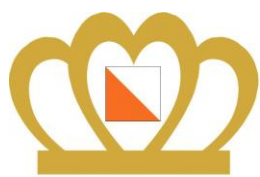


Bulletin 2

Danish Middle-Distance Championship 2023

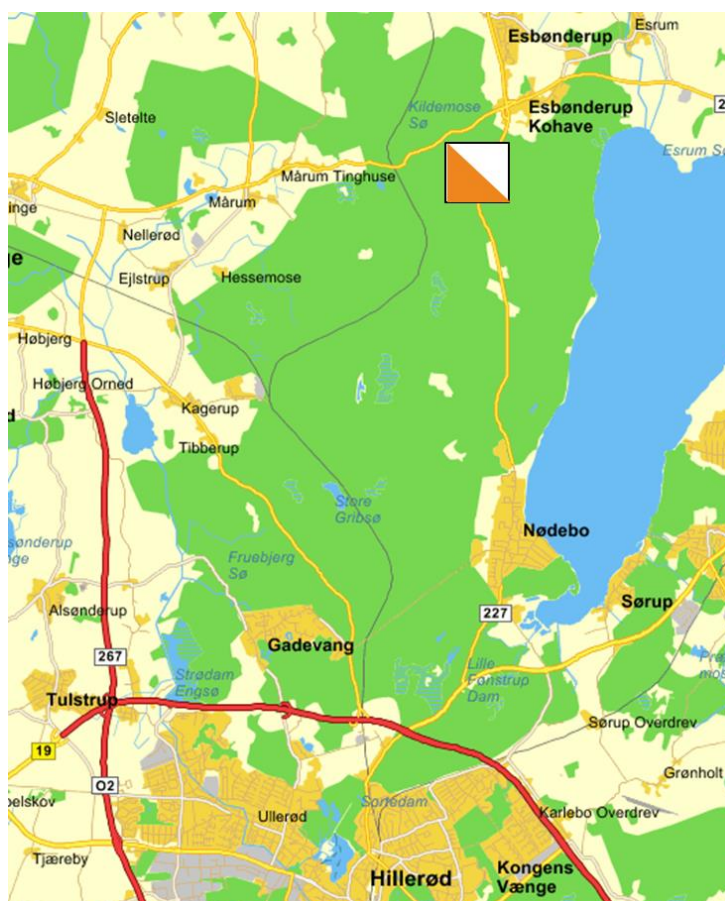


Kongernes Nordsjælland

” 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 8 th division of Løberen League 2023 and 5 th division 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/meeting point	Follow the markings from the crossroads below: Hillerødvejen (road 6) / Nødebovej (road 227) 55.957877, 12.334865 Esbønderupvej / Gillelejevej (road 227) 56.052437, 12.340565 Frederiksværksvej (road 205) / Gillelejevej (road 227) 56.039158, 12.345715 Ny Mårumvej (road 251) / Tinghusevej (road 205) 56.028137, 12.280321 From Mårum Train Station, follow Frederiksværksvej (road 205) to the east.
Parking	Parking south of the event center. Please follow the signs and instructions from the parking personnel. Follow red/white taped marking 1400 meter to the venue area. Bus Parking possible with pre-registration to john.sondergard@gmail.com

Map with location of the Parking area



Distances

Parking to venue area 1400 m.
Bus parking to venue area max 1400 m.
Mårum Train Station to venue area max 2500 m.
Venue area to Start 1: 2000 m.
Venue area to Start 2: 1000 m.

Bath and dressing

In Frederiksborg Centeret, Milnersvej 39, 3400 Hillerød.

Service

There are toilets in the venue area and at Start 1 and 2.
The event offers a well-stocked kiosk. Remember your own cup and get a discount on the coffee.
Childcare is not offered.

