



**Bulletin 4**  
**MTB Orienteering World Cup 2014 round 1**  
**15. – 18. May 2014**

Danish Orienteering Federation and OK Øst Birkerød welcome you to MTB Orienteering World Cup in North Zealand.

**Organizers**

Danish Orienteering Federation  
OK Øst Birkerød

Event Director: Jan Eg Pedersen  
IOF Event Advisor: Tibor Erdélyi, Hungary

Course setters: Lasse Brun Pedersen and Gunner Sie

National controller, Sprint: Jan Hausner  
National controller, Long distance: Nicolai Kliem  
National controller, Relay: Jan Hausner

**Contact information**

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**Event Centre**

The event centre is located with the accommodation at Helsingør Ferieby Event Centre opening hours are shown in the detailed program below.

**Jury**

Wolf Eberle (AUT)  
Andre Hermet (FRA)  
Magnus Wallenborg (SWE)



## Program

Thursday 15. May: Model event, Teglstrup Hegn South

Friday 16. May: Sprint, SCION DTU Forskerparken

Saturday 17. May: Long distance mass start, Teglstrup Hegn

Sunday 18. May: Mixed relay, Gurre Vang/Krogenberg

## Detailed program

Day	Time	Agenda
Thursday 15. May	10 - 13	Event centre open
	12	Final name entry and entry for allocation of start groups, sprint
	13 - 15	Model Event, Teglstrup Hegn South
	16.30 - 18.00	Opening Ceremony
	18.30 - 19.30	Team leaders' meeting ('Klubgården' opposite the road entrance to Feriebyen)
Friday 16. May	10 - 12	Event centre open
	12	Final name entry, long distance
	13 - 15	Sprint, SCION DTU Forskerparken
	15.15	Time limit for complaints
	15.30	Prize giving ceremony, finish area
	17 - 20	Event centre open
	18.30 - 19.30	Team leaders' meeting ('Klubgården' opposite the road entrance to Feriebyen)
Saturday 17. May	10 - 12	Long distance mass start, Teglstrup Hegn North
	12	Final name entry, mixed relay
	12.15	Time limit for complaints
	12.30	Prize giving ceremony, finish area
	17 - 20	Event centre open
	18.30 - 19.30	Team leaders' meeting ('Klubgården' opposite the road entrance to Feriebyen)
Sunday 18. May	10 - 13	Mixed relay, Gurre Vang/Krogenberg
	13.15	Time limit for complaints
	13.30	Prize giving ceremony, finish area

## Accommodation and meals

The holiday village has the following address: Helsingør Ferieby, Gl. Hellebækvej, 60A, 3000 Helsingør, Denmark. At arrival please go to the reception in the main house to get the key codes for the holiday homes and complete information for your stay. For late arrival (after 21h), be sure you



got house number and key code by e-mail in advance or contact [hm@folkeferie.dk](mailto:hm@folkeferie.dk) to get the information.

The bedroom sleeps 2-4 persons and the lounge room has a double sofa, dining space for six people and the kitchen with dishwasher and a refrigerator (no freezer). The linen package included, also comprises a small and a big towel.

For teams having booked the full board, meal tickets for all days will be handed out at arrival. The breakfast buffet – including make-yourself lunch each day - is open 7:00-9:00 in the morning and the dinner buffet 19:00-21:00 in the evening.



## Entries

Nation	Men		Women		Relay teams
	Sprint	Long distance	Sprint	Long distance	
Austria	6	6	3	3	3
Czech Republic	6	6	4	4	3
Denmark	6	5	6	6	4
Estonia	4	4			
Finland	6	6	6	6	4
France	6	6	4	6	4
Germany	1	1	2	2	1
Great Britain	1	1	1	1	
Italy	4	4	1	1	1
Latvia	2	2	1	1	1
Lithuania	6	6	4	4	3
Norway	1	1			
Poland	2	2	2	2	1
Portugal	5	5			
Russia	6	6	6	6	4
Spain	1	1			0
Sweden	6	6	3	4	3
Switzerland	1	1	2	2	1
<b>Total</b>	<b>70</b>	<b>69</b>	<b>45</b>	<b>46</b>	<b>33</b>

## Competition Rules

Round 1 of the World Cup 2014 will be organized in accordance with the Competition Rules for IOF MTB Orienteering Events as published by the IOF and valid from 1. January 2014, the Special Rules for the 2014 World Cup in MTB Orienteering and the IOF Anti-Doping Rules valid from 1. February, 2010. All competition rules can be found on the IOF web site: [www.orienteeering.org](http://www.orienteeering.org). Riding off the roads, tracks and trails marked on the map is not allowed in the long distance and in the relay. In the sprint you are allowed to ride everywhere except for areas marked forbidden on the map.

