

	ARMY INTER UNIT CHAMPIONSHIPS					AAC
	HOSTED BY THE AAC & RAPTC					
	FRITH HILL					
	DAY TWO - THE HARRIS THURSDAY 22 MAY 2025					
Travel Directions:	Entry point is at SU9064857976 Post code GU16 6GB what3words afternoon.harsh.start Parking is in the middle of the area on a wide ride.					
Terrain:	Military training area, undulating terrain with a mix of vegetation, good network of tracks and areas have good contour detail.					
Mapping:	Scale 1:10,000 5m contours, Map revised for this event. All courses printed on A4 waterproof paper. Loose control descriptions for all courses in the start lanes. Control Descriptions also on the map.					
Pre-entry:	Open now at <a href="https://racesignup.co.uk">racesignup.co.uk</a> .					
Results System:	EMIT Results <a href="https://race-results.info/">https://race-results.info/</a> & <a href="http://www.baoc.info/">http://www.baoc.info/</a>					
Registration:	0945 – 1125 hours.					
Starts:	1000 – 1130 hours					
Course Closes:	1300 hours. Controls will be taken in at 1300hrs					
All competitors must ensure they are fully hydrated before starting, there will be NO water at the start and finish.						
All runners must download by course closure time; even if you do not finish the course.						
Courses:	Colour	Distance	Climb	Control	Remarks	
EOD £1.50	Harris Long	Spine 4.3km	N/A	30	Teams of 3/4	
	Harris Short	Spine 3.1km		24	Civilian teams of 3/4 can take part.	
	Blue	6.7km	130m	16	Experienced orienteers only	
	Green	4.5km	115m	16	Experienced orienteers only	
	Sh Green	3.3km	85m	12	1:7,500 map	
	V S Green	2.2km	50m	8	1:5,000 map	
	Score	1 hour		30	Individual 1 hour score	
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 Trg Areas. Whistles are compulsory. Place £1 at registration and you will be given a whistle. Dogs in car park only.					
Costs: EOD £1.50	Military - £4.25. (Free if part of the Army Inter Unit Champs)					
	Military Vets - £5.50					
	Senior Civilians (M/W 21 and above) - £8.00 (£4 per runner if part of a Team)					
	Short 3 person Team. Long 4 person Team					
	Junior Civilians (M/W 20 and below) - £5.50					
	EMIT Hire (if required) - £2.00					
SRO:	Lt Col Richard Mawer AAC					
AOA Coaching Officer	Maj Paul L'Estrange Royal Irish					
Organiser:	WO2 Luke Williamson AAC					
Planner:	Maj (Retd) Colin Dickson AOA					
Controller:	Lt Colin (Retd) Colin Metcalfe AOA					
Contact Details:	Organiser: <a href="mailto:luke.williamson131@mod.gov.uk">luke.williamson131@mod.gov.uk</a> Mobile 07813530388 coachingofficer@armyorienteering.com Mobile 07782 388887					
Facilities:	Food Wagon ???, Toilets.					
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 2025 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.						