TBE-vaccination

It is possible to get a TBE vaccination with a 10% discount. Danske Lægers Vaccinations Service will be present at the parking lot from 13:00 to 17:30

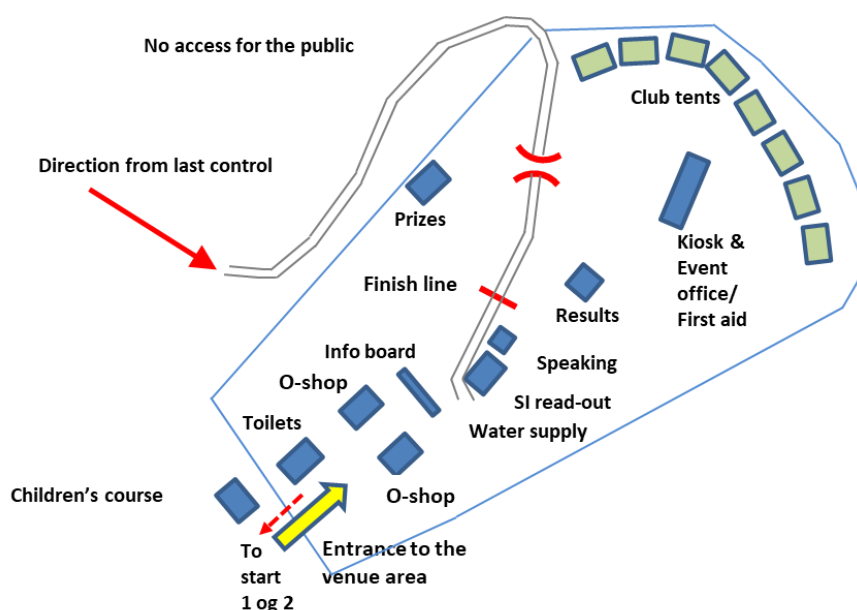
Children's Course

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.

Event office

At the venue area from 11:00

Venue area



Courses

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

Class	Difficulty	Length [Km]	Controls	Map Scale	Start	Control descriptions Length
W10	Green-Beginner	2,6	12	1:10.000	2	11,6 cm
W12	White-Easy	2,9	11	1:10.000	2	11,0 cm
W14	Yellow-Medium	2,9	11	1:10.000	2	11,0 cm
W16	Black-Difficult	2,8	13	1:10.000	2	12,3 cm
W18	Black-Difficult	3,2	14	1:10.000	2	12,8 cm
W20	Black-Difficult	3,2	14	1:10.000	2	12,8 cm
W21	Black-Difficult	5,0	18	1:10.000	1	15,8 cm
W35	Black-Difficult	3,8	15	1:10.000	1	14,1 cm
W40	Black-Difficult	3,4	14	1:10.000	2	12,8 cm
W45	Black-Difficult	3,4	14	1:7.500	2	12,9 cm
W50	Black-Difficult	3,4	14	1:7.500	2	15,0 cm
W55	Black-Difficult	2,8	13	1:7.500	2	14,1 cm
W60	Black-Difficult	2,8	13	1:7.500	2	14,1 cm
W65	Black-Difficult	2,5	13	1:7.500	2	14,2 cm
W70	Blue-Difficult	2,3	11	1:7.500	2	12,8 cm
W75	Blue-Difficult	2,3	11	1:7.500	2	12,8 cm
W80	Blue-Difficult	1,7	8	1:7.500	2	10,8 cm
W85	Blue-Difficult	1,7	8	1:7.500	2	10,8 cm
W/M90	Blue-Difficult	1,7	8	1:7.500	2	10,8 cm

Class	Difficulty	Length [Km]	Controls	Map Scale	Start	Control descriptions Length
M10	Green-Beginner	2,6	12	1:10.000	2	11,6 cm
M12	White-Easy	2,9	11	1:10.000	2	11,0 cm
M14	Yellow-Medium	3,2	12	1:10.000	2	11,5 cm
M16	Black-Difficult	3,4	14	1:10.000	2	12,8 cm
M18	Black-Difficult	3,8	15	1:10.000	1	14,1 cm
M20	Black-Difficult	3,8	15	1:10.000	1	14,1 cm
M21	Black-Difficult	6,6	22	1:10.000	1	18,2 cm
M35	Black-Difficult	4,9	18	1:10.000	1	15,8 cm
M40	Black-Difficult	4,9	18	1:10.000	1	15,8 cm
M45	Black-Difficult	4,7	18	1:7.500	1	15,8 cm
M50	Black-Difficult	4,7	18	1:7.500	1	15,8 cm
M55	Black-Difficult	4,4	17	1:7.500	1	15,2 cm
M60	Black-Difficult	4,0	17	1:7.500	1	15,2 cm
M65	Black-Difficult	3,7	15	1:7.500	1	16,3 cm
M70	Blue-Difficult	3,4	14	1:7.500	2	15,0 cm
M75	Blue-Difficult	2,5	13	1:7.500	2	14,2 cm
M80	Blue-Difficult	2,3	11	1:7.500	2	12,8 cm
M85	Blue-Difficult	1,7	8	1:7.500	2	10,8 cm
W/M90	Blue-Difficult	1,7	8	1:7.500	2	10,8 cm

WRE Classes: W21 = D21 and M21 = H21

W21 has a total climb of 125 m. and M21 has a total climb of 175 m.