## Time keeping system

SPORTident will be used at all competitions.



## Tracking

20 men and 15 women will be wearing tracking units. On the sprint the 20 men are the riders in the red and the orange start group, and the 15 women are the riders in the red start group and the top 5 of the orange start group. The riders wearing tracking units on the long distance will probably be more or less the same but it will be decided after the sprint competition and announced on the team leaders' meeting Friday.

## Doping

Doping is strictly forbidden, and the organizers of the Orienteering World Cup are dedicated to supporting the anti-doping authorities in their work.

Doping controls may be carried out any time during the competition period. As some sites for the doping controls may be a few minutes' drive away, we suggest that athletes are prepared at all events to take along some dry clothes to change into after their race.

Doping tests are always carried out in accordance with the procedures described in the WADA International Standard of testing. The IOF Anti-Doping Code and rules apply as of 1st February 2010.

Athletes who are selected for the doping tests must bring an official identification (with photo) to the doping test area. The athlete should also bring along their therapeutic use exemption (TUE) if applicable. In general, it is advisable that the athletes bring along their ID to all the competitions and events.

## Bike wash, bike storage

There will be bike wash at the accommodation. There will be no bike storage, but you are allowed to take your **clean** bike inside the holiday homes.

## Opening ceremony

The World Cup competitions will be officially opened Thursday 15. May from 16.30 to 18. All competitors and team leaders meet at Helsingør Ferieby and go by MTB to 'Kulturværftet' in Helsingør city. Every nation has to select a competitor to ride with the flag of the nation. At 17.00 speeches from representatives from the municipality of Helsingør, Danish Orienteering Federation and IOF will be given. The municipality of Helsingør will host you with refreshment and snacks.

## Model event - Teglstруп Hegn south - 15. May

Model event maps will be handed out in the event center on arrival. The model event is from 13.00 to 15.00. The model event starts from the event center.

The most urban part of the map is 1:5.000 and similar to the sprint competition. The remaining part of the map is 1:15.000 and similar to the long distance and mixed relay terrains.



The start and finish procedures are different for the 3 competitions in this World Cup round 1. Hence, the model event does not show a start procedure or a finish procedure. At the event center you will find SI 'clear' and 'check' boxes and you will find SI 'finish' box too.



## Sprint – SCION DTU Forskerparken – 16. May

Competition Centre – Sprint, Forskerparken, Hørsholm: 25 km. Driving directions: See appendix.

### Terrain description:

Urban area with generally paved tracks. A mix between streets, park terrain and forest. There are no residential homes in the area. The buildings are offices and as the sprint will take place on a Danish holiday there will be very limited with traffic and people. Still, riders have to obey traffic rules for own and fellow competitor's safety. The area will not be closed for traffic. Riding off tracks is **generally allowed** in the Sprint area. There are many parking areas often bounded with high edges – take care. Bars and chains across the roads and paths are marked with the regular barrier symbol. See the pictures below for examples:



The start interval in the sprint will be one minute which is approved by the event advisor.

Map scale: 1:5.000

Contours: 2,5 meters

Map size: 23 x 34 cm

Paper type: Waterproof

Special symbols:

- Big distinct tree
- Small distinct tree
- Construction area (no riding)

Grass covered paths are drawn with yellow background color.

Competition	Estimated winning time	Distance		Number of controls		Number of refreshment	
		Men	Women	Men	Women	Men	Women
Sprint	20-25 min.	7,1 km	5,7 km	33	25	0	0

The distance is measured as the direct line between the controls. The most sensible route is a 10-20% add on. The total climb is very limited.



A warm up map will be handed out. Warm up is only allowed where showed on the warm up map. The warm up map can also be seen in the appendix.

Distance from parking to start and finish is a few hundred meters. Start and finish are in the same area.

#### Start procedure:

There are 2 start boxes. SI-clear and –check is found outside box 1, which you enter 2 minutes before time start. In box 1 your SI-number is confirmed by the start staff. In box 2 your map is handed out. After time start you have to follow a mandatory route to the start point which is marked by a flag in the terrain.

