

	<h2>Bulletin 2</h2> <p><b>Åhus, Sweden</b>  <b>April 20 – 24 2016</b></p> <p><b>WRE: April 22 – 23 2016</b></p>
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**Organizers:** OK Øst Birkerød, Denmark and  
 OK Pan-Kristianstad, Sweden



**Event Directors, WRE:** Bengt-Göran Månsson, Max Svensson  
**Event Directors, MTBO Camp others:** Jan Hausner, Tage V. Andersen  
**Webmaster:** Johan Holkmann Jacobsen

**National controller:** Gernot Kerschbaumer  
**IOF Senior Event Advisor, WRE:** Tage V. Andersen

**Telephone no.**  
**(Jan/ Max / Bengt-Göran):** +45 30256826/+46 708289301/+46 709795494  
**E-mail, WRE:** [Max@ahusstrand.com](mailto:Max@ahusstrand.com);  
**E-mail, MTBO Camp others:** [tage.v.andersen@mail.dk](mailto:tage.v.andersen@mail.dk)

**Webpage:** <http://www.mtbocamp.dk>

**Venue and Camp Centre:** Åhus Seaside, Kantarellvägen 1,  
 Åhus, 29632, Sverige (Sweden)

**Camp office and check in:** In a room just opposite the reception.

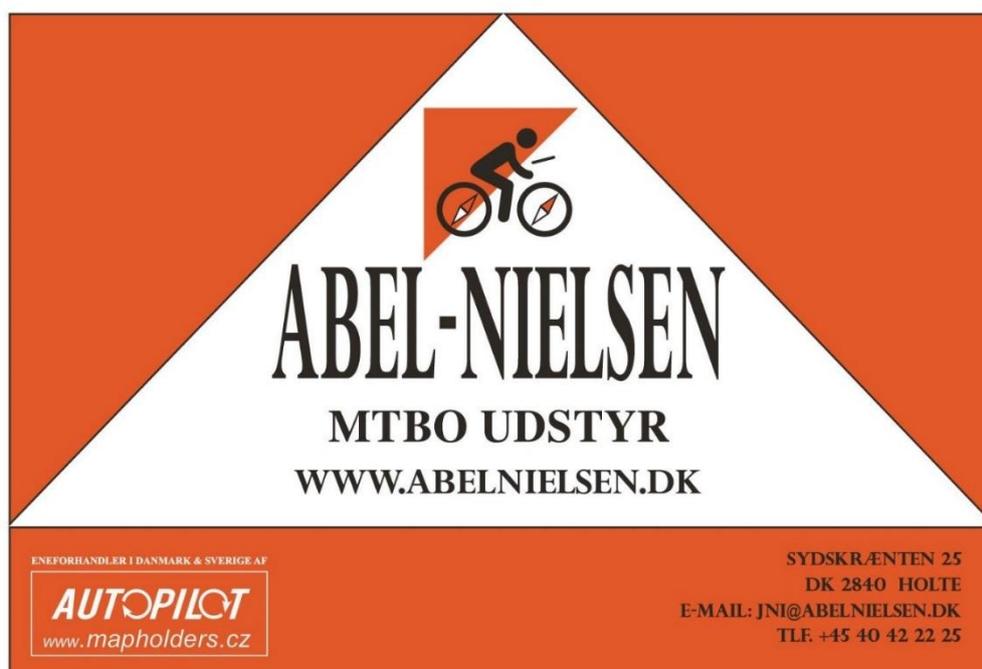
**Programme:**  
**Dates:** April 20<sup>th</sup>-24<sup>th</sup> 2016 (Wednesday – Sunday)  
*Wed 15:00 – 18:00 Check in, Bibs, late payments.*  
 Wed 21.00 Night Short – Åhus N – Camp Cup 1 (*resting Bibs from 20:30 at Start*)  
 Thu 10.00 Middle - Bockeboda (at Kristianstad) – Camp Cup 2 (*resting Bibs from 09:30*)  
 Thu 14.00 Training – Bockeboda  
 Thu 16.00 Model event – Åhus N  
*Thu 19:30 Prize giving*  
 Fri 10.00 Sprint (WRE) – Furuboda / Gropahålet– Camp Cup 3  
 Fri 14.00 Kronoskogen – Camp Cup 4  
*Fri 19:30 Prize giving*  
 Sat 10.00 Middle (WRE) – Äspet-Yngsjö – Camp Cup 5  
 Sat 14.00 Training – Äspet-Yngsjö  
*Sat 19:30 Prize giving*  
 Sun 09.30 Ultralong Høker – Different maps south of Åhus

## Meals

There will be an offer in the restaurant in Åhus Seaside for a sports-dinner, price 105:- sv kr. At 18.00-19.00 before the prize-ceremony each day. They have also pizza and a la carte. The sports-dinner have to be ordered the day before or 10.00 the same day.

Breakfast, price 95:- sv.kr., can also be ordered 07:00-09:00.

