

Final Details for the Sydvestjysk 5-Days



Applying to all races:

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| Maps | All classes will use 1:10,000, except for the Sprint map which is 1:4,000. The contour interval is 2.5m, and all maps are newly drawn and revised in 2010. All maps apart from Nyminde are offset-printed on tear-resistant and waterproof paper. Nyminde is photocopied and packed in a plastic bag. |
| Terrain | The town Sprint will take place in Varde's narrow streets and park areas. The other 4 days are on typical sand-dune terrain with a varied path network and variable runnability in the forest along with open and heath-covered dunes. Further and more specific information can be found in the individual race details. |
| Punching system | EMIT will be used. It is a runner's own responsibility to bring the correct brick and ensure it is working. Hired EMIT bricks will be available in club bags from the event office in the assembly areas. Hired bricks must be returned at the finish on the last day. The cost to replace a missing brick is DKK 400. Back-up cards will be issued at the start. |
| Control descriptions | IOF pictorial symbols. Description lists will be printed on maps and also made available as loose sheets at the start to runners having a suitable holder. |
| Start | A free start (no fixed start times) will be used each day. The start will be open for 1 hour. If there is a special need, such as child-minding or shadowing a child, that means that you cannot be at the start within the hour, please ask the start officials for a later start time. There will be a 1-minute start interval on all courses. The map will be issued at the time of starting. Runners on course 9 will have their map issued 2 minutes before their start. Further details of the start procedure will be issued later. Start lists for each day will be issued later. |
| Assembly area | Facilities include the event office, a refreshment kiosk and 4 toilets. |
| Entry on the day | Courses can be entered each day at the event office in the assembly area in a 1-hour period starting half an hour before the first start. Cost: H/D-20: DKK 90,- and H/D21-: DKK 110,- |
| Drinks | At the finish, and on courses 1 – 4 and 6 at Blåbjerg. |
| Finish | Maximum time is 2½ hours, except for the Sprint, 1 hour. Runners must punch at the finish unit, then continue to have their brick read and elapsed and split times issued. Race maps will not be collected in, but runners are asked not to show their maps to runners who have not yet started. Runners who retire must report to the finish. |
| Results | Provisional results will be displayed in the assembly area. Official results will be posted on the website as soon as possible after the finish of each race. |

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| Prizes | <p>There are medals each day for the first three in the following classes:</p> <ul style="list-style-type: none"> ▪ H-10 course 9, H-12 course 9, H-14 course 8 and H-16 on course 2 ▪ D-10 course 9, D-12 course 9, D-14 course 8 and D-16 on course 6 <p>The prize-giving will take place the next day 15 minutes before the first start. On the last day, the prize-giving will be immediately after the race.</p> |
| Other practical information | <p>Extra clothing will not be transported from start to finish.</p> <p>There are no children's courses.</p> <p>There is no child-minding facility.</p> <p>Opportunities for bathing in the North Sea, or at the Event Centre for those accommodated there.</p> <p>Smoking in the forest or assembly areas is strictly forbidden.</p> |
| Event Leaders | <p>Event Director: Rudolf Sørensen, OK Esbjerg</p> <p>Event Controller: Poul Larsen, OK Esbjerg</p> <p>Judge: Aksel Skovlyst, Fåborg OK</p> |

Gødel Bjerger, Tuesday 10th August 2010

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| Directions | Signed on Vesterhavsvej in Nymindegab. Parking in Nymindegab Camp. |
| Distances | Parking to assembly area max. 500m. Assembly area to start max. 500m. |
| Terrain | No special remarks from the course planner |
| Start | Free start between 14.00 and 15.00 |
| Courses | <p>Course 1 difficult – 5.1km – 18 controls</p> <p>Course 2 difficult – 5.0km – 18 controls</p> <p>Course 3 difficult – 4.5km – 16 controls</p> <p>Course 4 difficult – 4.0km – 15 controls</p> <p>Course 5 difficult – 3.2km – 13 controls</p> <p>Course 6 difficult – 3.3km – 12 controls</p> <p>Course 7 difficult – 3.3km – 12 controls</p> <p>Course 8 medium – 3.3km – 11 controls</p> <p>Course 9 easy – 2.0km – 10 controls</p> |
| Officials | <p>Course planner: Lars Nissen, OK Esbjerg</p> <p>Course controller: Johannes Daugaard, OK Esbjerg</p> |



