

ARMY INTER UNIT ORIENTEERING CHAMPIONSHIPS – EX SMART RUNNER

1. **General.** Ex SMART RUNNER is the name given to the Army Inter Unit Team Orienteering Championships and is open to Regular Army and Army Reserve units. Any policy questions relating to the revised format of Ex SMART RUNNER should be addressed to the AOA Chairman; Lt Col Chris Huthwaite RA. The outline for Ex SMART RUNNER is:
 - a. **Day 1.** Cross-country orienteering race.
 - b. **Day 2.** Harris Relay orienteering race.
2. **Team Declaration.** Team Captains will declare for both days prior to the start of the competition iaw the event instructions. This is an open competition – units & HQs can enter whichever Class they deem appropriate to fit their team(s) abilities. Only in the Under 25 Class will two unit teams be eligible for prizes. All Class results standalone; and, teams are declared at the outset. This revised format is designed to be simple and accessible for all abilities.
3. **Attendance.** The Championships are open to Regular Army and Reserve Army units; there is no requirement to qualify through respective formation or regional championships. Civilians are invited to participate as guests; this is largely dependent upon land access restrictions; and, the decision lies with the organiser.
4. **Miss Punching.** The day 1 and 2 event controller(s) will penalise miss-punching or missing control(s). It will result in a 15 min time penalty per control and not a disqualification.

TRAINING PLAN

5. **Training.** Training will **only** be provided on Day 1; near to the Assembly Area.
6. **Demo Map.** A small demo map will be available with pre-placed training controls between 0900 and 1200 hrs.
7. **Coaching.** The AOA Coaching Officer will organise training for Day 1 between 0900 and 1200 hrs. Details will be included in the event instructions.

DAY 1 – CLASSIC CROSS-COUNTRY

8. **Outline.** A classic long cross-country orienteering race run by individual competitors between controls in a preset order.
9. **Event Times for Day 1.** The start will not open before 1200 hrs; and, courses should not close before 1600 hrs.
10. **Event planning.** The map scale will be 1:10,000 for all four courses; exact course lengths will be dependent upon terrain and climb, but must be within the following margins:
 - a. **Brown;** 7 to 10 km; technical difficulty (TD) 5.
 - b. **Blue;** 5.5 to 7.5 km; TD 5.
 - c. **Light Green;** 3 to 4 km; TD 4.
 - d. **Long Orange;** 5 to 7 km; TD 3.

11. **Course Allocation.** Competitors will run courses in accordance with the Class their unit enters; Table 1 provides these details.

DAY 2 – HARRIS RELAY

12. **Outline.** A Harris Relay race is run by a team of four competitors who start together and run simultaneously. The team's result is based on the time of their last runner in.

13. **Event Times for Day 2.** The start should open no later than 1000 hrs; and, the course should close before 1300 hrs. Prize giving should be planned to take place no later than 1400 hrs.

14. **Event Planning.** The map scale will be 1:10,000 for the course; and, the exact course length will be dependent upon terrain and climb, but must be within the following margins

- a. **Spine Controls:** No more than 9 spine controls at TD2; course length not to exceed 3 km.
- b. **Other Controls:** No more than 21 other controls at TD3 & TD4; control distribution dependent upon terrain and climb.

15. **Course Allocation.** All competitors will run the same Harris Relay courses; Table 1 provides these details. There will be start waves as detailed in the event instructions.

16. **What is a Harris Relay?** This is a team event which requires planning and coordination under time pressure, originating in Germany and introduced to the UK in the late 1980's by the then chairman of Army orienteering Lt Col Steve Harris. Despite the *relay* in the name, all team members receive identical maps and run simultaneously. It is a score event, with two sets of controls. 'Spine' controls must be visited by each and every team member. The other controls need be visited by only one team member. The team's time is that of the last member to reach the finish. Failure to collectively punch each control or individually punch each spine control will be penalised, by a 15 min time penalty.

