
	<b>MILITARY LEAGUE(SOUTH) SUMMER SERIES</b>			
	<b>HOSTED BY BAOC</b>			
	<b>Alice Holt Country Park</b>			
		<b>WEDNESDAY 12 July 2023</b>		
<b>Travel Directions:</b>	Signed off the A325 at Bucks Horn Oak, follow signs south and turn left into the Alice Holt. Entrance GU10 4LS. Nearest Station is Farnham What3words for entrance: <b>bucks.flattered.fried</b> . For those that don't want to pay parking fee there is a free car park at <b>blitz.ultra.broken</b> . This is 600m past the main entrance with room for 80 cars, then an 800m walk in to the start. We will sign the route from that car park with Brutal arrows. Others use code 6499, so max charge is then £5. Only works on 12 Jul.			
<b>Terrain:</b>	The area is very different to RVCP, standard FC forest with an extensive network of tracks and dry ditches, plus there are numerous streams. <b>We have gone for 2km loops so we can keep the courses mainly in the runnable forest and away from the bracken.</b> Further details here: <a href="https://www.forestryengland.uk/alice-holt-forest">https://www.forestryengland.uk/alice-holt-forest</a> :			
<b>Mapping:</b>	Map updated in March 2023. Scale is 1:10,000 but courses will be printed at 1:7500, overprinted on waterproof paper. Control descriptions on all maps, Score, SG, LO only have loose copies in start lane.			
<b>Pre-entry:</b>	Open at 20:00 5 Jul 2023 at <a href="http://racesignup.co.uk">racesignup.co.uk</a> .			
<b>Results System:</b>	Emit Results <a href="http://www.baoc.info/">http://www.baoc.info/</a>			
<b>Registration:</b>	1030 – 1255 hours. <b>Starts:</b> 1100 – 1300 hours			
<b>Course Closes:</b>	1400 hours. Controls will be taken in from 1415hrs			
<p>All runners must download by course closure time; even if you do not finish the course.</p> <p><b>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.</b></p>				
<b>Courses:</b> Maps released at 1315 hrs.	<b>Colour</b>	<b>Distance</b>	<b>Climb</b>	<b>Remarks</b>
	Brown	8.0km	95m	4 loops A-B-C-D starting at A only
	Blue	6.0km	75m	3 loops B-C-D starting on B only
	Green	4.0km	45m	2 loops C+ D starting on C only
	Sh Green	3.5km	45m	Standalone course
	Long Orange	3.7km	55m	Suitable for newbies to orienteering
<b>Score</b>	1 hour		26 controls, Good for all levels	
<b>Dress:</b>	Full leg and arm cover are mandatory; that means no shorts or vests.			
<b>Other Instructions:</b>	Whistles are compulsory. Place £1 in the charity box at registration and you will be given a whistle. Dogs allowed on all courses.			
<b>Costs:</b> <b>EOD £1.50 extra</b>	Military - £4.25			
	Military Veterans & Jnrs £5.50 and senior civilians £8.00			
	EMIT Hire (if required) - £1.50p			
<b>SRO:</b>	WO2 Des Dickinson – MoD Abbey Wood			
<b>Organiser:</b>	Maj (Retd) Allan Farrington BAOC			
<b>Planner:</b>	Maj (Retd) Allan Farrington BAOC <b>Controller:</b> TBC			
<b>Contact Details:</b>	<a href="mailto:allan@baoc.info">allan@baoc.info</a> Mobile 07747 446600			
<b>Facilities:</b>	Café & Toilets beside Start/finish area,. Ample parking.			
<b>Insurance</b>	For civilians participating in Army orienteering, Public Liability Insurance is provided by Torgate; 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			

Have fun and enjoy the woods. Individuals start as directed on course details above and then follow course letter in alphabetical order. You must press the “start” only once and the finish only once at the end of your race, that is only after all your loops are completed. At the end of each loop punch 100.