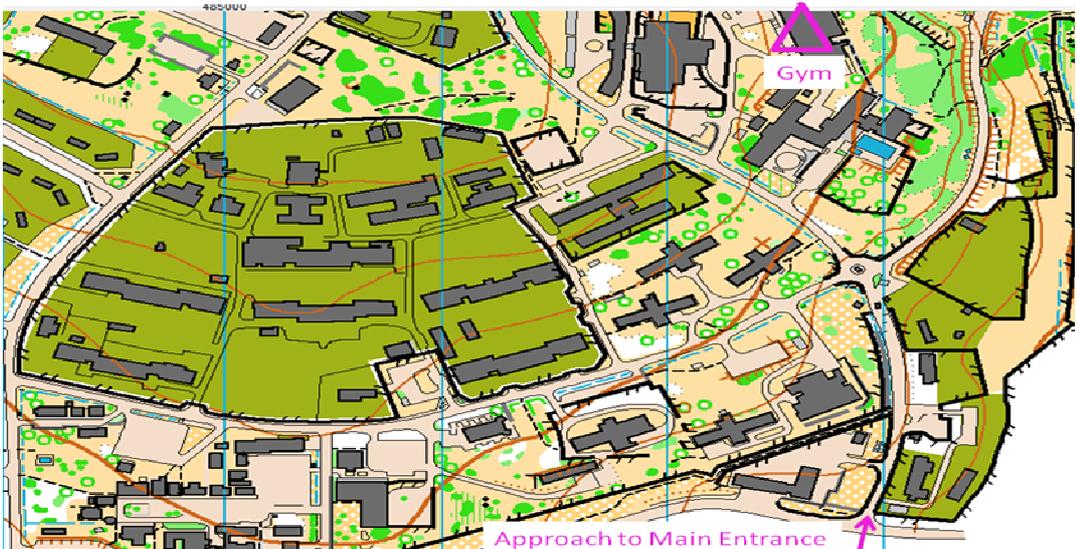


Cyprus Services Orienteering League (CSOL) Non-League RELAY Event

Date:	Tuesday 16 Apr 13.
Location:	Registration will take place at the Garrison Gym, Episkopi Camp. On entering the camp, go straight over the roundabout then take the second right and head towards the gym car park. Runners who do not hold British Military ID must notify the event organiser at least 48hrs in advance, giving full names, nationality, DoB and Passport or CIC number. If assistance is required, call 99921983.
Travel:	If travelling from the east, exit the A6 Motorway at either the Kolossi or Episkopi exits and follow the B6 towards Paphos. Pass Kurion Stadium and Sanctuary of Apollo Hylates. Continue towards Episkopi Garrison and the camp entrance is located on the right hand side immediately before the fire station.
Timings:	Garrison PT personnel: 0630 - 0730 hrs. CSOL Runners: 0900 - 1130 hrs. Course will close at 1230 hrs.
Courses:	This event is an Urban Sprint Relay . Teams of three are required to enter the Relay, with each runner completing one lap of a 3km course. Final team time will be the total of all three runners.
Terrain:	The ground is predominantly urban, with small areas of rough/bondu. There are many roads, tracks and paths. It is vital that OOB areas are not entered otherwise future events will not be permitted within this camp.
Map:	<p>1:5,000 International Standard Sprint Orienteering Map (ISSOM) dated Nov 2012. Maps will be pre-marked with loose control descriptions. Units with a large number of participants are requested to contact the under signed 48hrs prior to the event so that sufficient maps can be printed. A first glance at the map can be seen below:</p> 
Equipment:	Runners are to provide their own compass, whistle and map case. Full leg coverage is not required.
Facilities:	Water, showers and toilets are all available within the gym.