

BULLETIN 2





XXVII INTERNATIONAL “MARTIN KRONLUND” CUP



LONG-SPRINT-MIDDLE

**SAN MARTÍN DE VALDEIGLESIAS
MARCH 17, 18, 19, 2017**

**ORGANIZERS: TOWN HALL OF SAN MARTÍN DE
VALDEIGLESIAS, FEDO, FEMADO, and the clubs ADYRON,
ORIENTAGETAFE, AND ALABARDA-O.**

**Eight days of orienteering in a magnificent natural area with an
excellent range of cultural and tourism activities.**

**Located 58 km from Madrid, 50 minutes; 79 km from Toledo, 55
minutes; and 54 km from Avila, 45 minutes.**



GENERAL INFORMATION

Website: www.alabardaorientacion.com

Email: info@alabardaorientacion.com

Facebook: <https://www.facebook.com/alabardao/>

Twitter: <https://twitter.com/alabardao>



ORGANIZING COMMITTEE

- Organizers:
 - Madrid Orienteering Federation
 - Club Adyron, Club Alabarda-O, and Club Orientagetafe
- Race Director:
 - Miguel Ángel Carrillo Garcia
- Technical Director:
 - Ángel Rojas Avilés
- TECHNICAL SUPERVISORS
 - Mapping
 - Mario Rodríguez (Cart-O), Miguel Álvarez Berruezo
 - Course Setting
 - Ángel Rojas Avilés (Forest), Andres Sanchez Montoro (Sprint)
 - Field team
 - Israel Garrido de la Torre, Antonio Cano López
 - Samuel Díaz Alcaide, Eusebio Andrés Garnacho González
 - Sportident
 - Mercedes Jiménez Baena
 - IOF/FEDO Event Controller
 - Santiago del Moral Durá
 - Starts
 - Laura Contreras García, Mayte Arcones Laosa
 - Miguel Angel Toledo Navarro, Aníbal Rapado Barbero
 - Jose Antonio Vera Jimenez, Claudio Moran Muñoz
 - Finish
 - Pedro Yllán Berrocal, Encarnación Ortiz
- LOGISTICS
 - Administration
 - Paloma Ponte Chamorro, Rosa M^a Silveira Puertas, Elena Rojas Jiménez
 - Registration
 - Paloma Ponte Chamorro, Miguel Ángel Carrillo García
 - Material and infrastructure
 - Antonio Rodríguez Hernández, Eusebio Andrés Garnacho González
 - Website and audiovisual support
 - Andrés Bañón Puche
- AWARDS CEREMONY AND PROTOCOLS
 - Alicia Blanch Cortés, Miguel Ángel Carrillo García, Paloma Ponte Chamorro

March the 11th to the 16th **TRAINING CAMP**

Saturday the 11th—Training with model courses for middle and long at Pelayos de la Presa and San Martín de Valdeiglesias
More O-Travel training sessions:

<http://www.o-travel.com/madrid1/martin-kronlund>

Friday, the 17th of March: **MODEL EVENT:**

San Martín de Valdeiglesias: map pickup at municipal sports centre beginning at 11 a.m.

WELCOME, BIB PICKUP, AND HARD FLOOR

The San Martín de Valdeiglesias Municipal Sports Centre from 5 p.m. to 10:30 p.m.

Saturday, the 18th of March: **LONG DISTANCE**

8 a.m.—Event arena opens

10 a.m.—First starts

SPRINT DISTANCE

4 p.m.—The quarantine opens (Municipal Sports Centre). Beginning at that time, race participants will be prohibited from being in the town.

4:30 p.m.—First starts

Sunday, the 19th of March: **MIDDLE DISTANCE**

8 a.m.—Event arena opens

9:30 a.m.—First starts

1 p.m.—Awards ceremony



LOCATION

SAN MARTÍN DE VALDEIGLESIAS, MADRID, CTRA. M-957 de San Martin de Valdeiglesias towards the Pantano de San Juan, up to the intersection with Ctra. a Canto Redondo.