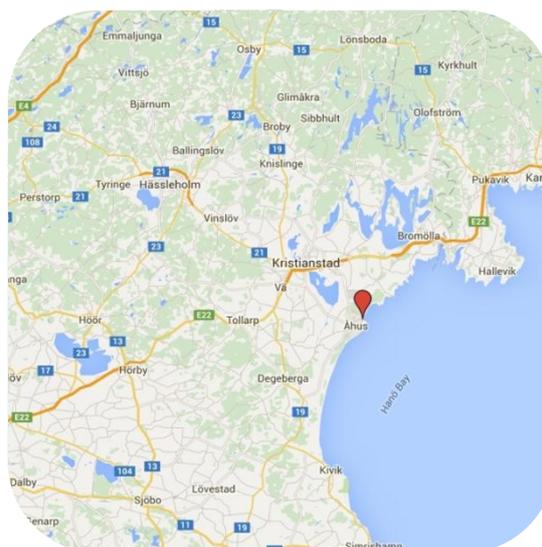
## Sponsors



## History of MTBO Camp

### MTBO Camp

Year	Particip.	Countr.	AUT	BEL	CZE	DEN	ESP	EST	FIN	FRA	GER	GBR	GRL	HUN	ITA	LTU	LVA	NOR	POL	POR	RUS	SUI	SVK	SWE	TYR	UKR
2016 Åhus	262	15	2	15	75	2	35	7	6	7	1	1					3	1	8	1		98				
2015 Hanstholm	193	10	4	2	91		19	2	4	8							3		2			58				
2014 Bornholm	254	13	x	x	x	x			x	x		x					x			x		x	x	x		
2013 Aalborg	165	13				80	3	22	4	2	2			7	6	3	2			7	3		21			
2012 Hillerød	212	13	x	x	x	x		x	x		x	x			x	x				x	x		x			
2011 Skive	148																									
2010 Åhus	174	18		x	x	x		x	x	x	x	x		x	x	x	x		x		x	x	x	x	x	
2009 Tisvilde	241	17																								
2008 Silkeborg	119																									
2007 Slettestrand	112																									
2006 Bornholm	60																									



## How to get to Åhus

Åhus is easily accessible by plane, train, bus or car.

### Airports:

- [Copenhagen International Airport](#) (CPH), Denmark, 135 km from Åhus
- Malmö airport ([swedavia.se/malmo](http://swedavia.se/malmo)) is a big airport 107 km from Åhus with flights from Stockholm operated by [SAS](#) and [Norwegian](#).
- Kristianstad Osterlen Airport ([kidairport.com](http://kidairport.com)) in Everöd, 21 km from the Camp Center, can be reached from Stockholm Arlanda.

### Trains/busses:

There is a direct train ([www.sj.se](http://www.sj.se)) from Copenhagen Airport to Kristianstad (1 h 25 min.). Hassleholm is one stop before Kristianstad (1 h 05 min. from the airport). From Kristianstad to Åhus you need to go by bus no. 551 to the busstop: Åhusbryggan. If not too many people with the bus, you can have your bike with you in the bus

Oresundstag ( [www.oresundstag.se/en/Start](http://www.oresundstag.se/en/Start) ) is the traffic system for travelling in Skåne.

Taking your bike on the train is usually no problem, please see

<http://www.oresundstag.se/en/Fares--Conditions/Ticket-types/How-to-travel-with-bike>

### Travelling by car:

It's easy to travel by car to Åhus. Road E22 passes Kristianstad.

Distances by car to Kristianstad:

from Stockholm 548 km, from Gothenburg 264 km, from Malmö 96 km.

From Kristianstad via road 118 to Åhus is 17 km.

### Distances:

Model Event and all competitions (except Camp Cup 2) are within a short distance from the Camp Center (see at accommodation).

**Bib**

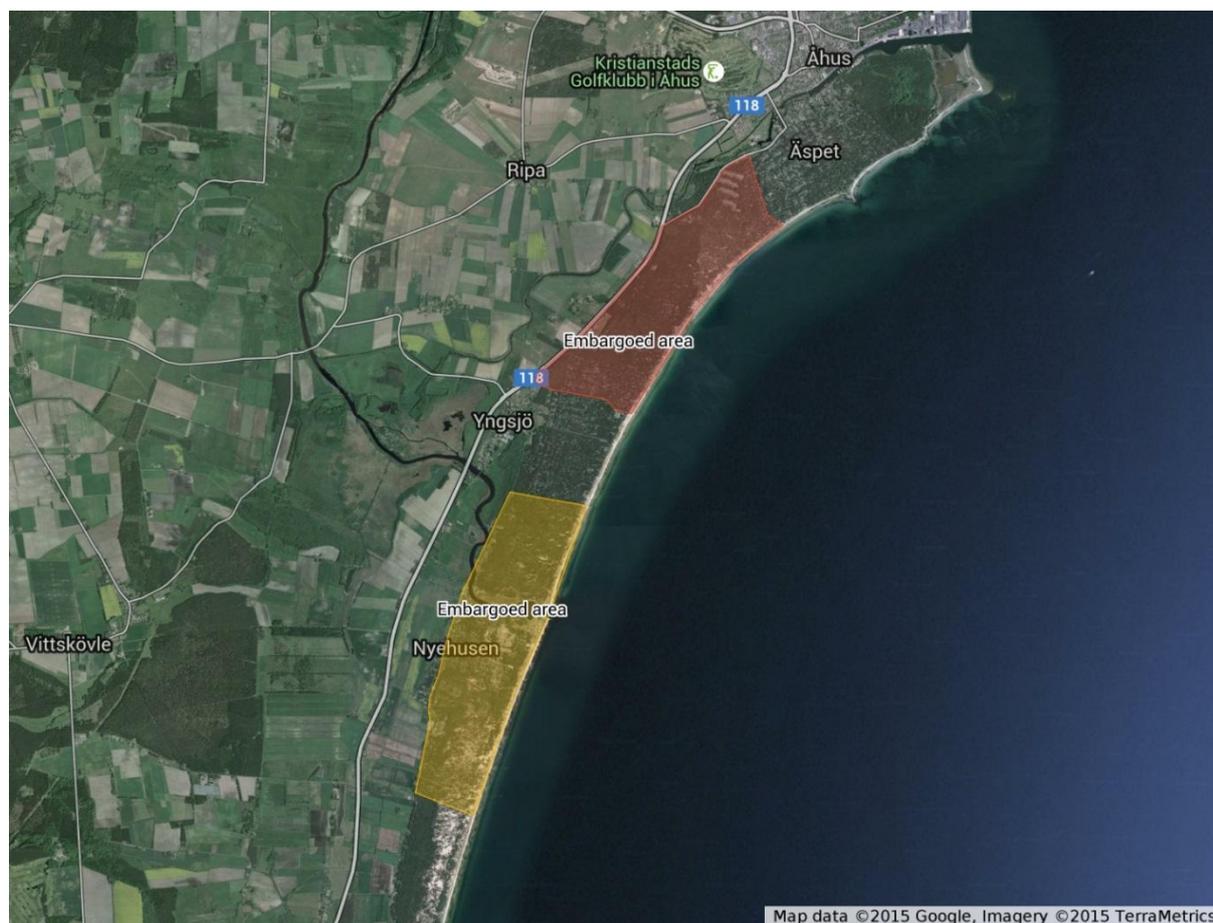
Bib numbers are handed out at check in. Or rather, they are placed in a box in the room next to the reception in Åhus Seaside for you to grab yourself in the period Wednesday 15:00 – 20:00. Strips are provided and the bib goes on the front of your bike and is used the whole week. From 20:30 Wednesday they will be at the start for Camp Cup 1, the Night race. Thursday from 09:30 they will be at the start for Camp Cup 2 in Bockeboda.

