

EX SMART RUNNER 19 – WED 15 & THU 16 MAY 19

General

1. Ex SMART RUNNER 19 is the Army Inter Unit Team Orienteering Championships 2019 and is open to both Regular Army and Army Reserve units. It will be conducted to coincide with the window of opportunity for a World Orienteering Day (WOD) event.
2. In accordance with 2018DIN07-103, orienteering in the Army is classified as individual military training. Orienteering can be used to develop many of the qualities that are essential in a good soldier. At its most demanding, orienteering provides the challenge of navigating over complex and rough terrain whilst running at speed; combining navigational skill and aerobic fitness. To be competitive at this level, an orienteer must train regularly, not only to build up physical speed and stamina, but also to improve their 'mental' skill. The skills required of a good soldier are very similar to that of an orienteer: the use of a compass, the ability to estimate distance and interpret the ground, whilst continually making multiple decisions.
3. During an orienteering event a soldier must be confident in their ability, maintain concentration, make decisions under pressure, and sustain a single-minded determination to overcome any setbacks and mistakes. Soldiers taking part in orienteering benefit from:
 - An improved cardiovascular fitness and stamina;
 - An increased self-confidence and self-awareness;
 - An improved ability to make rapid decisions whilst under physical duress;
 - Superior map reading, learning to 'read' the terrain and 'feel' their movement through it;
 - And a further developed sense of team cohesion.

Outline Championship Details

4. **Location.** Ex SMART RUNNER 19 will be conducted at the home of Army Orienteering - Longmoor Training Area, near Bordon.
5. **Format.** The outline format is:
 - a. **Day 1 – Wed 15 May 19.** Individual Spanish Score.
 - b. **Day 2 – Thu 16 May 19.** Team Harris.
6. **Team Composition.** This is an open competition, units can enter one (or more) team(s) into a category they deem appropriate to the ability of their team members. The number of participants in each team is described at paras 13-18 below. Units must declare their team(s) prior to the start of the competition, which must remain extant for both Day 1 and Day 2.
7. **Electronic Punching.** The EMIT electronic punching system will be used on both days. It will be available for hire if a unit does not have their own EMIT Cards for use on Day 1. On Day 2, to facilitate the smooth running of the competition and speed up the collation of results, EMIT cards will be pre-allocated at a hire cost of £1.00 per competitor.
8. **Map Scale.** The map scale on both days will be 1:10,000 for all courses.
9. **Demo Map.** A short and simple demo map, with pre-placed training controls, will be available close to registration on Day 1 between 1030-1230 hrs.
10. **Format Questions.** Any questions relating to the format of Ex SMART RUNNER 19 should be addressed to the Chairman AOA in the first instance.

Day 1 – Individual Spanish Score

11. **Format.** The format for Day 1 will follow that of a Spanish Score. Individual members of a declared team must complete separate courses collecting all controls on their respective map in any order as fast as possible.

12. **Planning.** Final details will be confirmed closer to the event. However, for preliminary planning, there will be up to 4 courses with approximate course lengths identified below:

- a. **Long** - 7 to 8 km optimal route; approx 25 controls; Technical Difficulty (TD) 5.
- b. **Medium** - 5 to 6 km optimal route; approx 20 controls; TD 4.
- c. **Short 1** - 3 to 4 km optimal route; approx 15 controls; TD 3.
- d. **Short 2** - 3 to 4 km optimal route; approx 15 controls; TD 3.

13. **Team Composition.** Depending on the category entered, teams will consist of the numbers outlined in the table below. Units can enter as many teams as they like. Teams must be declared at the start of the competition and will remain valid for both Day 1 and Day 2. The Open, Masters, U25 and Guest categories are permitted to have a mix of male and female participants. To enter the Masters category, individuals must be 40 years of age or older during the calendar year commencing 1 Jan 19.

