



## MLN Ellington Banks

Wednesday 1st December

Entries close Tuesday 30th November

This is the event delayed from 20th Oct. It is the first MLN League event for 2021/22

[Contact: mlntechrep@armyorienteeing.com](mailto:mlntechrep@armyorienteeing.com)

### Courses

**Blue** 6.4km 80m climb

20 Controls. IOF control descriptions

**Sh Green** 3.2km 45m climb

14 Controls. IOF control descriptions

**Lt Green** 4.2km 50m climb 4.2km 50m climb

16 Controls. Text descriptions on the map, IOF loose ones

**Red** 4.1km 55m climb 4.1km 55m climb

17 Controls. Text descriptions on map only

### Location



### Entry Fees

**Civilian**

Entry Fee: £5.50

**Coaching Session**

Entry Fee: £0.50

**Military**

Entry Fee: £3.00

Punching: EMIT EmiTag, Touch Free

Enter online at [racesignup.co.uk](https://racesignup.co.uk)

### Event Information

**Entry Process**

To enter yourself, your soldiers or friends and family, you will need to create an account on RaceSingUp; there is a link to event just above this text. Entries close at Midday on the Tuesday before the event.

Once you have an account you can enter one or multiple people up to a maximum of 20.

Once someones details have been entered they can be recalled for future events.

Payment is made at the end of the process with a bank card.

If you need to withdraw, the fee will be credited to your "account" and can be used at future MLN-O events

## Refund Policy

You may withdraw from the event up until 11:59 hrs the day before. Your entry fee will be held as a credit to be redeemed when you next enter an MLN event.

## Travel Directions

What3words alike.linked.patrolled. Nearest postcode is HG4 3JZ.

Parking is on a hard standing car park. There may be other military users parking so please look out for the parking marshals

## Terrain

Mature woodland where most areas of the woods are runnable, a good network of tracks/paths, one area with many depressions and an area of open heathland and sand/mud to the south east.

## Map

Scale 1:7,500, last updated in 2019. Printed on waterproof paper. Loose control description will be provided at the entrance to start lanes, EXCEPT for the Red course.

## Officials

Planner: WO2 Dale Lucas - DST

Controller: TBA

Organiser: WO2 Dale Lucas

SRO: Planner

## Timing

Reception: 1015 - 1400 hrs for Tag collection

Starts: 11.00 - 14.00 hrs

Courses Close: 15.15 hrs.

## Dress

Full leg and arm cover is mandatory; that means no shorts, vests or exposed ankles.

## Coaching

Coaching is available for up to 20 military. The coaching sessions are aimed at beginners or those competing on Red or Lt Green courses. They will: start at 12:00 prompt, finish around 15:30, include a run on a course and conclude with a de-brief and action planning. For more information contact Phill Batts via [mlntechrep@armyorienteeing.com](mailto:mlntechrep@armyorienteeing.com).

To book coaching (cost is 50p) please select the 'Coaching' option when you enter.

## Results

Results with splits will be at [www.baoc.info](http://www.baoc.info).

## What to expect, what to do

Please make every reasonable effort to arrive at the event in time for your allocated start window, including allowing time to report to Reception.

Follow the signs and the marshal's directions to the parking area.

There will be no key drop for your car keys at Reception. Leave your car fully dressed with all your kit, laces taped, and ready to race.

Remember to report to Reception to collect your Tag.

Please keep the queues moving and be aware of social distancing. No more than six in the reception queue, or in a start lane at any time and always at least 2m apart.

All competitors must ensure they are fully hydrated before starting, there will be NO water at the start, on the course or the finish. Carry water, reduce your course length or walk the course to ensure you achieve your aim safely.

Move to the start location keeping aware of social distancing. Start at your given time and enjoy your run.

While you are out on your course please keep your distance from other runners and users of the area. If someone is already at a control, wait for them to leave before approaching. The event is touch-free - you only need to waft your Tag above the control.

From the finish walk back to reception. This is the time when you present the most risk to others - you're sweaty and in oxygen

debt, so take your time to recover. Please be aware of your actions and aware of others. At Download collect your splits print and return Tags. Head to the car park and home. Have a safe journey.

### **COVID-19 Health Screening**

Please note that on pre-entry you will be required to answer and comply with an online COVID-19 health screening questionnaire. You will not be allowed to enter the event if you are required to self-isolate because you have or might have COVID-19.

### **Conduct**

You must adhere to the [British Orienteering Participant Code of Conduct](#).

### **Civilian Participation**

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 2019 and land booked iaw the AOA DIO Licence and JSP907.

### **Personal Responsibility**

Orienteering in the Army is classed as individual military training. Civilian competitors are responsible for their own personal safety and for assessing their own abilities to complete the course.

### **Use of personal data**

The personal data you give at Registration will be used by the event organisers and their agents for the purpose of processing and publishing entries and results, conducting safety checks and as required by our insurers to validate our cover. Your information will be managed in accordance with the General Data Protection Regulations (GDPR).