**Locations and embargoed areas:**

Locations are shown at:

[www.google.com/maps/d/viewer?mid=zxCuBWVeSRUU.kReE0f6rxNWg](http://www.google.com/maps/d/viewer?mid=zxCuBWVeSRUU.kReE0f6rxNWg)

Areas Furuboda / Gropahålet (yellow) and Äspet-Yngsjö (red) are embargoed for the classes WE and ME (which is part of the world ranking events).



The areas marked on the map above are embargoed for all orienteering activities, unless specifically permitted by the organizers and the IOF Senior Event Adviser. The embargoed areas are out of bounds for all potential participants and team members, including competitors, team leaders, coaches, doctors, escorts, and any other person who through their knowledge of the terrain may influence the result of the competitions. This means that from December 1<sup>st</sup> 2015:

- no organized orienteering activity may take place for these persons in the area,
- no training sessions may take place for these persons in the area.

**Old maps:** Can be found on website along with map extracts. (from 5 January 2016)

## Competition Rules

The WRE's will be organized in accordance with the *Competition Rules for IOF MTB Orienteering Events* as published by the IOF and valid from January 1, 2016, and the *IOF Anti-Doping Rules* valid from February 1, 2010.

### Riding off track not allowed:

Participants are not allowed riding off tracks and roads. Exceptions are 100% yellow areas (only few places and not relevant for the courses) and areas marked as paved/parking.

Riding in settlement (gardens) around the summer houses marked with olive (yellow/green) (ISMTBOM 527) is not allowed in Sweden.



**Controls placed off track:** No off track controls.

**Rules deviation for WRE:** The map scale at WRE, Middle, which according to the IOF Rules normally should be 1:10.000 or 1:15.000 will be 1:7.500 with acceptance from the IOF Event Adviser.

## Doping

Doping is strictly forbidden, and the organizers of the WRE 2016 in Sweden are dedicated to supporting the anti-doping authorities in their work.

Doping controls may be carried out any time during the WRE competition period for the classes ME and WE. As some sites for the doping controls may be a few minutes' drive away, we suggest that athletes are prepared at all competitions 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 February 1, 2010.

Athletes who are selected for the doping tests must bring an official identification (with photo) to the doping test area. Accreditation cards with photo can also be used for this purpose. The athletes should 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.

**Jury:**  
 Wolf Eberle, AUT  
 Jiri Vransky, CZE  
 Max Lindfors, FIN

## Entry:

Entries for all participants are given by sending a mail to [tage.v.andersen@mail.dk](mailto:tage.v.andersen@mail.dk) with the following information:

Name, Club, Sport Ident number (or rent), Year of birth, Class, Participation (All MTBO Camp or only the two WRE)

Special for all WRE participants (also as a part of the MTBO Camp): WRE participants (ME and WE) also have to make an entry for each of the two WRE races in IOF Eventor (<http://eventor.orienteering.org/Events?startDate=2016-04-01&endDate=2016-04-30&organisations=80&disciplines=MountainBike&classifications=International%2CChampionship%2CNational%2CRegional&map=true&mode=List> )

**Entry fee:** 100 euro or 750 DKK or 920 SEK (**MTBO camp, including WRE**)

Kids riding the "Cool Kids" class participates for free.

**Entry fee – for WRE only:** 180 SEK pr. race.

Entries will only become valid after payment, unless agreement in writing is made to pay cash upon arrival.

**Deadline for payment:** April 5<sup>th</sup> 2016.

**Entry fee for participants in all MTBO Camp is paid to:**

*Danish participants:* Account 5063-1252868

*Swedish participants:* Account 8313-9, 503 134 896-3

*Other participants:* IBAN DK5750630001252868, Swift JYBADKKK.