Courses	Open	Masters (40+)	Women	U25	Guest
Long	1	N/A	N/A	N/A	N/A
Medium	1	1	1	1	1
Short 1	1	1	1	1	1
Short 2	1	1	1	1	1
Total	4	3	3	3	3

14. **Starts.** All members of a team will start together using a punching start. Category start times will be as follows:

- a. Open - 1300 hrs.
- b. Masters - 1305 hrs.
- c. Women - 1310 hrs.
- d. U25 - 1315 hrs.
- e. Guest - 1320 hrs.

15. **Missed Controls (Penalties).** Individuals will be penalised for missing a control. A time penalty of 10-minutes per control will be incurred by each person missing a control on their respective course. This format prevents early disqualification and promotes continued participation in the overall competition.

16. **Results (Day 1).** In any category, a team will be allowed to drop its slowest time (inclusive

of penalties) from either of the two short course results. Therefore, in the Open Category, three runners will count (1 x Long, 1 x Medium & 1 x Short). In the remaining categories, two runners will count (1 x Medium & 1 x Short). The times of the scoring runners (inclusive of penalties) will be accumulated to generate an overall team time for Day 1.

Day 2 – Team Harris

17. **Definition.** The Team Harris format provides the opportunity for the team captain to consider the strengths of each team member. There will be a ‘spine’ of controls which every team member must visit. In addition to the ‘spine’ controls there will be additional controls which must be visited by at least one member of the team. It is up to the team captain how these additional controls are allocated. Controls, including those on the ‘spine’, can be visited in any order.

18. **Planning.** Event details will be finalised closer to the event. However, for preliminary planning, there will be two courses available dependent on the competition category entered:

- a. **Long.** The long course must be entered by teams participating in the Open category.
- b. **Short.** The short course must be entered by teams participating in the Masters, Women’s, U25 and Guest categories.

19. **Missed Controls (Penalties).** Individuals will be penalised for missing a control. A time penalty of 10-minutes per control will be incurred by each person missing a control.

20. **Starts.** All team members will start together using a punching start. A team’s maps will be issued to the team captain as the team punches at the start and all planning time will be inclusive. Category start times will be as follows:

- | | | |
|------------|---|-----------|
| a. Open | - | 1030 hrs. |
| b. Masters | - | 1035 hrs. |
| c. Women | - | 1040 hrs. |
| d. U25 | - | 1045 hrs. |
| e. Guest | - | 1050 hrs. |

21. **Results (Day 2).** A team’s time will be recorded as that of the last team member to finish the course (inclusive of any penalties incurred by any of the team’s members).

Team Eligibility and Composition

22. **Unit Eligibility.** The Championships are open to both Regular and Reserve Army units. There will be no requirement to qualify through respective formation or regional championships.

23. **Team Composition.** The rules for team eligibility are based on those in AGAI Vol 1, Chap 5, Part 4¹. The PD Branch of HQ Regional Command control Amalgamations for Sport on behalf of HQ Army Sports Control Board.

24. **Guest Category Eligibility.** Ad hoc groupings of individual military competitors are welcome to participate in the Guest category if they cannot be incorporated within a competitive unit team. Individuals that would like to participate in the event, but are unable to form a team, may enter individually and be placed into a Guest team on the day². Teams from the other Services and

¹ The AOA reserve the right to make amendment if deemed appropriate.

² This cannot be guaranteed and will be subject to the number of individuals attending.

civilian teams are also welcome to participate as a Guest team. Guest teams will not be eligible for main category trophies (however see para 28).

25. **Injuries and withdrawals.** In the event of an injury to a team member on Day 1, or last-minute withdrawal due to compassionate or duty reasons which prevent an individual running on Day 2, then the declared team will be rendered non-competitive. However, they may still take part on Day 2 for training purposes.

Results, Prizes & Trophies

26. **Team Results.** Team results will be calculated as follows:

Category	Day 1: Individual Spanish Score	Day 2: Team Harris	Overall Team Result
Open	A team can drop its slowest time on either of the two <u>short courses</u> . The team's time will then be the accumulated total time of all remaining team members inclusive of any penalties	Time of last team member to finish the course inclusive of any penalties incurred by any of the team's members	Accumulated total time from Day 1 and Day 2 inclusive of penalties
Masters (40+)			
Women's			
U25			
Guest			

27. **Main Team Prizes.** Based on the overall team result, prizes will be presented to the 1st and 2nd placed teams in each of the four inter unit categories listed above.

