

Bulletin 1

Danish Middle-Distance Championship 2023



Kongernes Nordsjælland

” Royal North Sealand ”

Organiser

FIF Hillerød Orientering

Event Name and Classification

Danish Middle-Distance Championship 2023 (DM Mellem 2023)
Danish Classification: Level A-event *****
IOF World Ranking Event
8th stage of Løberen League 2023 and 5th stage of Trimtex Cup 2023
The event is open for participation of foreign runners.

Date

26.08.2023 – Event Center opens at 11:00

Event area

Grib Skov Nord - The competition area shown at
<https://info.fiforientering.dk/arrangementer/2023-08-26-dm-mellem/>
is embargoed area according to DOF's regulation §5.6

Location

Follow the markings from the crossroads below:
Hillerødvejen (vej 6) / Nødebovej (vej 227) 55.957877, 12.334865
Esbønderupvej / Gillelejevej (vej 227) 56.052437, 12.340565
Frederiksværksvej (vej 205) / Gillelejevej (vej 227) 56.039158, 12.345715
Ny Mårumvej (vej 251) / Tinghusevej (vej 205) 56.028137, 12.280321

Map

Grib Skov Nord 1:7.500 and 1:10.000
New map from 2023, contour interval 2,5 m.
The map is printed on waterproof paper by a certified printing house. The map will be checked by a mapping advisor and is expected to meet the quality assurance standard. The map is drawn according to the ISOM 2017-2 standard based on geodata prepared by MapMagic and existing maps.
[Link to previous map](#)

Terrain Description Race Area

The terrain consists predominantly of mixed open deciduous forest combined with pine forest. Runnability is good and there is an extensive path system.

Courses

The course lengths will be in accordance with the guidelines of The Danish Orienteering Federation, following DOF's regulation of 2023 §6.2

Class	Difficulty	Winning time (minutes)
D10	Green-Beginner	15
D12	White-Easy	20 - 25
D14	Yellow-Medium	20 - 25
D16	Black-Difficult	20 - 25
D18	Black-Difficult	20 - 25 (same course as D-20)
D20	Black-Difficult	20 - 25
D21/W21	Black-Difficult	30 - 35
D35	Black-Difficult	30 - 35
D40	Black-Difficult	30 - 35
D45	Black-Difficult	30 - 35
D50	Black-Difficult	30 - 35
D55	Black-Difficult	30 - 35
D60	Black-Difficult	30 - 35
D65	Black-Difficult	30 - 35
D70	Blue-Difficult	30
D75	Blue-Difficult	30
D80	Blue-Difficult	30
D85	Blue-Difficult	30
D/H90	Blue-Difficult	30

Class	Difficulty	Winning time (minutes)
H10	Green-Beginner	15
H12	White-Easy	20 - 25
H14	Yellow-Medium	20 - 25
H16	Black-Difficult	20 - 25
H18	Black-Difficult	20 - 25 (same course as H-20)
H20	Black-Difficult	20 - 25
H21/M21	Black-Difficult	30 - 35
H35	Black-Difficult	30 - 35
H40	Black-Difficult	30 - 35
H45	Black-Difficult	30 - 35
H50	Black-Difficult	30 - 35
H55	Black-Difficult	30 - 35
H60	Black-Difficult	30 - 35
H65	Black-Difficult	30 - 35
H70	Blue-Difficult	30 - 35
H75	Blue-Difficult	30
H80	Blue-Difficult	30
H85	Blue-Difficult	30
D/H90	Blue-Difficult	30

D = Woman, H = Men

WRE Classes: W21 = D21 and M21 = H21

The course lengths and number of controls will be published in Bulletin 2.

Prizes

No. 1 in classes D21 and H21 receives the Danish Sports Federation's (DIF) championship medal. No. 2 and 3 in the D21 and H21 receive Danish Orienteering Federation (DOF) championship medal in silver and bronze respectively.

No. 1, 2 and 3 in other championship classes receive DOF's championship medal in gold, silver, and bronze respectively.

Medals are awarded to participants who have completed, regardless of the number of registered participants in the individual classes.

Medals are only awarded to persons who, on the day of the event, are members of a club under the union and who are a Danish citizen or on the day of registration are registered with the population register in Denmark.

