

	<b>MILITARY LEAGUE(SOUTH)</b>					<i>BAOC</i>
	<b>SUMMER SERIES</b>					
	<b>HOSTED BY BAOC</b>					
	<b>FRITH HILL</b>					
	<b>Start times revised</b>					
<b>WEDNESDAY 06 SEPTEMBER 2023</b>						
<b>Travel Directions:</b>	Grid SU9060457821, Post code GU16 6GA. what3words trifling,kinds,dote. Parking is in a large hard surfaced area.					
<b>Terrain:</b>	Mixed undulating forest with a good network of line features.					
<b>Mapping:</b>	Updated in Nov 2022 with minor corrections for this event. Scale 1:10,000 overprinted on waterproof paper. Loose control description will be provided at the start.					
<b>Pre-entry:</b>	Open at 20:00 30 Aug 2023 <a href="http://racesignup.co.uk">at racesignup.co.uk</a> .					
<b>Results System:</b>	Excel spread sheet-Results <a href="http://www.baoc.info/">http://www.baoc.info/</a>					
<b>Registration:</b>	0945 – 1225 hours. All MUST report to registration to get their name ticked on the spread sheet to confirm attendance.					
<b>Starts:</b>	1000-1230 hours					
<b>Course Closes:</b>	1400 hours. Controls will be taken in at 1400hrs					
<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>						
All runners must download by course closure time; even if you do not finish the course.						
Courses:	Colour	Distance	Climb	Control	Remarks	
	Score	1 Hour		25		
	Blue	6.9km	155m	16	Experienced orienteers only	
	Green	4.9km	105m	16	Experienced orienteers only	
	Sh Green	3.5km	85m	11	Experienced orienteers only	
<b>Dress:</b>	Full leg and arm cover are mandatory; that means no shorts or vests.					
<b>Other Instructions:</b>	All SP must be in-date and have completed Heat Illness Prevention Module 1 prior to taking part in MLS event. 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.					
<b>Costs:</b> 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) - £5.50p					
	EMIT Hire (if required) - £1.50p					
<b>SRO:</b>	WO2 Des Dickinson MoD Abbey Wood					
<b>Organiser:</b>	Maj (Retd) Colin Dickson BAOC					
<b>Planner:</b>	Mark Thompson TVOC					
<b>Controller:</b>	Peter Riches TVOC					
<b>Contact Details:</b>	<a href="mailto:dicksonc44@hotmail.com">dicksonc44@hotmail.com</a> Mobile 07905050129					
<b>Facilities:</b>	Toms Food Wagon, Toilets.					
<b>Insurance</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.</b>						

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