

CAMPEONATO DE ESPAÑA y Castilla León MTB Orientación 2020

**WORLD
RANKING
EVENT**

**WORLD
MASTERS
SERIES**

SORIA

QUINTANA REDONDA

TARDELCUENDE

17-19 ABRIL 2020

BULLETÍN N.º 1



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PRESENTATION

<https://www.plan-o.run/cemtbo2020>

The Navaleno-O club is pleased to present the Spanish Championships in MTBO 2020 and World Master Series that will take place in the municipalities of Quintana Redonda and Tardelcuende, province of Soria.

Just finish the organization in 2017 of the Iberian Championships in MTBO in Valonsadero (Soria), and with the good reception and general satisfaction for that event, the project that we now present has gained strength. We know that the environment chosen for the test is an exceptional quality place, and that is why we could not miss the opportunity to launch a higher level competition. There is a circumstance that, in addition to being valid for the World Ranking, the IOF has included it in the World Master Series 2020 event calendar.

It is for all these reasons that the Navaleno-O club has put all its enthusiasm and efforts into making this competition a high level one in all senses, and therefore we invite you to join us at the end of April to live this event.





PRELIMINARY PROGRAM

| DATE | DAY | HOUR | COMPETITION | LOCATION |
|----------|----------|--------|--|-----------------------------------|
| 12 APRIL | FRIDAY | | ENTRIES DEADLINE | SICO (FEDO) ORIENTEERINGONLINE |
| 17 APRIL | FRIDAY | 11:00H | MODEL EVENT | TARDELCUENDE |
| 17 APRIL | FRIDAY | 16:00H | SECRETARY OPENS | QUINTANA REDONDA |
| 17 APRIL | FRIDAY | 20:00H | HARD FLOOR OPENS | QUINTANA REDONDA |
| 18 APRIL | SATURDAY | 09:30H | MIDDLE DISTANCE -WRE- | TARDELCUENDE |
| 18 APRIL | SATURDAY | 15:30H | SPRINT DISTANCE | QUINTANA REDONDA |
| 19 APRIL | SUNDAY | 09:00H | LONG DISTANCE-MASS START/WRE- | QUINTANA REDONDA |
| 19 APRIL | SUNDAY | 14:00H | PRIZE GIVING CEREMONY | QUINTANA REDONDA |



ORGANIZING COMMITTEE

GENERAL COORDINATION

Jesús De Miguel Rey

TECHNICAL DIRECTION

Mario Vidal Triquell

LOGISTICS AND EXTERNAL RELATIONSHIPS

Jesús De Miguel Rey

COURSE SETTER AND RACES COORDINATOR

David Soria

FIELD TEAMS MANAGER

Julián Gutiérrez Gutiérrez

GENERAL SECRETARY

Marta Armisen Sáenz De Cenozo

TREASURY

Consuelo Lopera Moreno

INFRASTRUCTURE

Oscar Puerta Redondo

SPORTIDENT

Abel Otero

START TEAM MANAGER

Alberto Santabárbara Lambea

COORDINATION OF AREAS

Sergio Alonso Sanz

COMMUNICATION AND NETWORKS

Rubén Pérez Pérez

EVENT CONTROLLER IOF/FEDO

Javier Usón Nebra

COLLABORATORS

AYTO. DE QUINTANA REDONDA

AYTO. DE TARDELQUENDE

DIPUTACIÓN DE SORIA

LA TIENDA VERDE

MUNDOMAP

COMPETITION RULES

Reglamento de MTBO FEDO

Reglamento de Competición

IOF Rule for World Ranking MTBO Events

EVENT RULES:

Normas para la LEMTBO y CEMTBO 2020 FEDO

NORMAS CARTOGRÁFICAS:

International Specifications for MTBO Maps 2010



GEOGRAPHICAL AND TECHNICAL REVIEWS

QUINTANA REDONDA.

Municipality located at 1,000 meters of altitude whose origins date back to the twelfth or thirteenth century. The place name could be related to the abundance of Roman camps established during the siege of Numancia. "Quintana" is the name that the Romans called the square and market together with the camp. As for "Redonda", it is descriptive toponym that indicates the shape of the land. Interest places are: The facade of the Blasonado Palace owned by the González de Gregorio family, the unique Bullring, and the Traditional Ceramics Thematic Center . www.quintanaceramica.com

In the Natural Environment we find oak, holm oak and black pine from which the resin was once extracted. The mycological variety of the area is also remarkable. It is a predominantly flat space where plant cover reaches 85% being a forest of continuity only compartmentalized by the vast network of forest roads and paths, which gives unity to the geographical area.

