

	<b>MILITARY LEAGUE(SOUTH)</b>				<i>BAOC</i>
	<b>SUMMER SERIES</b>				
	<b>HOSTED BY BAOC</b>				
	<b>LONG VALLEY SOUTH (EAST)</b> <b>WEDNESDAY 11 AUGUST 2021</b>				
	Support Required				
<b>Travel Directions:</b>	Entry Barrier at what 3 words outer.visit.limes Beware blind corner Parking is on a flat sandy area at Grid SU8467450494				
<b>Terrain:</b>	Mixed wood with runnable, intricate, undulating contour detail and a good network of line features.				
<b>Mapping:</b>	Remapped in 2019 by Roger Maher with updates for this event. Scale 7.500 overprinted on waterproof paper. Control description on maps only. No loose control descriptions for any course.				
<b>Pre-entry:</b>	Open at 20:00 04 Aug 2021 at <a href="http://racesignup.co.uk">racesignup.co.uk</a> .				
<b>Results System:</b>	Excell spread sheet-Results <a href="http://www.baoc.info/">http://www.baoc.info/</a>				
<b>Registration:</b>	1045 – 1355 hours. See below for process				
<b>Starts:</b>	1100 – 1400 hours				
<b>Course Closes:</b>	1500 hours. Controls will be taken in at 1500hrs				
<b>All competitors must ensure they are fully hydrated before starting, there will be water in the map exchange lane. Carry water, reduce your course length or walk the course to ensure you achieve your aim safely, if weather is hot.</b>					
All runners must download by course closure time; even if you do not finish the course.					
<b>Courses:</b>	Colour	Distance	Climb	Remarks	
Maps released at 1415	Blue	7.2km	210m	3 loops A-B-C 2,4km each loop	
	Green	4.8km	165m	2 loops B-C 2,4km each loop	
	Sh Green	3.3km	95m	12 controls Experienced orienteers only	
	V Sh Green	2.2km	65m	14 controls Experienced orienteers only	
	Score	1 hour	21 controls	Good for all levels	
<b>Dress:</b>	Full leg and arm cover are mandatory; that means no shorts or vests.				
<b>Other Instructions:</b>	Whistles are compulsory. Place £1 in the charity box at registration and you will be given a whistle. <b>Dogs in car park only.</b>				
<b>Costs:</b>	Military - £4.00p Senior Civilians (M/W 21 and above) - £7.50p Junior Civilians (M/W 20 and below) - £5.50p EMIT Hire (if required) - £1.50p				
<b>SRO:</b>	SSgt Des Dickinson REME				
<b>Organiser:</b>	Maj (Retd) Colin Dickson BAOC				
<b>Planner:</b>	Maj (Retd) Colin Dickson BAOC				
<b>Controller:</b>	Elisabeth Dickson BAOC				
<b>Contact Details:</b>	<a href="mailto:dicksonc44@hotmail.com">dicksonc44@hotmail.com</a> Mobile 07905050129				
<b>Facilities:</b>	Toms Food Wagon, Cash transaction available Toilets.				
<b>Insurance</b>	<b>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 British Orienteering Rules 2020 and land booked iaw the AOA DIO Licence and JSP907</b>				
<b>Orienteering in the Army is classed as individual military training. Competitors are responsible for their own personal safety and for assessing their own abilities to complete the course.</b>					

The personal data you give at Registration will be used by the event organisers and their agents but 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)

What to expect, what to do with the Summer Series.

- Follow the signs and the marshal's directions to the parking area.
- Allow time to get all names ticked off at the registration tent and collect your hired ecard. **All must go to registration as this is to show you are in the forest.**
- All competitors must ensure they are fully hydrated before starting, there may be water on the course and the finish. Carry water, reduce your course length or walk the course to ensure you achieve your aim safely, if weather is hot.
- There is no key drop for your car keys. Leave your car fully dressed with all your kit, laces taped, and ready to race. Control descriptions are in the start lanes.
- Move to the start location keeping aware of social distancing. Pick up your control description. Start at your given time and enjoy your run.
- Please be aware of your actions and aware of others. Download, ensure your time is written down and return hired ecards. Head to the car park, toilets, refreshments and home. Have a safe journey.
- Using hand sanitizer on arrival, registration, start, finish, download and departure and each visit to the toilets.

No Download No Result!

Have fun and enjoy the woods

Individual Starts. Blue can start on any loop, but then must follow loops in alphabetical order. If you start on "C" you then do A + B in that order. Green can start on either B or C loop. You must press the "start" only once on your first loop and the "finish" at the end of each loop and at the end.

Running course out of order will earn you a DNF.

If you don't understand this simple process please ask before you start.