#### Start groups

According to the world ranking the RED start group is:

MEN		WOMEN	
Name	Nation	Name	Nation
Tonis Erm (Reigning World Champion)	EST	Cecilia Thomasson (Reigning World Champion)	SWE
Anton Foliforov	RUS	Marika Hara	FIN
Ruslan Gritsan	RUS	Susanna Laurila	FIN
Jussi Laurila	FIN	Emily Benham	GBR
Valeriy Gluhov	RUS	Olga Vinogradova	RUS
Jiri Hradil	CZE	Ingrid Stengard	FIN
Luca Dallavalle	ITA	Camilla Sogaard	DEN
Hans Jorgen Kvale	NOR	Tatiana Repina	RUS
Vojtech Stransky	CZE	Maja Rothweiler	SUI
Pekka Niemi	FIN	Eeva-Liisa Hakala	FIN

The ORANGE start group is:

MEN		WOMEN	
Name	Nation	Name	Nation
Lauri Malsroos	EST	Michaela Gigon	AUT
Frantisek Bogar	CZE	Martina Tichovska	CZE
Baptiste Fuchs	FRA	Laure Coupat	FRA
Jan Svoboda	CZE	Renata Paulickova	CZE
Kevin Haselsberger	AUT	Ksenia Chernykh	RUS
Yoann Garde	FRA	Nina Hoffmann	DEN
Juuso Jutila	FIN	Ekaterina Illarionova	RUS
Christian Wüthrich	SUI	Antonia Haga	FIN
Victor Korchagin	RUS	Gaelle Barlet	FRA
Davide Machado	POR	Laura Scaravonati	ITA





The remaining competitors have to be allocated in late, middle and early start groups by the team leader no later than Thursday 15. May at 12.00. Notice, before allocating a second competitor to a group, you have to allocate one competitor to each group. If you fail to allocate competitors to starting groups, the organizer decides the allocation.

Quarantine zone:

Competitors finishing their race before the last competitor has started will have to stay in a quarantine zone. All kinds of quarantine zone external communication are not allowed. Use of mobile phones and tablets included. Competitors in the women's class have to stay in the quarantine zone until last start in the men's class.

All competitors can keep the maps after the race but for fairness reasons don't show the maps and don't reveal anything important from the courses or the terrain to competitors in the open races.

Prize giving ceremony starts at 15.30. There are prizes for the 6 best placed men and women.

There is no sale of food and drinks at the sprint competition.

The time limit for complaints is 15.15. Complaints received after this time limit will only be considered if there are valid exceptional circumstances which must be explained in the complaint. Any complaint shall be made in writing to the organizer – contact the staff at the finish.

## Long distance – Teglstrup Hegn – 17. May

Competition Centre – Long distance, Teglstrup Hegn: 1 km. Driving directions:



### Terrain description:

Flat area with high density of roads, tracks and trails. There is a MTB-track running through the area, so you might meet other riders during the race. The rideability of the tracks is generally good, however weather condition in the days before the competition is decisive. There is a railway running through the terrain, and you will cross it. Watch up! According to the time table we should not have any conflicts, but trains as well as competitors can be delayed. The terrain is close to the city of Helsingør and very much used by the public. Take care. You might meet cattle in the terrain too. They might look big, but they are very harmless. If they are on the track and don't seem to move, you are allowed to leave the track to pass them. We have had some heavy storms in Denmark during winter. Fallen trees still blocking the paths are marked on the map. It is possible to pass either over or under these trees or be leaving the track, which is allowed in these specific areas. A crossing point symbol (see picture) is used to highlight gates in the fences. Gates must be closed after passing the gate.

Map scale: 1:15.000  
Contours: 2,5 meters  
Map size: 30 x 30 cm  
Paper type: Waterproof



The start is at 10.00 for the men and 10.10 for the women.



Competition	Estimated winning time	Distance		Number of controls		Number of refreshment	
		Men	Women	Men	Women	Men	Women
Long distance	105-115 min.	26,7 km	22,7 km	42	35	1	1

The distance is measured as the direct line. The most sensible route is a 10-20% add on. The total climb is very limited.

Riders having SI cards with less intermediate times than demanded (SI5 and SI8) will get new SI cards from the organizers.

