
	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.				
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 tunning 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:	1100 – 1400 hours			
Course Closes:	1500 hours. Controls will be taken in at 1500hrs			
All competitors must ensure they are fully hydrated before starting. Water will be available at map exchange. 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	6km		Experienced orienteers only
	Green	4km		Experienced orienteers only
	Sh Green	3km		Experienced orienteers only
	VS Green	2km		Experienced orienteers only
	Score 45 Mins			25 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:	Military - £4.25 Military Veterans & Junior Civilians - £5.50			
EOD: £1.50 extra	Senior Civilians (M/W 21 and above) - £8.00			
	EMIT Hire (if required) - £2.00p			
SRO:	TBC			
Planner:	Kieran Devine BAOC			
Organiser/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.				