

7 May 2024

EXERCISE SMART RUNNER 2024 ARMY INTER UNIT (AIU) ORIENTEERING CHAMPIONSHIPS 2024

GENERAL

1. **Introduction.** The AIU Orienteering Championships 2024 will be held on 22 - 23 May 2024 around the Longmoor Training Areas¹. Optional preparatory training is available from 1030hrs Wed 22 May 24 near Longmoor Camp². The next Basic skills course³ (19-22 May 2024) and weekly Military League events are ideal preparation for novices with limited orienteering experience.
2. **Aim.** The aim of the event is to challenge soldiers' navigation, use of ground and aerobic fitness through orienteering. The Harris event on day two also provides junior leaders the opportunity to test their leadership under the pressures of time and competition.
3. **Eligibility.** This is Individual Military Training⁴ and is open to all Regular and Reservists Army units. Teams consist of four runners however units may enter multiple teams.

EXECUTION

4. **Team Entries.** In order to ensure that enough maps are available, pre-registration is mandatory via the online app [Racesignup](#). Subsequent online amendments to team members can be made online up until 1800hrs 20 May 24; minor amendments only will be allowed on arrival at Registration on Day 1. Team runners can be changed for Day 2 provided the organiser is informed of any changes beforehand, obviously if the substitution results in a team no longer meeting the qualifying criteria for a class they will not be eligible for that class. This also applies for substitutions due to injury.
5. **Accommodation.** Units are to state their accommodation requirement on Race Signup when entering. The AOA has centrally booked food and accommodation within Longmoor Training Camp, Liss, GU33 6EL.
6. **Training.** To supplement unit led preparations the following are available:
 - a. **Military League South (MLS).** Training / League events take place every Wednesday in the South/South East regions and are suitable for all levels to gain experience. Event Flyers are available on the [BAOC](#) website and booking are to be made via [Racesignup](#). Personnel outside the MLS area are to contact their area rep for event details.
 - b. **Basic Orienteering Skills Course (19 – 22 May 24).** Spaces are allocated on a first come first served basis. Applications can be made via the APTC School Courses Clerk 885hmeadow@csmail.mod.uk.
 - c. **Novice Coaching (22 May 24).** Coaching is on offer during the day immediately prior to and the morning of the championships at Longmoor. This will be aimed at those who require an introduction, or refresher, and cannot attend the basic skills coaching. Attendance will not be limited but units must declare their intent to attend when registering online. Coaching is available from 1030-1230hrs on area J2, Grid reference SU 80052 37212 (W3W: marker.rob.es.matrons).

1 Flyers available at [Calendar of Events, Courses & Other Activities | BAO Online](#)

2 See Para 6c.

3 Orienteering [Orienteering \(sharepoint.com\)](#)

4 As detailed in [2018DIN07-103.pdf \(baoc.info\)](#)

7. **Championships:**

- a. **Spanish Score - 22 May 24 (L1 and L2 training Areas).** Team members run individually to visit all controls in the fastest possible time. Controls can be visited in any order and the team's time is the cumulative time of every member.
- b. **Harris Relay - 23 May 24 (Hogmoor Inclosure).** The Harris format is an event where all team members receive identical maps and run simultaneously. There are two sets of controls: 'spine' controls, which must be visited by every team member; and 'other' controls, which must be visited by at least one team member. Both sets of controls can be visited in any order, and the team's time is that of the last member to reach the finish, multiplied by four. Penalty of 10 mins for every control missed.

COORDINATING INSTRUCTIONS

8. **Dress.** Full leg and shoulder cover is mandatory. Team Captains are responsible for ensuring that all team members are dressed correctly. Personnel are to ensure they have Off-Road/Trail running trainers – indoor gym shoes / pumps are not sufficient for the competition area.

9. **Equipment.** All personnel must be in possession of the following equipment:

- a. Water/Fluid (Does not need to be carried during the event)
- b. A compass (which they know how to use)
- c. A whistle (no whistle, no start)
- d. A Pen (to mark a waterproof map)

10. **Downloading.** All competitors MUST download at the download station, directly after they finish, even if they retire from the course. Team Captains are responsible for informing race registration that their competitors are all accounted for and downloaded before leaving each day. Failure to do so will result in safety protocols being actioned, wasting time and resources. Results will be published at [Race Results - live results service \(racesignup.co.uk\)](https://www.racesignup.co.uk) and on the [BAOC](https://www.baoc.org.uk) website.

11. **Classes.** Each team must consist of four runners from the same unit. Each team can only be competitive in one of the following classes.

- a. **Senior.** Team of four runners.
- b. **Masters.** Team of four runners, all over 40 years old on 22 May 24.
- c. **Female.** Team of three female runners.
- d. **Short.** Team of three runners.
- e. **Under 25.** Team of three runners, all under 25 years old on 22 May 24.
- f. **Guest teams.** Any civilian club or grouping, plus any Ad-hoc military (all military runners, but from different units) teams may also enter as a guest team in any of the above classes however they will not be eligible for the Inter-Unit Championships.

12. **Timings.**

- a. **28 Mar 24.** Event registration opens via [Racesignup](https://www.racesignup.co.uk).
- b. **19 - 22 May 24.** Basic Skills Coaching Course at Longmoor.

- c. **20 May 24.** 1800 – Event registration closes.
- d. **22 May 24.** 1030-1500 – Optional Novice Skills Coaching.
- e. **22 May 24.** 1145 – Spanish Score event start.
- f. **23 May 24.**
 - (1) 0930 – Long Harris event starts. 0940 – Short Harris event starts
 - (2) 1330 – Prize giving.

13. **Costs.** There is no entry fee for units entering the AIU Championships, this is centrally funded from the Army Orienteering Training Budget, as is any training on Wed 22 May 24. The events are also open to civilians who will pay the normal MLS fees for civilians. Military Veterans also get a discounted rate.

14. **Allowances.** This is an authorised exercise and participants are entitled to the normal duty allowances detailed in JSP 752.

15. **Transport.** Units are responsible for providing their own means of service transport which may be used subject to the normal rules for military training. Bookings are to be charged to Purpose of Travel Code 13 (POT 13).

16. **Responsible Persons.**

- a. Event SRO: Lt Col Richard Mawer AAC
- b. Event Organiser: WO2 (QMSI) J Edwards RE
- c. Course Planner: Maj (Retd) Colin Dickson AOA
- d. Course Controller: Lt Col (Retd) Colin Metcalfe AOA

17. **Summary.** Orienteering directly supports dismounted close combat skills by developing soldiers' ability to 'read' the terrain and navigate their way through it. The Army Inter Unit Championships presents a competitive environment to test these skills under physical duress and to promote a 'warrior ethos' and will to win.

Any amendments to this instruction will be published on the [British Army Orienteering Club](#) website.

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