

	<b>MILITARY LEAGUE(SOUTH)</b>				<i>BAOC</i> <i>&amp;</i> <i>TVOC</i>
	<b>1<sup>st</sup> League Event 2020-2021</b>				
	<b>HOSTED BY BAOC</b>				
	<b>LONG VALLEY SOUTH</b>				
	<b>WEDNESDAY 30 SEPTEMBER 2020</b>				
<b>Help required with manning barrier, car parking, starts and control collecting</b>					
<b>General:</b>	<p>Welcome, with the current COVID19 restrictions in place please note that there are a number of tasks that you are required to do before arriving at the event. During the entry process you will select your preferred start window from those available for your course. You must then make payment to reserve your start window. Please do not turn up at the event unless you have pre-entered. No pay, no run! On race day turn up in you allocated slot, run, get refreshments from Tom and go home. Read notes below.</p> <p style="text-align: center;">Pre-entry only</p> <p style="text-align: center;">Always respect others &amp; social distance even when orienteering</p> <p style="text-align: center;">Don't arrive at the start early, but just before your start</p> <p style="text-align: center;">Download without delay and depart.</p>				
<b>Travel Directions:</b>	Map Sheet 186. Parking is on flat sandy area, entrance to training area at Grid SU847510 off Bourley Road, 500m West of Wellington Roundabout (GU11 1PZ) on the A325. What3words ranged.decks.meal				
<b>Terrain:</b>	Mixed forest with runnable rough open areas and a good network of line features. Bracken is thick in places.				
<b>Mapping:</b>	Tracks updated in July 2019 by RLM Maps. Scale 10,000 overprinted on waterproof paper. Loose control description will be provided at the start lane.				
<b>Pre-entry:</b>	Open at 20:00 23rd Sep at <a href="https://racesignup.co.uk">racesignup.co.uk</a> . No waiting list				
<b>Results System:</b>	EMIT– Touch Free -Results <a href="https://race-results.info">race-results.info</a>				
<b>Registration:</b>	1045 – 1355 hours. Queue up (2m apart) to confirm you have entered and then get issued an etag.				
<b>Starts:</b>	1100 – 1400 hours (only 6 people at a time in each start lane.)				
<b>Course Closes:</b>	1500 hours. Controls will be taken in at 1500hrs				
All runners must download by course closure time; even if you do not finish the course.					
<b>Courses:</b>	<b>Colour</b>	<b>Distance</b>	<b>Climb</b>	<b>Control</b>	<b>Remarks</b>
Start 1	Brown	8.7km	225m	27	Experienced orienteers only
	Lg Orange	4.5km	100m	12	Novice orienteers
Start 2	Blue	6.5km	190m	23	Experienced orienteers only
Start 3	Sh Green	3.4km	100m	16	Experienced orienteers only
	Lt Green	4.9km	140m	15	Improving orienteers
<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) - £5.00p EMIT Hire (if required) - £1.50p				
<b>SRO:</b>	SSgt Des Dickinson REME				
<b>Organiser:</b>	Maj (Retd) Colin Dickson BAOC				
<b>Planner:</b>	Mark Thompson TVOC				
<b>Controller:</b>	Peter Riches TVOC				
<b>Contact Details:</b>	<a href="mailto:courses@armyorienteering.com">courses@armyorienteering.com</a> 07905050129				

<b>Facilities:</b>	Toms Food Wagon, (Card transaction only) 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)

#### Notes

<b>Car park</b>	All drivers are to park as directed in lines with a gap between lines.
<b>Water</b>	There will be no water for refreshment, bring your own.
<b>Disinfectant</b>	Bring your own to wipe anything you may touch, toilet, car etc.
<b>PPE</b>	Bring your own if you require it.
<b>Touching</b>	Do Not touch anything unless you have to.
<b>Start</b>	Will be THREE lanes, Lane One Brown & Lg Orange Lane 2 Blue. Lane 3 Sh Green, Lt Green applying social distancing starting 10 runners every 15 minutes per lane. Move away from the map box after collecting map.
<b>Start Clock</b>	There will be a start clock in the start lane.
<b>Following</b>	On tracks, please keep 10m or more behind or pass quickly. At control sites DO NOT touch the control, move through quickly, maintain social distance.
<b>Finish</b>	Move away from finish and apply social distance
<b>Download</b>	Ensure you are drip and spittle free before approaching download, place your tag near the yellow stick to read it and then drop it in the adjacent bucket, a printout will be passed to you. Leave to the left of download.

Have fun and enjoy the woods