

World Masters Orienteering Championships 2018 Copenhagen, Denmark Bulletin 1

Organisers

Danish Orienteering Federation, Farum OK, OK Øst Birkerød, Søllerød OK and Tisvilde Hegn OK

Contact information

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Controllers

IOF Senior Event Adviser: Tony Thornley (GBR)

IOF SEA Assistant: Steve McKinley (GBR)

National Controller: Ulla Place Petersen.

Venue

Denmark

Situated in southern Scandinavia, the Kingdom of Denmark covers an area of 42.916 square kilometres and with a population of 5,6 million, the population density is 130 per square kilometre. You will discover Denmark to be a well-organised, friendly and safe country to visit. Denmark has a temperate climate. Average daily temperature in July is 15,6 °C. more info: www.dmi.dk.

Copenhagen

Situated at Øresund, The Danish capital has a population of 1,2 million inhabitants. Among other things, Copenhagen is famous for Tivoli Gardens, The Little Mermaid, Christiansborg Palace, the Queens residence Amalienborg and Nyhavn. Copenhagen furthermore encourages green living.

North Zealand

Named Denmark's Royal Retreat due to the many Royal castles in the region. The beautiful north coast of Zealand is also called the Danish Riviera.

The Sprint competitions take place in Hørsholm north of Copenhagen and in central Copenhagen – the capital of Denmark. The Long and Middle Distance competitions are held in North Zealand – with the Qualification race and Middle Final in Tisvilde Hegn and the Long Final in Grib Skov.

Event Centre

The Event Centre will be in Farum Arena, which is centrally located in North Zealand. It is easily accessible by car or public transport.

Farum Arena offers O-camp and floor accommodation in class rooms. All information about the event will be given here. O-related workshops are planned to take place during the event week.

Farum Arena has hosted WTA Tennis tournaments and handball Champions' League matches. The nearby Farum Park has hosted football Champions League. There will also be accommodation possibilities here.

Distances from the Event Centre to:

- O-camp: 150 metres



- Sprint Model Event: 0 metres
- Classroom accommodation in school rooms: 50 metres
- Farum Bytorv shopping centre: 500 metres
- Farum S-train station: 1200 metres
- Furesøbad lake swimming site: 2000 metres
- Nørreskoven forest training area: 2000 metres

Programme

Thursday	5 th of July	Event Centre opens
Friday	6 th of July	Model event Sprint – Opening ceremony
Saturday	7 th of July	Sprint Qualification
Sunday	8 th of July	Sprint Final – Prize giving ceremony
Monday	9 th of July	Model event Forest Qualification and Middle Final – Rest day
Tuesday	10 th of July	Forest Qualification
Wednesday	11 th of July	Middle Final – Prize giving ceremony – Banquet
Thursday	12 th of July	Model event Long Final – Rest day
Friday	13 th of July	Long Final – Prize giving ceremony – closing ceremony

Competitions

The WMOC Sprint distance competition consists of one Qualification race and a Final race. The WMOC Forest distances competitions consists of one Qualification race, a Middle Final race and a Long Final race. Qualifiers for each Final will be determined in accordance with IOF Competition Rules. Details will be published in Bulletin 2 and on our website when they are confirmed by the IOF.

Class	SQ+SF	FQ	MF	LF	Class	SQ+SF	FQ	MF	LF	Born
M35	12-15	50	30-35	70	W35	12-15	40	30-35	55	1983
M40	12-15	50	30-35	65	W40	12-15	40	30-35	50	1978
M45	12-15	45	25-30	60	W45	12-15	35	25-30	45	1973
M50	12-15	45	25-30	55	W50	12-15	35	25-30	45	1968
M55	12-15	40	25-30	50	W55	12-15	35	25-30	45	1963
M60	12-15	40	25-30	50	W60	12-15	35	25-30	45	1958
M65	12-15	40	25-30	50	W65	12-15	35	25-30	45	1953
M70	12-15	40	25-30	50	W70	12-15	35	25-30	45	1948
M75	12-15	40	25-30	50	W75	12-15	35	25-30	45	1943
M80	12-15	40	25-30	50	W80	12-15	35	25-30	45	1938
M85	12-15	40	25-30	50	W85	12-15	35	25-30	45	1933
M90	12-15	40	25-30	50	W90	12-15	35	25-30	45	1928
M95	12-15	40	25-30	50	W95	12-15	35	25-30	45	1923
M100	12-15	40	25-30	50	W100	12-15	35	25-30	45	1918

