

	MILITARY LEAGUE(SOUTH)	<i>HQ RC</i>
	HOSTED BY HQ RC	
	HANKLEY COMMON Wednesday 26 May 2021	
	Colin Dickson has kindly offered to coordinate the manning of barriers and car parking.	

General:	<p>Welcome; with the current COVID19 restrictions in place please note that there are a few 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>There is a 10min walk (600m) from registration to start/finish area please account for this when setting off to the start.</p> <p style="text-align: center; color: blue;">Pre-entry only, No Cash</p> <p style="text-align: center; color: red;">Always respect others & social distance even when orienteering</p> <p style="text-align: center; color: green;">Arrive at the start in good time - but not too early</p> <p style="text-align: center; color: blue;">Download without delay and depart.</p>																														
Travel Directions:	<p>Map Sheet Longmoor (ENG 25). Parking is on a flat tarmac surface with a two-vehicle wide track leading to it from the main road. The entrance to the car park is at Grid SU8951 4033. Nearest postcode is: GU8 6QL. What3words: unhappily.spades.sculpture PLEASE NOTE THIS IS NOT THE DZ HUTS.</p>																														
Terrain:	<p>The area is hilly with a mix of fast runnable woodland and open heath land. The area has a good network of tracks and paths many of which are sandy.</p>																														
Mapping:	<p>Remapped 2019 Scale 1;10,000 overprinted on waterproof paper. Loose control description will be provided at the start lane.</p>																														
Pre-entry:	<p>Open at 2000 hrs on the 19 May 2021 at racesignup.co.uk. No waiting lists. Entry fees shown at signup.</p>																														
Results System:	<p>EMIT– Touch Free -Results race-results.info</p>																														
Registration:	<p>1045 – 1355 hours. Queue up (2m apart) to confirm you have entered and then get issued an etag.</p>																														
Starts:	<p>1105 – 1400 hours (only 6 people at a time in each start lane.)</p>																														
Course Closes:	<p>1500 hours. Controls will be taken in from 1500hrs</p>																														
All runners must download by course closure time; even if you do not finish the course.																															
Courses:	<table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="color: blue;">Colour</th> <th style="color: blue;">Distance</th> <th style="color: blue;">Climb</th> <th style="color: blue;">Controls</th> <th style="color: blue;">Remarks</th> </tr> </thead> <tbody> <tr> <td>Brown</td> <td>8.3km</td> <td>270m</td> <td>17</td> <td>Experienced orienteers only</td> </tr> <tr> <td>Blue</td> <td>6.5 km</td> <td>255m</td> <td>15</td> <td>Experienced orienteers only</td> </tr> <tr> <td>Short Green</td> <td>3.6km</td> <td>130m</td> <td>11</td> <td>Experienced orienteers only</td> </tr> <tr> <td>Lt Green</td> <td>4.9km</td> <td>160m</td> <td>14</td> <td>Improving orienteers</td> </tr> <tr> <td>Lg Orange</td> <td>4.2Km</td> <td>155m</td> <td>13</td> <td>Novice orienteers</td> </tr> </tbody> </table>	Colour	Distance	Climb	Controls	Remarks	Brown	8.3km	270m	17	Experienced orienteers only	Blue	6.5 km	255m	15	Experienced orienteers only	Short Green	3.6km	130m	11	Experienced orienteers only	Lt Green	4.9km	160m	14	Improving orienteers	Lg Orange	4.2Km	155m	13	Novice orienteers
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Dress:	<p>Full leg and arm cover are mandatory; that means no shorts or vests.</p>																														

Other Instructions:	Whistles are compulsory. Place £1 in the charity box at registration and you will be given a whistle. Dogs in car park only.
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Costs:	Military - £4.50p
	Senior Civilians (M/W 21 and above) - £8.00p
	Junior Civilians (M/W 20 and below) - £5.50p
	EMIT Hire (if required) - £1.50p
SRO:	WO1 Glyn Buckley RLC
Organiser:	SSgt Des Dickinson BAOC
Planner:	Colin Holcombe BAOC
Controller:	Kieran Devine BAOC
Contact Details:	terence.dickinson729@mod.gov.uk 075 90215149
Facilities: Toms Food Wagon, (Card transaction only) Toilets.	
Insurance	For civilians participating in Army orienteering, Public Liability Insurance is provided by Torgate; 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
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.	

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

- Please make every reasonable effort to arrive at the event in time for your allocated start window, including allowing time to collect your eTag from registration.
- Follow the signs and the marshal's directions to the parking area. Please watch the marshal's carefully as they have been told that they should not approach car windows.
- All competitors must ensure they are fully hydrated before starting, there will be NO water at the start, on the course or the finish. Carry water, reduce your course length or walk the course to ensure you achieve your aim safely.
- There is no key drop for your car keys. Leave your car fully dressed and with all your kit, laces taped, and ready to race. If you have been issued a long term eTag you do not need to visit the EMIT van, go straight to the start. Control descriptions are now in the start lanes. Otherwise, go to the small window on the driver's side to collect an eTag. To the left of the window will be a list in name order that shows your eTag number. You need to give this number at the window. Please keep the queue moving. No more than 6 in the registration queue, or in a start lane at any time and always at least 2m apart.
- Move to the start location keeping aware of social distancing. No more than 6 people in each lane area, that includes the start marshal. Pick up your lose control description. Start at your given time and enjoy your run.
- While you are out on your course please keep your distance from other runners and users of the area. If someone is already at a control, wait for them to leave before approaching. The event is touch-free - you only need to waft your eTag above the control. Do not touch the controls.
- From the finish walk back to the EMIT van. This is the time when you present the most risk to others - you're sweaty and in oxygen debt, so take your time to recover. Please be aware of your actions and aware of others. Download at the rear of the EMIT van, take your splits print and if you have a hire eTag please take it off the strap and drop your tag in one bucket and strap (wrapped up please) in the other bucket. Head to the car park, toilets, refreshments (card only) and home. Have a safe journey.
- The Rule of Six - Please keep in mind the lawful requirement to meet the group "Rule of Six" when gathering with other competitors or volunteers.
- Using hand sanitizer on arrival and departure and at the toilets.

Have fun and enjoy the woods