
	<p><u>ORIENTEERING MILITARY LEAGUE NORTH</u></p> <p><u>COWPEN BEWLEY WOODLAND PARK</u> <u>TS23 3NF - Gd NZ 479 254</u> <u>Wed 14 Mar 18</u></p>							
DETAILS	The 11th MLNO fixture of the season will be at Cowpen Bewley Woodland Park, Billingham – TS23 3NF (Gd NZ479 254)							
TRAVEL DIRECTIONS	<ul style="list-style-type: none"> • From A19 take A689 towards Hartlepool • At second roundabout take A1185 exit towards Cowpen Bewley • Travel 2.4km along A1185 – car park is on left (Brown signposts) 							
PARKING	Parking at Cowpen Bewley Country Park Car Park – free of charge							
TERRAIN	<p>The area is mainly rural terrain consisting of runnable woodland with a good track network. There are major deep water features on all courses, only recognised crossing points are to be used. There is a road crossing with a control on either side to take out the time to cross the road</p> <p>All Courses – Only recognised water feature crossing points are to be used Full leg and arm cover is mandatory and essential!!!!!!</p>							
REGISTRATION	<p>Pre Register open until 12pm on Tue before at: http://www.clok.org.uk/cgi-bin/MLN_entry_01.pl.. Email or text entries also accepted: 102reme-bhq-rcmo@mod.uk or 07545 548 579. Reception on the day at the event admin area car park – (GR NZ 479 254). 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.</p> <p>All runners must download – even if they don't finish the course!</p>							
COURSES	<table border="0"> <tr> <td>Blue Course</td> <td>6 Km, 25 Controls, 20m Climb</td> </tr> <tr> <td>Lt Green Course</td> <td>4.5 Km, 19 Controls 20m Climb</td> </tr> <tr> <td>Red Course</td> <td>4.6 Km, 21 Controls, 20m Climb</td> </tr> </table>		Blue Course	6 Km, 25 Controls, 20m Climb	Lt Green Course	4.5 Km, 19 Controls 20m Climb	Red Course	4.6 Km, 21 Controls, 20m Climb
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MAP	1:5000 A4 Pre-marked on waterproof paper Loose descriptions will be available on the day							
COST	£3 for military, £5 for civilians							
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– there will be a charge of £65 for any runner losing his/her ETag.							
OFFICIALS	<p>Planner: Capt Tony Ryder (07545 548579) Controller: SSgt Mick Gibson Organiser: Capt Tony Ryder Resp Officer: Capt Tony Ryder</p>							
FACILITIES	Portaloo toilets are available at the admin area –There will be limited drink (water) refreshments available – competitors advised to bring their own food & drink.							
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 BO 2016 Rules.							
<p>ORIENTEERING IN THE ARMY IS CLASSED AS MILITARY TRAINING AND ALL OTHERS TAKE PART AT THEIR OWN RISK.</p>								