Varde town, Wednesday 11th August 2010

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| Directions | Signed from Lundvej in Varde |
| Distances | Parking to assembly area max. 500m. Assembly area to start max. 200m. |
| Terrain | As the race will take place in a busy town centre, the following rules MUST be adhered to: Runners are allowed only on official streets, paths, open spaces and park areas. Crossing fences marked as not to be crossed, and private gardens, is forbidden. Runners must give due regard to pedestrians, cyclists and vehicles. Any breach of the above rules, along with traffic regulations such as crossing a road where crossing lights are at red, will result in disqualification. |
| Start | Free start between 18.00 and 19.00 |
| Courses | Course 1 difficult – 3.7km – 19 controls Course 2 difficult – 3.5km – 19 controls Course 3 difficult – 3.1km – 18 controls Course 4 difficult – 2.7km – 17 controls Course 5 difficult – 2.5km – 14 controls Course 6 difficult – 2.1km – 11 controls Course 7 difficult – 2.0km – 11 controls Course 8/9 medium/easy – 1.7km – 14 controls |
| Officials | Course planner: Erling Nielsen, OK West Course controller: Søren Pedersen, OK West |

Kærgård Plantage, Thursday 12th August 2010

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| Directions | Signed on Kærgårdvejen |
| Distances | Parking to assembly area 775m. Assembly area to start 1400m. |
| Terrain | The path to the west from the start triangle will be taped along the first part as it is not as clear as it ought to be. |
| Start | Free start between 14.00 and 15.00 |
| Courses | Course 1 difficult – 5.7km – 21 controls Course 2 difficult – 5.1km – 20 controls Course 3 difficult – 4.6km – 19 controls Course 4 difficult – 4.1km – 15 controls Course 5 difficult – 3.5km – 13 controls Course 6 difficult – 3.7km – 14 controls Course 7 difficult – 3.2km – 13 controls Course 8 medium – 2.3km – 10 controls Course 9 easy – 2.7km – 9 controls |
| Officials | Course planner: Per Bovièn, OK West Course controller: Kent Lodberg, OK Pan |



Blåbjerg Plantage, Friday 13th August 2010

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| Directions | Signed on Blåbjergvej. The assembly area is sited on the northern side of the map. |
| Distances | Parking to assembly area max. 500m. Assembly area to start max. 100m. |
| Terrain | Certain parts of the forest are less runnable than the map shows. Certain paths can be unclear because of grassy undergrowth, heather etc. Other paths, on the other hand, can be VERY clear because of the recently-held Danish Mountain-bike Championships. So remember these points when you are in the forest. Revision of the map has not included revision of the contours. NOTE: Courses 1 – 6 cross one or more asphalt roads. Runners must take care when crossing these. |
| Start | Free start between 10.00 and 11.00 |
| Courses | Course 1 difficult – 10.0km – 26 controls – 2 drinks points Course 2 difficult – 7.7km – 18 controls – 2 drinks points Course 3 difficult – 7.1km – 15 controls – 2 drinks points Course 4 difficult – 5.8km – 13 controls – 2 drinks points Course 5 difficult – 5.1km – 11 controls Course 6 difficult – 4.1km – 9 controls – 1 drinks point Course 7 difficult – 3.0km – 8 controls Course 8 medium – 3.9km – 10 controls Course 9 easy – 2.7km – 8 controls |
| Officials | Course planner: Henrik Thomsen, OK Esbjerg Course controller: Rudolf Sørensen, OK Esbjerg |

Nyminde Plantage, Saturday 14th August 2010

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| Directions | Signed on Vesterhavsvej in Nymindegab. Parking in Nymindegab Camp. |
| Distances | Parking to assembly area 1300m. Assembly area to start max. 500m. |
| Start | Free start between 14.00 and 15.00 |
| Courses | Course 1 difficult – 5.8km – 15 controls Course 2 difficult – 4.9km – 12 controls Course 3 difficult – 4.1km – 14 controls Course 4 difficult – 4.1km – 13 controls Course 5 difficult – 3.6km – 12 controls Course 6 difficult – 3.5km – 11 controls Course 7 difficult – 3.0km – 10 controls Course 8 medium – 3.2km – 9 controls Course 9 easy – 1.9km – 9 controls |
| Officials | Course planner: Thomas and Ole Gadsbølle, OK Esbjerg Course controller: Lars Nielsen, OK Esbjerg |