Google Maps location:

<https://drive.google.com/open?id=1TeDtKu0vYPG1zL67H1-27NkSC4A&usp=sharing>

MAPS

The maps are **new**. They were made between June and November 2016 by Cart-O, Mario Rodriguez.

The sprint map was created by Miguel Alvarez Berruezo.

The scales will be 1:10 000/1:15 000 with a contour interval of 5 metres for the forest races and 1:5000 for the urban sprint race.

TECHNICAL INFORMATION

Mediterranean forest with high pines and abundant boulders with low brush undergrowth.

The terrain has a high level of rock detail. In general, it is very technically difficult. Running is easy in some areas and difficult in others. Moderate to steep climb with very steep hillsides with a high level of detail and easy running.





The area mapped is very attractive and useful for orienteering.

A version has been prepared for 1:10 000 and another version for 1:15 000.

The area where the middle distance will be held is a plateau with a high level of rock detail. Running is more difficult due to the rocks and brush in some areas. Accurately reading the map and choosing good routes through the rocks and brush will be decisive for competitors.

The long distance will be held in a location surrounding the middle distance area where there is a wide range of terrain. There will be areas of fast running, slower areas due to vegetation, very steep slopes—which will require excellent navigation, most of all when running downhill—where there are large groups of rocks. In other words, the range of terrain will require all types of navigational techniques, the most important being good route choices, accurate navigation, and physical fitness, which will provide enjoyment for enthusiasts of this sport.

The scales will be those required by the orienteering regulations for each race.

LONG: 1:15 000 (except for classes younger than 18 and older than 45, for whom the scale will be 1:10 000).

MIDDLE: 1:10 000

SPRINT: 1:5000 (urban).

The courses for the forest races will be set by Angel Rojas (Alabarda-O), a well-known, expert course setter for many years of the International Martin Kronlund Cup. The sprint distance courses will be set by Andres Sanchez Montoro (Orientagetafe), an expert in these types of races. His most recent courses were the two sprints in the International Five Days of Spain in Soria. He will set the courses in the historic centre of San Martín de Valdeiglesias which will be very enjoyable for all. It will be a very fun race.



An excellent area for orienteering. An exceptional combination of technique, tactics, and difficulty.

Technique:

There are areas with abundant rock detail and slopes with very uniform terrain where relating the map to the terrain proves difficult. It is a map that can be read very well, but, as soon as runners let their attention slip, relocation becomes somewhat difficult. Consequently, it is faster to retrace your steps or look for a clear, large reference feature.

In some areas, running in a straight line is almost impossible. Therefore, competitors must adjust their direction to move more quickly. A number of routes can be selected as there are trails that make routes easier but much longer.

Difficulty:

There are areas of thick woods with many branches and dry wood and areas of thick brush that, while crossable, will make running arduous.

There are also steep slopes with significant climb. As a result, when choosing your route, you will have to decide to either go around them or cross them, which will require each competitor to be familiar with their strengths, both physical and technical. They will need to follow a strategy to choose the right mix of the two.

In addition to choose the best route to the control, whilst competitors are running towards the control, they will need to search for runnability in the terrain, avoiding thicker areas of brush and ground covered with dry branches.

In spite of the difficulty and how technically demanding the terrain is, the races will be fun and very interesting. We are certain that everyone will enjoy this forest and will want to run on these maps again.

Angel Rojas Avilés

Technical Director and Course Setter





Ayuntamiento de
San Martín de Valdeiglesias



DISTANCE, CLIMB, AND NUMBER OF CONTROLS

There will be completely different races: The long distance will have long legs, difficult, decisive route choices, navigation, a good deal of map reading when choosing routes to avoid vegetation and deciding on how to handle the climbs.

