

	MILITARY LEAGUE(SOUTH) Summer Series				<i>BAOC</i>
	HOSTED BY BAOC				
	Tweseldown				
	WEDNESDAY 7 August 2024				
Hosted by BAOC					
Travel Directions:	Tweseldown Equestrian Centre, car park off Bourley Rd, east of Church Crookham, Fleet, Hampshire. What3words: offices.scrolled.crumples . Postcode GU52 8AD. Grid SU82405170				
Terrain:	Tweseldown Equestrian Centre is mostly fast open with some heathland; Brock's Hill is public access woodland of all levels of runnability, intersected by many paths and rides and further heathland, some marshy.				
Mapping:	Map updated in 2023 for previous event. Scale 1:7500 overprinted on waterproof paper, Loose CDs in start lane for SG & Score.				
Pre-entry:	Open at 20:00 31 Aug 24 at racesignup.co.uk .				
Results System:	Live at www.race-results.info and after at 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	
	Brown	10.0 km	50m	3 Loops A, B & C	
	Blue	8.2 km	40m	2 loops B and C	
	Green	4.6km	40m	Loop B only	
	Sh Green	3.6km	35m	Loop A only	
	Score	1 hour	30 cntrls	Good for all levels	
Dress:	Full leg and arm cover are mandatory; that means no shorts or vests.				
Other Instructions:	All SP must be in-date for Heat Illness Prevention Module 1. Whistles are compulsory. Place £1 in the box at registration and take a whistle. Dogs allowed on all courses.				
Costs:	Military - £4.25				
EOD: £1.50 extra	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) - £2.00p				
SRO:	WO2 Des Dickinson MoD Abbey Wood				
Organiser:	Major (Retd) Allan Farrington BAOB				
Planner:	Dave Chapman SN				
Controller:	Sarah Francis SN				
Contact Details:	allan@baoc.info Mobile 07747 446600				
Facilities:	Tom's Food Wagon, Toilets. Proper car park				
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.					

Have fun and enjoy the woods. Individuals start as directed using loop details as above. Only punch on the finish once at the end of all your loops. Then go to the back of the Emit van to download and get your splits printout.