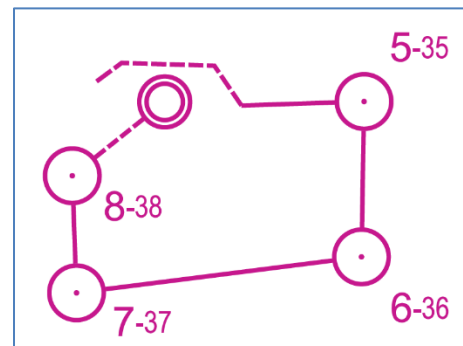
Warm up area is on the road from Helsingør Ferieby to the finish area, see the map above.

Start procedure:

Competitors will be placed with their maps some meters in front of them. Note that the course is printed on both sides of the map. At the start signal they run to the map and continue to their bike which is further some 30-40 meters away. You are not allowed to ride the bike until you have passed a line further away. From this line you have to follow the road to the map start point marked by a flag in the terrain.

Map change, passing the arena and refreshment point:

All courses have a two-sided map – marked with the Danish word “Del 1” and “Del 2” meaning part one and two. After the map change (close to the arena), follow the marked route passing the arena and continue to part two of the course. The dotted line on the map show the marked route. See picture for an example in principle. The refreshment point as located along the marked route.



Finish procedure:

Crossing the finish line is decisive. Finish SI box will be 5 meters after the finish line.

All competitors can keep the maps after the race but for fairness reasons don't show the maps and don't reveal anything important from the courses or the terrain to competitors in the open races.

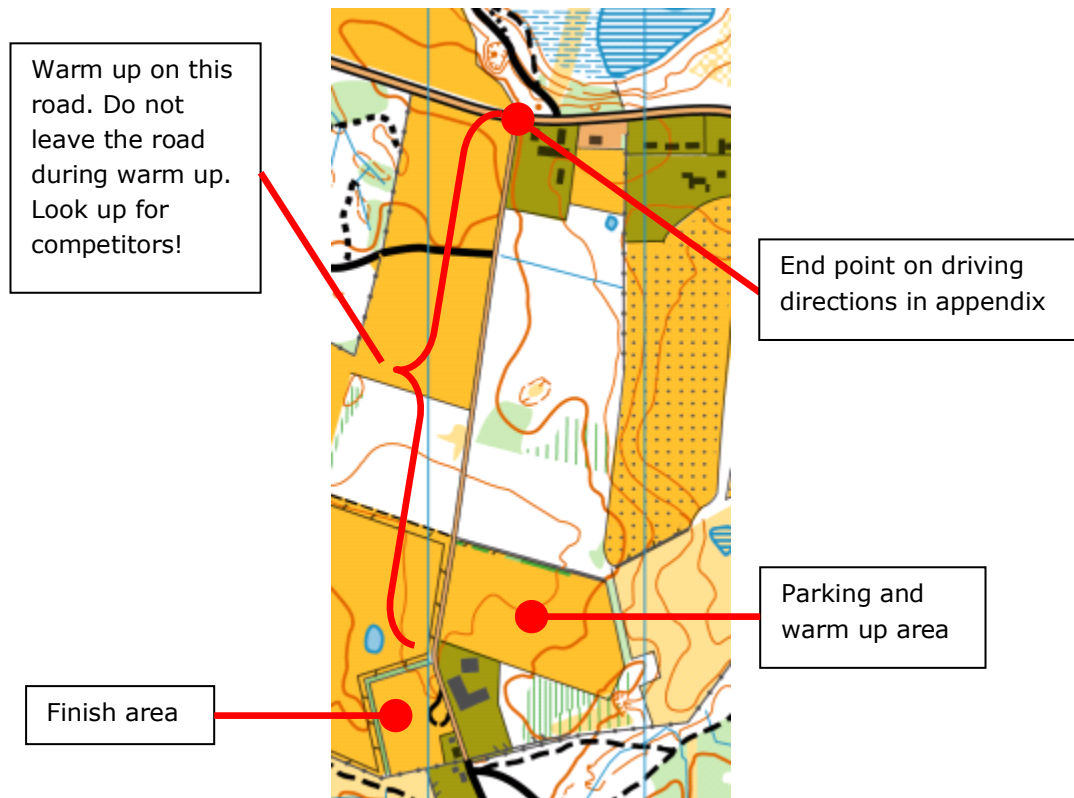
The time limit for complaints is 13.15. Complaints received after this time limit will only be considered if there are valid exceptional circumstances which must be explained in the complaint. Any complaint shall be made in writing to the organizer – contact the staff at the finish.