LONG DISTANCE

WRE

<u>CLASS</u>	<u>DISTANCE</u>	<u>CLIMB</u>	<u>NO. OF CONTROLS</u>	<u>SCALE</u>	<u>ESTIMATED WINNING TIME (min.)</u>
OPEN-YELLOW	1.8	40	6	1/7500	20-25
OPEN-ORANGE	2.6	60	12	1/10 000	30-35
OPEN-RED	5.5	190	14	1/10 000	40-45
OPEN-BLACK	8.2	340	16	1/15 000	70-80
U-10	1.8	40	6	1/10 000	25-35
M-12	2.4	40	10	1/10 000	25-35
F-12	2.3	40	9	1/10 000	25-35
M-14	3.5	70	13	1/10 000	35-40
F-14	3.1	70	11	1/10 000	35-40
M-16	4.0	130	11	1/10 000	45-55
F-16	3.5	80	12	1/10 000	35-45
M-18	6.5	280	15	1/15 000	55-65
F-18	4.9	190	14	1/15,000	50-60
M-20	8.3	370	16	1/15 000	70-80
F-20	5.7	230	14	1/15 000	65-70
M-21-A	8.1	310	17	1/15 000	65-75
F-21-A	5.8	240	15	1/15 000	60-70
M-21-B	5.2	220	12	1/15 000	60-65
F-21-B	4.5	190	13	1/15 000	55-65
M-ELITE WRE	11.4	490	18	1/15 000	80-90
F-ELITE WRE	8.2	350	15	1/15 000	70-80
M-35-A	8.6	360	16	1/15 000	70-80
F-35-A	5.5	200	14	1/15 000	60-70
M-35-B	6.0	210	15	1/15 000	60-70
F-35-B	4.7	150	14	1/15 000	55-65
M-40	7.8	310	16	1/15 000	65-70
F-40	5.0	220	15	1/15 000	60-70
M-45	7.0	280	16	1/10 000	60-65
F-45	4.5	180	14	1/10 000	55-60
M-50	6.3	250	14	1/10 000	60-65
F-50	4.0	140	14	1/10 000	50-60
M-55	5.9	240	14	1/10 000	55-60
F-55	3.9	130	11	1/10 000	45-55
M-60	5.3	170	14	1/10 000	50-55
F-60	3.7	130	10	1/10 000	45-55
M-65	4.9	170	14	1/7500	50-55
F-65	3.6	100	10	1/7500	40-50



