

## Frequently Asked Questions

### **Can I take part on my own?**

If you are unable to find a team, contact us and we can put you on another team if a place becomes available. You will be notified as soon as you can join.

### **Is there an age restriction?**

Participants must be 18 or over by 18th June 2009

### **What time do I need to be at the start point?**

Your team will need to be at the Burrendale Hotel in Castlewellan for registration, which opens at 9.00pm through to 10.30pm. [www.burrendale.com](http://www.burrendale.com) A full briefing, which all must attend will take place at 11.00pm. Walking starts at midnight from Tollymore Forest Car Park.

### **What happens at registration?**

Your team members will have their *on the day* contact details checked as well as next of kin details. The check points will be given and each team will mark them on a map (if they have not already done so). These will be checked before any team is allowed into the hills.

### **Can I arrive earlier in the day?**

We will be at the Burrendale Hotel in Castlewellan throughout the day on Friday 18<sup>th</sup> June. Feel free to come along early for a chat and relax before the challenge begins. If you would like a room on the Friday night the Burrendale is happy to accept bookings. Just select the extra day on your booking form. If you want to freshen up or have a room for all your kit or if you have two support drivers and they want to run shifts, a room might be useful.

### **Will I be safe?**

This is a team challenge and you must all support each other. Please ensure that if anyone is struggling, they get the proper attention. You will be fully briefed on what to do should you run into difficulties or should any of your team need extracting from the mountain.

### **Do I need to be an expert map reader?**

Please ensure that at least one person in your team knows how to read a map and use a compass. You will be provided with more detailed information about the route nearer the time. Each team should have at least one copy of the OS NI Map of the Mourne 1:25000 scale map that you are happy to write on. (Two will be required as some teams may decide to split at the King of the Hill section to earn extra points).

### **How fit do I need to be?**

The terrain is tough in parts and depending on fitness levels, some teams will be on the trail for up to 17 hours. If you want to enjoy this event (and finish) then we recommend that you increase your fitness levels and endurance training properly.

### **We don't have a support crew – can we still take part?**

No, it is essential to have a support crew to help the team along the route.

**What are the timings?**

The event starts at midnight and it will take some up to 17 hours to complete.

**What kit do I need to carry?**

Check out the recommended list of kit items that you & your team should be carrying. Keep your kit to the essentials and avoid doubling up on basic items. Your main items will always be water, basic first aid kit, spare warm and wet weather clothing, a torch (at night), route maps, and mobile phones.

**Will I need special clothing/footwear?**

We recommend that you have a good pair of walking boots with ankle support. Make sure you have broken them in! Make sure you have a selection of clothing items to keep you warm or cool, depending on the conditions. Be sure to have checked the recommended kit list for precise details.

**What is the celebration dinner all about?**

Having completed the 50km walk, your driver will meet you for a sparkling celebration back in Tollymore Forest Car Park and transport you back to the hotel. Here your hotel rooms will be waiting with hot showers! No sleeping though as dinner will be at 7.00pm when we will announce the names of the 2010 iPLOD Champions! There is a little live music afterwards for anyone who has any energy left!

**Do you cater for special dietary requirements?**

Certainly, for the celebration dinner, we will be collecting this information from you before the event. However whilst you are on the walk you will need to make sure that your support driver has the correct items for you.

**Will I have to pay for anything once I get to the hotel?**

Your team entry fee will have been paid in advance of your arriving at the hotel. You will have committed to raising a team target of at least £1000. We ask that you pay for your hotel rooms / tent space by cheque in advance with your booking forms. You will need to pay for any hotel room expenses as you check out. Your celebratory dinner is included in your registration fee. Your team support driver should have already purchased all your necessary vittles. We do not expect you to have to pay for anything else. (Perhaps a wee glass of wine or two.)

If the answer to your question is not here then drop us a line and we will send you a reply as soon as we can.