

	ARMY INTER UNIT CHAMPIONSHIPS				<i>AOA</i>
	HOSTED BY THE ROYAL SIGNAL				
	LONGMOOR EAST				
	THURSDAY 26 MAY 2022				
Travel Directions:	Longmoor, drive to the guard room with this flier and photo ID. SU7926031065 Post Code GU33 6EL what3words dries.edgy.blissful follow signs to parking.				
Terrain:	Military training area, undulating terrain with a lot of rough open, a mix of vegetation, good network of tracks and areas have good contour detail Very runnable. Tougher than day one.				
Mapping:	Scale 1:10,000, 5m contours, Full re-map in 2021. All courses printed on A4 waterproof paper. Loose control descriptions for all courses in the start lanes. Control Descriptions also on the map				
Pre-entry:	Open now at racesignup.co.uk .				
Results System:	EMIT Results https://race-results.info/ & http://www.baoc.info/				
Registration:	0915 – 1125 hours.				
Starts:	0930 – 1130 hours				
Course Closes:	1300 hours. Controls will be taken in at 1300hrs				
Prize Giving:	1330hrs				
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	Control	Remarks
	HARRIS TEAM Long/Short	N/A	N/A	35/28	Teams of 4 Civilian teams of 4 can take part.
	Blue	6.5km	145m	13	Experienced orienteers only
	Green	4.9km	115m	14	Experienced orienteers only
	Sh Green	3.3km	75m	12	Experienced orienteers only
	Score	1 hour		25	Individual 1 hour score
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. No dogs allowed.				
Costs:	Military - £4.00p Free if part of the Army Champs Team 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:	Lt Col Richard Mawer AAC				
AOA Coaching Officer	Maj Richard Barrett RLC				
Organiser:	WO2 (FofS) Jabegu 11 Sigs Rect				
Planner:	Maj (Retd) Colin Dickson AOA				
Controller:	Lt Col (Retd) Colin Metcalfe AOA				
Contact Details:	richard.barrett862@mod.gov.uk Mobile 07813825914				
Facilities:	Toms Food Wagon, 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 2021 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)
Have fun and enjoy the wood