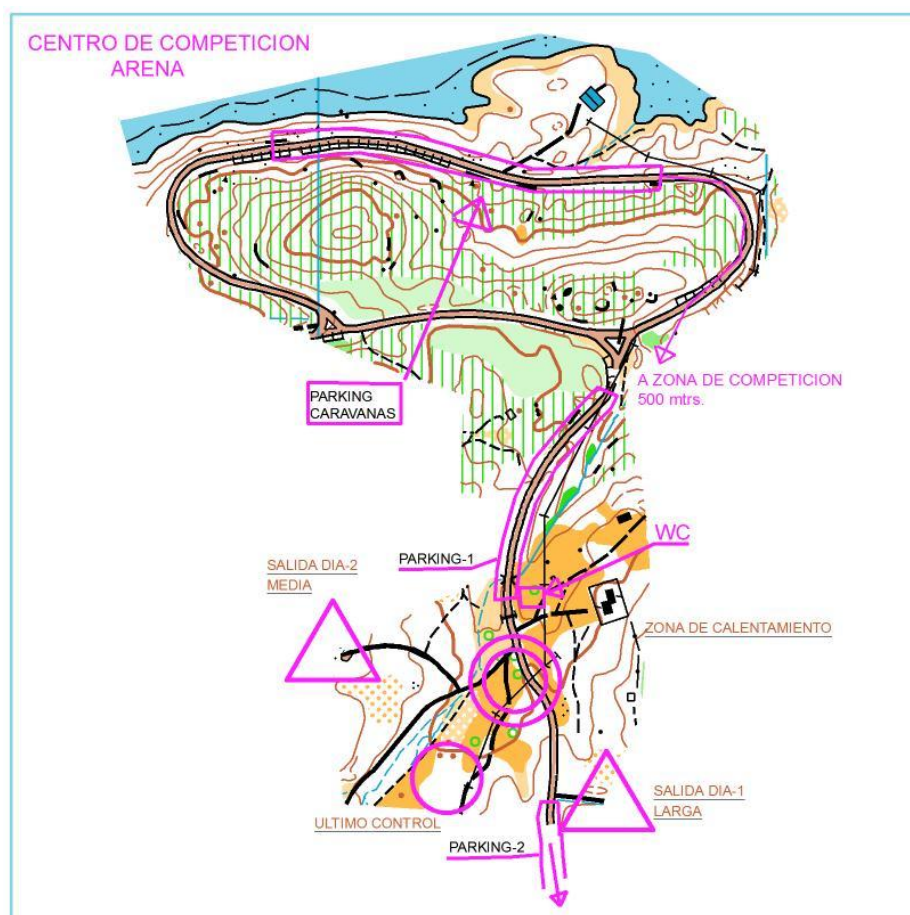
Comunidad de Madrid

The middle distance will have short and very short legs with route choice on most, particularly to avoid vegetation and large boulders. There will be many changes of direction. It will be a very fun race in a small area, where it will be difficult to look far ahead. It will be important to concentrate, read the map accurately, maintain a fast pace, and continually rely on several nearby features.

MIDDLE DISTANCE

<u>CLASS</u>	<u>DISTANCE</u>	<u>CLIMB</u>	<u>NO. OF CONTROLS</u>	<u>SCALE</u>	<u>ESTIMATED WINNING TIME (min.)</u>
OPEN-YELLOW	1.7	50	8	1/7500	20-25
OPEN-ORANGE	1.9	40	12	1/10 000	20-25
OPEN-RED	2.8	70	15	1/10 000	25-30
OPEN-BLACK	3.3	100	16	1/10 000	35-40
U-10	1.8	50	9	1/10 000	20-25
M-12	1.9	50	11	1/10 000	20-25
F-12	1.9	50	10	1/10 000	20-25
M-14	2.4	70	16	1/10 000	25-30
F-14	2.2	70	12	1/10 000	25-30
M-16	2.6	100	15	1/10 000	25-30
F-16	2.5	90	14	1/10 000	25-30
M-18	3.3	120	17	1/10 000	25-30
F-18	2.8	90	16	1/10 000	25-30
M-20	4.9	160	20	1/10 000	30-35
F-20	3.0	100	17	1/10 000	30-35
M-21-A	3.9	120	20	1/10 000	30-35
F-21-A	3.1	120	16	1/10 000	30-35
M-21-B	3.2	90	16	1/10 000	25-30
F-21-B	2.5	80	14	1/10 000	25-30
M-ELITE WRE	5.1	160	23	1/10 000	30-35
F-ELITE WRE	4.1	130	20	1/10 000	30-35
M-35-A	4.8	140	23	1/10 000	30-35
F-35-A	3.1	100	17	1/10 000	30-35
M-35-B	2.9	80	16	1/10 000	25-30
F-35-B	2.6	80	15	1/10 000	25-30
M-40	4.1	140	21	1/10 000	25-30
F-40	2.9	100	17	1/10 000	25-30
M-45	3.8	120	19	1/10 000	25-30
F-45	2.5	90	15	1/10 000	25-30
M-50	3.0	100	17	1/10 000	25-30
F-50	2.4	90	14	1/10 000	25-30
M-55	2.8	100	16	1/10 000	25-30
F-55	2.1	70	12	1/10 000	25-30
M-60	2.7	80	16	1/10 000	25-30
F-60	2.1	70	12	1/10 000	25-30
M-65	2.3	70	16	1/7500	20-25
F-65	2.0	60	11	1/7500	20-25

