

	MILITARY LEAGUE(SOUTH)				<i>BAOC</i>
	SUMMER SERIES				
	HOSTED BY BAOC				
	NORRIS HILL				
WEDNESDAY 20 SEPTEMBER 2023					
Last Summer Series event					
Travel Directions:	What3Words/// decisions.rainbow.readers Grid SU8272552746 Nearest Post Code GU52 9EP 100m east to entry. Parking is on tracks.				
Terrain:	Flat in the main with a low hill in the east, a mixture of intricate forested areas and rough open. More physical in the east.				
Mapping:	Mapped in 2023 by RLM Maps Scale 1:7500 overprinted on waterproof paper. Control descriptions on map and loose in the start lanes.				
Pre-entry:	Open at 20:00 13 Sep 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	
	Brown	8.6km	70m	Experience orienteers	
	Blue	6.9km	60m	Experience orienteers	
	Green	4.8km	50m	Experience orienteers	
	Sh Green	3.5km	20m	Experience orienteers	
	Orange	3.2km	25m	Suitable for novices	
	Score	1 hour	25 controls	Suitable for all	
Dress:	Full leg and arm cover are mandatory; that means no shorts or vests.				
Other Instructions:	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 Trg 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:	Military - £4.25p				
EOD £1.50 extra	Military Veterans £5.50				
	Senior Civilians (M/W 21 and above) - £8.00p				
	Junior Civilians (M/W 20 and below) - £5.50p				
	EMIT Hire (if required) - £1.50p				
SRO:	WO2 Des Dickinson – MoD Abbey Wood				
Organiser:	Maj (Retd) Colin Dickson BAOC				
Planner:	Maj (Retd) Colin Dickson BAOC				
Controller:	Elisabeth Dickson BAOC				
Contact Details:	dicksonc44@hotmail.com Mobile 07905050129				
Facilities:	Toilets, Food provide by Tom & Julie				
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)

Have fun and enjoy.