

Dear John,

Once again it's time to invite you to enter the biennial ROF. Firstly I would like to thank those regulars who have supported ROF over the years & spread the word, so helping it to grow from a small event run at a loss, with only 21 survivors in 2 years, to last year's quality event with 143 entries. That is just about as big as I want it to grow in order to retain the strong personal atmosphere of a small friendly event (which satisfies most of the consumers), combined with financial viability. Thank you also for the kind comments which have helped to keep alive the motivation of the organiser & his team.

Since you entered last year it's my intention to get the information to you before I get bombarded with requests from people who have never experienced the event, & thus giving you a better chance of beating the restriction on numbers. I must stress that the limits will be 60 on B.C. & 120 on H & L, to maintain the quality of the event, & I hope friendships will not be strained by people waiting too long & then finding the courses full. Any bribes will have to be suitably large once that happens! If you know any entrants previous to 1996 who would like another go, please advise them to act quickly.

I had intended to make significant changes to the routes as usual this year, but time now seems in short supply so there will be only minor modifications. It's not just the restriction on my time, but having more or less identical routes to '96 will make it easier to compare times, or give those of you who were unable to complete a route in '96 another chance to do so. Also the consensus is that BC & H & L are already sufficiently challenging - change for the sake of change would be pointless. ROF now has an excellent reputation as being a worthy challenge for the best hillrunners in the country, as well as those going at a more leisurely pace. Times show that these routes have terrain consistently tougher than any other organised walk or fell race in Britain.

There have been many adjustments to routes & event format since the first one in 1991, striving to reach the goal of what I consider is an ideal event. I feel that everything came together superlatively in '96, & if we can have another event as good as that one, then I will be very happy. However an organiser can never be complacent, & I'm always willing to listen to constructive criticism about the event, & will try to implement anything that there is sufficient consensus about for A.D. 2000.

An organiser's common gripe is about those who cheat. To the few who have embarrassed me in the past with regard to Kit: please don't do it again or I may embarrass you by naming names! It holds up proceedings & inevitably makes for awkwardness & a later start. A late start could mean non-completion for those who had only just enough time anyway, & if you are worried about this I will make an 8 a.m. start available on B.C. if you get registered on the Friday evening.

I realise that the hallows are not everybody's idea of a good time & ask you to dispose of your entry form carefully, maybe seeking out those people with whom you have a score to settle! On behalf of my team of enthusiastic marshals, who have helped to make the Rings such a successful event, I wish you all the best. *Elyn Jones PTO*

Dear John,

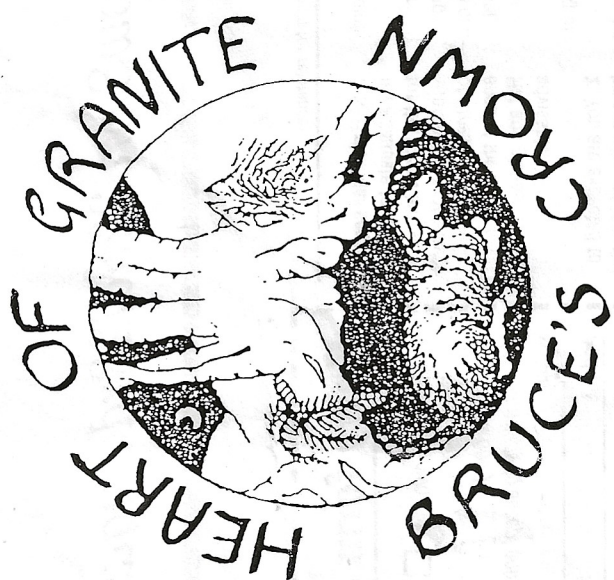
Good to see you at the M M M & 2 Brews. Hope you are keeping fit & well & achieved rather more than me this winter - I've only been out 9 times since the K M M. Hope you can do the Rings again this year. I'm sending a spare entry form so that you can encourage Gordon P. to have a go.

With best wishes,

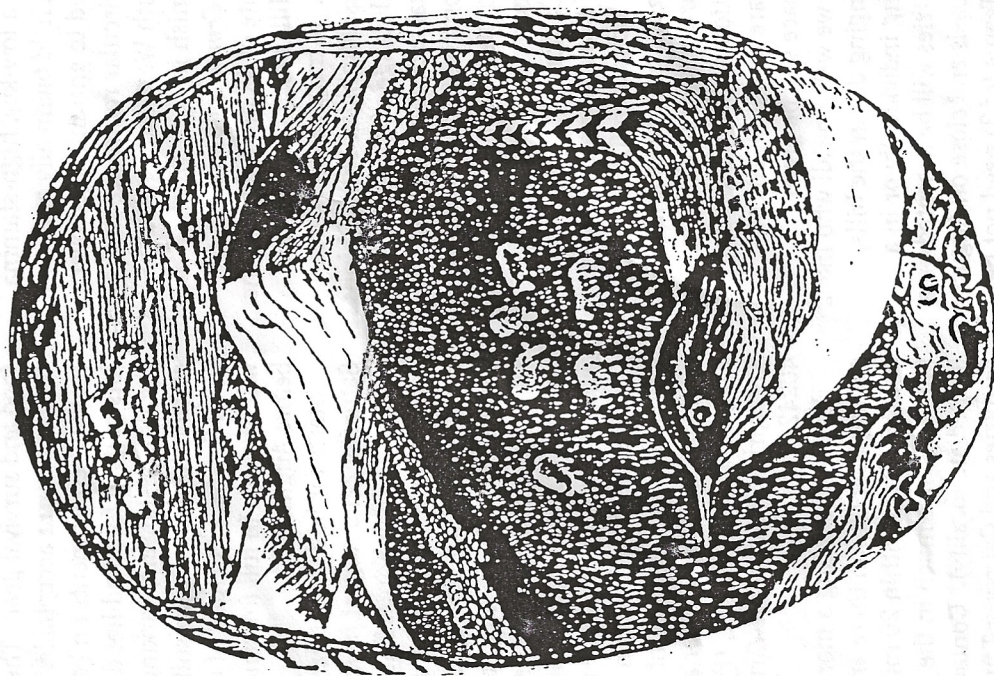
Glyn J.