- There will be a warmup map in the pre-start area in scales 1:10 000 and 1:15 000.
- Competitors must be in the pre-start area six minutes prior to their start time for the long distance and four minutes prior to their start time for the middle distance. **For the sprint distance, competitors must be in the pre-start area 15 minutes prior to their start** (quarantine, municipal sports centre),
- We respectfully request that, while waiting, competitors do not crowd at the pre-start line or next to the clock, leaving the area open to the competitors starting the following minute.
- After the pre-start for the middle and long, competitors will advance to two starts: one for Open classes and U-10 and another for the other classes.
- The Open classes and U-10 will have a start control, with no assigned start time, except for the Sprint.
- At the start, please be silent and allow your fellow competitors to concentrate.



DISTANCE FROM EVENT ARENA TO PRE-START

LONG DISTANCE: 200 metres.

SPRINT DISTANCE: in the quarantine.

MIDDLE DISTANCE: 100 metres.

DISTANCE FROM PRE-START TO START

LONG DISTANCE: 200 metres.

SPRINT DISTANCE: 1000 metres.

MIDDLE DISTANCE: 100 metres.

PROHIBITED AREA

Competitors are prohibited from entering the entire northern area of San Martín de Valdeiglesias, shown in orange at the following link:

<https://drive.google.com/open?id=1TeDtKu0vYPG1zL67H1-27NkSC4A&usp=sharing>

CLASSES

CLASSES	AGES
U-10	Boys and girls under 10 years old
M/F-12	Turning 12 or younger in 2017
M/F-14	Turning 14 or younger in 2017
M/F-16	Turning 16 or younger in 2017
M/F-18	Turning 18 or younger in 2017
M/F-20	Turning 20 or younger in 2017
M/F-21A	No age limit
M/F-21B	No age limit
M/F-E	Closed classes without age limits
M/F-35A	Turning 35 or older in 2017
M/F-35B	Turning 35 or older in 2017
M/F-40	Turning 40 or older in 2017
M/F-45	Turning 45 or older in 2017
M/F-50	Turning 50 or older in 2017
M/F-55	Turning 55 or older in 2017
M/F-60	Turning 60 or older in 2017
M/F-65	Turning 65 or older in 2017

Spanish runners without a licence, will only be able to compete in the OPEN classes:

OPEN BLACK (very long and high difficulty) OPEN RED (long and difficult)

OPEN ORANGE (medium) OPEN YELLOW (short and easy)

Registration will be open from the 10th of January, 2017 until the 28th of February without extra fees. From the 1st to the 6th of March, 2017 at 10 p.m., competitors registering will be charged an extra fee of €5.

Registration will be closed after the 6th of March.

Portuguese and Spanish federation members can register in the FEDO system and non-federated Spaniards and foreigners can register on OrienteeringOnline.

Registration link:

<http://www.alabardaorientacion.com/index.php/incriciones-mk2017/>

START TIME REQUESTS WILL BE ACCEPTED UNTIL THE 19TH OF FEBRUARY sending an email to: info@alabardaorientacion.com, after that date, no requests will be accepted.

REGISTRATION FEES

- Until the 28th of February

Classes	With an FPO or FEDO licence	Foreign Competitors	Non-federated Spaniards (Only OPEN classes)
M/F-21 or older	€18	€24	---
M/F-20 or younger	€10	€16	---
OPEN Yellow	€7	€12	€13
OPEN Orange, Red, and Black	€18	€12	€21
SPRINT	€6	€6 (+€3 if not participating in long distance)	€6 (+€2 if not participating in long distance)
Hard floor	€3		
SI punch rental	€3 one race/€4 two races/€6 three races		
Model event	€2 (in cash when picking up the map)		



Ayuntamiento de
San Martín de Valdeiglesias



BANK INFORMATION TO PAY FOR REGISTRATION:

Recipient: CLUB ADYRON

Bank: LA CAIXA

IBAN: ES50 2100 2030 1702 0002 5416

BIC Code: CAIXESBBXXX

Send receipt of payment to: adyron1987@gmail.com

For invoice requests: <http://www.alabardaorientacion.com/index.php/incriciones-mk2017/>

ACCOMODATION

The Hard Floor is in the Municipal Sports Centre, with limited space that will be assigned on a first-come, first-served basis with registration (€3 per person).