Legend

SQ = Sprint Qualification – winning time in minutes

SF = Sprint Final – winning time in minutes

FQ = Forest Qualification – winning time in minutes

MF = Middle Final - winning time in minutes

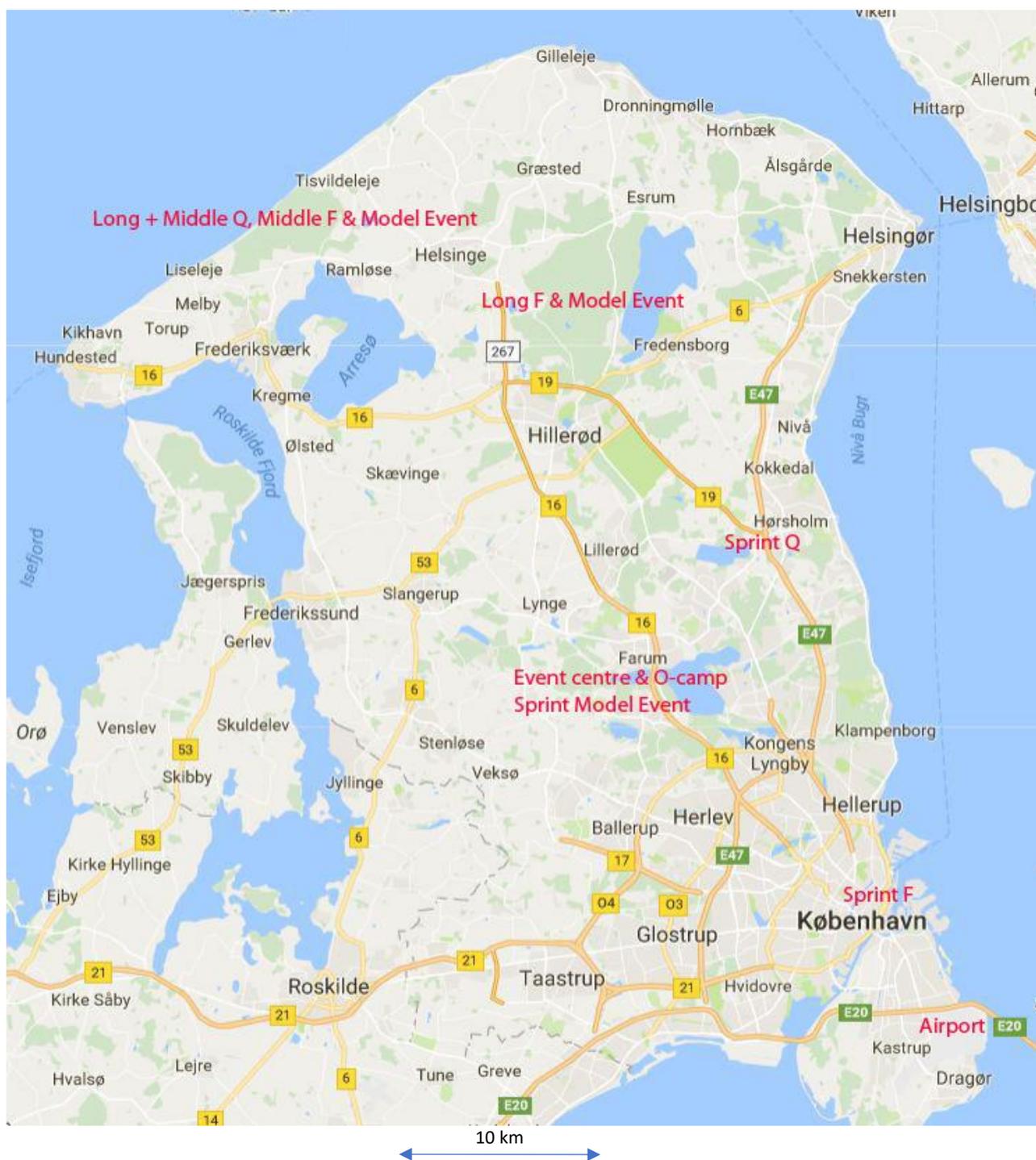
LF = Long Final – winning time in minutes

Born: In order to participate, the athlete must be born in the year indicated or earlier.

Medals: Will be awarded to the first three finishers in each class. (A-finals)

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All in one place – short distances



Distances between the Event Centre and the different locations shown on map in red are less than 35 kilometres.

Sprint Qualification - Hørsholm

Arena in conjunction with the city centre. Running area will be partly in the Research Centre SCION DTU and partly in the old baroque Castle Garden and surrounding areas.