**Entry fee for participants only in WRE and representing Swedish Clubs:**

Invoice will be sent to the club via Eventor (like usual in Sweden).

Accommodation is paid directly to Åhus Seaside or other accommodation upon booking.

**Punching system** SportIdent.

For Camp Cup 1, 2, 3 and 4 SI-Card 5, 6, 8, 9, 10 or 11 can be used.

For Camp Cup 5 and the Høker Ultralong only SI-Card 6, 9, 10 or 11 can be used in class WE and ME because more than 30 controls.

SI-Card 5, 6, 8, 9, 10 or 11 can be used in all other classes.

ME and WE:

If this is a problem for you, you can borrow a valid SI-card the last two days.

If so, send an e-mail to [tage.v.andersen@mail.dk](mailto:tage.v.andersen@mail.dk) about it. Then we can have it ready for you Friday evening.

**Prize giving at 19:30 Thu, Fri, Sat:**

There will be a prize giving ceremony at the Camp centre, probably at the common area towards the sea Thursday (cup 1 + 2), Friday (cup 3 + 4) and Saturday (cup 5 + overall) at 19:30. There will be prizes for the best 3 riders in each class (in CK only for the 3 best riders born in 2003 or after).

There are some additional nice prizes in the spectator draw (only for those participating in all the MTBO Camp), remember that you have to be present to receive the prize.

There will be no prize giving after the Høker Ultralong Sunday.

**Visa:** Ask your local Swedish embassy.

**Doping:** Doping is not allowed. There might be a visit from the anti-doping authorities.

**Transport offered:** None.

Most events are within reasonable bike distance (if you are fit) from the Camp centre. See the distances at Accommodation.

**Model event:** A special training Thursday will function as Model event for the two WRE's.

**Start**

For the competitions with free start there might be some queue to get into the start box, since the start interval is 1 minute for each class. Hopefully we manage to form a queue for each class, allowing the start to evolve smoothly.

**Especially the class ML (with 101 participants) the participants have to “fill up” from the beginning of the start period to be able to reach all before closing time.**

**Terrain:** Most of the terrains will be relatively open forest in areas of typical Scandinavian sandbound pine-forest. Lot of small hills and depressions (sand-dunes) and a network of paths.

**Climate:** Temperature, day: 10 – 16 °C, night: 2 - 7 °C.  
In April: 12 days with rain and 40 mm rain per month.  
Check out local weather forecast here:  
<http://www.dmi.dk/vejr/til-lands/byvejr/by/vis/SE/2727363/Åhus,%20Sverige/>

**Competition clothing:** Not required, but recommend indeed.

**Media responsible and directions for extra representatives of the Federations:**

Mail or call Bengt-Göran or Max and we will figure it out!

**Accommodation:**

We suggest that you stay at the camp centre Åhus Seaside, or one of the other accommodation possibilities nearby. Below is direct link to the accommodation booking sites. The organizer is independent from the accommodation. For more information please contact the accommodation sites.

**Information about accommodation**

Name	Website Telephone	Address	GPS coordinates
Åhus Seaside (Camp Centre)	<a href="http://www.ahusseaside.com">www.ahusseaside.com</a> +46 44289300	Kantarellvägen 1, Åhus, 29632, Sverige (Sweden)	N 55°56.217´ E 014°19.073´
Regenbogen Camp Åhus	<a href="http://www.regenbogen.se">www.regenbogen.se</a> +46 44248969	Kolonivägen 59, 29633, Åhus, Sverige (Sweden)	N 55°56.466´ E 014°18.779´
Strandvillan i Åhus	<a href="http://www.strandvillan-ahus.se">www.strandvillan-ahus.se</a> +46 44243600	Kolonivägen 62, 29633, Åhus, Sverige (Sweden)	N 55°56.661´ E 014°19.365´

**Bike storage:**

Bikes are not allowed inside the rooms at the accommodation Åhus Seaside. 2 storage rooms are reserved for bikes and will be locked during night. Opening times is found at Åhus Seaside, but are most likely opened at 08:00 and locked up at 20:00.

**Bike repair****Jockes Cykel & Sport AB**

Adress: Ellegatan 8, 296 33 Åhus

Telephone: 044-243454, E-post: jockescykel@telia.com

All days untill 18.00

- If you give them a call before 13.00 on Saturday they will stay to help MTBO Camp people

**Cykelcentralen**

Workdays: 08.00-18.00, Saturday 09.00-14.00, Sunday closed

Adress: Blekingevägen 2 29154 Kristianstad Telephone: 044-213507

E-post: info@cykelcentralen.nu

- If you give them a call before 13.50 on Saturday they will stay to help MTBO Camp people

**Hospital** Centralsjukhuset in Kristianstad  
Telephone: 044 3091000  
Advice: 1177

### Distances (in km by car) from Camp Centre to competitions etc.

<i>Competition Accommodation</i>	Camp Cup 1	Camp Cup 2	Camp Cup 3	Camp Cup 4	Camp Cup 5	Camp Centre, Prize ceremony
Åhus Seaside	0	29	14	5	6	0
Regenbogen	0,7	28	14	6	6	0,7
Strandvillan	1,2	28	15	6	6	1,2

### Winning times at WRE and World Masters series

There are no precise rules of winning times or course lengths for WRE or World Masters Series. At the competitions for WRE at MTBO Camp 2016 are used the same rules as for WMTBOC and WCup.