Closet accommodation to the area:

- **Indiana, hostel accommodation.** Next to the competition area, 500 metres from event arena. www.indiana-sl.com tele.: 91 861 27 99
 - o €15 accommodation and breakfast, in bunkbeds with sleeping bags.
- **Finca El Recreo** in San Martin de Valdeiglesias, hostel accommodations with dining hall. 1 cabin with 18 beds, 1 with 21 beds, and 1 with 8-10 beds.
- The full-pension price will be €50/person from dinner on Friday to breakfast on Sunday. www.elrecreo.es tele.: 91 861 20 96
- **Hacienda la Coracera**, tourist apartments, www.haciendalacoracera.es
- **Hotel Rural Casa de Labranza ***** tele.: 918 611 653
- **Hostal Plaza del Pilar**** www.hostalplazadelpilar.com
- **Camping La Ardilla Roja** 918 678 487
- **Centro de Recursos Alvaro de Luna**, rural apartments, 687 417 682.
- **Apartamentos rurales “A orillas del lago”** in San Martin de Valdeiglesias. Reservations on the phone 629719314 or in the mail aorillasdellago@hotmail.com, specifying that it is for the orientation race. <https://www.airbnb.es/rooms/12042591>
With entrance to the "Enchanted Forest"
- **An excellent selection of accommodation in neighbouring towns.**



Comunidad de Madrid

INFORMATION OF INTEREST

The event arena will be very close to the edge of the lake. So, weather permitting, participants will be able to cool off in the water once the race is over as well as enjoy the outdoor adventure facilities and the wide selection of indoor and outdoor restaurants.

Wineries and Oil Mills

Since the 12th century, San Martín de Valdeiglesias has been wine-growing country. The present-day wineries have inherited the firmly established tradition, with *garanchas centenarias*, and the most local fruit, the Albillo Real grape. It has one of the best white wines and reds that have received awards in blind wine tastings.



The Vinoteca Offerendus, located in the Coracera Castle in San Martín de Valdeiglesias, offers wines from the region's various wineries, as well as a theatrical visit to the Castle with wine tasting and a special tapa for participants in the Trophy.

Reservations 686 623 829 or on the web: www.offerendus.com



The Bosque Encantado, a magic place. Visitors to this park without equal in Europe can enjoy the more than 300 plant sculptures.

Discount at the entrance for runners showing the dorsal!!: € 8 adults and € 5 children and retirees.

As always there will Spanish ham for tasting, awards, and raffles.



And for the elite winners, the already traditional sword of the Martin Kronlund Trophy



IMAGES OF THE TERRAIN

From the 1st to the 10th of September, 2016: The entire competition area was gone over prior to setting courses to be completely familiar with the level of difficulty. The terrain at that time was very dry, however, in January, it is perfect without high grass and very green vegetation, with excellent areas for running.

Courses have already been set and streamers placed. A course has been created for each class. Once finished, they were studied one by one, analysing the distance, climb, and difficulty for each of the classes. They have been revised in order to properly meet the demands of each class. The only thing left is to run the courses and make the final changes. This will be done in January to have everything finished and ready to print maps in February.



More images in:

<https://drive.google.com/drive/folders/0ByiyWLiZHRdFQnk4c1NCTk9vTHc>



SPONSORS



REFRESHMENTS WILL BE COURTESY OF COCA-COLA

We would like to thank CASBEGA S.A. for its greatly appreciated collaboration.

WE ALSO THANK  FOR SUPPORTING ORIENTEERING!!