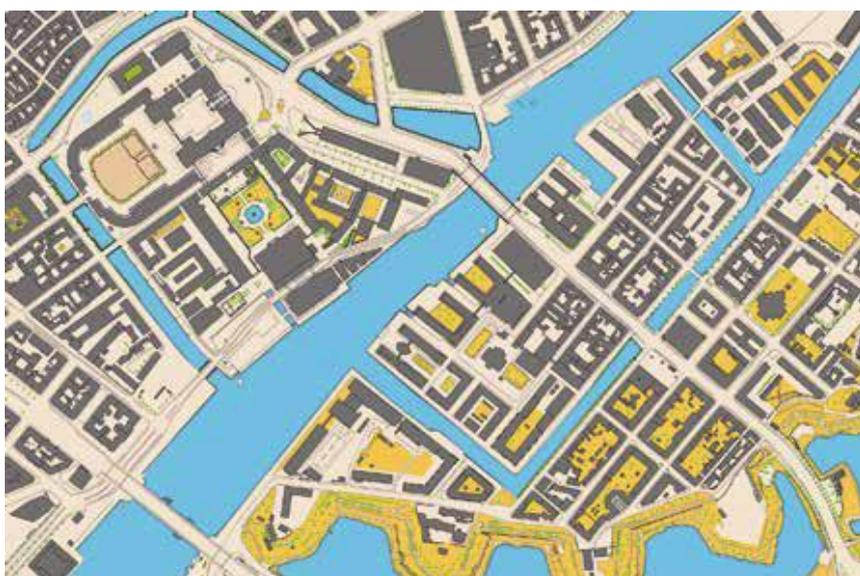


Map: ISSOM standard, scale 1:4000, contour interval 2,5 m. Remapped 2018

Sprint Final – Copenhagen

The Sprint final will take place in the heart of Copenhagen around the former royal castle Christiansborg, which now houses the Danish Parliament. The arena will be beside the Castle.

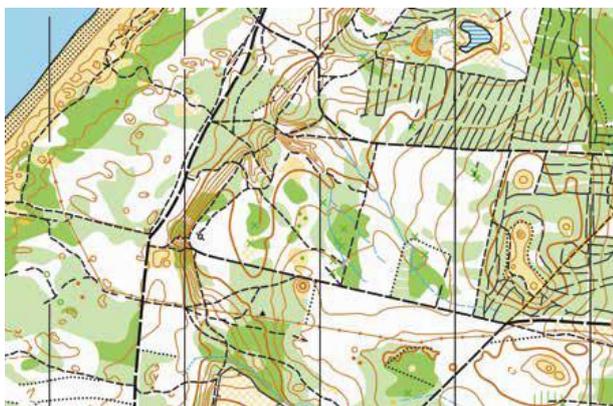
The fortification area at Christianshavn will also be a part of the Sprint Final. The participants can look forward to an outstanding experience. Before and afterwards you can enjoy Copenhagen with all its attractions. See more on www.wmoc2018.dk.



Map: ISSOM standard, scale 1:4000, contour interval 2,5 m. Remapped 2018

Long and Middle Qualification – Middle Final

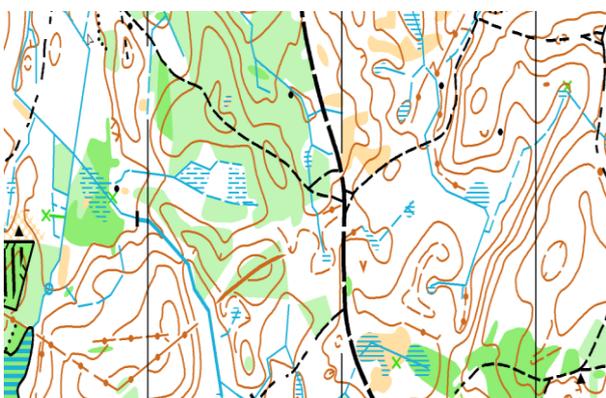
This will take place in Tisvilde Hegn situated on the north coast of the island. The forest primarily consists of conifers, but beech is also found in the eastern parts. With its rapidly changing visibility, the terrain will challenge your capabilities to alter your speed and to navigate carefully in very detailed areas. Furthermore, the flat terrain by the sea will test your skills with a compass. When the hilly terrain behind the steep slope that once formed the coast line is added with its challenging route choices, top quality terrain will greet you in the summer of 2018.



Map: ISOM standard, scale 1:7.500 or 1:10.000, contour interval 2,5 m. Remapped 2018

Long Final

The Long distance final will take place in the classic Grib Skov, which is the second largest in Denmark. The terrain is typical for eastern Denmark and yet challenging due to its complex varieties of vegetation - from thick spruce forest to hilly, yet fast old beech forest areas. Despite the fact that felling has been extensive over the previous years, large areas of old spruce still provide for fast running. This combined with a substantial number of lakes and marshes will require rapid route choice decisions. As in Tisvilde Hegn, rapid changes in visibility will test your ability to choose the optimal speed. A difference in height of close to 80 metres - from the shore of Lake Esrum to the abandoned radar station in the central part of the forest - will provide some quite physical challenges as well.