28. **Other Prizes.** Prizes will also be awarded to the 1st and 2nd placed teams in the Guest category.

29. **Prize-giving.** Prize-giving will take place at the event centre at approximately 1300hrs on Thu 16 May 19. All teams will be expected to remain for the prize-giving.

30. **Cups/Trophies.** Those units holding annually awarded cups/trophies are to make arrangements to return them, suitably cleaned and engraved, to either of the Organising POCs (see para 39) by **Fri 3 May 19**.

Competition Entries

31. **Entries.** Entries in all categories are to be submitted by completing Annex A and returning it to Maj Bernie Fowler (details at Annex A), by **NLT Fri 3 May 19**.

32. **Entry Fees.** Entry fees are £6.00 per person per day (pppd) on both days of the Championships (not including EMIT hire of £1.50 per person on Day 1 for those that require it and £1.00 per person for all runners on Day 2). There will be a limited amount of Entry on the Day (EOD) for Guest teams only. EOD will also be charged at £6.00 pppd and will be subject to map availability; but this cannot be guaranteed. A summary of entry fees is as follows:

Team Category	Entry Fees		
	Day 1	Day 2	Total
Open	£6.00 pp (4 runners) (£24.00)	£6.00 pp (4 runners) (£24.00)	£48.00
Masters Women's U25 Guest	£6.00 pp (3 runners) (£18.00)	£6.00 pp (3 runners) (£18.00)	£36.00

EMIT Hire	£1.50 per person ³	£1.00 per person	Subject to requirements
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33. All entry fees (less EOD) are payable in advance by UK cheque. Cheques are to be made payable to 'Central Bank AACen' and should be sent with the entry form at Annex A. An acknowledgement of receipt of entry form and fees will be provided by email only.

Team Entry Forms/Registration

34. **Team Entry.** The team entry form (Annex A) is to be used as the primary method of registration. One copy of Annex A should be used for each team if entering more than one team. The details of a unit's own EMIT cards (for use on Day 1 only) should be provided on the entry form, as should service numbers and dates of birth. Failing to comply with the administrative instructions will create a significant amount of last-minute amendments by the registration team. It is appreciated that units may not know who is available until just before the event; if names of runners are not yet known they should be listed as: 'Runner 1, Runner 2,' etc. When final names are confirmed or changed, units are to forward this information by email to the entries' coordinator: bernard.fowler803@mod.gov.uk.

Travel, Accommodation and Messing

35. **Travel.** Units are to make their own arrangements for travel. Service transport may be used subject to the normal rules for military training and charged to Purpose of Travel Code 13 (POT 13). Any costs incurred will fall to the unit's budget (prior budgetary authority may be required).

36. **Accommodation.** Limited military accommodation will be available at Longmoor Training Camp on the night of Wed 15 May 19 only. The postcode is GU33 6EL. The accommodation is transit style, therefore individuals will require a sleeping bag; non-availability certificates will not be issued. Units needing to make use of this accommodation should submit their requirements when completing their entry using Annex A.

37. **Messing.** Evening meal on Wed 15 May 19, breakfast and a packed lunch on Thu 16 May 19 will be provided to those accommodated at Longmoor Training Camp only. To ensure the correct numbers are catered for at Longmoor, units are to annotate their requirements at Annex A.

Final Details

38. Final details will be published on the BAOC website prior to the event. Team captains are responsible for ensuring that the detail enclosed within this instruction has been briefed to all team members as required.

39. Any queries should be emailed to the organisers. Please enter Ex SMART RUNNER 19 in the subject line:

- Lt Col Steve Collinson RAPTC - steve.collinson715@mod.gov.uk (01252 787150).
- Maj Bernie Fowler AAC - bernard.fowler803@mod.gov.uk (01252 787091).

³ Unless using own EMIT – permissible on Day 1 only.