

	<b>MILITARY LEAGUE(SOUTH)</b>				<i>BAOC</i>
	<b>HOSTED BY BAOC</b>				
	<b>INDIVIDUAL CHAMPIONSHIPS 2023</b>				
	<b>WINDMILL HILL</b>				
<b>WEDNESDAY 26 APRIL 2023</b>					
<b>Travel Directions:</b>	Entry Barrier at what 3 words nurtures.fewest.donor. Building work is happening on the routes in.SU91315767. Event is not signed. Parking is on a flat area in the middle of the map at Grid SU91585715,				
<b>Terrain:</b>	Mixed wood with runnable, intricate, undulating contour detail and a good network of line features. Area is fully high fenced and closed to the public most of the time.				
<b>Mapping:</b>	Remapped in 2023 for this event. Scale 1:7,500 overprinted on waterproof paper. Control descriptions on the map and in the start lane.				
<b>Pre-entry:</b>	Open at 20:00 19 Apr 2023 at <a href="https://racesignup.co.uk">racesignup.co.uk</a> .				
<b>Results System:</b>	EMIT Results <a href="https://race-results.info/">https://race-results.info/</a> & <a href="http://www.baoc.info/">http://www.baoc.info/</a>				
<b>Registration:</b>	1045 – 1355 hours.				
<b>Starts:</b>	1100 – 1400 hours				
<b>Course Closes:</b>	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.					
	Colour	Distance	Climb	Control	Age Groups per course
	Brown	7.4km	230m	29	M21, M35, M40, M45
	Blue	6.2km	200m	23	W21, W35, W40, W45, M50+
	Lt Green	4.4km	135m	17	MU21, WU21, W50+
	Lg Orange	4.2km	125m	11	TD3 Level Novice
	Sh Green	3.4km	125m	22	Not Championship Scoring
	Score	1 hour		30	Not Championship Scoring
<b>Dress:</b>	Full leg and arm cover are mandatory; that means no shorts/vests.				
<b>Other Instructions:</b>	Tobacco & vaping is banned on all Trg Areas. Whistles are compulsory. Place £1 in the charity box at registration and you will be given a whistle. Dogs in car park only.				
<b>Costs:</b>	Military - £4.25				
<b>EOD £1 extra</b>	Military Veterans - £5.50				
	Senior Civilians (M/W 21 and above) - £8.00				
	Junior Civilians (M/W 20 and below) - £5.50				
	EMIT Hire (if required) - £1.50				
<b>SRO:</b>	WO2 Des Dickinson MoD Abbey Wood				
<b>Organiser:</b>	Maj (Retd) Colin Dickson BAOC				
<b>Planner:</b>	Robin Bishop TVOC				
<b>Controller:</b>	Pete Jones SN				
<b>Contact Details:</b>	dicksonc44@hotmail.com Mobile 07905050129				
<b>Facilities:</b>	Toms Food Wagon, 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 2023 and land booked iaw the AOA DIO Licence and JSP907</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.					

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)

Annex B to  
MLS/2022-2023  
Dated 4 Oct 2022

### **INSTRUCTIONS FOR THE INDIVIDUAL CHAMPIONSHIPS**

1. **General.** The MLS Individual Orienteering Championships (known as 'the Championship' throughout this instruction) will be run as a conventional Cross-Country event. The Championships is 'entry through race sign up' [racesignup.co.uk](http://racesignup.co.uk). and full event details will be promulgated on a flyer above and published on the [BAOC](http://BAOC) website.

2. **Purpose.** The purpose of the Championship is to: a. Annually establish the best male and female orienteer in the MLS.

b. Expose competitors to high quality orienteering maps and planning; as well as technically demanding and physically challenging orienteering. IOT support recruitment and develop orienteering as a military skill.

3. **Eligibility.** The Championships is open to all Regular and Reserve personnel from UK South designated units<sup>16</sup> and is only open to Military competitors. To qualify for prizes, competitors **MUST** run on the course that matches their age category.

4. **Competition Format.** Course age categories, Technical Difficulty (TD) and Length (km) are as follows:

<b>Course Colour</b>	<b>Age Category</b>	<b>TD</b>	<b>Length (km)</b>
Brown	M21, M35, M40, M45	5	8-10
Blue	W21, W35, W40, W45, M50+	5	6-8
Light Green	MU21, WU21, W50+	4	4-6
Long Orange	Novices	3	4-5
Short Green	Technical shorter course	5	3.5
Score	25 Controls in 1 hour		1 hour

5. **Mapping/Punching system.** The maps are to be printed at a scale of 1:7,500 on waterproof paper. Control Descriptions will be on the map and use IOF symbols, with loose Control Descriptions available in the Start box only. Maps will be issued at the start.

6. **Attendance.** Attendance is voluntary, there is a pre-entry requirement through [racesignup.co.uk](http://racesignup.co.uk), but competitors are responsible for their own safety and for assessing their abilities to complete the selected course.

7. **Results/Prizes/Prize Giving.** Results will be placed on the BAOC website at [www.baoc.info/](http://www.baoc.info/) as soon as possible after the event. Prizes will be awarded as follows: Men's Open Champion will be the fastest individual male on the Brown Course irrespective of age class; the Women's Open Champion will be the fastest individual female on the Blue Course irrespective of age class. Age class prizes will be awarded in addition to these, based solely on the age class declared at Registration. The prizes will be awarded at the MLS Prize Giving event at the end of the season on the 14 June at Frith Hill.