

XVI<sup>th</sup> 2-DAY PYRENNEES TROPHY  
Sant Jaume de Frontanyà  
June 30<sup>th</sup> and July 1<sup>st</sup> 2012



## PROGRAMME

♣ Saturday, June 30<sup>th</sup> 2012

**Catalonia Long Distance Championship, 2012 Catalan Cup and 7<sup>th</sup> O'Pyrene League**

08:30 h. Opening of Competition Centre and registration  
10:00 h. Start of the Long Distance competition  
14:00 h. Prize-giving ceremony for the **Long Distance Championship**  
15:00 h. Closing of the finishing line

♣ Sunday, July 1<sup>st</sup> 2012

**Middle Distance, 2012 Catalan Cup and 8<sup>th</sup> O'Pyrene League**

08:00 h. Opening of Competition Centre and registration  
09:00 h. Start of the Middle Distance competition  
13:00 h. Prize-giving ceremony of the **XVI<sup>th</sup> 2-day Pyrenees Trophy**.  
13:00 h. Closing of the finishing line

The sum of the results of the two races will decide the winners of each category.

## REGISTRATION

Registration for both races can be done through the Catalan Orienteering Federation *Federació Catalana de Orientació* (FCOC) website: <http://www.orientacio.cat/gestio-inscripcions/inscripcions-online>

Registration is open until June 22<sup>nd</sup> 2012. After this date registration can be done on the day of the race depending on map availability.

Any queries should be sent to [curses.xinoxano@gmail.com](mailto:curses.xinoxano@gmail.com)

## REGISTRATION FEES\*

Category	*Price	Surcharge	Temporary licence
HD20,HD21B,HD21A,HD21E,HD35,HD40,HD45, HD50	€10.00	€5.00	€7.00
HD12,HD14,HD16,HD18	€4.00		€4.00
BEGINNERS ADULTS (INI-A)	€5.00	€0.00	€5.00
BEGINNERS CHILDREN (INI-N), PREGNANCY (ENC), HD10	€2.00		€3.00

\*Fee per race

Registration payments can be made in cash on race day during registration in the competition centre. We do not accept cheques.

All categories must use SportIdent.

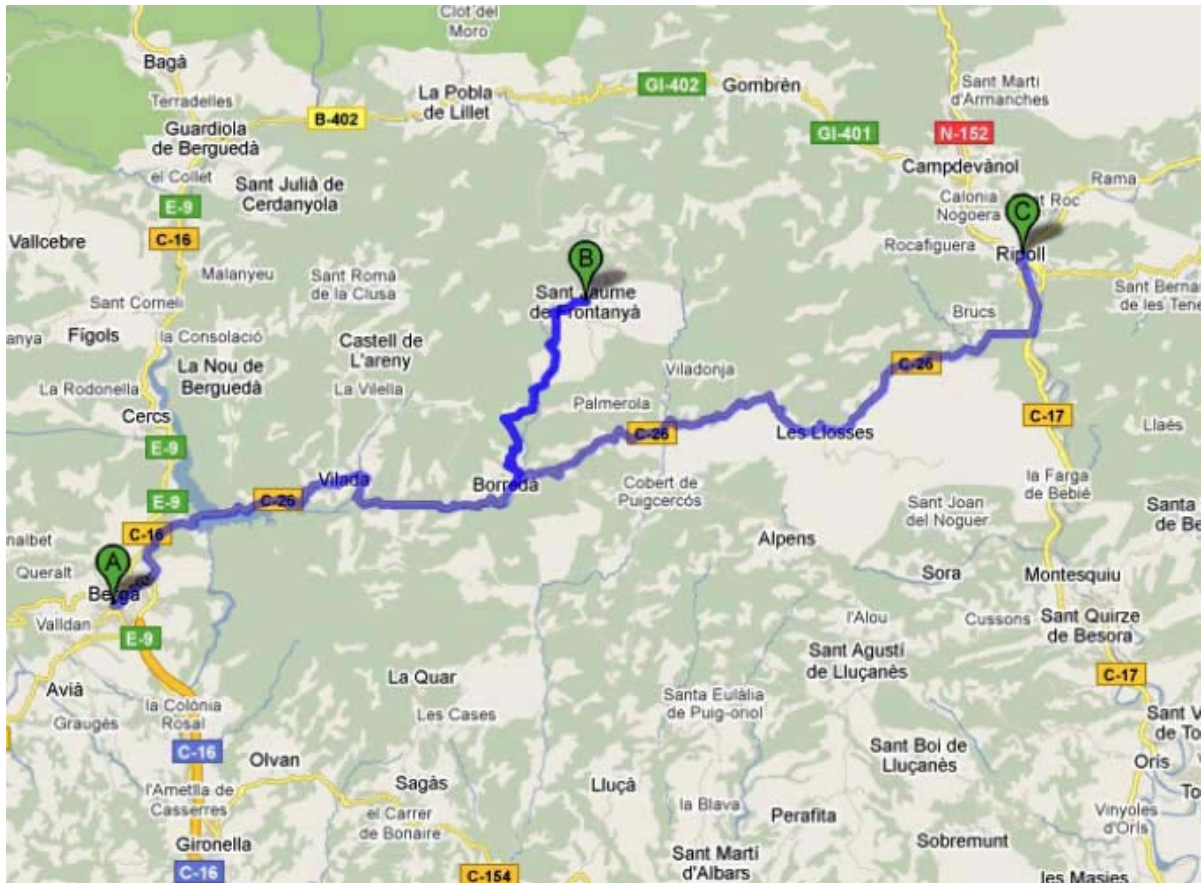
If you do not have a SportIdent, you can buy or rent one on the day of the race. The purchase and rental prices are those given by FCOC and the organisation is not responsible for the availability of different models.

