**La Sportiva Lake District Mountain Trial 2019**

Classic mountain navigation event over challenging terrain in the Lake District. Interval starts with course disclosure beyond start line - ie. as in orienteering. The Trial is excellent preparation for the OMM.

Entries are now open for this year’s trial to be held on September 15th, starting and finishing at Stool End Farm, Great Langdale. Entries close on 26th August.

Entry is via: http://www.ldmta.org.uk/entry.html

Or via: https://www.sientries.co.uk/event.php?event\_id=5610

Classic Trial: around 18 miles and 7500ft climb (29 km and 2300m). Estimated winning time = 4.5hrs. Minimum age for entry: 18yrs

Medium Trial: around 13 miles and 5000ft climb (21 km and 1500m). Estimated winning time = 3.5hrs. Minimum age for entry: 18yrs

Short Trial: around 9 miles and 3500ft climb (15 km and 1100m). Estimated winning time = 3hrs. Minimum age for entry for single runners: 18yrs.

The distances shown above are as the crow flies. Actual distances covered may be up to 50% further.

There is a Pairs category in the Short Trial. This presents a good opportunity to hone navigational skills with a partner. Over 14's may compete as part of a pair if the other runner is their parent or legal guardian.

More Information about the Trial is available at: http://www.ldmta.org.uk/info.html

This information is also shown in the attached Word Document if that’s easier to handle.

Kind Regards

Tony Richardson

Chairman LDMTA