### Juniors can get points for WRE

Participants normally in the classes M17, W17, M20 or W20 are allowed to participate in the classes ME or WE and in this way get WRE points according with World Ranking Scheme Rules, December 2015:

“3.4 Where the M18E/W18E and/or M20E/W20E classes are competing on the same courses and under the same conditions as the M21E/W21E classes, competitors in those other classes shall be included in the World Ranking calculations. For these other classes to be eligible for World Ranking Points, the start list must be prepared for course as a whole, not separately for each class”.

### Classes

The **classes for the WRE's** (Camp Cup 3 and 5) will follow the rules for international events for WRE and WMMTBOC to make it possible also to be a part of the **World Masters Series** (<http://www.mtbo-commission.com/world-masters-series.html>). For these events **the winning points** will be counted in separate classes of 5-years as indicated in the entrylist, and shown here:

<b>Men</b>	Present number	<b>Women</b>	Present number	<b>Men</b>	Present number	<b>Women</b>	Present number
<b>CK</b>	3	<b>CK</b>	5	<b>M45</b>	23	<b>W45</b>	6
<b>M17</b>	9	<b>W17</b>	8	<b>M50</b>	24	<b>W50</b>	4
<b>M20</b>	(1)+8	<b>W20</b>	2	<b>M55</b>	17	<b>W55</b>	6
<b>ME</b>	46	<b>WE</b>	25	<b>M60</b>	12	<b>W60</b>	3
<b>ML</b>	6	<b>WL</b>	0	<b>MS</b>	0	<b>WS</b>	2
<b>M35</b>	2	<b>W35</b>	3	<b>M65</b>	10	<b>W65</b>	4
<b>M40</b>	10	<b>W40</b>	6	<b>M70</b>	12	<b>W70</b>	2

**The courses** will be organized in this way:

<b>Men</b>			<b>Women</b>		
<b>CK</b>	CK	A	<b>CK</b>	CK	A
<b>ME</b>	ME	B	<b>WE</b>	WE	C
<b>ML</b>	M20, M35, M40, M45, M50, M55	D	<b>WL</b>	W20, W35, W40, W45, W50, W55	E

<b>MS</b>	M17, M60, M65, M70	<b>F</b>	<b>WS</b>	W17, W60, W65, W70	<b>G</b>
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For those 21-34 years old which according to their age should compete in ME or WE **at the WRE competitions**, can choose to participate in the classes corresponding to ML or WL with course lengths similar with M35-55 or W35-55.

In the same way those 35-54 years old can choose to participate in the classes corresponding to MS or WS with course lengths similar with M60-70 or W60-70.

But they will then not get points for WRE or for World Masters Series.

If you of these reasons want to change your class as it is set in the entrylist for the WRE / World Masters Series competitions, then send an e-mail about it to [tage.v.andersen@mail.dk](mailto:tage.v.andersen@mail.dk).

The **classes for the other competitions** at the MTBO Camp (Camp Cup 1, 2 and 4) will be the following:

ME = Men Elite (M21-E)

WE = Women Elite (W21-E)

ML = Men Long (M21-A, M-20, M35-, M40-, M45-, M50-, M55-)

WL = Women Long (W21-A, W-20, W35-, W40-, W45-, W50-, W55-)

MS = Men Short (M-17, M60- and older)

WS = Women Short (W-17, W60- and older)

CK = Cool Kid (W/M-13, Beginners)

<b>Men</b>	Present number	<b>Women</b>	Present number
<b>CK</b>	3	<b>CK</b>	5
<b>ME</b>	44	<b>WE</b>	25
<b>ML</b>	101	<b>WL</b>	26
<b>MS</b>	35	<b>WS</b>	20

Your placing for these classes in the entrylist has been done based on your age. If you think your own placing in the entrylist is wrong, or if you want to participate in another (but according to the rules accepted) class, please send an e-mail about it to [tage.v.andersen@mail.dk](mailto:tage.v.andersen@mail.dk).

### **Camp Cup:**

4 of 5 races count in the overall Camp Cup for the above mentioned 8 classes..

### **Results:**

If possible at the event finish area.

Will be shown at a board at the room for prize ceremony at Åhus Seaside.

Will be shown at <http://eventor.orientering.se/Events/Show/xxxxx>

For the xxxxx: See at the separate descriptions at the next sides.

### **Racer course for the smallest mini cool kids**

We will bring with us some orange tapes to make racer courses for running bikes for the youngest cool kids for the parents or grandparents to arrange special courses for them. We have heard it was a success last year.

## Camp Cup 1 – Night Short Wednesday 20 April 2016

**Venue and parking:** Åhus Seaside (lots of room for parking)  
**Address:** Kantarellvägen 1, Aahus, 29632, Sverige (Sweden)  
**GPS:** N 55°56.217' E 014°19.073'

### Distances

Event area - start: 1300 m  
 Finish – read SI-card: 600 m

**Map:** Åhus N, Contour interval 2 m, A4;  
 1:10.000: ME, WE, ML, WL, MS  
 1:7.500: WS  
 1:5.000: CK

**Food, toilets, etc.:** Use the toilets at your own accommodation before start. Burger house and gas stations within 1 km.

**Start:** 21:00-22:45.  
 In daylight (penalty 15 min): 19.15-19.30

As previous years it will be allowed to do the course in daylight with a time penalty of 15 minutes.  
 The start for this will be open 19.15-19.30.

