

Herning OK og Holstebro OK Bulletin 2



Marking

Stråsø, Thursday 09.04.

From route A16 between Holstebro and Ulfborg, at the 32,6 km. road mark (just west of Idom) there will be a 9 km long marked route via Blæsbjerg to parking-place.

Husby, Friday 10.04. and Saturday 11.04.

From route 181, between Ulfborg and Vemb, about 2 km north of Husby Church, turn west (Klitvej 3, 6990 Ulfborg) following marked route to parking-place. (Max speed in the forest is 30 km/t) .See map ([Google maps](#))

Distance

Stråsø, 09.04

Parking to Competition Centre 600 – 1.400 m, marked with red/white tape
Competition Centre to Start 1: 1.000 m marked with blue/white tape
Competition Centre to Start 2: 200 m marked with orange/red tape

Husby, 10.04 and 11.04

Parking-place to Competition Centre: 600 – 1.200 m, marked with red/white tape
10/4: Competition Centre to Start 1: 250 m, marked with blue/white tape
11/4: Competition Centre to Start 1: 400 m, marked with blue/White tape

Parking

Stråsø, 09.04

Parking will take place on firebreaks and along roadsides. Please don't use too much space; otherwise the latest arrival will have a long way to walk.
Please notice!. There is established a 5 km long turnaround in the forest. So whatever direction you might be guided in to parking, you are supposed to leave parking in a counter clock direction.

Husby 10.04 and 11.04

Parking will take place on firebreaks and on grass fields.

Competition Office Is established at the Competition Centre.