There are no liquid stations on the courses.

Open Free entry 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 (Open 1, Open 2, and Open 3) will be (put-and-run) and must take place between the hours 13:10 - 14:50

Start for the Open Entry course (Open 4) will be (put-and-run) and must take place between the hours 14:10 - 14:50

The following courses are offered:

Class	Difficulty	Length [Km]	Controls	Map Scale	Start
Open 1	Black-Difficult	4,8	16	1:10.000	2
Open 2	Blue-Difficult	2,4	11	1:7.500	2
Open 3	Yellow-Medium	2,9	10	1:10.000	2
Open 4	White-Easy	2,9	11	1:10.000	2

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.

Finish is at the venue area.

Maps are collected after the finish and will be handed out (together with the other runners from the same club) after the final runner has started.

Punching System

The competitions will use SportIdent. AIR+. SportIdent SIAC can be used for touch-free registration. Other SI-cards can be used for normal registration at control points.

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.

ATTENTION: Rental SI-cards cannot be used for touch-free registration at control points.

Control numbers are located horizontally at the top of the SI device and vertical at the control stand.

Note: The SI device at the finish is not touch free and must be punched in the traditional way

Map


Grib Skov Nord 1:7.500 and 1:10.000

New map from 2023, contour interval 2,5 m.

Map sizes: 1:7.500: 38 cm x 27 cm and 1:10.000 and 31 cm x 26 cm

The map is printed on water- and tear-resistant paper by an approved printing house. The map has been checked by a mapping advisor and 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.

Special signature:

Overtured wood with an obstructing/blocking effect: 

[Link to previous map](#)

Terrain Description Race Area

Gribskov Nord is a very open forest consisting predominantly of deciduous forest with smaller parts of coniferous forest. There are several dense areas with diffuse vegetation and varied permeability. In several places there are many ferns, which are shown on the map as undergrowth.

The forest contains a number of old tracks, especially tractor tracks, which are no longer used and to a greater or lesser extent faded. Some of the tracks are now overgrown with grass and difficult to see depending on the direction of the run. In a number of places, densities have grown up around the tracks, so that the tracks can be recognized as density 0/directions of flow. The most obvious of the tracks are drawn on the map as paths/cuts.

From various storms, there are a number of fallen trees which have been allowed to remain. This has resulted in visible root cakes and trunks with and without branches in the terrain. Fallen trees, which have an impeding or blocking effect on the runner, are drawn on the map with a special signature (green line).

For the sake of the readability of the card, root cakes are not included.

The recent large amounts of rainfall have resulted in a rise in water, which has given water in a number of ditches and virtually all marshes.

Prohibited areas

Running on the railway is not allowed. The railway is drawn on the map with an underlying olive-green signature.

Prohibited areas are solely marked on the map and not in the terrain and must of course be respected.

Forced Passages

Only applies to Start 1 runners:

The railway must be passed twice by all runners who start at Start 1. The first time at the start itself and the second time during the race.

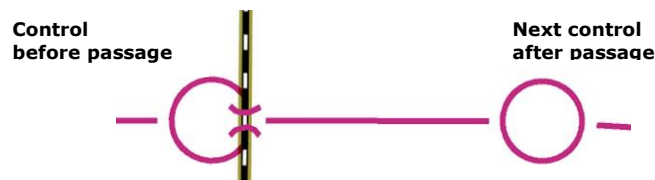
During the race (**IMPORTANT**):

From a control 30 meters before the forced passage, follow the forest road to the forced passage. Immediately after passing the railway there is free orienteering again.

