	MILITARY LEAGUE (SOUTH) **RELAY & LINE COURSES** **HOSTED BY BAOC** **Drayton Down, Barton Stacey** **WEDNESDAY 29 MAY 2024**	

Travel Directions:	**Entry Gate: W3W: barefoot.else.scoping** Entrance Grid: SU 43817 42761. *Please take care on approach road to car park as used by large lorries.* Car park What3Words **purchaser.swan.special** Grid: SU 44492 42585 Nearest Post Code: SO21 3QS Turn off A03 at signs to Barton Stacey.
Terrain:	The area is perfect for a relay, it is fast and furious with very little climb. A mixed trg area with mostly runnable rough open areas and some wooded bits, also mostly runnable, there is a well defined network of tracks/roads and large tarmac squares. Some complicated detail in places which will catch out the unwary or those who run too fast and lose contact with the map. Courses planned to avoid any nettles and there is also a common spectator control on all relay courses. The Blue course only has a road crossing from Area 3(East) to Area 2 (Middle)
Mapping:	Map fully updated in 2023 and revised for this event. Scale 1:7500 for Blue & Score, 1:5000 for all others, Overprinted on waterproof paper. Loose control description at the start for all courses.
Pre-entry:	Open at 20:00 on Wed 22 May 24 at racesignup.co.uk.
Results:	EMIT Results https://race-results.info/ & http://www.baoc.info/
Registration:	1045 – 1355 hours. **For MLS Relays all team members please enter as individuals on the appropriate course (Leg 1.Short Green 2.Light Green 3.Blue) and then send an email to the organiser (**allan@baoc.info**) with your team name and who is doing which course. The run order is the same for all teams, so lots of head to head running. To provide a proper Relay experience there will be a mass start at 1200hrs for all SG Cse runners, who then hand over to the LG cse runner, then LG hand to the Blue cse runner.** (Mass start at 1330hrs for any relay runners still waiting) Ad-Hoc teams are to be encouraged so please grab some friends for a bit of fun. Teams, or even single individuals in a team, can start anytime they wish if not wanting to be in the mass start, we will then just add up all 3 times for your team time. Obviously those going in the mass starts will have the advantage of a pack start for the first few controls and then the usual relay moments as you catch a runner up, or you yourself get caught.
Starts:	Relay Event Mass Start: Short Green runners go first at 1200hrs. Teams can start before if they wish, or later up to 1330hrs. Individuals can start separately, or all start at the same time if they wish. Teams can slot in whenever they feel like it. Normal Colour Coded starts:1100 – 1400hrs. **IT IS A PUNCHING START FOR ALL RUNNERS**

Coaching can be provided, email the organiser if required with numbers and your rough time of arrival. There will be a Relay brief to teams shortly before the 1200hrs Mass Start.

All runners must download by course closure time; even if you do not finish the course.

Courses:	Colour	Distance	Climb	Controls	Remarks
	Blue	7.7km	30m	30	Experienced Orienteers Only
	Lt Green	4.7km	20m	20	For Improving and experienced Orient
	Sh Green	3.7km	20m	20	Experienced Orienteers Only
	Long Orange	3.9 km	20m	20	Suitable for beginners
	Score	N/A	60 Mins	30	Individual 60 Min Score

Dress:	Full leg and arm cover are mandatory; that means no shorts or vests.
Other Instrs:	Whistles are compulsory, put £1 in charity box at regn and take one
	Military - £4.25p 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 **Note: This event will use the EMIT touch-free system. Free tag hire if you own your own ecard.**
SRO:	WO2 Des Dickinson MOD Abbey Wood
Org & Planner:	Maj(Retd) Allan Farrington – BAOC **Controller**: WO1(Retd) Neil Gordon
Contact:	Email: allan@baoc.info Tel: 07747 446600

| **Facilities:** | Toilets and Tom on site. Dogs not allowed on this area, sorry. |

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)