

	MILITARY LEAGUE(SOUTH)	BAOC
	SUMMER SERIES	
	HOSTED BY BAOC	
	LONG VALLEY SOUTH (EAST)	
	WEDNESDAY 05 JULY 2023	
Travel Directions:	Entry Barrier at w3w outer.visit.limes Grid SU8476551056 Parking is on a flat sandy area at Grid SU8467450494	
Terrain:	Mixed wood with runnable, intricate, undulating contour detail and a good network of line features.	
Mapping:	New map in 2022 and minor amendments for this event. Scale 10.000 for Score, rest at 7,500 overprinted on waterproof paper. Control description on maps and loose in the start lanes.	
Pre-entry:	Open at 20:00 28 June 2023 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		
The Ultimate Challenge - This is both Window and Corridor as an individual relay of 7.0km, 165m climb and 14 controls		
Window - This is a course of 3.3k long, 75m climb and 7 controls with windows of approximately 100msq with the rest of the map blanked out.		
Corridor - This is a course of 3.5k long, 90m climb and 7 controls, with a corridor of approximately 75m either side of the course line, with the rest of the map blanked out.		
Green - Standard course of 4.6k long, 120m climb and 18 controls		
Sh Green - Standard course of 3.2km 75m climb and 12 controls		
Score Course - 60 min. 25 controls. The optimum route is 5.7km as the crow flies.		
Dress:	Full leg and arm cover are mandatory; that means no shorts or vests.	
Other Instructions:	Tobacco & Vaping is banned on all MOD Areas. Whistles are compulsory. Place £1 in the charity box at registration and you will be given a whistle. Dogs in car park only.	
Costs: EOD £1.50 extra	Military - £4.25	
	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) - £1.50p	
SRO:	WO2 Des Dickinson MOD Abbey Wood	
Organiser:	Maj (Retd) Colin Dickson BAOC	
Planner:	Kieran Devine BAOC assisted by Andy Macgregor BAOC	
Controller:	Colin Holcombe BAOC	
Contact Details:	dicksonc44@hotmail.com Mobile 07905050129	
Facilities:	Tracy's food van. 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.

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)