



MILITARY LEAGUE(SOUTH)
SUMMER SERIES
HOSTED BY BAOC
RUSHMOOR
 (Part of Long Valley North)

BAOC

WEDNESDAY 10 JULY 2024

Travel Directions:	What3Words/// such.intro.latest Grid ref SU8546552094 Parking at SU8536552023 Nearest Post Code GU11 2HB 500m east of entry
Terrain:	Parking inside Rushmoor Arena which is not accessible to the public and the areas around is forested training area with little ground cover. Two gate entry/exit onto area.
Mapping:	Mapped in 2021 by Charles Bromley Gardner. Scale 1:7,5000 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:	Colour	Distance	Climb	Remarks (see below start/finish)
TBC Maps released at 1400hrs	Brown	8.8km	115m	4 loops A-B-C-D in that order
	Blue	6.6km	90m	3 loops B-C-D in that order
	Green	4.4km	50m	2 loops D & A in that order
	Sh Green	3.4km	50m	Stand along course, no loops.
	Orange	3.4km	35m	TD3 Level Novice
	Score	1 Hour	25 Controls	There are more than 25 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 Torgate; 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.