

	MILITARY LEAGUE(SOUTH)				<i>BAOC</i>
	SUMMER SERIES				
	HOSTED BY BAOC				
	ASH SOUTH				
	WEDNESDAY 18 AUGUST 2021				
Individual Relay					
Travel Directions:	Entry Barrier at https://what3words.com/nurtures.fewest.donor Parking is on a flat area and on tracks in the middle of the map at Grid SU91585715				
Terrain:	Mixed wood with runnable, intricate, undulating contour detail and a good network of line features.				
Mapping:	Remapped in 2019 by Roger Maher with updates for this event. Scale 7.500 overprinted on waterproof paper, A5 maps. Loose control description for Sh Green only at the start lane.				
Pre-entry:	Open at 20:00 11 Aug 2021 at acesignup.co.uk .				
Results System:	Excell spread sheet-Results http://www.baoc.info/				
Registration:	1045 – 1355 hours. See below for process				
Starts:	1100 – 1400 hours				
Course Closes:	1500 hours. Controls will be taken in at 1500hrs				
All competitors must ensure they are fully hydrated before starting, there will be NO water at the start and finish. Carry water, reduce your course length or walk the course to ensure you achieve your aim safely.					
All runners must download by course closure time; even if you do not finish the course.					
Courses:	Colour	Distance	Climb	Remarks	
	Brown	6.8km	220m	4 loops A-B-C-D	
	Blue	5.1km	165m	3 loops B-C-D	
	Green	3.4km	110m	2 loops C+A	
	Very Sh Green	1.7km	55m	Loop D	
	Sh Green	3.2km	100m	Stand along course, no loops	
	Score	1 hour		25 controls, Good for all levels	
Dress:	Full leg and arm cover are mandatory; that means no shorts or vests.				
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.				
Costs:	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				
SRO:	SSgt Des Dickinson REME				
Organiser:	Maj (Retd) Colin Dickson BAOC				
Planner:	Colin Dickson BAOC				
Controller:	Elisabeth Dickson BAOC				
Contact Details:	courses@armyorienteing.com 07905050129				
Facilities:	Toms Food Wagon, Cash transaction available 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 for the Summer Series.

- Follow the signs and the marshal's directions to the parking area.
- Make every reasonable effort to arrive at the event in time for your allocated start window, including allowing time to get all names ticked off at the registration tent and collect your hired ecard. **All must go to registration.**
- 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, 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. 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, 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.
- From the finish walk back to the registration/download tent. 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, 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. Individuals can start on any loop, but then must follow loops in alphabetical order. Ie if you start on "C" you then do D, A + B in that order. 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.