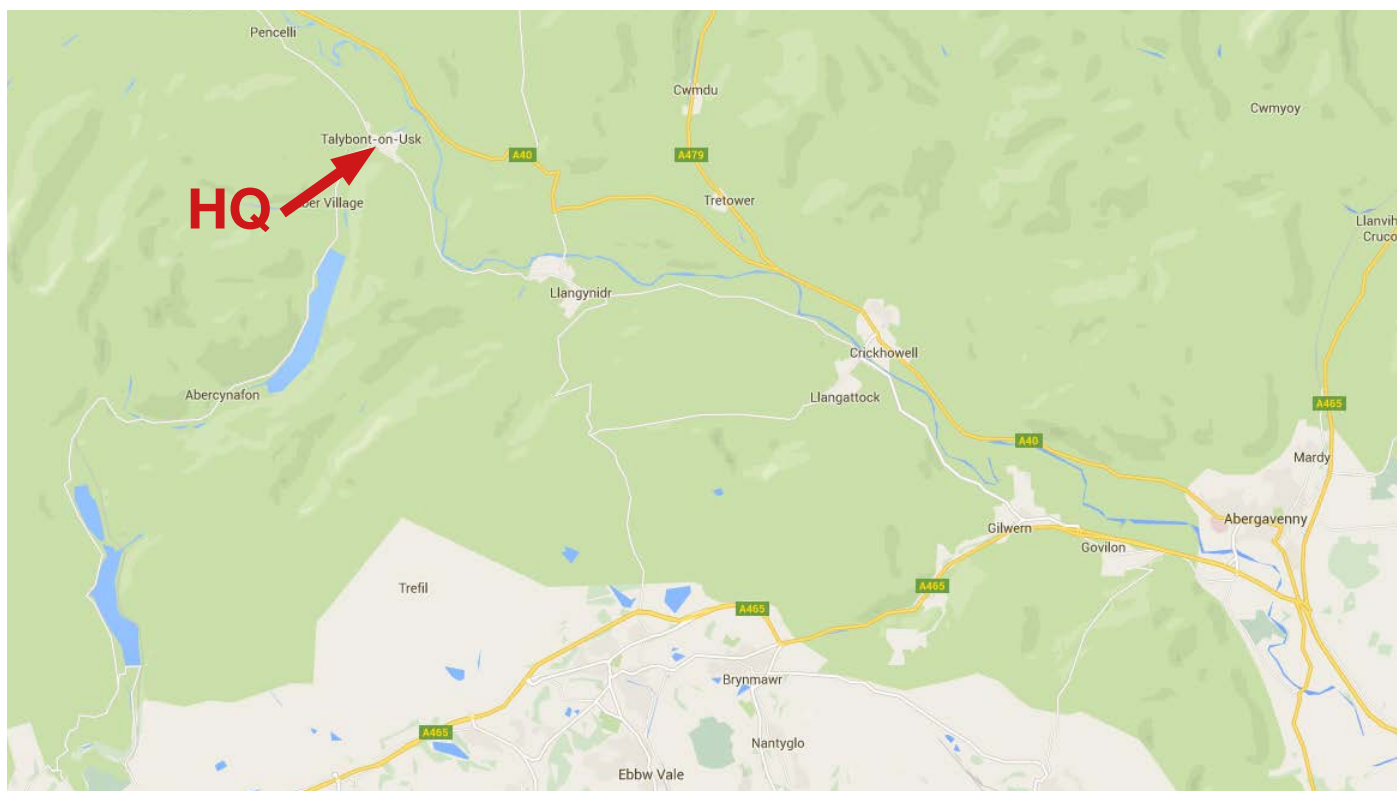
Participant Information Pack



Event location:



The Midnight Mountain Marathon HQ is based at the Henderson Hall in Talybont-on-Usk LD3 7YQ
Once in the village, follow signs to park, then walk to HQ. (please see link to the parking on the main webpage) **DO NOT PARK IN OR AROUND THE HALL.**



Schedule: (for ALL events except Full Bergen)

Saturday 1st June 2024

14:00 - 16:30 Registration

16:45 Mandatory race and safety briefing

17:30 Full and Half MMM Event starts

Full Bergen Schedule: (half Bergen starts with other events)

14:00 - 15:30 Registration

15:45 Mandatory race / safety briefing and bag weighing

16:00 Full Bergen event starts

Registration:

The event registration and briefing will be held in the hall. All participants MUST register before the race starts

Report your name to registration staff, you will get the following...

1. Race number to be displayed on the front (see below)
2. Course map

**Due to the cost of race t-shirts literally doubling over the last year, we are unable to provide t-shirts as previously advertised. We apologise for this and hope you understand.*

Event Timing:

The event will be timed using chips within your race numbers that you will receive at registration. Please ensure the race number is on your front and not folded in any way, as this will damage the chip and you will not get a finish time.

