



## Competitor information

It's almost time - so please read on for all the important information you'll need to have a great weekend!

### TO DO:

- ▷ Please also download and sign the kit check/declaration form from the website. This will save you time at registration.

### The Event Centre

#### Location:

Cwmdy Village Hall  
Crickhowell  
NP8 1RW

When you arrive you will be met at the gate and shown where to park/pitch your tent. Then come on down to the marquee to register.

**By Car.** A few miles north west of Crickhowell on the A479. Less than 50mins from the M4 or M50. Why not do your bit for global warming and reduce the cost of the trip by **car sharing**? Just post on the [OMM Forum](#) that you are offering or looking for space in a car...

**By Train.** The nearest railway station is Abergavenny approx 10 miles from the Event Centre.

#### Facilities:

- ▷ Big heated marquee with plenty of seating.
- ▷ Catering and Bar all weekend - take a look at the menu on the website and remember the meal when you finish on Sunday is free to all competitors.
- ▷ Sports massage - always popular and we'll have three sports massage therapists on site, so why not treat yourself to a pre or post event sports massage - or both!
- ▷ Camping Field - You can park by your tent, so bring whatever you like including your family or friends (please email [emma@theomm](mailto:emma@theomm) if you're bringing non-competitors).
- ▷ Campervans and caravans are welcome but please be aware there is no hard standing.
- ▷ Pop up outdoor shop from Crickhowell Outdoors and Drover Cycles (also providing bike hire and repairs)
- ▷ Guided walks on Sat and Sun for non-competitors (see webpage or ask at info desk for more details)
- ▷ Mini cycle skills course
- ▷ Climbing wall
- ▷ Toilets.
- ▷ Fresh water point.

**Note:** Please remember to bring along some **cash** if you'd like to purchase anything over the weekend as card payments may not be possible and the nearest cashpoint is a few miles away.

## What happens when?

### Friday

15:00 Registration and camping opens  
16:00 Food and bar available  
20:00 Catering Closes  
23:00 Bar Closes  
23:00 Registration Closes

### Saturday

07:00 Registration opens  
07:00 – 09:00 Breakfast available  
09:00 – 10:00 Long Score start open  
10:00 – 11:00 Short Score start open  
16:00 Food and bar open  
20:00 Catering closes  
23:00 Bar closes

### Sunday

07:00 – 09:00 Breakfast available  
08:00 – 09:00 Long score start open  
09:00 – 10:00 Short Score start open  
13:00 Hot food available  
14:00 approximate time for Prize Ceremony

## During the event

### Rules and kit list

Please remember that this is NOT an open access event, competitors must stay on public or permissive rights of way (as per event map). You should read the full event rules and kit list on the website. **You are encouraged to carry a mobile phone for safety reasons but this should NOT be used for navigation.**

Children under 16 who are entering the event with an adult other than their parent/guardian must also bring a signed consent form to registration, which can be downloaded from the 'rules' section of the webpage.

### Registration.

When you register, you will be given an SI-tag (one per person), your start times for both days (which are fairly flexible) and a map showing all checkpoints. However you will only be told at the start which checkpoints will be active that day and how many points they are worth!

All team members must come to registration, as SI-tags will to be attached loosely to your wrist at this point. It must remain attached all weekend and be cut off you either when you finish or if you retire but only at the Event centre. You will be at risk of disqualification if you remove the tag from your wrist. You will quickly get used to carrying the tag. Although wrists do swell during exercise, providing it has been attached loosely, you will hardly notice that you are wearing it overnight. If you lose, break or take a tag home with you the charge will be £35.00. Please note that the use of your own SI-tag is not allowed.

### The Start

The Start will be located outside the marquee on both days and each day you will check your SI tag has been cleared before dishing in the start control box. This is when your time will begin. Then you'll be given a list of checkpoints that are active on that day and their location descriptions and you can then plan your route.

## During

Each checkpoint will have an orange and white 'flag' numbered sport ident control station attached to it. Your SI-tag should be dibbed into the hole at each control station; it gives an audible bleep and a visual flash to confirm that the dibbing has been successful. In the unlikely event that the control station doesn't register, please record your visit on your map by writing down the 3 letters shown on the control box.



## Finish

After finishing on day 1, you will be directed to the download station where you will dib your tag and be given a print out showing the controls visited with points and split times.. Make sure to keep your tag on overnight to use on the second day. At the end of day 2 you will follow the same procedure and your SI-tag will be removed and you will be given a meal ticket. Then make your way to the food area, hand in your ticket and enjoy some well-deserved hot food and drink!

## Safety

Your tag has your number printed on it and is the only way we can tell who is still out on the course. All tags **MUST** be returned to the event centre by 5pm on the Sunday **before** you leave the competition area: Missing tag = Missing team = Search party. Emergency phone numbers will be listed on the map.

## New to the event?

If you are new to this type of event and are not sure about something or just have a question that is not answered here, then please do get in touch either by email before the event or ask at the information desk where we will have an expert on standby to help you! We're a very friendly bunch and there are no stupid questions!

## Prizes

|                               | <b>Long Score</b> | <b>Short Score</b> |
|-------------------------------|-------------------|--------------------|
| <b>1<sup>st</sup> overall</b> | £40 per person    | £40 per person     |
| <b>2<sup>nd</sup> overall</b> | £30 per person    | £30 per person     |
| <b>3<sup>rd</sup> overall</b> | £25 per person    | £25 per person     |
| <b>1<sup>st</sup> ladies</b>  | £30 per person    | £30 per person     |
| <b>1<sup>st</sup> mixed</b>   | £30 per person    | £30 per person     |
| <b>1<sup>st</sup> family*</b> | £30 per person    | £30 per person     |
| <b>1<sup>st</sup> vets**</b>  | £30 per person    | £30 per person     |

Prizes will consist of vouchers to spend on OMM or Extreme Food products.

**\*Family team** = team consists of close family members (e.g. grandfather/granddaughter, aunt/nephew, brothers), one team member must be under 18.

NOTE: If this applies to your team please confirm we have you listed as a family team at registration.

**\*\*Veteran Team** = combined age of the team is 90 years or above or for Bike competitors riding solo, 45 years or over.

## Questions?

Lots more information in the event details at the bottom of the web page or click the competitor update button or contact [emma@theomm.com](mailto:emma@theomm.com)

