

	MILITARY LEAGUE(SOUTH)				BAOC
	SUMMER SERIES				
	HOSTED BY BAOC				
	RUSHMOOR (Part of Long Valley North)				
	WEDNESDAY 10 JULY 2024				
Travel Directions:	What3Words/// such.intro.latest Grid ref SU8546552094 Parking at SU8536552023 inside Rushmoor Arena. Nearest Post Code GU11 2HB 500m east of entry				
Terrain:	Wonderful combination of forest not accessible to the public, plus more runnable forest with little ground cover. Some grassy open areas. Two gates entry/exits within the area, marked on the map.				
Mapping:	Mapped in 2021 by Charles Bromley Gardner. Scale 1:7,500 overprinted on waterproof paper. Loose control description will be provided at the start.				
Pre-entry:	Open at 20:00 03 July 2024 23 at racesignup.co.uk .				
Results System:	EMIT Results https://race-results.info/ & http://www.baoc.info/				
Registration:	1045 – 1355 hours.				
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: Maps released at 1400	Colour	Distance	Climb	Remarks (see below start/finish)	
	Brown	8.2km	80m	3 loops A-B-C in that order	
	Blue	5.8km	60m	2 loops C-A in that order	
	Green	4.5km	40m	2 loops A-B in that order	
	Sh Green	3.7km	30m	1 loop C	
	Score	1 Hour	20 Controls	There are more than 20 on the area.	
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 MOD Areas. Whistles are compulsory. Whistles are compulsory, 100% check. Place £1 in the charity box at registration and you will be given a whistle. Dogs in car park only.				
Costs: 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) - £5.50				
	EMIT Hire (if required) - £2.00				
SRO:	WO2 Des Dickinson – MoD Abbey Wood				
Organiser:	Maj (Retd) Colin Dickson BAOC				
Planner:	Phil Conway GO				
Controller:	John Collyer GO				
Contact Details:	dicksonc44@hotmail.com Mobile 07905050129				
Facilities:	Toilets, Food provided by Tracy				
Insurance	For civilians participating in Army orienteering, Public Liability Insurance is provided by Townergate; 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.					