

	MILITARY LEAGUE(SOUTH)				<i>BAOC</i>
	SUMMER SERIES				
	HOSTED BY BAOC				
	CONGO & MYTCHETT EAST WEDNESDAY 28 AUGUST 2021 Support required				
General	<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. 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</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: teal;">Download without delay and depart.</p>				
Travel Directions:	Signed from the double bends at what3words fulfilled.stumble.mainly Parking at Grid SU9238956296 beside the building.				
Terrain:	Mixed undulating forest with a good network of line features.				
Mapping:	Updated in July 2019 by RLM Maps with minor corrections for this event. Road crossing all courses. Scale 1:7,500 overprinted on waterproof paper. Loose control description will be provided at the start.				
Pre-entry:	Open at 20:00 18 Aug 2021 at racesignup.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 runners must download by course closure time; even if you do not finish the course.					
Courses:	Colour	Distance	Climb	Remarks	
Start 1 & 2 on lane boards	Blue	6.5km	175m	Experienced orienteers only	
	Green	4.5km	165m	Experienced orienteers only	
	Sh Green	3.2km	130m	Experienced orienteers only	
	Score	1 hour		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) - £5.50p EMIT Hire (if required) - £1.50p				
SRO:	SSgt Des Dickinson - Army HQ				
Organiser:	Maj (Retd) Colin Dickson				
Planner:	Mark Thompson TVOC				
Controller:	Peter Riches TVOC				
Contact Details:	courses@armyorienteering.com 07905050129				
Facilities:	Toms Food Wagon cash sales used, Toilets.				
Insurance	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
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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 this is NEW 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