Prize giving ceremony starts at 13.30. There are prizes for the 6 best placed men and women.

There is sale of food and drinks at the Long distance competition.

## Mixed relay – Gurre Vang/Krogenberg – 18. May

Competition Centre – Relay, Gurre Vang/Krogenberg: 11 km. Driving directions: See appendix.



### Terrain description:

Flat area with lower density of roads, tracks and trails compared to the long distance area. The rideability of the tracks is generally good, however weather condition in the days before the competition is decisive. We have had some heavy storms in Denmark during winter. Fallen trees still blocking the paths are marked on the map. It is possible to pass either over or under these trees or be leaving the track, which is allowed in these specific areas. On the relay competition map the shape is indicated of trees on or near the paths (see example in the picture).



The course crosses and follows small roads. Be alert and obey the regular traffic rules!

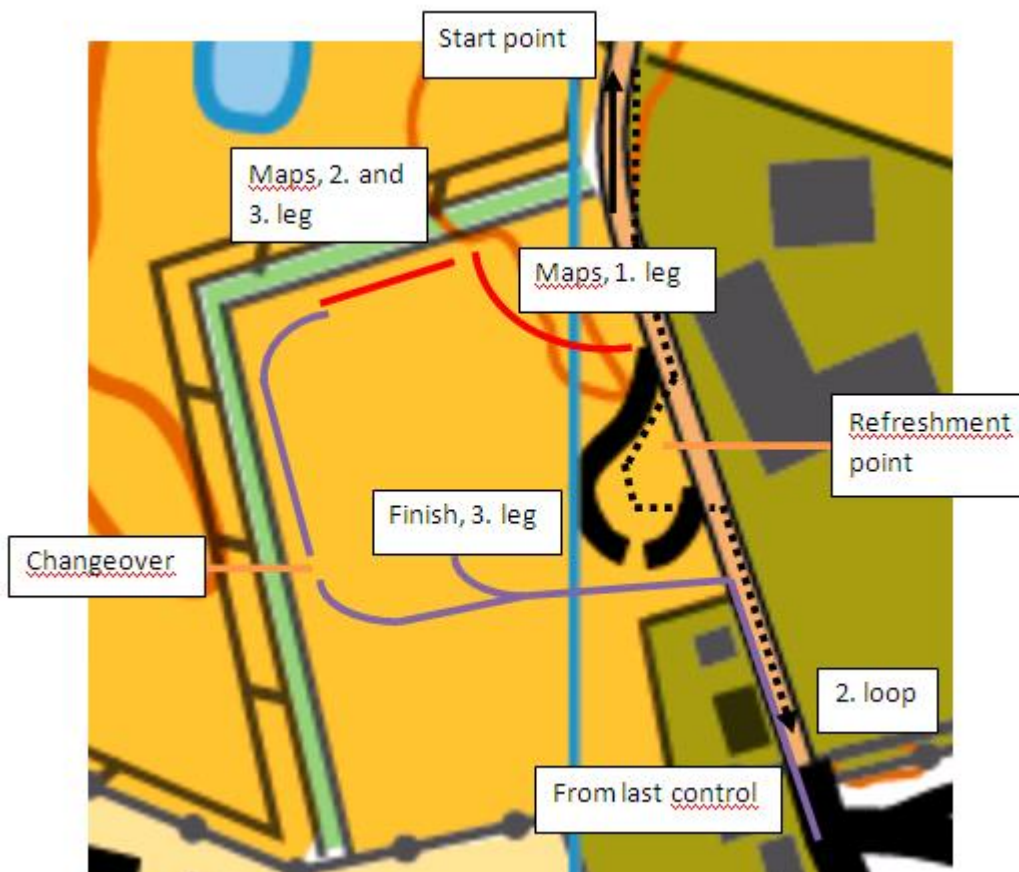
The start is at 10.00 for the men and 10.10 for the women.

Map scale: 1:10.000  
Contours: 2,5 meters  
Map size: 30 x 30 cm  
Paper type: Waterproof

Competition	Estimated winning time	Distance		Number of controls		Number of refreshment	
		Men	Women	Men	Women	Men	Women
Mixed relay	135-150 min.	12,2 – 12,7 km		19		1	1

The distance is measured as the direct line. The most sensible route is a 10-20% add on. The total climb is very limited.

