

	MILITARY LEAGUE(SOUTH)					
	MLS RELAYS					
	HOSTED BY BAOC					
	CONGO STREAM					
	WEDNESDAY 09 JULY 2025					
Travel Directions:	what3words flinches.expiring.distracts. Grid SU9236456334 Car park at SU9248056353, on a flat grassed area					
Terrain:	Mixed wood with runnable, intricate, undulating contour detail and a good network of line features.					
Mapping:	Map updated in Sep 2023 with minor adjustment for this event. Scale 1:5000 overprinted on waterproof paper. Loose control description will be provided at the start less the Relay.					
Pre-entry:	Open at 20:00 02 July 2025 racesignup.co.uk .					
Results:	EMIT Results https://race-results.info/ & http://www.baoc.info/					
Registration:	1045 – 1355 hours.					
Starts:	1100 – 1400 hours Relay Mass Start - TBC					
Course Closes:	1500 hours. Controls will be taken in at 1500hrs					
All runners must download by course closure time; even if you do not finish the course.						
TBC	Colour	Distance	Climb	Control	Remarks	
	Relay Long	5.3km	15m	23	Hard Back to Back map	
	Relay Medium	4.1km	10m	19	Medium.	
	Relay Short	2.5km	10m	15	Easier	
	Blue	5.6km	15m	28	Back to Back, not same as Long	
	Green	4.0km	10m	20	Back to Back, not same as Medium	
	Sh Green	2.9km	10m	16		
	V Sh Green	1.9km	10m	12		
	Score	1 Hour		25		
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:	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) - £2.00					
SRO:	WO2 Des Dickinson – MoD Abbey Wood					
Organiser:	Maj (Retd) Colin Dickson BAOC					
Planner:	Andy Macgregor BAOC					
Controller:	Elisabeth Dickson BAOC					
Contact Details:	dicksonc44@hotmail.com Mobile 07905050129					
Facilities:	Toilets, Toms Food Wagon.					
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 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.						

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)