ENTRIES

17. **Unit Entry Examples.** Eligible entry examples for this Open Competition, which are competitive and eligible for prizes are as follows:

- a. A Royal Artillery (*major unit*) could enter one team into the Short Class and two into the Under 25 Class.
- b. RMAS (*major unit*) could enter a team into the Long Class, a team into the Short Class, and two teams into the Under 25 Class.
- c. Army HQ (*major unit*) could enter a team into the Long Class, a team into the Short Class and a team into the Female Class.
- d. An Infantry Bn (*major unit*) could enter a team into the Veterans Class and four teams into the Under 25 Class (*of which the best two will be eligible for prizes*).
- e. Upavon HQ (*minor unit*) could enter one team into the Veterans Class.
- f. A Squadron / Company / Battery (*sub-unit*) could enter a team into any Class they wish to be competitive in.
- g. A guest team can enter whichever Class they deem appropriate to their runners' competence.

18. **Class Description and Results:**

Day 1 Classic Cross Country race	Day 2 Harris Relay race	Results
(1) Long Class: Day 1 – Team of eight runners Day 2 – Two teams of four runners		
<ul style="list-style-type: none"> ▪ Brown x 2 runners ▪ Blue Course x 4 runners ▪ Light Green Course x 2 runners 	<ul style="list-style-type: none"> ▪ Harris Team of 4 runners ▪ Harris Team of 4 runners 	Day 1: All eight runners times count Day 2: The last runner's time from each team count Winner is team with lowest cumulative time over two days
(2) Short Class: Day 1 – Team of four runners Day 2 – One team of four runners		
<ul style="list-style-type: none"> ▪ Blue Course x 2 runners ▪ Light Green Course x 2 runners 	<ul style="list-style-type: none"> ▪ Harris Team of 4 runners 	Day 1: All four runners times count Day 2: The last runner in time counts Winner is team with lowest cumulative time over two days
(3) Veterans Class (Over 35): Day 1 – Team of four runners Day 2 – One team of four runners		
<ul style="list-style-type: none"> ▪ Blue Course x 2 ▪ Light Green Course x 2 	<ul style="list-style-type: none"> ▪ Harris Team of 4 runners 	Day 1: All four runners times count Day 2: The last runner in time counts Winner is team with lowest cumulative time over two days
(4) Female Class: Day 1 – Team of four runners Day 2 – One team of four runners		
<ul style="list-style-type: none"> ▪ Light Green x 1 ▪ Long Orange Course x 3 	<ul style="list-style-type: none"> ▪ Harris Team of 4 runners (all Female) 	Day 1: All four runners times count Day 2: The last runner in time counts Winner is team with lowest cumulative time over two days
(5) Under 25 Class: Day 1 – Team of four runners or more Day 2 – One or more teams of four runners		
<ul style="list-style-type: none"> ▪ Long Orange Course x 4 	<ul style="list-style-type: none"> ▪ Harris Team of 4 runners (all U25) 	Day 1: All four runners times count Day 2: The last runner in time counts Winner is team with lowest cumulative time over two days

Table 1 – Day 1 and 2 Class Summary and Results

19. Team membership must be iaw Army Sports Control Board amalgamation rules.

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RESULTS AND PRIZE GIVING

20. **Prize-giving.** This will be in the Day 2 Assembly Area and no later than 1400 hrs. All teams should stay for the Championship prize giving.

21. **Cups/Trophies.** Those units holding annually awarded cups/trophies should make arrangements to return them, suitably cleaned and engraved. Prizes will be presented to:

Class	Prizes:
(1) Long Class: Day 1 – Team of eight runners Day 2 – Two teams of four runners	1 st Military Team of 8 runners 2 nd Military Team of 8 runners
(2) Short Class: Day 1 – Team of four runners Day 2 – One team of four runners	1 st Military Team of 4 runners 2 nd Military Team of 4 runners
(3) Veterans Class (Over 35): Day 1 – Team of four runners Day 2 – One team of four runners	1 st Military Team of 4 runners 2 nd Military Team of 4runners
(4) Female Class: Day 1 – Team of four runners Day 2 – One team of four runners	1 st Military Team of 4 runners 2 nd Military Team of 4 runners
(5) Under 25 Class: Day 1 – Team of four runners or more Day 2 – One or more teams of four runners	1 st Military Team of 4 runners 2 nd Military Team of 4 runners
Guest Team	Highest Civilian Team in any class (8 or 4 runners)
Harris Team	Fastest Harris Team

Table 2 – Class Results

Accommodation, Messing, Travel and Entry Fees

22. In accordance with the event instructions.