Warm up area is on the road from the junction Gurrevej and Marianelundsvej (end point of the driving directions in the appendix) to the finish area. Watch up for competitors. The competition courses go this way.



Start procedure, first leg:

Competitors will be placed with their maps some meters in front of them. At the start signal they run to the map and continue to their bike which is further some 30-40 meters away. You are not allowed to ride the bike until you have passed a line further away. From this line you have to follow the road to the map start point marked by a flag in the terrain.



Start procedure, second and third leg:

The preceding rider on your team will bypass the finish line and change over by touching the forthcoming rider who will ride to the map hand out and continue to the map start point.

Passing the arena and refreshment point:

All competitors do pass the arena, following a marked route not specifically shown on the map. The refreshment point as located along this marked route.

Finish procedure, first and second leg:

First and second leg riders do not cross the finish line. They bypass the finish line, hand to the forthcoming rider and punch the Finish SI.

Finish procedure, third leg:

Crossing the finish line is decisive. Finish SI box will be 5 meters after the finish line.

Competition maps are collected by the organizers after finishing the race. The maps will be handed out after the start of the last rider. For fairness reasons don't show the maps and don't reveal anything important from the courses or the terrain to competitors in the open races.

Any use of any kind of maps of the area is strictly forbidden. Violation will cause disqualification of the team involved.

The time limit for complaints is 13.15. Complaints received after this time limit will only be considered if there are valid exceptional circumstances which must be explained in the complaint. Any complaint shall be made in writing to the organizer – contact the staff at the finish.

Prize giving ceremony starts at 13.30. There are prizes for the 3 best placed mixed relay teams.

There is sale of food and drinks at the long distance competition.



## Appendix

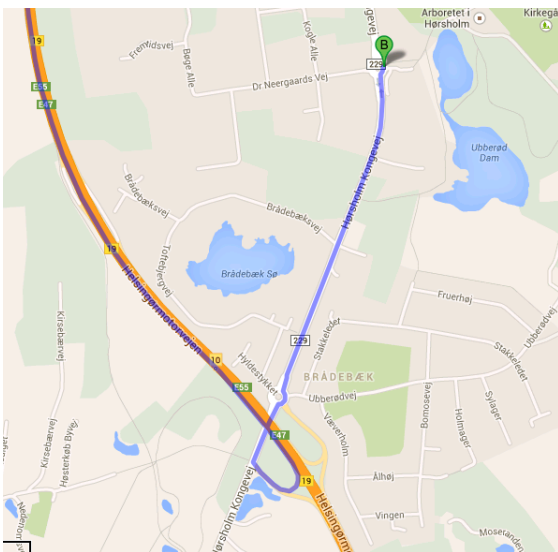
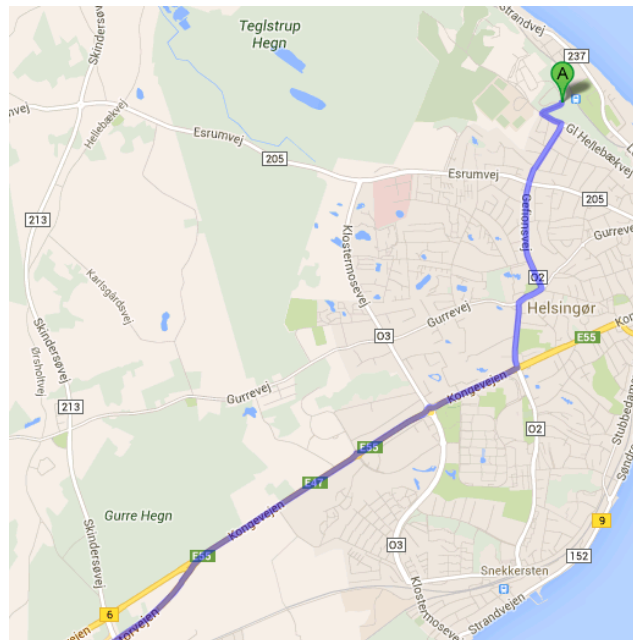
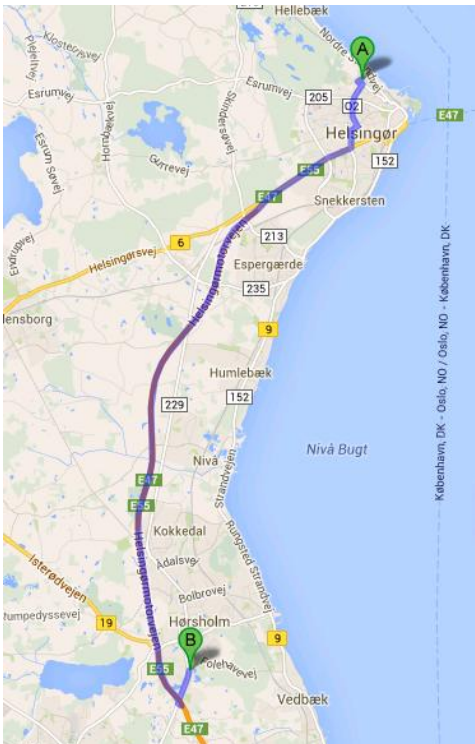
### Driving direction, Sprint SCION DTU Forskerparken, 16. May