Opening hours

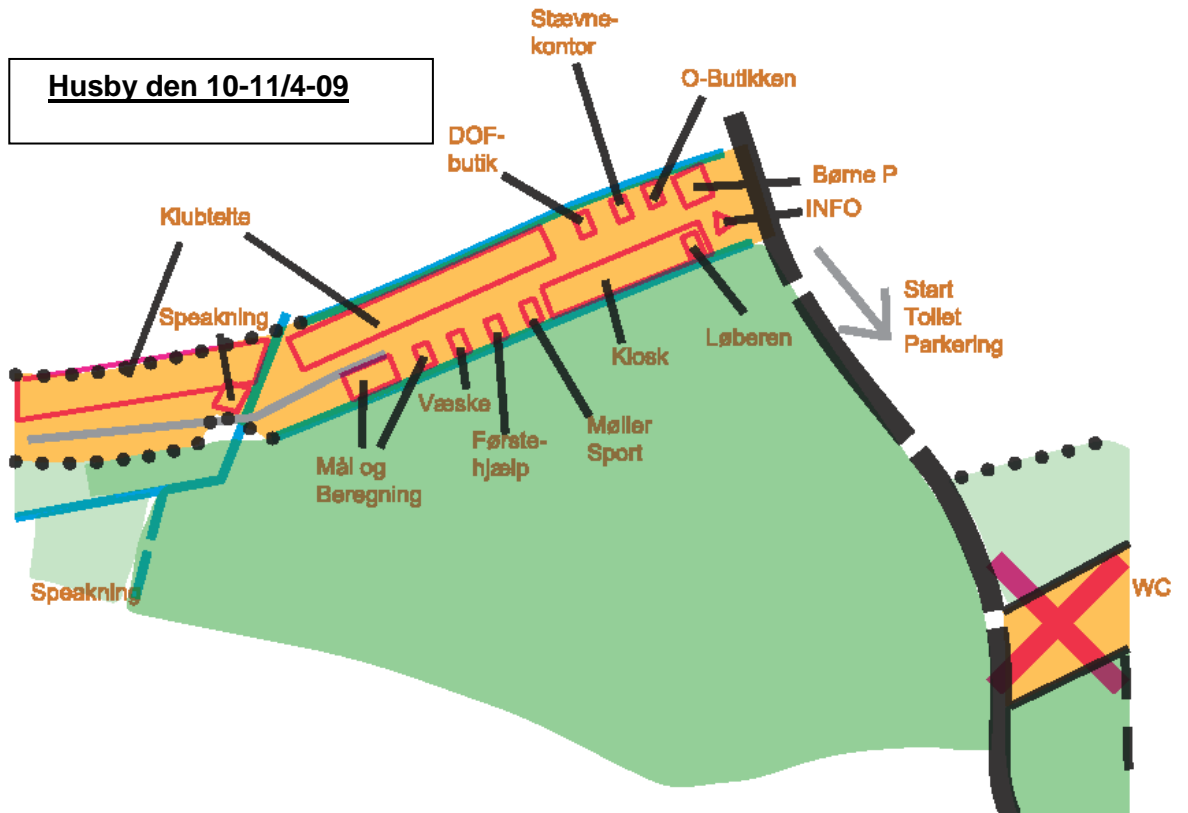
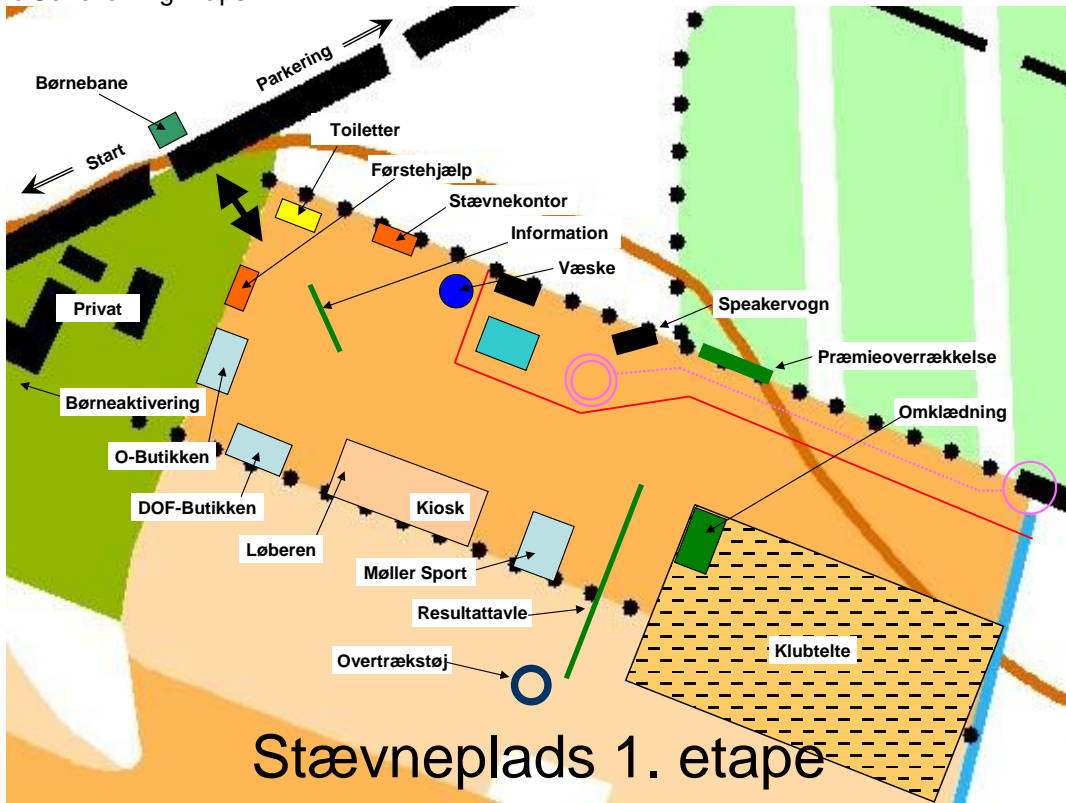
Thursday 09.04: 11.00

Friday 10.04: 09.00

Saturday 11.04: 09.00



Event centre Se following maps.