[http://www.documents.orientacio.org/llicencies\\_quotes/2012\\_FCOC\\_sportident.pdf](http://www.documents.orientacio.org/llicencies_quotes/2012_FCOC_sportident.pdf)

The categories *Beginners adults*, *Beginners children* and *Pregnancy* can use the SportIdent free of charge, leaving a deposit of €10 or their ID card.

A kid's route will be available both days for young children. For more information about this route please go to the crèche.

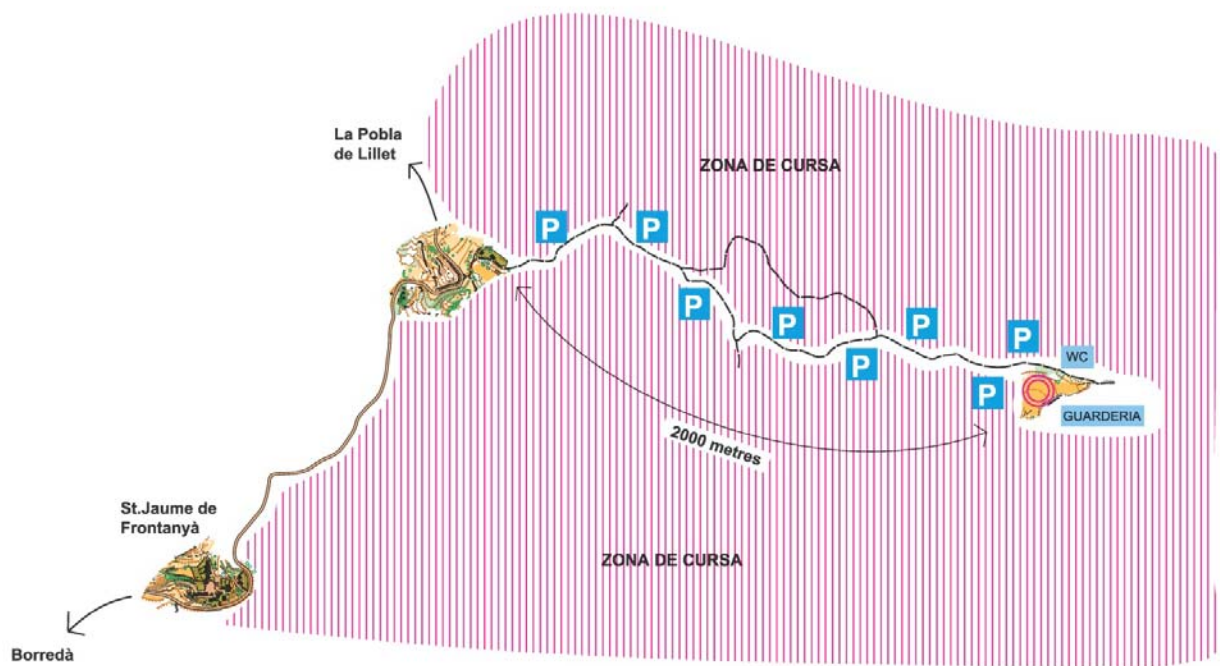
## Directions



\*NB: There is no petrol station between Berga or Ripoll and Sant Jaume de Fontanyà.

## Parking

Parking will be located along a track leading from the road out of Sant Jaume to the competition area (2km). There is not much room to park along this track so it is advised to group together in cars in the town to access the competition area. The organisation will indicate where to park the vehicles. Please respect these zones and pay attention to the instructions.



## TOILETS

Chemical WCs will be located close to the competition centre. Please use the official toilets.

## BIB NUMBERS

Runners will find their bib numbers hung up close to the competition centre. If there are any incidents with the registration, please address the competition centre.

## MAP

IOF May-June 2010, by Serguei Simakin and Vasily Bortnyk. Updated by Serguei Simakin between April and November 2011.

Highly detailed Russian cartography, a magnifying glass may be useful.

Single-cable electric lines are not drawn on the map, nor are fences enclosing livestock.

## TERRAIN

Good running terrain with low vegetation which can reduce the speed at some stages.

Moderate to strong height gain.

