



WELCOME TO



Påskeløb
1.- 2.- 3. april



**Organising
Bodies:**

OK Gorm (<http://www.gorm-jelling.dk/>) and
Kolding OK (<http://www.koldingorienteringsklub.dk/>)

Classification:

A 

Programme:

Training:

Monday March 29th in Marielund, Kolding 12 – 4 p.m.

Tuesday March 30th in Jelling Skov 12 – 4 p.m.

Wednesday March 31st in Engelsholm 12 – 4 p.m.

Påskeløbene / Easter 3 Day Orienteering 2010:

Day 1: Thursday April 1st, Frederikshåb Syd. First start at 11 a.m.

Day 2: Friday April 2nd, Frederikshåb Øst. First start at 10 a.m.

Day 3: Saturday April 3rd, Frederikshåb Vest. First start at 10 a.m.

Internet:

All information on Påskeløb / Easter 3 Day Orienteering 2010 can be found at <http://www.kok-gorm.dk/loeb>

Instruction and start lists will be ready 2 weeks before the event.

Maps:

Day 1: Frederikshåb Syd, 1:10.000, drawn 2009-10

Day 2: Frederikshåb Øst, 1:10.000, revised 2009-10

Day 3: Frederikshåb Vest, 1:10.000, revised 2009-10

Terrain:

Stage 1 is set in Randbøl Hede (Randbøl Heath), an area of inland dunes and some smaller pieces of woodland.

Stage 2 and 3 are set in Frederikshåb Plantage (Frederikshåb Plantation). In the plantation is a large area with heathery inland dunes, lakes and bogs.

Event centre:

On assembly area. Opens every day 1 hour before first start.

Assembly area:

1 km west of Frederikshåb by the Egtved-Billund road (road no. 176).

Same assembly area for all three days with start within a short distance.

Parking in close proximity to the assembly area.

All activities apart from accommodation take place on the assembly area.

Classes:

Level of difficulty	Class	Length in km	Level of difficulty	Class	Length in km
Easy	Beg.	2.5-3.5	Easy	M-10A	2.5-3.5
	W-10A	2.5-3.5		M-10B	2.5
	W-10B	2.5	Medium	M-12A	3.5-4.5
	W-12A	3.5-4.5		M-12B	3
Medium	W-12B	3	Medium	M-14A	5.0-6.0
	W-14A	4.5-5.5		M-14B	3.0-4.0
Difficult	W-14B	3.0-4.0	Difficult	M-16A	7.0-8.0
	W-16A	5.5-6.5		M-16AK	5.5-6.5
	W-16B	3.5-4.5	Medium	M-16B	4.5-5.5
	W-16AK	4.0-5.0		M-18A	9.0-10.0
	W-18A	5.5-6.5	Difficult	M-20A	10
	W-20A	7		M-20AM	6.5-7.5
	W-20AK	5.0-5.5	Medium	M-20B	4.5-5.5
	W-20B	3.5-4.5		M-20C	3.0-4.0
	W-20C	3.0-4.0	Difficult	M 21A	12
	W 21A	7.5		M 21AM	8.0-10.0
W 21AK	5.0-5.5	M 21AK		6.5-7.5	
W 21B	3.5-4.5	M 21B		4.5-5.5	
W 21C	3.0-4.0	Medium	M 21C	3.0-4.0	
W 35A	6.5-7.5		Difficult	M 35A	10.0-12.0
W 35B	3.5-4.5	M 35B		4.5-5.5	
W 40A	5.5-6.5	Difficult	M 40A	9.0-11.0	
W 45A	5.5-6.5		M 45A	9.0-10.0	
W 45B	3.5	Medium	M 45AK	5.5	
W 50A	4.0-5.0		M 45B	3.5	
W 55A	4.0-5.0	Difficult	M 50A	7.0-8.0	
W 60A	3.5-4.0		M 55A	7.0-8.0	
W 65A	3.5-4.0		M 55AK	4.5	
W 70A	2.5-3.5		M 60A	5.5-6.5	
Open 1	8		M 65A	5.0-5.5	
Open 2	6		M 70A	4.0-5.0	
Open 3	4		M 75A	3.5-4.0	
Open 4	5		M 80A	2.5-3.5	
Open 5	3.5				
Open 6	2.5				

Easy	
Novice	Easy
Medium	Medium
Difficult	Difficult

Course lengths:

Course lengths for all days are: Long distance.

The indications of kilometers above state the lengths of the courses on the three days of the event.