- Kiosk** Well stocked kiosk is placed at the Competition Centre.
Opening hours:
Day 1: 11.00
Day 2: 09.00
Day 3: 09.00
- It is possible to buy your lunch every day – sandwich, pasta salad and french hot dogs. You can also buy coffee, tea, cakes, sweets, banana, juice, beer and soft drinks. There are trays for bringing the meal to your table, so it will be easy to handle your order for the whole family. It is not allowed to bring trays outside the tent. We hope to see you in the tent.
- Smoking** Smoking is totally forbidden. Breaking of the rule, will be subject to disqualification (Paragraph 7.6 of Regulation of The Danish Orienteering Federation).
- Changing clothes** There will be two tents for changing of clothes. Please notice, that the organisers accept no responsibility for lost and stolen items.
- Shower** It isn't possible to get a bath after the course.
- Toilets** Stråsø 09.04.
There will be 12 toilets close to the event-centre and 4 toilets on the way to Start 1.
Husby 10.04. and 11.04.
There will be 16 toilets about 100 m from the Event-centre. The toilets are partly placed on the way to start 1 and partly on the way between Parking place and the Event-centre.
- Open courses** Open courses can be bought from the Competition Office, which is placed on the Competition Centre, at following time:
Thursday from 11.30 to 13.30 and the runners must have started before 14.00
Friday from 09.30 to 11.30 and the runners must have started before 12.00
Saturday from 09.30 to 11.30 and the runners must have started before 12.00
The courses can be bought for one or further days. Fees pr. day for open courses:
-20 year: kr. 85,- + possible rent of E-card kr. 25,-
21- year: kr. 115,- + possible rent of E-card kr. 25,-.
There will be no prizes for runners on open courses.
- Vacant places** In the start list there are a few vacant places. These few places will be sold as long as there are free places. Reservation of vacant places can be made at Jesper Lysgaard by sending a mail to jesperlys@hotmail.com. The price is kr. 105,- + 25,- if renting an E-card.
- Non-payment** Runners and clubs who haven't paid in advance, may pay the starting fee at the Event-office before first start on Thursday.
- Speaking** Every day there will be normal speaking, mainly in Danish. Speaking of the two classes D-20E and H-20E will mainly be in English.
- Overall Clothes** Stråsø 09.04.
Only transportation of clothes from Start 1, and the clothes will be placed close the scoreboard.
Husby 10.04. and 11.04.
No transportation of clothes.
- Chest numbers** D20E and H20E: all runners have to wear chest numbers all three days.
Following classes are carrying chest numbers the first two days: D12A, D14A, D16A, D21A, H12A, H14A, H16A and H21A. They may use the same chest number on both days.
On day 3 the best 10 runners in every class participating in the pursuit will wear chest



numbers. The actual number will be stated on start list displayed on the internet, on the place of Event and by the Start. The chest numbers are hanging at Start. The runners must wear the chest numbers visible on their chest.

Start The first start will take place at following time:
Thursday at 12.00
Friday at 10.00
Saturday at 10.00

Starting procedure The runners will be called forward 4 minutes before starting time.
4 minutes before starting time the runner will receive a back-up card and on day 1 they will receive the rented E-card.
3 minutes before starting time the runner will be able to catch a post description
2 minutes before starting time there will be a control of E-card number
1 minute before start the runner is allowed to take the map and place it on the ground with the backside up. The runner may not look at the map before at the time of start. The runners themselves are responsible for picking up the right map.
5 seconds before start the runner place his E-card in the start-unit; and they may lift their E-card at the moment of start.
Runners in following classes are allowed to see the map 2 minutes before time of start: Beg, D-10A, D-10B, D-12A, D-12B, D14B, D20C, D21C, H-10A, H-10B, H-12A, H-12B, H14B, H21C, Open 4 and Open 5.

Free time of start (Put and run)

Following classes have free time of start: Beg, D-10A, D-10B, H-10A, H-10B, D-12B, and H-12B have free time of start (put and run)
Thursday 12.00 – 14.30
Friday 10.00 – 13.00
Saturday 10.00 – 12.00.

Late start Report to start officials and follow their instructions

Start procedure – Chasing start

Third stage is held as chasing startt except for below mentioned classes.
The runner leading after the two first days will start at the time shown in the table below.
The following runners will start the time interval later they are behind the leading runner.
The winner will thus be the runner, who crosses the finish line first in the individual classes.
Runners, who after the first 2 days are more than 60 minutes behind the leading runner, or runners who haven't fulfilled both stages, will start after the 60 minutes with an interval of 1 minute. Runners, who haven't fulfilled, will start in random order as the last runners of the class.
Runners are called 10 minutes before their starting time and walks toward the starting line in this order. Timing units will be cleared en route.
The following classes are using the same start procedure on day 3, as they have used on day 1 and 2: D-10A, D-10B, H-10A, H-10B, D-12B, H-12B, Beg, D12A, D14B, D20C, H12A, H14B and H21C.