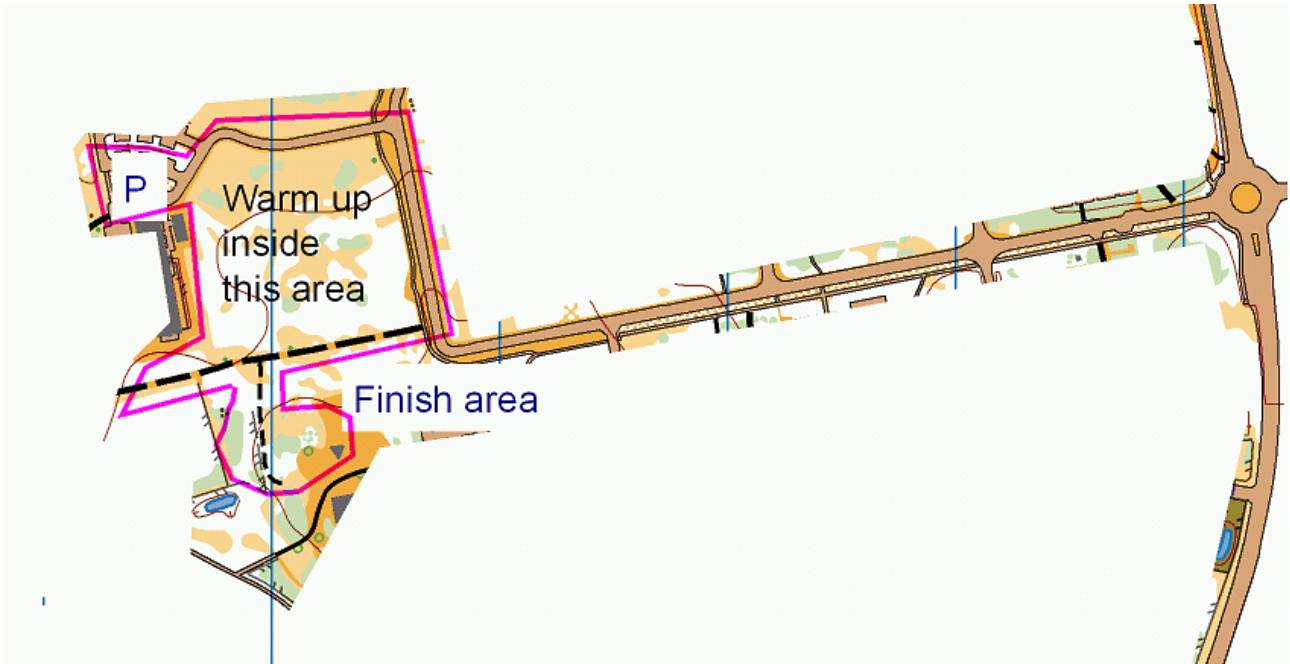
Follow signs to Copenhagen out of Helsingør.

Follow highway E47/E55 southward until exit no. 10: Hørsholm S.

Follow Hørsholm Kongevej (road no. 229) in direction Hørsholm (north)

Follow signs from the second roundabout on Hørsholm Kongevej (229)









**Driving direction, Mixed relay, Gurre Vang, 18. May**

Event Centre - Mixed Relay, Gurre: 11 km

Follow road 205 (Esrumvej) out of Helsingør.

Turn south in the roundabout after 5 km, follow road 213.

Turn right after further 3 km, follow Gurrevej.

Follow signs after further 2 km (Gurrevej/Marianelundsvej)

