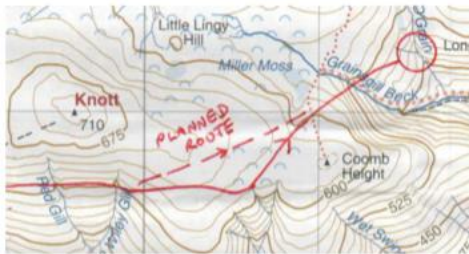


MOUNTAIN NAVIGATION FOR RUNNERS By Martin Bagness

The FRA are hugely indebted to **Martin Bagness**, **Harvey Maps** and the **OS (HMSO)*** for their kind permission to publish a *pdf* copy of this timeless navigational skills booklet for all fell, hill and mountain runners, and coaches.



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A mistake that was nipped in the bud. Ten times KIMM Elite winner Mark Seddon describes his route from the 1992 Capricorn: "Conditions were misty. Instead of crossing the main shoulder of Knott I crossed a lower ridge running south. A glance at the compass told me the deep valley in front of me was running the wrong way to be Grainsgill. I was able to relocate and continue with the loss of 2-3 minutes. If I had descended into the wrong valley the mistake would have been very costly". What started as a compass error was skilfully minimised.

The navigational skills explained within this landmark booklet should be viewed as essential for all those venturing out into the hills.

When travelling light and at speed, often in wild and remote terrain, having the competency to make accurate route choice decisions can have a sizeable impact on our safety, run times and the pure enjoyment we glean from our sport!

You can **access the book** here:

https://fellrunner.org.uk/documents/mountain_navigation.pdf

FRA navigation course facilitators, **Kevin Davison** and **Greg May**, said the following about the release of the booklet on the FRA website: *"We always recommend Martin's book at the FRA Navigation Courses as the best source of concise and practical information on the subject. The FRA courses pretty much follow and cover the content of 'Mountain Navigation for Runners'. We will definitely be recommending that this year's delegates download a copy as follow-up reading / reference after the course."*

The next FRA **Navigation course** is currently scheduled to take place in **Elterwater, Cumbria** from **18-20 September 2020**. For details: <https://www.fellrunner.org.uk/navigation.php>

Nigel Hetherington, FRA Coaching and Education Coordinator

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