Post descriptions There is loose post descriptions placed in the start box 3 minutes before start.
Runners **must** have a description holder or **may tape** the loose description firm to their clothes.

Punching system EMIT will be used.
Participants who use their own E-card must inform about E-card number by entry.
Rented E-card will be handed out by start at Day 1.
Runners, who don't start on stage 1 and have rented an E-card, may pick up the E-card at the Competition Office.



Runners having forgotten their E-card, can rent an E-card at the Competition Office against a payment of kr. 100,-, and will have to give information about their name, class and original E-card number.

The rented E-card must be used on the following stages.

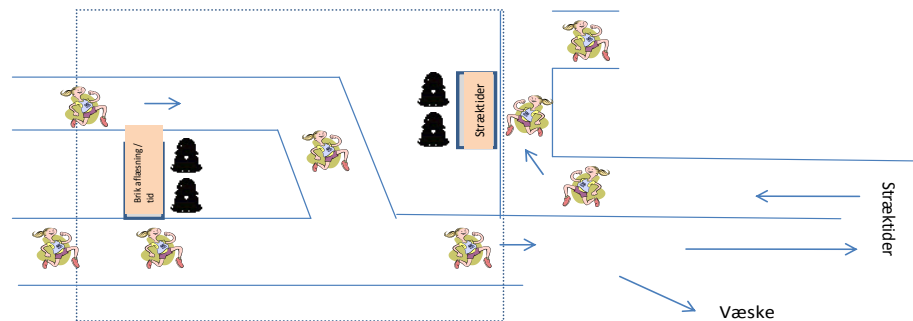
Rented E-card must be returned by the finish line after 3rd stage.

Not returned E-cards will be charged by kr. 450,-.

Water Their will be drinking water on all courses longer than 6 km, and on a few other courses.

Finish Procedure The finish time is registered when the runner place the E-card in the control unit at the finish line. The runner follows the tape to where the E-card is read out.
On day 1 and 2 there is a separate tent where you can get your split times printed at the time you like it. You don't have to wait for it.
On day 3 you must keep your place in the queue in order to get the correct split times printed.

Finish line Påskeløb 2009 1. and 2. stage:



You can get your split times just after passing finish line, after you have got some water or even later. You can just do it when you like it.

Disqualification Disqualified runners will be shown in the disqualification report placed on the score board.
Question and complaints may be handed to the Competition Office together with the disqualification report and the used E-card.

Maximum time Day 1 and 3: max time is 150 minutes
Day 2: max time is 180 minutes

Retired runners All runners - also runners who retire - must report to the finish. The E-card must be read out.

Complaints / Protests Complaints must be handed to the board of event via the Competition Office. If the complaints is rejected it is possible within 30 minutes after the rejection to submit a written protest to the supreme referee. The protest has to be handed over via the Competition Office.

Shadowing It is allowed to shadow participants on classes in the categories green, white and yellow.

Maps Day 1: Stråsø 1:10.000, drawn 2008, few updates 2009
Day 2: Husby Vest 1:10.000, drawn 2007, few updates 2009
For the classes D20E, D21A, H20E and H21A 1:15.000
Day 3: Husby Sydøst 1:10.000, drawn in 2007, few updates 2009



For the classes D20E, D21A, H20E and H21A 1:15.000
All maps are printed on tear- and waterproofed paper

Water at the finish line There are water and thin juice after passing the finish line.