Rings of Fire

22nd & 23rd August 1998



ACCEPTED ENTRIES ACKNOWLEDGED AFTER MID MAY



20 and 42 mile challenge routes
in the Galloway Hills

Rings of Fire

organised by GallowS on 22nd/23rd August 1998

This is a low-key, high-stamina event held biennially and limited to entrants aged over 18. Both circular routes are in the hills of South West Scotland with start and finish in Glen Trool.

Bruce's Crown follows a superb natural route of 42 miles around the Galloway Hills based on the Gallo Way round. It traverses the three main ranges: Minnigaff Hills, Rhinns of Kells and Range of the Awful Hand, giving a total ascent of 13,000ft. The aim is to complete this in 24 hours net time, so anyone still on their legs will be supported until 3pm on Sunday at Caldots.

Heart of Granite is a 20 mile route of tops and lochs with 6,400ft of ascent and a 12 hour time limit.

The nature of the terrain demands that navigation skill and mountain experience are essential, but no particular pace will be given preference: we welcome all who like a long challenging day in the hills, (participating individually or in a group). Entries will be accepted on a first-come basis and close on August 9th 1998. Teams (of 3) need not be nominated before the event.

Due to the rugged and remote country, entrants must carry ample

food and survival gear. The list gives the **minimum** acceptable. Entry fees include refreshments on both routes, lots of good food and hot drinks at the finish, showers, parking, plus certificate and report/results posted to all finishers. Refund of entry fee will be made in full for cancellation before August 12th.

Starts for both are at 9am on Saturday 22nd August from Caldots campsite which Forest Enterprise is generously allowing us to use as the event centre, and where ample parking is available. Registration and kit check will be here on Friday evening (21st) and Saturday morning, when control cards will be issued.

Campers at the well run site of Caldots will get a discount rate of £2.00 per head per day for any day/s: 21st, 22nd, 23rd August, (Forest Enterprise, Newton Stewart: 01671 402420).

For those wanting a more comfortable option there are plenty of B&B places within 20 miles (although not much in the immediate locality). Contact the Dumfries and Galloway Tourist Board, Newton Stewart, 01671 402431. Youth Hostel, Newton Stewart: 01671 402211.

Rules (please retain for reference)

- 1 Kit will be checked!
You must have:
a) enough food for 15hrs or 30hrs (supplied food must be considered as additional, not instead of, your basic needs);
b) poly survival bag or bivvy bag;
c) sleeping bag (for the 42 miles only);
d) waterproof coat and trousers;
e) long trousers (not jeans or tights);
f) long sleeved pullover (or equivalent);
g) full 2" bandage and plasters;
h) torch with spare batteries and bulb;
i) compass;
j) whistle;
k) mug/cup;
l) map: A, B, C, or D, none of which are available from the organiser.
Best single map option is **A**: Harvey's "Galloway Hills" at 1:40,000 (note how KIMM '96 logo obscures detail). O.S. single maps are more bulky and don't show forest rides: **B** is double-sided Outdoor Leisure 32; **C** is Landranger 77.
Option **D** is sheets 527 and 515 (and 503 for Bruce's Crown) in the
- O.S. Pathfinder series.
m) Adequate footwear for the rough terrain, appropriate to the level of fitness and experience of the entrant. Hat and gloves are advisable.
- 2 You are expected to be experienced in travelling mountainous country. Although no stipulated qualifying event or distance will be enforced, entrants must honestly satisfy themselves that they are fit enough and competent enough to complete these distances — action by emergency services is serious.
- 3 Entrants participate entirely at their own risk.
- 4 The Country Code must be adhered to.
- 5 Retirees **MUST** report to an event official and hand in their check card to the finish **BEFORE** leaving the area.
- 6 Anyone causing concern may be asked to retire.
- 7 Dogs are allowed if kept under strict control.

Entry form

(photocopies welcomed)

☐ Bruce's Crown or ☐ Heart of Granite
(please tick one)
limit of 60
limit of 120

Are you willing to accept entry to H of G if BC is full?

Name

Address

Postcode

☐ Independent or ☐ Club:

☐ Male ☐ Female Age: _____

Event fees: Bruce's Crown £10, Heart of Granite £6.

Is there any medical condition we should know about if you suffer an accident/illness? (please write on the reverse of form).

Declaration: I agree to abide by the event rules, follow the Country Code and accept the decision of the organiser with regard to retirement, rescue, or disqualification. I understand the information and rules and enter at my own risk: no liability will be accepted by the organiser or any event official for injury, illness, or property lost/damaged. I will be 18 or over on 22/8/98.

Signed

Date

Please enclose two s.a.e.'s (one at least 8"x6") with cheque/P.O. payable to Glyn Jones. Detach and send to: Glyn Jones, The Bing, KIRKINNER, Wigtownshire, DG8 9BZ by 9/8/98.