

	<b>MILITARY LEAGUE(SOUTH)</b>					<i>BAOC</i>																											
	<b>HOSTED BY BAOC</b>																																
	<b>MYTCHETT EAST WEDNESDAY 02 JUNE 2021</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; color: blue;">Pre-entry only, No Cash</p> <p style="text-align: center; color: red;">Always respect others &amp; 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: teal;">Download without delay and depart.</p>																																
<b>Travel Directions:</b>	Map Sheet 175/186. Parking on tracks, entrance to training area south of the B3012 Gapemouth Road at Grid SU91465616 No suitable Post code. What3words thrillers, solution.snowy <a href="#">Limited parking.</a>																																
<b>Terrain:</b>	Intricate forested area with excellent contour details and good path network. New mountain bike tracks all over and many new military diggings and part filled in not on the maps.																																
<b>Mapping:</b>	Tracks updated in July 2019 by RLM Maps. Scale 1:7,500 overprinted on waterproof paper. Loose control description will be provided at the start.																																
<b>Pre-entry:</b>	Open at 20:00 26 May 2021 at <a href="https://racesignup.co.uk">racesignup.co.uk</a> . Entry closes at 1800hrs Tue.																																
<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 and control description.																																
<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																																
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<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>	Maj (Retd) Colin Dickson BAOC																																
<b>Controller:</b>	Elisabeth Dickson BAOC																																
<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)

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 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 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 loose 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

Notice

ECARDS, with effect of the 07 July MLS will be moving over to Ecards again. To allow you to check your ecards, I will have a short course with a start/finish and down load around the car park. This will confirm your ecard works and allows you to practice. EMIT also have a special deal as they have their 40th Birthday this year and you can buy a new version 6 ecard for 40% off so that's £42 a little more than a battery change and you get a new card. MLS will continue to use the ecard for the foreseeable future.