**Start interval:** 1 minute in each class. Put and ride. Remember to push the start control. **This mean that especially the class ML (with 101 participants also this night) have to “fill up” from the start 21.00 to be able to reach all before closing time.**

**Map handout:** The map is taken one minute prior to start. At the start signal, the rider must exit the start box and push the start control, and the competitor's time start.

**Time limit:** Controls will be taken in at approx. 23:15

**Notes:** The terrain is open park-like area with some thick vegetation here and there and areas with summer-houses. The night short is actually more like a night sprint. And – yes, you'll need a headlamp.

All courses cross roads with some traffic, take care. Traffic rules must be obeyed.

### Course data

	ME	ML	MS	WE	WL	WS	CK
Length	9.7 km	8.4 km	5.7 km	8.4 km	5.7 km	4.6 km	2.1 km
Controls	18	16	12	16	12	11	7

Length is measured in straight line. Shortest sensible route has not been measured.

**Refreshment points:** There are no refreshment points during the course.

**Results:** See document at <http://eventor.orientering.se/Events/Show/15500>

**Course setter:** Jan Hausner, OK Øst Birkerød

## Camp Cup 2 – Middle Thursday 21 April 2016

**Venue and parking:** Bockatorpet, Härlövs IF:s Club house  
Directions from road between Skepparslöv-Nävlinge

**Address:** Bockebodavägen 474-80, Kristianstad  
**GPS:** N 56°02.148', E 013°59.680'  
N 56° 2' 9.57", E 13°59' 40.59"  
Lat: 56.03599, Long: 13.99461

**Distances:**  
Camp Centre – Event area: 28 km  
Parking - event area: max. 400 m  
Event area - start: 0 m.

**Map:** Bockeboda 1:10.000, 5 m, A3, except CK: A4.

**Food, toilets, etc.:** At Bockatorpet. Here will be a small catering, but you could also bring your own food. Shower indoors  
Public toilet exist at the event area.

**Start:** 10:00-12:00  
First start 10:00. At the start the map is handed out 1 minute prior to start. At the start signal, the rider must exit the start box and the competitors time starts.  
Cool Kids have free start, between 10:00-11:00, with at least 1 min start interval.

**Start-interval:** ME and WE have start interval of 1 minute. Start-list will be published. The rest of the classes have free start, but must start with at least 1 minute interval  
**This mean that especially the class ML (with 101 participants) have to "fill up" from the start 10.00 to be able to reach the programme, also for the rest of the day.**

**Time limit:** Controls will be taken in 13:30.

**Start list and results:** See document at <http://eventor.orientering.se/Events/Show/15501>

**Start:** First start 10:00. At the start the map is handed out 1 minute prior to start. At the start signal, the rider must exit the start box and the competitors time starts.

**Notes:** **All courses (except CK) cross an asphalt road with some traffic with high speed, take care.**  
**At the opening of the forest roads to this asphalt road there might be chains across the forest roads. You can pass around, but slow down and look up for chains.**  
Some paths, difficult to see in the terrain, are marked with white tape.

### Course data

	ME	ML	MS	WE	WL	WS	CK
Length (km)	15.6 km	11.5 km	8.8 km	13,3 km	9,5 km	7,3 km	3.0 km
Controls	26	21	18	22	14	14	8

Length is measured in straight line.

**Refreshment points:** There are no refreshment points during the course.

**Course setter:** Bengt-Göran Månsson, OK Pan Kristianstad

## Thursday Afternoon Training

**Training:** Route choice competition for 2 riders. On the map is marked 2 different route choices for each control: A and B. At each control you gather around, each choosing a different route choice to follow. At the control you wait for the other rider. The rider that arrives last at the control gets to choose first from the route choices to the next control.

**Venue and parking:** Same place as Camp Cup 2.

### Distances

Event area - start: 0 m

**Map:** Bockeboda 1:15.000. 5 m. A4

**Start:** 14:00 – 16:00.

**Time limit:** Controls will be taken in at 17:00

**Map handout:** A box with maps will be provided at the event area

**Courses:** 6,9 km course, 7 controls (mini-controls), A4  
9,2 km course, 9 controls (mini-controls), A4.

**Course setter:** Jan Hausner, OK Øst Birkerød

## Model Event Thursday afternoon.

**Venue and parking:** Same place as Night Short Wednesday.

**Map:** Åhus N 1:7.500, 2 m, A5

**Start:** 16:00 – 17.30

**Time limit:** Controls will be taken in at 18:00

**Course:** 2,1 km, 6 controls

**Course setter:** Jan Hausner, OK Øst Birkerød

## Camp Cup 3 – Sprint WRE Furuboda / Gropahålet Friday 22 April 2016

**Venue and parking:** Furuboda Folkhögskola. (Finish area).  
Directions from road 118 south of Yngsjö

**Address:** Furubodavägen 247, 296 92 Furuboda, Skånes Län.

**GPS:** N55°50.583', E014°12.767'  
N 55° 50' 38.75", E 14° 12' 46.97"  
Lat: 55.84410 Long: 14.21305

**NB!** It is not allowed, by biking direct from Camp Centre (Åhus Seaside), to bike through the embargoed area. Access must be by road 118 which is rather heavily trafficked.

**Distances:**

Camp Centre – Event area: 14 km  
 Parking - event area: max. 400 m  
 Event area - start: 3300 m. Follow orange/white tapes on the north on the road from Furuboda Folkhögskola. At the way to start you will pass a narrow bridge, which also will be passed after your starttime back to finish. Be careful! Give priority to those who already have started.

