

	MILITARY LEAGUE(SOUTH) SS				
	HOSTED BY MLS				
	Southsea Common, Portsmouth				
	Wed 15 Jul 26				
	Urban leg stretch on a fast area in Portsmouth, down by the sea. The courses take in some of the best parts of Southsea with amazing views and monuments.				
Travel Directions:	Parking is in the D Day car park off Clarence Esplanade, Portsmouth. With the start north across the main approach road. Postcode PO5 3PB What3words:Car Park is eagle.glory.stick / start is equal.fund.expose (Car park fees £3.40 for 2 hrs, £4.50 for 3 hrs, £5.60 for 4 hrs)				
Terrain:	Urban area in centre of Portsmouth with some parkland. Suitable for running in shorts, wear trainers, no spikes.				
Mapping:	1:4000 updated Summer 2024. Overprinted on waterproof paper with CDs on map.				
Pre-entry:	Open at 20:00 8 July 26 at racesignup.co.uk .				
Results System:	Live at www.race-results.info and after at http://www.emit-uk.com/orienteering				
Registration:	1045 – 1355 hours.				
Starts:	0930 – 1130 hours (slightly later to avoid rushhour)				
Course Closes:	1230 hours. Controls will be taken in at 1300hrs				
All competitors must ensure they are fully hydrated before starting. Water will be available at Registration. This is an urban area with traffic and other hazards.					
All runners must download by course closure time; even if you do not finish the course.					
Courses:	Colour	Distance	Climb	Remarks	
	Blue	7.1km		Experienced orienteers only	
	Green	5.2km		Experienced orienteers only	
	Sh Green	3.7km		Experienced orienteers only	
	VS Green	2.5km		Experienced orienteers only	
	Score 45 Mins			20 controls, suitable for all standards	
All courses subject to final controlling					
Other Instructions:	Standard line cses in use, not loops. Touch free controls will be in use. Collect e-tag at the start. Those with their own ecard get free hire of an etag, just enter your ecard number as usual so we can check that against the MLS database				
Costs: EOD: £1.50 extra	Military - £4.25 Military Veterans & Junior Civilians - £5.50				
	Senior Civilians (M/W 21 and above) - £8.00				
	EMIT Tag Hire (if required) - £2.00p				
SRO:	TBC				
Planner:	Kieran Devine BAOC				
Org/Controller	Maj(Retd) Allan Farrington BAOC				
Contact Details:	allan.emituk@gmail.com - Mobile 07747 446600				
Facilities:	No Tracey as caterer, but there is a café in the Museum and also one in the Castle, plus toilets available in the car park.				
Insurance	For civilians participating in Army orienteering, PL Insurance is provided; individuals should have their own private accident insurance. This event is conducted iaw British Orienteering Rules 2025, with kind permission of Comdt AACen and iaw the AOA DIO Licence				
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.					