Car parking:

Event parking is at the Mart which is at the village end of Station Rd in Talybont - **The fee IS included in your entry.** Follow the signs from the village. Once you have parked, please walk to the village Hall, this will be signed. **There is a pin drop link on the webpage.**

DO NOT PARK OUTSIDE THE HALL OR IN ANY OF THE NEARBY ROADS

Start / finish

The start line will be marked by Brutal Event flags / gantry. Please ensure you are on the start line in good time. A foghorn will be used to start the race.

Courses

The course is a mixture of trail and mountain paths. There is a section of road to and from the start/finish area. You will also be given a map of the course (full only).

Please be considerate to the local residents, especially as you return to the hall at night.

The course will be signed using a mix of green corex signs and small green flags. You will be shown an example of these in the safety briefing.

Aid Stations

There will be aid stations at approx 7.5 miles and 19 miles. There will be Torq, electrolyte, water, coke, bananas, jelly babies and cake available at these points. **If you want to place some specific nutrition at these points, please place these in the labelled boxes at registration.**

There is only one aid station on the half course (approx 7 miles), so we recommend you take extra water / nutrition with you.

If at any point in the race you feel you do not wish to continue please make your way to the nearest check point and inform the staff that you want to retire. **Do not leave the event without telling someone, otherwise a mountain rescue search will be initiated for you.**

Medical

There will be medics at 7.5 miles, the summit of Pen y Fan, 19 miles and at the start / finish area. If you require medical attention, please follow the instructions below.

A minor casualty constitutes a non life-threatening injury such as a cut, abrasion or twisted ankle. The casualty will be able to walk and medical attention will be needed but not urgently.

A major casualty will require urgent medical attention and will not be able to walk. Injuries such as broken legs, severe bleeding, heart attack etc fall into this category.

If you become/find a major casualty follow this procedure:

1. Apply any known first aid
2. Report the incident to the nearest marshal who will call the event safety officer and medics

If you become/find a minor casualty:

1. Continue or assist the casualty to the closest marshalled point (bear in mind this maybe backwards on the route) and ask to see the event medic

A member of the Brutal Events crew will be the last man 'sweeping' the course.

Weather

The weather on the mountains can change very quickly. Make sure that you adhere to the kit list and are adequately clothed. A weather forecast will be published at registration. If the weather is extremely adverse and deemed to be dangerous, the event will be cancelled or re-routed as appropriate. Possible scenarios for this include high winds or thick fog. The event director's decision is final on this matter and will be based entirely on keeping you alive and safe. If in the view of the event director the weather is deteriorating to the point whereby it poses a safety risk to competitors whilst they are on the course, they will be held at the next checkpoint and transported back to the event HQ.

Half Runners

There is a manned turnaround point at the waterfall (aprox 7 miles) where you can get some food and drink. **DO NOT MISS THIS** as you will then be on the full marathon course! On the return part of the half course, there is a gate. Please close it behind you.

Bergen Runners

Packs must weigh 35lbs for men and 25lbs for women. You can make up the weight any way you want to, but wrapping the items with a towel or sleeping bag is advised. Training with the pack you intend to complete the event with is also recommended. Your pack will be weighed before and after the race. **The full course runners will also need the kit below...**

Kit list (only required for full event)

Whilst taking part in the race it is compulsory for you to carry the following equipment. We will be enforcing the policy of: no kit, no run. If the worst happens to you, any of the below kit could really make the difference to your survival and well-being. Anyone caught at checkpoint without kit will NOT be allowed to proceed.

Compulsory kit:

- Issued map and waterproof map case (or bag)
- Whistle • Compass
- Waterproof top
- Long trousers or tights
- Hat and gloves
- Chocolate bar or similar
- Head torch with spare batteries
- More than 400ml of water or other drink
- A light weight piece of warm clothing
- A fully charged working mobile phone with the HQ number programmed into it
(you will be given this phone number at the safety briefing)
- A high visibility vest – NOT high visibility strips or similar. The vest CAN go on your rucksack
- Basic blister kit
- Your ICE (In Case of an Emergency) contact and contact number, your name and your mobile number and medical information that medics or rescue staff should be aware of on the back of your race number

• **Collapsible Cup*** - Available to buy at the event for £7.50 or from brutalbranded.com