Open Courses

Open courses, for entry on the day, are available at the venue area between the hours 11:00 - 13:30

Start for the Open Entry courses will be (put-and-run) and must take place between the hours 13:00 - 14:30

The following courses are offered:

Class	Difficulty	Length
Åben 1 / Open 1	Black-Difficult	4,0 - 5,0 km
Åben 2 / Open 2	Blue-Difficult	Approx. 2,5 km
Åben 3 / Open 3	Yellow-Medium	Approx. 3,0 km
Åben 4 / Open 4	White-Easy	Approx. 3,0 km

Pre-entry fee for Open Courses:

Junior -20: DKK 140, -

Senior 21-: DKK 180, -

SI-card hire: DKK 30, -

An additional fee of DKK 10, - is payable for Entry-on-the-Day.

Punching System

The competitions will use SportIdent.

Runners using their own SI-card must provide the card number in the entry. A rental SI-card will be provided at an additional fee of DKK 30, - for runners without their own SI-card.

Rental SI-cards are handed out at the start and must be returned at the finish. An unreturned SI-card must be replaced with the day's price.

Start	Individual start, 2 minutes interval. First start at 13.00. Start for the Open Entry courses will be "put-and-run" and must take place between the hours 13:00 – 14:30						
Distances	Parking to venue area: max 1400 m Venue area to Start: max 2000 m Bus Parking possible with pre-registration to john.sondergard@gmail.com						
Children's Course	There is a taped children's course, free of charge, for younger children. Available at the venue area between the hours 13:00 – 14:30. All children completing the course will get a small prize.						
Climate	Denmark has a mild climate with only few extremes. In August, day temperatures average 17 degrees C, average rainfall is 99 mm and sunshine averages 187 hours for the month.						
Visa	We kindly direct you to https://www.nyidanmark.dk/en-GB						
Service	There are toilets at the venue area. The event offers a well-stocked kiosk. Showers are available at Royal Stage, Milnersvej 39, 3400 Hillerød, 55.921393, 12.299487 Childcare is not offered.						
Accommodation	There is an assortment of accommodation options in the area, from hotels, hostels to cabins. FIF Hillerød cannot offer accommodation, but please visit www.visitnorthsealand.com , and https://hillerodhostel.dk/en However, should you require any help, please contact john.sondergard@gmail.com						
Registration	Club entries should preferably be through 'O-Service' via the nominated Club Administrator, no later than Sunday 13. August 2023. Entry for WRE classes: D21(W21) and H21(M21), MUST use IOF Eventor – DM Mellem For competitors without access to 'O-Service', please enter by email to the event organiser Henrik Poulsen, hp@grundtvigsvej.dk (+45 407609097)						
Late Entries	Can be made up to 96 hours before the start of the event. The late entry fee is 2 x the entry fee starting fee for each late entry registration. Late entries please enter by email to Henrik Poulsen, hp@grundtvigsvej.dk						
Entry Fees	<table> <tr> <td>Junior D/H-10 to D/H-20:</td> <td>DKK 140, -</td> </tr> <tr> <td>Other classes:</td> <td>DKK 180, -</td> </tr> <tr> <td>SI-card hire:</td> <td>DKK 30, -</td> </tr> </table> <p>Entry fees payable to FIF Hillerød's bank account at Spar Nord Bank no later than August 16th</p> <p>Bank: Spar Nord Bank Account Number: 9213 4560075893 IBAN: DK0992134560075893 BIC: SPNODK22</p>	Junior D/H-10 to D/H-20:	DKK 140, -	Other classes:	DKK 180, -	SI-card hire:	DKK 30, -
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Bulletin 2 and Start Lists	Available at https://info.fiforientering.dk/arrangementer/2023-08-26-dm-mellem/ by Wednesday 23 rd . august 2023.						

Event Organiser

John Søndergård, FIF Hillerød Orientering
Hjortespringet 1
3400 Hillerød
+45 4188 9504 / john.sondergard@gmail.com

Course planner

Ulrik Staugaard, FIF Hillerød Orientering

Controllers

IOF Event Adviser, Bo Konring, Søllerød OK

Course Controller, Frank Krogsgaard, HSOK

Jury

Head of Jury Bo Konring Søllerød OK
Other jury members are appointed when the registrations are available.

Map drawer

Bo Simonsen, FIF Hillerød Orientering

DOF sponsors

TRIMTEX LØBEREN

**FIF sponsors**

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