



**ORIENTEERING MILITARY LEAGUE
NORTH**

Hamsterley Forest – Co Durham

Wednesday 15 Nov 2017



DETAILS

The 4th MLNO Event of the 2017/18 season will be hosted by 32 Signal Regt at Hamsterley Forest. Entry point GR NZ 092312, (Nearest Postcode-DL13 3NL)

TRAVEL DIRECTIONS

Hamsterley Forest is 15Km to the west of Bishop Auckland. The best approach is from the A68 - take the turn to Hamsterley at GR NZ 146305. In the village turn north to Bedburn. Cross the river bridge and take the immediate left. There will be 'O' markers there.

PARKING

There is plenty of space for cars and minibuses, but parking charges apply. These have recently risen to £4 per car and £8 per minibus.

TERRAIN

Extensive area of variable forest on either side of a river valley with some steep slopes in places. This is Forestry Commission land and there is always some work in progress. There is an extensive network of paths becoming less well maintained as you move west. The area attracts mountain bikers and there are many tracks not marked.

REGISTRATION

Book in at the admin area which will be at the second car park after the café. The personal data you give at registration will be used by the event organisers and their agents only for the purpose of processing/publishing entries/results, conducting safety checks and as required by our insurers to validate our cover.

Online registration is required for MLN events and is open until midday on Tue 05 Apr at: www.clok.org.uk/cgi-bin/MLN_entry_01.pl

All runners must download – even if they don't finish the course!

COURSES

Blue Course	6,5 km	Climb 150m
Lt Green	4.3 km	Climb 85m
Red	5.3 km	Climb 135m

TIMINGS

Registration	1045-1345 hrs
Starts	1100-1400 hrs
Course Closes	1530 hrs

MAP

1:10000 A4 Pre-marked on waterproof paper.
Blue and Lt Green courses have IOF symbol descriptions
Red course has written descriptions
Loose descriptions will be available at the start for Blue and Lt Green

COST

Military £3, Civilian £5, payable on the day. Those who book a map will be expected to pay for it even if they do not attend

EMIT

The event will use the EMIT Touch Free Electronic Punching. Competitors will register and be issued with an ETag. Competitors may start any time but unit members running on the same course must leave a 4 minute gap between starts – there will be a charge of £55 for any runner losing his/her ETag.

OFFICIALS

Planner: SSgt Riches
Controller: Capt Al Mathers
Organiser: SSgt Riches
Resp Officer: Capt Al Mathers

FACILITIES

Toilet facilities and café are near the main car park, 150m from Registration.

CIVILIAN INSURANCE

For civilians participating in Army orienteering, Public Liability Insurance is provided by Towergate; individuals are advised to have their own private accident insurance. This event is conducted iaw BOF 2015 Rules.

ORIENTEERING IN THE ARMY IS CLASSED AS MILITARY TRAINING AND ALL OTHERS TAKE PART AT THEIR OWN RISK.



at MLN-O