Map: ISOM standard, scale 1:7.500 or 1:10.000, contour interval 2,5 m. Remapped 2018

Punching System

The SPORTIdent punching system will be used. SI-cards can be rented from the organisers by choosing this option in the entry form. The hire charge for the entire week is €15 if booked in advance. Without pre-registration the hire charge is €5 for one day or €20 for the entire week.

Embargoed areas – old maps

Embargoed areas are shown on the webpage:

<http://wmoc2018.dk/embargo.html>

Old maps of the competition areas: info@wmoc2018.dk

Clothing: Competitors can make their own choice of clothing and footwear.

Antidoping: IOF Anti-doping rules apply, <http://orienteering.org/anti-doping/>

Entries and payment

- Entries will be open from 20th of June at www.wmoc2018.dk
- It is possible to enter for one competition only (Sprint or forest competitions).
- Entries become valid only after payment of the entry fee.

Event fees (€)

Deadline	Sprint only	Forest only	Both Sprint and forest
28 th of Dec. 2017	100	110	130
28 th of March 2018	120	130	150
1 st of June 2018	160	170	190

Changes and late entries

Changes until 1st of June 2018 are free of charge. Afterwards the fee for a change is 10€. After 1st of June 2018 late entries are possible if vacancies still exist. Extra fee 30€.

Cancellation

Before 1st of May 2018 - 70% refund.
Before 1st of June 2018 - 50% refund.
Afterwards no refund.

Training possibilities

Competition held in similar terrains before the WMOC 2018 will be mentioned at www.wmoc2018.dk with links to the event.

Maps of relevant forests for self-training can be provided by the organisers – contact info@wmoc2018.dk.

Public Race

A 5-day competition will be arranged in the WMOC 2018 areas taking place simultaneously. 10 courses with free entry. If you enter a class, you will participate in an overall competition. You can choose less than 5 days.

Entries for all 5 days latest at 1st of June 2018: 80 € for 21-, 50 € for -20.

Single days latest at 1st of June 2018: 18 € for 21-, 12 € for -20

Entries per day after 1st of June 2018 until the competition day: 20 € for 21-, 14 € for -20

Open courses will be offered.

More information: www.wmoc2018.dk.

Accommodation

WMOC2018 offers all kinds of accommodation from classroom floor to luxury hotels. We have agreements with a lot of accommodation providers offering a discount when booking via our website. Prices vary depending on the quality. More information is given at www.wmoc2018.dk

If you are a group with special requirements send a mail to: info@wmoc2018.dk



Food

Copenhagen and North Zealand offer many different types of foods.

You can have a hotdog from a street kitchen - 3€. Italian restaurants with all from the Italian kitchen – pizza from 7€. Chinese, Thai, American steakhouse, traditional Danish food and of course you can make a reservation at Geranium, a 3* Michelin restaurant, but make the reservation now!

Beer brewing in Denmark has a long history and a great tradition. You can have local beer from minibreweries or a draft Carlsberg, 0,5l from 4€.

Transport and parking

For the Sprint Qualification and the forest competitions, transportation from the Event Centre will be possible. This will cost 50€, which covers all these events. For the Sprint Final public transportation is easy, but transport from the Event Centre will be offered for 10€.

When travelling by own transport a parking fee of 30€ will be charged. Buses will be charged 60€ per bus. This can be requested when registering, or later. Further information will be given at www.wmoc2018.dk.

Visa

Coming from EU or Schengen you do not need a visa.

For others find the requirements at:

https://www.nyidanmark.dk/en-us/coming_to_dk/visa/need_visa/who_needs_visa.htm

Insurance

Each competitor participates in the event at his/her own risk.

Child care and luggage store

We can take care of your children and luggage while you are out running. Children must be 3 years or older and nappy free. Enter your need at info@wmoc2018.dk.

Easy to get to Copenhagen

From Sweden (and countries with easy access to Sweden) Scandlines from Helsingborg to Helsingør (Elsinore) or the bridge from Malmoe to Copenhagen. From Germany with Scandlines from Rostock or Puttgarden.

Train to Copenhagen central station.

Flight to Copenhagen airport - Northern Europe's main traffic hub with direct flights from approximately 130 destinations all over the world, including 18 intercontinental, 89 European, 14 Nordic and 6 domestic routes.

Welcome

You are only one step away from your participation in a great event – WMOC 2018 in Copenhagen Denmark. Sign up at www.wmoc2018.dk.

See you 😊