**Map:** Furuboda / Gropahålet 1:7.500, 2,5 m, A4  
 Map change: All classes has 1 map change (2-sided print).

**Food, toilets, etc.:** Furuboda Folkhögskola. Lunch between 11.30-14.00, see at <http://folkhogskola.furuboda.org/> and select Lunchbuffé  
 No toilets at start

**Start:** 10:00-12:00

**Start and map handout:** First start 10:00. Start according to start-lists. At the start the map is handed out 1 minute prior to starttime. At the start signal, the rider must exit the start box and the competitors time starts.  
 Cool Kids and Open Classes have free start, between 10:00-11:00, with at least 1 min start interval.

**Extra clothes** will not be brought from start to finish.

**Start list and results:** See document at <http://eventor.orientering.se/Events/Show/14033>  
 Start list and result for ME and WE also at <http://eventor.orientering.org/Events/Show/5346>

**Time limits:** 13:00, controls will be taken in.

**Complaints** must be handed in 12:50 latest to the event director (+46 709795494).

**Notes:** The forest is typically dry and with great rideability.  
 Some paths, which are difficult to see in the terrain, are marked with white tape.

**Rules:** IOF MTBO competition rules 2016.

**Quarantine zone:** No quarantine zone. Maps will be taken at the finish. Used maps can be taken at 11:45.

Expected Winning times: CK, M/W17, M/W20: 16-20 min.  
 Other classes: 20-25 min.

Class	Course length (km)	Number of controls	Class	Course length (km)	Number of controls
<b>CK</b>	3,4	12	<b>CK</b>	3,4	12
<b>M17</b>	5,4	19	<b>W17</b>	4,6	16
<b>M20</b>	6,1	22	<b>W20</b>	5,5	18
<b>ME</b>	6,3	28	<b>WE</b>	6,0	27
<b>ML</b>	6,1	22	<b>WL</b>	5,5	18
<b>M35</b>	6,1	22	<b>W35</b>	5,5	18
<b>M40</b>	6,1	22	<b>W40</b>	5,5	18
<b>M45</b>	6,1	22	<b>W45</b>	5,5	18
<b>M50</b>	6,1	22	<b>W50</b>	5,5	18

<b>M55</b>	6,1	22	<b>W55</b>	5,5	18
<b>M60</b>	5,4	19	<b>W60</b>	4,6	16
<b>MS</b>	5,4	19	<b>WS</b>	4,6	16
<b>M65</b>	5,4	19	<b>W65</b>	4,6	16
<b>M70</b>	5,4	19	<b>W70</b>	4,6	16
<b>Open 1</b>	3,4	12			
<b>Open 2</b>	3,9	15			
<b>Open 3</b>	6,3	18			

Length is measured in straight line.

**Refreshment points:** There are no refreshment points during the course.

**Course setter:** Anton Persson, OK Pan Kristianstad

## Camp Cup 4 – Friday Afternoon

**Venue and parking:** Åhusgården.

**Address:** Sigfridsvägen 1, Åhus.  
**GPS:** N 55°55.263', E 014°18.139'  
 N 55° 55' 18.90", E 14° 18' 0.90"  
 Lat: 55.92192 Long: 14.30025

**Distances:**

Camp Centre – Event area: **3,7 km (bike)**, 5 km (car)  
 Parking - event area: max. 400 m  
 Event area - start: 200 m. Follow orange/white tapes.

**Map:** Kronoskogen 2,5 m, A4.  
 1:10.000 ME, WE and ML  
 1:7.500 WL and MS  
 1:5.000 WS and CK

**Food, toilets, etc.:** Nothing.

**Start:** 14:00-16:00

**Start interval:** 1 minute in each class. Put and ride. Remember to push the start control. **This mean that especially the class ML (with 101 participants) have to “fill up” from the start 14.00 to be able to reach the race before closing time and the programme for the rest of the day.**

**Map handout:** The map is taken one minute prior to start-time. At the start signal, the rider must exit the start box and push the start control, and the competitor's time start.

**Time limit:** 17:00, controls will be taken in.

**Tracks and paths:** The forest is typically dry and with great rideability

**Course data**

	ME	ML	MS	WE	WL	WS	CK
Length (km)	8,3 km	7,0 km	4,8 km	7,0 km	4.8 km	3,3 km	2,4 km
Controls	13	14	13	14	13	10	7

Length is measured in straight line.

**Refreshment points:** There are no refreshment points during the course.

**Results:** See document at  
<http://eventor.orientering.se/Events/Show/15502>

**Course setter:** Jan Hausner, OK Øst Birkerød

## Camp Cup 5 – Middle WRE Äspet-Yngsjö Saturday 23 April 2016

**Venue and parking:** Åhus Missionsgård  
 Directions from road 118 between Åhus-Yngsjö  
 Take care when entering and parking, participants are passing through the area from 10:00.

**Address:** Glansabovägen 50, Åhus  
**GPS:** N 55° 54.300', E 014° 16.200'  
 N 55° 54' 19.59", E 14° 16' 6.58"  
 Lat: 55.90544 Long: 14.26849

**Distances:**  
 Camp Centre – Event area: **5,5 km (bike)**, 6 km (car)  
 Parking - event area: max. 500 m  
 Event area - start: 1400 m. Follow orange/white tapes.

