



Military League North - Orienteering

Event #03 19-20

Bampton Common

Wed 16 Oct 19



LOCATION	CA10 2QL NY497201 Signed from Helton. Recommended route from M6 J40 via A66 and A6 to Eamont Bridge, right in Eamont Bridge, then left at Yanwath to Askham and Helton. There is an awkward tight bend at Heltondale (NY503208). The road is suitable for minibuses in normal road conditions. 4WD's will be of benefit as this is well drained but off-road parking. No exit before 1200. Route out is the same as way in.												
TERRAIN	Bampton Common is a large open fell across several deep valleys. Runability is generally good but with some marshy sections that can be hard going particularly after wet weather. It is generally grassy but with patches of dead bracken (unmapped) and low heather which do not affect runability. There are sections of rock and contour detail. Whistle mandatory, cagoules may be required Farmers use quad bikes on much of the area causing tracks that can appear quite significant for a few days or weeks. These are not on the map. All fields shown with solid yellow are out of bounds. It is forbidden to cross any dry-stone walls.												
REGISTRATION	Register online via: http://www.clok.org.uk/cgi-bin/MLN_entry_01.pl before 1200hrs Tue 15 Oct 19. Email also accepted to mlntechrep@armyoreinteering.com . Pre entry is required for all MLN events and booked maps must be paid for.												
COURSES	<table><tr><td>Blue</td><td>6.8Km</td><td>125m</td><td>20</td></tr><tr><td>Lt Green</td><td>3.9Km</td><td>85m</td><td>13</td></tr><tr><td>Red</td><td>5.1Km</td><td>125m</td><td>12</td></tr></table>	Blue	6.8Km	125m	20	Lt Green	3.9Km	85m	13	Red	5.1Km	125m	12
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TIMINGS	Registration 10.30am-3pm Start 11am-3.30pm Courses Close 5pm												
MAP	1:10,000 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 £50 for any runner losing his/her ETag.												
OFFICIALS	Planner: Gerry Garvey Cumbria ACF Controller: TBC Organiser: TBC SRO: WO2 Phill Batts												
FACILITIES	No toilet facilities on site – nearest toilets at Rheged visitor centre Penrith 500m east of Junction 40 of M6 on A66 towards Keswick, alternatively local Fast food outlets in Penrith												
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 2018 Rules.												

ORIENTEERING IN THE ARMY IS CLASSED AS MILITARY TRAINING AND ALL OTHERS TAKE PART AT THEIR OWN RISK. Orienteering is an adventure sport. A safety brief will be displayed in the start lanes, all starters are assumed to have read it

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 and, managed iaw the General Data Protection Regulation (GDPR).



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