This cup is not compulsory, but advised - see red panel

• **Red tail-light**** to be switched on at dusk - A rear bike light is fine

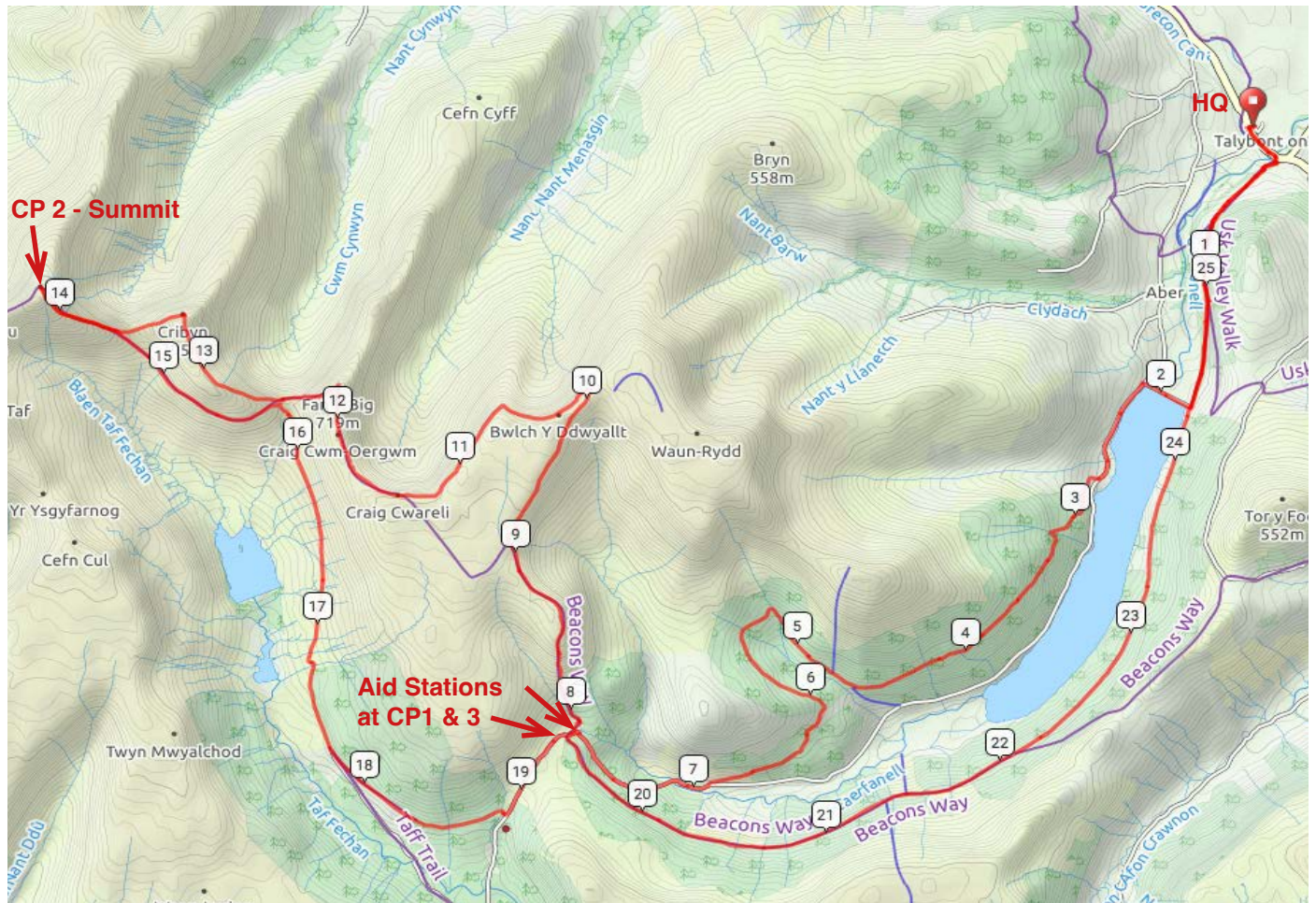
*Due to the number of entrants and a care for the environment, Brutal Events are trying to do our bit by cutting down on waste. Brutal events will NOT be supplying any plastic cups at the aid stations, so no cup means no drink. By having a collapsable cup ensures that you can have refreshments at the aid stations.