**Map:** Äspet-Yngsjö 1:7.500, 2,5 m, A3  
 ME and WE has 1 map change (2-sided print).

**Food, toilets, etc.:** At Event area. No toilets at start

**Start and map handout:** 10:00-12:00  
 First start 10:00. Start according to start-lists. At the start the map is handed out 1 minute prior to start-time. At the start signal, the rider must exit the start box and the competitors time starts.  
 Cool Kids and Open Classes have free start, between 10:00-11:00, with at least 1 min start interval

**Extra clothes** will not be brought from start to finish.

**Start list and results:** See document at  
<http://eventor.orientering.se/Events/Show/14034>  
 Startlist and result för ME and WE also at  
<http://eventor.orientering.org/Events/Show/5347>

**Time limit:** 14:00 controls will be taken in.

**Complaints** must be handed in 13:30 latest to the event director (+46 709795494).

**Notes:** The forest is typically dry and with great rideability.

**Punching system:** SportIdent. **Only SI-Card 6, 9, 10 or 11 can be used in class WE and ME** because more than 30 controls. Contact the organizer at event centre, if you need to rent a SI-Card.  
 SI-Card 5, 6, 8, 9, 10 or 11 can be used in all other classes

**Rules:** IOF MTBO competition rules 2016. **EA approved rules deviation: Map scale will be 1:7.500.**

**Quarantine zone:** No quarantine zone. Maps will be taken at the finish. Used maps can be taken at 13:15.

Expected Winning times: CK: 20-25 min.  
M/W17, M/W20: 44-48 min.  
Other classes: 55-60 min.

Class	Course length (km)	Number of controls	Class	Course length (km)	Number of controls
<b>CK</b>	3,2	10	<b>CK</b>	3,2	10
<b>M17</b>	6,8	17	<b>W17</b>	6,0	17
<b>M20</b>	9,9	29	<b>W20</b>	7,7	20
<b>ME</b>	12,7	34	<b>WE</b>	11,4	35
<b>ML</b>	9,9	29	<b>WL</b>	7,7	20
<b>M35</b>	9,9	29	<b>W35</b>	7,7	20
<b>M40</b>	9,9	29	<b>W40</b>	7,7	20
<b>M45</b>	9,9	29	<b>W45</b>	7,7	20
<b>M50</b>	9,9	29	<b>W50</b>	7,7	20
<b>M55</b>	9,9	29	<b>W55</b>	7,7	20
<b>M60</b>	6,8	17	<b>W60</b>	6,0	17
<b>MS</b>	6,8	17	<b>WS</b>	6,0	17
<b>M65</b>	6,8	17	<b>W65</b>	6,0	17
<b>M70</b>	6,8	17	<b>W70</b>	6,0	17
<b>Open 1</b>	3,2	10			
<b>Open 2</b>	6,7	17			
<b>Open 3</b>	9,5	26			

Length is measured in straight line.

**Refreshment points:** There are no refreshment points during the course.

**Course setter:** Anton Persson, OK Pan Kristianstad

## Saturday Afternoon Training

**Training:** Many details in high speed.

**Venue and parking:** Same place as Camp Cup 5.

**Map:** Äspet-Yngsjö 1:7.500 (short course), 1:10.000 (long course).

**Start:** 14:00 -16:00

**Map handout:** A box with maps will be provided at the event area

**Time limit** Controls will be taken in at 17:00.

**Courses:** 4,1 km course, 20 controls (mini-controls).  
7,1 km course, 30 controls (mini-controls).

**Course setter:** Jan Hausner, OK Øst Birkerød

## Ultralong Høker Different maps south of Åhus 24 April 2016

**Venue and parking:** Åhus Seaside (lots of room for parking)  
**Address:** Kantarellvägen 1, Åhus, 29632, Sverige (Sweden)

**Distance:**  
 Event area - start: 20 m.

**Map:** Special map for the area south of Åhus - different scales and inserts, A3  
 Cool Kids 1:15.000 Åhus N, A4  
 Map change: All classes has 1 map change (2-sided print).

**Food, toilets, etc.:** Use the toilets at your own accommodation before start.

**Start:** Mass start at approx.  
 09:30 (Høker, ME, WE)  
 09:35 (Middle Høker, ML)  
 09:40 (Mini Høker, WL, MS, WS) and Cool Kids  
**Be sure to clear and check your SI before start**

**Map handout:** In some way before start.

**Time limit:** 13:30.

**Punching system:** SportIdent. **Only SI-Card 6, 9, 10 or 11 can be used in class Høker 43 km**, because more than 30 controls. Contact the organizer at event centre, if you need to rent a SI-Card.  
 SI-Card 5, 6, 8, 9, 10 or 11 can be used in all other classes.

**Notes:** The course may have some free order controls. It should make sense on the map.  
 All courses start with section A with 5 freeorder controls A1, A2, A3, A4, A5. Then there are one or more controls followed by a freeorder section.

### Course data

	Høker	Mini Høker		Cool Kids
Length (km)	43 km	33 km	18 km	8.8 km
Controls	40	28	13	7
Estimated winning time	170 min	150 min	90 min	60 min
Mass start	09:30	09:35	09:40	09:40
Course	Full course	Shortcut marked from control 18 to control 31.	Shortcut marked from section B (control B1-B2-B3-B4-B5) to control 40.	Åhus Norra 1:15.000 map
Freeorder sections	A, B	A, B	A, B	A

Length is measured in straight line.

**Refreshment points:** There are no refreshment points during the course

**Results:** See document at  
<http://eventor.orientering.se/Events/Show/15504>

**Course setter:** Jan Hausner, OK Øst Birkerød