



ORIENTEERING TRAINING DAY
HOSTED BY BAOC
HOGMOOR INCLOSURE,
BORDON
WEDNESDAY 02 AUGUST 2023



Travel Directions:	Entry Gate: W3W: waistcoat.megawatt.ripples Grid: SU 786355 Nearest Post Code: GU35 9HL Follow signs to Hogmoor inclosure				
Terrain:	Hogmoor, former Army training area K, now heavily used by the public. In areas of open forest, mapped paths can be unreliable. Most mapped ponds still have standing water. Black X represents a hide or other wooden structure. Dashed green lines to represent distinct vegetation boundaries as per ISOM 2017-2				
Mapping:	Map updated in 2022. Scale 1:,5000 overprinted on waterproof paper. Control description on map only.				
Pre-entry:	Open at 20:00 on Wed 26 July 23 at racesignup.co.uk .				
Results System:	EMIT Results https://race-results.info/ & http://www.baoc.info/				
Registration:	1045–1355 hours. Starts: 1100 – 1400hrs. Controls in 1500hrs.				
Format	As some people will be running using MapRun we obviously cannot be aware of who is on the area, therefore everyone will be treated as running under their own volition and not as part of a formal event. That means there will be no AOA insurance cover in place. You are on your own as they say, but if doing map run you can register with us that you have started. Military pers should ensure their unit is aware they are taking part if they want cover.				
Course Closes:	1500hrs,				
Note: This event is about training, the idea is you practice your techniques and don't worry too much about time. All courses are available as MapRun options now, so open MapRun 7 and under Select Event go to UK/Other/AOA/Hogmoor . Copies of all maps will be available at Registration so collect from there and start yourself when ready. There will be standard emit controls out for all courses. Helpers will be available to instruct you on how to use MapRun. You can choose either to run as a normal course and download afterwards, or just run any course in MapRun or even run a course as a standard course and then try that again in MapRun, alternatively run/walk one course and then do another courses in MapRun and then sit in the café afterwards to discuss how you got on, second runs are free. We will have spare maps of all courses available. Bring the kids/grand kids along and train them up, only £2 for kids and card hire is also free for kids..					
All runners must download by course closure time; even if you do not finish the course.					
Courses:	Colour	Distance	Climb	Controls	Remarks
	Blue (Blue)	6.1km	55m	24	Experienced Orienteers Only
	Lt Green (Hard)	5.2km	50m	15	Designed for Improving Orienteers
	Sh Green (Medium)	3.4km	40m	12	Experienced Orienteers Only
	Orange (Easy)	2.3 km	35m	12	Suitable for beginners
	Yellow (Easy Short)	1.8 km	35m	12	Suitable for all
	Score	N/A	1 Hour	30	Individual 1 Hour Score
Dress:	Full leg and arm cover are recommended.				
Other Instructions:	Whistles are advised, put £1 in charity box at regn and take one				
Costs:	Colour Coded Courses:				
	Military - £4.25p Military Veterans - £4.25				
	Senior Civilians (M/W 21 and above) - £8.00				
	Junior Civilians (M/W 20 and below) - £2.00				
	EMIT Hire (if required) - £1.50p (Free for kids)				
SRO:					
Organiser & Planner:	Maj(Retd) Allan Farrington – BAOC				
Controller:	Colin Holcombe BAOC				
Contact Details:	Email: allan@baoc.info Tel: 07747 446600				
Facilities:	Toilet block and Café on site. Dogs allowed all courses.				