Classes and 0-time

	Klasse/Class	filmeldte	1. dag / day 1 Stråsø			2. dag / day 2 Husby Vest			3. dag / day 3 Husby Sydøst			
			start	længde	poster	start	længde	poster	start	længde	poster	0-tid
	Begynder	14	2	2,4	14	1	3,1	12	1	2,7	11	
	D-10 A	9	2	2,4	14	1	3,1	12	1	2,7	11	
	D-10 B	27	2	2,0	11	1	2,5	10	1	2,5	10	
	D-12 A	19	2	4,0	21	1	4,0	14	1	3,5	8	
	D-12 B	7	2	2,4	14	1	3,1	12	1	2,7	11	
	D-14 A	30	2	3,0	13	1	4,6	17	1	4,0	9	10:55
	D-14 B	5	2	4,0	21	1	4,0	14	1	3,5	8	
	D-16 A	28	1	4,0	16	1	5,9	17	1	5,1	15	11:00
	D-16 B	7	2	3,0	13	1	4,6	17	1	4,0	9	12:00
	D-20 A	21	1	4,0	16	1	5,9	17	1	5,1	15	10:15
	D-20 B	3	2	3,4	14	1	5,4	18	1	4,4	11	10:40
	D-20 C	5	2	4,0	21	1	4,0	14	1	3,5	8	
	D-20 E	52	2	4,0	15	1	6,9	19	1	6,6	13	11:30
	D 21 A	37	1	4,5	19	1	7,7	21	1	6,5	15	10:25
	D 21 AK	48	1	3,3	14	1	4,3	15	1	3,8	10	10:00
	D 21 B	11	2	3,4	14	1	5,4	18	1	4,4	11	11:15
	D 21 C	17	2	4,0	21	1	4,0	14	1	3,5	8	
	D 35 A	20	1	4,0	16	1	7,1	18	1	6,2	13	10:05
	D 35 B	37	2	3,0	13	1	4,6	17	1	4,0	9	11:40
	D 40 A	46	1	4,0	16	1	5,9	17	1	5,1	15	11:20
	D 45 A	62	1	3,8	17	1	5,4	15	1	4,6	13	10:10
	D 45 B	50	2	3,0	13	1	4,6	17	1	4,0	9	10:35
	D 50 A	41	1	3,4	17	1	4,4	15	1	4,1	12	11:25
	D 55 A	36	1	3,3	14	1	4,3	15	1	3,8	10	11:50
	D 60 A	52	1	3,0	14	1	4,1	15	1	3,3	11	11:45
	D 65 A	32	1	2,5	12	1	3,4	15	1	2,6	9	10:30
	D 70 A	22	1	2,5	12	1	3,4	15	1	2,6	9	11:55
	Åben 1	1	2	5,0	21	1	5,9	18	1	5,2	15	
	Åben 2	2	2	3,5	13	1	4,0	16	1	3,6	9	
	Åben 3	2	2	4,5	19	1	4,5	15	1	4,8	12	
	Åben 4	0	2	3,0	17	1	2,9	11	1	2,7	7	

	Åben 5	1	2	2,0	11	1	2,0	8	1	2,4	9	
	H-10 A	14	2	2,4	14	1	3,1	12	1	2,7	11	
	H-10 B	26	2	2,0	11	1	2,5	10	1	2,5	10	
	H-12 A	38	2	4,0	21	1	4,0	14	1	3,5	8	
	H-12 B	14	2	2,4	14	1	3,1	12	1	2,7	11	
	H-14 A	39	2	3,4	14	1	5,4	18	1	4,4	11	11:00
	H-14 B	14	2	4,0	21	1	4,0	14	1	3,5	8	
	H-16 A	44	1	4,5	19	1	7,3	21	1	6,3	13	10:15
	H-16 B	10	2	3,4	14	1	5,4	18	1	4,4	11	12:00
	H-20 A	23	1	4,5	20	1	8,8	23	1	7,4	17	10:20
	H-20 B	11	2	4,3	19	1	6,5	16	1	4,8	12	10:40
	H-20 E	58	2	4,4	17	1	10,1	24	1	9,3	23	11:30
	H 21 A	56	1	5,5	20	1	12,4	28	1	9,4	22	10:25
	H 21 AM	48	1	5,0	18	1	9,5	22	1	7,7	17	11:55
	H 21 AK	21	1	4,0	16	1	7,1	18	1	6,2	13	11:20
	H 21 B	11	2	4,3	19	1	6,5	16	1	4,8	12	11:35
	H 21 C	14	2	4,4	21	1	5,7	17	1	4,6	11	
	H 35 A	21	1	5,0	18	1	10,3	23	1	8,4	19	11:05
	H 35B	26	2	3,4	14	1	5,4	18	1	4,4	11	10:05
	H 40 A	65	1	5,0	18	1	9,5	22	1	7,7	17	10:10
	H 45 A	89	1	4,5	20	1	8,8	23	1	7,4	17	11:15
	H 45 AK	41	1	3,8	17	1	5,4	15	1	4,6	13	10:55
	H 50 A	93	1	4,5	19	1	7,7	21	1	6,5	15	11:40
	H 55 A	72	1	4,5	19	1	7,3	21	1	6,3	13	11:25
	H 55 AK	29	1	3,3	14	1	4,3	15	1	3,8	10	10:45
	H 60 A	100	1	3,8	18	1	5,9	17	1	5,1	15	11:50
	H 65 A	71	1	3,4	17	1	4,4	15	1	4,1	12	10:50
	H 70 A	43	1	3,0	14	1	4,1	15	1	3,3	11	10:35
	H 75 A	16	1	2,5	12	1	3,4	15	1	2,6	9	10:00
	H 80 A	10	1	2,5	12	1	3,4	15	1	2,6	9	11:10