For most runners, the above will be the applicable procedure. However, there are two trains per hour, each time requiring the passage to be closed for 45 seconds. Runners affected by this (2.5% expected) will be ordered into a waiting box/gate and will be reimbursed for the waiting time. This is done with the following procedure:

1. The runner is ordered by an official into a waiting box/gate. When entering the waiting box, a SI unit is stamped. Stamping is done physically, i.e., not contactless (unlike other controls).
2. The runner waits and must not look at the map or the separate control description. This must ensure fairness and will be monitored by officials.
3. The waiting box is accordingly left on the order of an official. At the exit of the waiting box, a SI unit is stamped. There is physical stamping, i.e., not contactless. The runner then passes the railway and continues the course.
4. After crossing the finish line, the runner turns to an official at the Finish Line and they will do a time correction. The time correction will be based on the runner's SportIdent card and the two-stamp information's from the waiting box and deduct the time between them.

On the map, the forced passage is marked as a forced transition, which breaks the control circle at the control before the passage, as shown below.



Control descriptions

IOF Control descriptions are printed on the front of the map – separate control descriptions are available at Start 1 and 2 if the runners use a suitable container.

The dimensions of the control description appear in the class overview.

Start

First start at 13:00

There are two starts. Start 2 is passed on the way to Start 1.

Start 1: Follow blue/white taped marking 2000 meter.

Start 2: Follow blue/white taped marking 1000 meter.

There are toilets and water at Start 1 and Start 2. There is no transport of cover clothes from the starts to the venue area.

Runners at Start 1 must pass the railroad 1 minute before the start procedure starts and under supervision of the Start staff.

Start procedure:

4 minutes before start: Control of the runner: correct SportIdent card, rental cards are handed out, runner records presence by punching a SportIdent unit.

3 minutes before start: It is possible to view a sample map (without courses). Runner may pick a separate control definition if a suitable container is used.

2 minutes before start: It is possible to view a sample map (without courses). Runners in Green-Beginner, White-Easy courses may take their map. Officials can assist at the start.

1 minute before start: The runner locates the box with the appropriate map. The time of start is marked by sound (4 short and 1 long beep), the runner may take the map from the box at the long beep.

Start signal:

Runners at Start 2 in Green-Beginner, White-Easy courses start right at the starting point.

Other runners at both Start 1 and 2 take the map and follow a forced marking approx. 30-40 meters to the starting point, which must be passed.

Open Entry Courses must punch the START control when leaving the last box.

Late starters must present themselves to the personnel at the Start and will be assisted through the start boxes.

Bib numbers

Runners in the classes: D/H16, D/H18, D/H20 and D/H21 must wear a bib number. The bib numbers are available in the start area.

Finish

Finish is at the venue area.

Runners must punch the control at the finish line (Touch free) and continue to the read-out of the SportIdent card.

Rented SportIdent cards are returned after read-out.

The map is then delivered in bags with the runners club name. The bags with maps can be collected when the last runner has started the competition. This is announced via the speaker.

Non-finishing runners must present themselves at the finish to read-out the SportIdent card.

Returning of maps

Maps are collected at the finish and are placed in bags marked with the name of the participant's club. The bags can be collected at the event office after the start of the last participant and is announced by the speaker

Water

There is water at the Start. There are no liquid stations on the courses. Water is available after the finish line. Bring your own bottle/cup.

Max. time

Max. time is 2 hours for all courses

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.

There will be no prizes for the open classes.

The prize-giving ceremony takes place at venue area.

Jury

Judge/ head of jury: Bo Konring, Søllerød OK

Jury members:

Troels Nielsen, Horsens OK

Lars Klogborg, OK HTF

Charlotte Bergmann, Allerød OK

The jury is contacted via the event office

Protests/complaints

Any complaints / protests must be submitted in writing to the event office, which will contact the Event Manager. The Event Manager conducts a party hearing and announces his decision in writing.

Complaints must be filed as early as possible and no later than 30 minutes after the latest runner has passed the finish line or after the max. time for the last starting runner in the competition.

Protests against the Event Manager's decision or against errors in the event must be submitted in writing to the jury chairman.

Event Manager

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

Planner

Ulrik Staugaard, FIF Hillerød Orientering

Controllers

IOF Event Adviser, Bo Konring, Søllerød OK

Planner Controller, Frank Krogsgaard Johansen, HSOK

Map drawer

Gediminas Trimikas, GT Maps
Bo Simonsen og Ulrik Staugaard, FIF Hillerød Orientering

DOF sponsors

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