## START PROCEDURE

On Saturday the start will be located 1000m from the competition centre. (Finishing area)

On Sunday the start will be located 600m from the competition centre.

The procedure will be as follows:

Minute –3: SI-cards are cleaned

Minute –2: SI-cards are checked and each runner will pick up their control description sheet.

Minute –1: Runners wait beside the map box until the last beep when the race time commences and the runner can take the map from the box. Each runner is responsible for taking the correct map.

### Late starts

Runners who arrive after their designated start time must use the late start lane. An official will accompany them to this point. The results of runners who start late will be based on their original start time (with no time compensation).

## DISTANCES

Saturday 30 <sup>th</sup> June – Catalonia Long Distance Championship					
Category	Distance	Height gain	Controls	Scale	Map size
H21E	8.680 m	410 m	22	1:15.000	
D21E – H35	5.950 m	305 m	16	1:15.000	
H21A – H20	5.810 m	275 m	17	1:15.000	
D35 - H40	4.200 m	220 m	14	1:10.000	
D40	3.580 m	160 m	15	1:7.500	
H18 – D21A - D20	4.680 m	215 m	14	1:10.000	
H45	4.170 m	170 m	12	1:7.500	
H21B	3.350 m	125 m	14	1:10.000	
D45 – D18 - H50	3.430 m	160 m	13	1:7.500	
D21B – H16 - D16	2.970 m	110 m	12	1:7.500	
H14 - D14	1.540 m	40 m	12	1:7.500	
H12 - D12	1.340 m	40 m	10	1:7.500	
D50	3.230 m	130 m	12	1:7.500	
BEGINNERS ADULTS	3.070 m	90 m	15	1:7.500	
BEGINNERS CHILDREN	1.320 m	40 m	9	1:7.500	

Sunday 1<sup>st</sup> July – Mid-distance

Category	Distance	Height gain	Controls	Scale	Map size
H21E	4.230 m	250 m	22	1:10.000	
D21E – H35	3.080 m	165 m	16	1:10.000	
H21A – H20	3.150 m	170 m	14	1:10.000	
D35 - H40	2.680 m	150 m	14	1:7.500	
D40	2.530 m	110 m	11	1:7.500	
H18 – D21A - D20	2.310 m	100 m	12	1:10.000	
H45	2.390 m	100 m	15	1:7.500	
H21B	2.550 m	120 m	13	1:10.000	
D45 – D18 - H50	2.140 m	105 m	12	1:7.500	
D21B – H16 - D16	2.440 m	110 m	13	1:7.500	
H14 - D14	1.640 m	60 m	7	1:7.500	
H12 - D12	1.420 m	70 m	7	1:7.500	
D50	2.000 m	100 m	10	1:7.500	
BEGINNERS ADULTS	3.310 m	150 m	11	1:7.500	
BEGINNERS CHILDREN	1.420 m	75 m	8	1:7.500	

### DRINK STATIONS

In the long-distance race, drink stations will be marked on the map with a red coloured glass. Please respect these areas and leave the bottles in the spaces designed for this purpose. It is forbidden to take the bottles from the drink stations and the breach of this rule may lead to the sanction marked in the rules and regulations of the race.

There will be no drink stations in the race area of the middle distance race.

Both races will have drink stations at the finishing line.

### DANGER

The cliffs marked as large cliffs, really are large cliffs trying to cross them could be dangerous. Be careful!

### MAP COLLECTION

Maps will be collected after each race and they will be available again after the last start of the day in the competition centre.

### RETIRING RUNNERS

If a runner retires from the race they must notify the Sportident official in the finishing area.

## **CHILDCARE SERVICE**

A crèche will be provided for children both days and a children's race will also be organised.

## **FIRST AID**

There will be First Aid facilities and an ambulance service during both races.

## **ACCOMMODATION**

- \* Rural hostel "Casa Blanca" (Tel. + 34 938.23.92.80) - Sant Jaume Frontanyà
- \* *Fonda antiga casa Marxandó* (<http://www.terra.es/personal2/marxando>) - Sant Jaume Frontanyà
- \* Casa Turisme Rural El Prat (<http://www.puigventos.com/prat/catala/marcs.html>) - Sant Jaume Frontanyà
- \* Rural Hotel / Camping / Bungalows Campalans (<http://www.campalans.net>) – Borredà
- \* Camping Puigcercós (<http://www.campingpuicercos.com>) – Borredà

Accommodation in Borredà (<http://www.borreda.net/turisme/inter.jsp?idAp=3&idSub=20>)

Accommodation in Vilada (<http://www.vilada.net/turisme/inter.jsp?idAp=3&idSub=22>)

## **Where to eat**

- \* Rural hostel "Casa Blanca" (Tel. +34 938.23.92.80) - Sant Jaume Frontanyà.

Menu on special offer (€16) for the runners taking part in the competition (lunch and dinner)

Booking in advance is necessary due to the reduced capacity of the restaurant. (Tel. + 34 938.23.92.80)