**As above, Brutal Events are trying to reduce single-use plastic. Glowsticks are easily replaced with a red tail light and again, better for the environment

Full Route

<https://ridewithgps.com/routes/3748534>

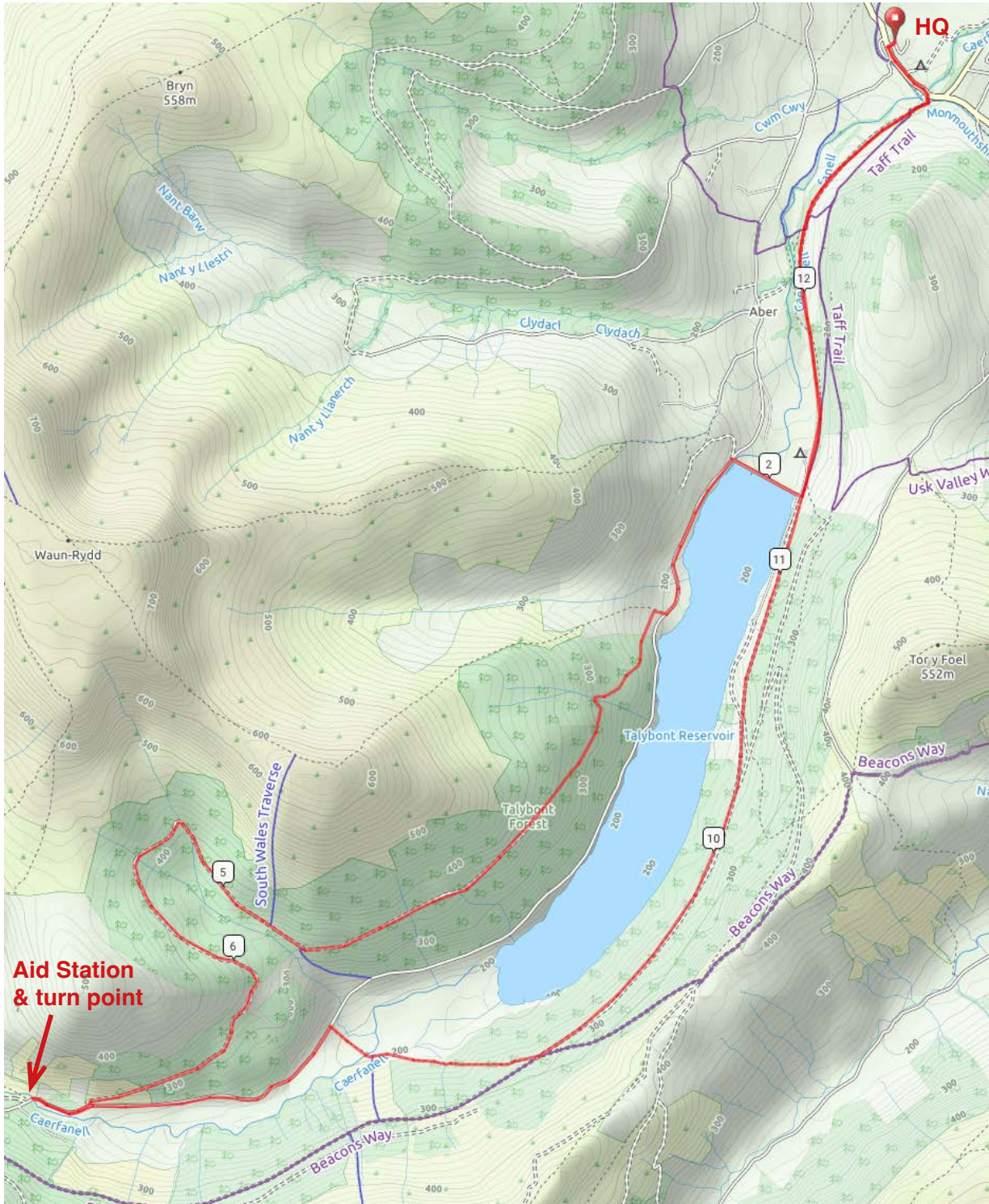
You will be supplied with a copy of this map at registration and the route will be signed.



Half Route

<https://ridewithgps.com/routes/6388216>

The route is fully signed.



**Cut off:**

The race cut off is midnight. If you reach the last aid / medic point (mile 19) after 10.45pm you will be escorted to the finish.

Finish:

There will be hot drinks and soup being served at the hall.

Medals and trophies:

Once you cross the finish line, you will be presented with your medal. There will be soup, hot drinks and snacks being served at HQ.

Toilets / Showers:

Both are available at HQ.

Bags:

There will be a secure area in HQ for bags.

Results:

Results will be published on the www.brutalevents.co.uk website after the event.

Photos:

Charles Whitton will be at the event -Visit www.charleswhittonphotography.com to buy photos

Final words:

Please support the local shops / pubs and be respectful of the local residents.

Please keep the noise to a minimum as you get close to the finish and come through the village, as local residents may be asleep.

PLEASE DO NOT LEAVE YOUR LITTER ON ANY PART OF THE COURSE OR VILLAGE.

The Brutal Events organisers wish you luck and hope that you enjoy the event and surrounding area as much as they do. Also, if you are happy for us to use them we would also love to see your race reports and photos. Please email them to info@brutalevents.co.uk

See you soon!

Claire

info@brutalevents.co.uk

