

	MILITARY LEAGUE(SOUTH)				<i>BAOC</i>
	SUMMER SERIES				
	HOSTED BY BAOC				
	ASH SOUTH				
	WEDNESDAY 21 JUNE 2023				
Travel Directions:	Signed north off the B3411 in Ash, nearest Post code is GU12 5DN and Grid SU8971851416. What3words speeds.debit.acted Parking is at SU9059051923 accessed by a hard track to the top of the area and is very limited. The route in is concrete in parts with passing places, in coming cars have priority over departures, take care. The up-hill route into the car park is crossed by all courses!!!				
Terrain:	Mixed wood with runnable, intricate, undulating contour detail and a good network of line features.				
Mapping:	Map updated in 2022 with minor adjustments for this event. Scale 1: 7.500 overprinted on waterproof paper, Loose control description for at the start for Sh Green and Score only.				
Pre-entry:	Open at 20:00 14 June 23 at racesignup.co.uk .				
Results System:	Excel spread sheet-Results http://www.baoc.info/				
Registration:	1045 – 1355 hours. All MUST report to registration to get their name ticked on the spread sheet to confirm attendance.				
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. 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	
Maps released at 1415	Brown	8.0km	215m	4 loops A-B-C-D	
	Blue	6.0km	155m	3 loops B-C-D	
	Green	4.0km	115m	2 loops C+A	
	Sh Green	3.2km	105m	Standalone course	
	Score	1 hour		20 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 - £4.25				
EOD: £1.50 extra	Military Veterans - £5.50				
Maps released at 1415hrs	Senior Civilians (M/W 21 and above) - £8.00				
	Junior Civilians (M/W 20 and below) - £5.50				
	EMIT Hire (if required) - £1.50				
SRO:	WO2 Des Dickinson MoD Abbey Wood				
Organiser:	Major (Retd) Colin Dickson BAOC				
Planner:	Major (Retd) Colin Dickson BAOC				
Controller:	Elisabeth Dickson BAOC				
Contact Details:	dicksonc44@hotmail.com Mobile 07905050129				
Facilities:	Tracy's 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 2023 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.					

Have fun and enjoy the woods. Individuals start as directed on course details above and follow in alphabetical order. You must press the “start” only once and finish at the end of your race after all loops are completed.