- Open Courses:** Are sold on assembly area from 30 min. Before first start to one hour before last start unless max number of competitors is reached.
The prices for open courses are:
- 20 years: DKK 85 + DKK 30 for e-card rental, if needed.
 - 21 years: 115 kr. + DKK 30 for e-card rental, if needed.
- Prizes:** On day 1 and 2: prizes for 1st, 2nd and 3rd place in the junior classes.
All other classes: prizes for 1st place.
On day 3: prizes for overall 1st, 2nd and 3rd place in all classes.
There are no prizes for open courses.
- Electronic Punching System:** EMIT is used all three days.
Competitors can use their own e-card if stated in entry form. If competitor's own e-card is not stated in entry form, this is regarded as a request for rental of e-card
If a rented e-card is lost, a compensation of DKK 400 must be paid.
Rented e-cards are handed out at the start on day 1 and must be handed in at the finish on day 3.
Rental of EMIT e-card: DKK 75
- Start:** Competitors in novice classes choose their own start time.
On day 3, a chasing start is used for medium and difficult classes (the overall leader in each class starts first and the remaining competitors start according to the total time they trail)
Emit backup cards are handed out at the start all three days of the event.
- Distances:** Parking – assembly area max. 300 m.
Assembly area – start max. 1000 m.
- Childrens' Courses:** Free childrens' courses all three days of the event.
Entries are made on the assembly area in the tent with a sign saying "Børnebaner" (= childrens' courses).
Each day, there is a small prize for all participants below the age of 13 as well as a medal and a diploma for participants who complete the childrens' courses all three days.
Childrens' courses have the following opening hours
Thursday April 1st: 10.30 a.m. - 3.30 p.m.
Friday April 2nd: 09.30 a.m. – 2 p.m.
Saturday April 3rd: 09.30 a.m. – 1.30 p.m.
- Children activities:** Children activities within assembly area must be booked with entry.
On entry form, please state the child's name, age and parents' names.
In the case where a child entered for children activities will not be using this service anyway, we would very much appreciate a cancellation per mail or by personal application to the children activities staff on the actual day.
Cancellations should be made to: Merete Larsen, cmm@larsen.dk

Children activities opens:
Thursday April 1st at 10 a.m.
Friday April 2nd at 9 a.m.
Saturday April 3rd at 9 a.m.

- Entry:** The entry form should reach the organisers **no later than March 5th 2010**.
Foreign clubs should use the entry form. See website: <http://www.kok-gorm.dk/loeb>. Please send completed entry forms to Henrik Sperling on mail: tilmelding@koldingorienteringsklub.dk
The organisers reserve the right not to set up classes with less than 5 competitors.
Club tents: Club tents may be set up within designated areas. Clubs are asked to state in the entry form how many sites for club tents they will be needing. Entry of tent sites is free.
- Late entry:** Late entry is not possible, but vacancies will be made and sold while stock lasts.
Price for a vacancy is starting fee + DKK 60
- Fees:** Junior -20 years. DKK 240 + DKK 75 for e-card rental, if needed.
Senior 21- years: DKK 340 + DKK 75 for e-card rental, if needed.
- Payment:** Fees are paid upon entry to Sydbank, reg.no.7040, account no. 0001483345

IBAN-number: DK5370400001483345
BIC-code/SWIFT-address: SYBKDK22

Aase Eg Pedersen
Egernvej 55
6000 Kolding
- Kiosk:** Well-assorted kiosk on assembly area.
Opens 1 hour before first start every day.
- Showers:** Showers in school or sportscentre nearby may be used.
- Accommodation:** For accommodation, please see <http://www.kok-gorm.dk/loeb>

Event managers: Event Organisers: Grethe Buch and K. K. Terkelsen OK Gorm
Per Eg Pedersen and Henrik Uhlemann,
Kolding OK
Event Controller: Anders Boysen, OK Esbjerg
Referee: Ulrik Staugaard, FIF Hillerød
Course planner, stage 1: Jørn Thomsen and Steen Sig, Kolding OK
Course controller: Jesper Fenger-Grøn, OK Snab
Course planner, stage 2: Kristian Øllgaard, OK Gorm
Course controller: Flemming Jørgensen, OK Snab
Course planner, stage 3: Pernille Buch, OK Gorm and Thomas
Uhlemann, Kolding OK
Course controller: Hans Jochumsen, OK Esbjerg

Questions: Grethe Buch, Vejlevej 64, 7300 Jelling,
tel.: +45 75871095 or +45 21629498, gretheb@jellingnet.dk

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