

19 Apr 22

AOA Chairman  
Army Corps Headquarters



## EXERCISE SMART RUNNER 2022 ARMY INTER UNIT ORIENTEERING CHAMPIONSHIPS

### References:

- A. [2018DIN07-103 Authority for Army Orienteering - dated Oct 18.](#)

### GENERAL

- 1. Introduction.** The Inter-Unit Orienteering Championships 2022 will be held on Longmoor Training Area 25-26 May 22. Optional preparatory training is available on 24th & AM 25th May 22.
- 2. Aim.** The aim of the event is to challenge soldiers' navigation, use of ground and aerobic fitness through orienteering. The Harris event on day two also provides junior leaders the opportunity to test their leadership under the pressures of time and competition.
- 3. Eligibility.** This is Individual Military Training<sup>1</sup> and is open to all Regular and Reservists Army units. Teams consist of four runners however units may enter multiple teams.

### EXECUTION

- 4. Team Entries.** In order to ensure that enough maps are available, pre-registration is mandatory via the online app 'racesignup' at this link: <https://racesignup.co.uk/site/event.php?eventid=2690>. Subsequent online amendments to team members can be made online up until 1800 hrs 23 May 22; minor amendments only will be allowed on arrival at Registration on Day 1 please.
- 5. Food & Accom.** It is essential that all Unit teams who require Food and Accom at Longmoor register their requirements online (via the link above) by Mon 9 May 22.
- 6. Training.** To supplement unit led preparations the following are available:
  - a. Basic Skills Coaching (24 May 22).** Spaces are limited and will be allocated on a first come first served basis. Applications can be made as outlined in the online entry process.
  - b. Novice Coaching (AM 25 May 22).** Coaching is on offer during the morning immediately prior to the championships. This will be aimed at those who require an introduction, or refresher, and cannot attend the basic skills coaching. Attendance will not be limited but units must declare their intent to attend when registering online.
- 7. Championships.**
  - a. Spanish Score (PM 25 May 22).** Team members run individually to visit all controls in the fastest possible time. Controls can be visited in any order and the team's time is the cumulative time of every member.
  - b. Harris Relay (AM 26 May 22).** The Harris format is an event where all team members receive identical maps and run simultaneously. There are two sets of controls: 'spine'

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<sup>1</sup> As detailed in Reference A.

controls, which must be visited by every team member; and 'other' controls, which must be visited by at least one team member. Both sets of controls can be visited in any order, and the team's time is that of the last member to reach the finish, multiplied by four. Penalty of 10 mins for every control missed.

8. **COVID.** The competition, training and accommodation will all operate within the latest Force Health Protection Directive.

## COORDINATING INSTRUCTIONS

9. **Model Map.** A demonstration map and area will be available for competitors to practice their technique from 1000hrs on 25 May 22.

10. **Equipment.** Full leg cover is mandatory. Team Captains are responsible for ensuring that all team members are dressed for the weather conditions, hydrated, have a compass, which they know how to use, and a whistle. No whistle, no start.

11. **Downloading.** All competitors are to download at the download station, directly after they finish, even if they retire from the course. Team Captains are responsible for informing race registration that their competitors are all accounted for and downloaded before leaving each day. Failure to do so will result in safety protocols being actioned, wasting time and resources.

12. **Classes.** Each team must consist of four runners from the same unit. Each team can only be competitive in one of the following classes.

- a. **Senior.** Team of four runners.
- b. **Masters.** Team of four runners, all over 40 years old on 25 May 22.
- c. **Female.** Team of four female runners.
- d. **Short.** Team of four runners.
- e. **Under 25.** Team of four runners, all under 25 years old on 25 May 22.
- f. **Guests teams.** Any civilian club or grouping, plus Ad-hoc military (all military runners, but from different units) teams may also enter as a guest team in any of the above classes however they will not be eligible for the Inter-Unit Championships.

13. **Timings.**

- a. **10 Apr 22.** Event registration closes.
- b. **PM 24 May 22.** 1200-1700 – Optional AOA Basic Skills Coaching.
- c. **AM 25 May 22.** 0800-1200 – Optional AOA Novice Skills Coaching.
- d. **PM 25 May 22.**
  - (1) 1330 – Spanish score event start.
- e. **26 May 22.**
  - (1) 0930 – Harris relay event start.
  - (2) 1330 – Prize giving.

14. **Costs.** All event costs for military personnel will be centrally funded.

15. **Allowances.** This is an authorised exercise and participants are entitled to the normal duty allowances detailed in [JSP 752](#).

16. **Accommodation and feeding.** Accommodation at Longmoor Training Camp has been centrally booked for the event. Units can apply for accommodation and feeding by Mon 9 May via the [online entry process](#).

17. **Transport.** Units are responsible for providing their own means of service transport which may be used subject to the normal rules for military training. Bookings are to be charged to Purpose of Travel Code 13 (POT 13).

18. **Responsible Persons.**

- a. Event SRO: Lt Col Rich Mawer AAC
- b. Event Organiser: Sgt Vickie Costello RSIGS
- c. Event administration. Maj R C Barrett RLC
- d. First Aider. **TBC**

19. **Summary.** Orienteering directly supports dismounted close combat skills by developing soldiers' ability to 'read' the terrain and navigate their way through it. The Army Inter Unit Championships presents a competitive environment to test these skills under physical duress and to promote a 'warrior ethos' and will to win.

Any amendments to this instruction will be published on the [British Army Orienteering Club](#) website.

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