Children activities There will be activities on the competition centre for enrolled children all three days.

Opening hour:
Thursday from 11.00
Friday for 09.00
Saturday from 09.00

If enrolled children don't want to use the offer, please inform us as soon as possible.
Parents may pick up their children as soon as they have finished their own course.

Children's courses On all three stages there will be a marked children's course on 1.4 to 1.6 km. The courses will not be suitable for prams. Children's courses are open:
Thursday from 12.00 to app. 15.30
Friday from 10.00 to app. 14.00
Saturday from 10.00 to app. 13.30



The courses will be marked with yellow/black tape.
Every day there is a prize to every child who carries out the children's course. And an extra prize to carry out all three courses.

Prizes On day 1 and day 2: for number 1, 2 and 3 in youth classes up to and including 16 years and for the winner in all other classes.
After day 3: for number 1, 2 and 3 (grand total) in all classes.
As the first 2 days are the 2. and 3. stages of the Danish competition Junior-cuppen

Combineering -Cup

Are there furthermore prizes for the two best Danish competitors in D20E and H20E.

Ceremony Hand over of prizes will take place on the competition centre in groups as the classes are finished. The actual time for the ceremony will be announced by speaker.
Unclaimed prizes will not be forwarded.

Results Results will be published continuously at the Competition Centre. And will during the same evening be published on the internet, www.pl2009.dk.

First aid ASF, Dansk Folkehjælp is present at the Competition Centre with first aid equipment all three days.

Overnight stay It is not allowed to stay over night at the Competition Centre and at the parking areas. According to Danish rules it is not allowed to stay overnight in the forest outside official markets camping sites.

Smoking Smoking is prohibited in the forest during Påskeløbet. This also include the Competition Centre.

Jury The supreme referee can be contacted via the Competition Office.

Training areas Tuesday 07.04: Fejsø Plantage, 1:10.000
Wednesday 08.04: Hoverdal Vest, 1:10.000
Please look at "Pre-Training" on www.pl2009.dk for further information.

Event managers Erik Juul-Jensen, Holstebro OK
Jens-Jørgen Lyngå, Herning OK
Erik Thomsen, Herning OK

Event kontroller: Lars-Ole Kopp, Karup OK

Jury, chairman Leif Damborg, Aalborg OK

Jury, members Peer Straarup, Horsens OK
H. V. Jensen, Odense OK
Ellis Sommer, OK Øst Birkerød

Course planners: Frants Nielsen, Herning OK
Erling Trankjær, Holstebro OK
Thomas Lindschouw, Herning OK

Course kontrollers: Bent Hansen, Viborg OK
Erik Flarup, Skive OK
Jan Nielsen, Karup OK

Mappers Clive Allan, Silkeborg OK
Lech Trzpił and Piotr Sierzputowski