TARDELCUENDE.

Share with Quintana Redonda most of the characteristics and singularities of the area, so with this, they form a geographical unit. Worth mentioning the enormous resin exploitation carried out in its forests. It is part of the "Mancomunidad de Obras y Servicios Río Izana", integrating itself into what has come to be called Comarca del Izana.

Here we also find areas of family tourism spots, composed of fountains, barbecues, snacks and shelters, all of them embedded in the middle of nature, in which you can feel silence and tranquility in full integration with the natural environment, which allows you to enjoy the ecosystems of these places.

Talking about **TECHNICAL** things, we approach a competition in an exceptional environment given the priority role of having an extensive network of roads, a circumstance that is overlooked here. This is thanks to the use made of the forest both at the forest level and for resin exploitation. Although the soils are sandy, they are well compacted, so the rolling is good; at the same time, the use of large machinery within the site means that the road network is generally more than two/three meters wide. However, the seasonal use made of that network means that these can be identified with difficulty at times. The forest is generally clean, with good penetrability and visibility, more in the southern area (Tardelcuende land). The orography is smooth except for some small hills where it may be necessary to get off the bike to arrive to the top.

With all of that, we can said that we are in an excellent place for the practice of this orientation modality, and which we hope you can enjoy in this championship.





LOCATIONS AND PROHIBITED AREAS

CAMPEONATO DE ESPAÑA DE ORIENTACIÓN EN BICICLETA DE MONTAÑA 2020

ZONA DE COMPETICIÓN

17 al 19 abril



ESCALA 1/25.000



CLASSES

CAMPEONATO DE ESPAÑA

| | |
|--------------------|---|
| M/F-15 | ≤ 15 years in 2020 |
| M/F-17 | ≤ 17 years in 2020 |
| M/F-20 | ≤ 20 years in 2020 |
| M/F- Elite | Any age |
| M/F-21 | Any age |
| M/F-40 | ≥ 40 years in 2020 |
| M/F-50 | ≥ 50 years in 2020 |
| M/F-60 | ≥ 60 years in 2020 |
| Absoluta Parejas | 2 from any age and sex Any age |
| Promoción | Any age/individual |
| Iniciación Parejas | From 2 to 5 people team, no competitive |

WORLD MASTERS SERIES

M/W35, M/W40, M/W45, M/W50, M/W55, M/W60, M/W65, M/W70, M/W75, M/W80



ENTRIES

PLATFORMS

- 1.- For runners with a Spanish license: through FEDO's SICO system: <https://sico.fedo.org/>
- 2.- Foreign runners do their entry through: <http://www.orienteeingonline.net/>

DATES

ENTRIES OPENING: 10/01/2020
 EXTRA CHARGE 2€ FOR RACE: de 05/04/2020 a 12/04/2020
 ENTRIES DEADLINE: 12/04/2020

PAYMENTS:

The registrations will not be considered formalized until making the bank deposit, which will be credited by sending a copy of the transfer receipt, to the email address: inscripciones@navaleno-o.es

Beneficiario: **Club Navaleno de Orientación**
 Bank: **ING DIRECT**
 Account number: **1465 0230 4517 2646 0045**
 IBAN: **ES02 1465 0230 4517 2646 0045**

| CLASSES | TYPE OF RACE | ENTRY FEES WITH FEDO / FPO LICENSE | ENTRY FEES WITHOUT FEDO LICENSE (SPANISH RUNNERS) | ENTRY FEES WITHOUT FEDO LICENSE (FOREIGN RUNNERS) |
|-----------------------------|--------------|------------------------------------|---|---|
| M/F15 a M/F20 | Media/Middle | 7 € | 14 € | 10 € |
| " | Sprint | 7 € | 8 € | 7 € |
| " | Larga/Long | 7 € | 14€ | 10 € |
| M/FE a MF/60 / ABS. PAREJAS | Media/Middle | 10 € | 17 € | 13 € |
| " | Sprint | 7€ | 8 € | 7 € |
| " | Larga/Long | 10€ | 17 € | 13 € |
| PROMOCIÓN / INIC. PAREJAS | Media/Middle | 7 € | 10 € | 10 € |
| " | Sprint | 7€ | 8 € | 7 € |
| " | Larga/Long | 7€ | 10 € | 10 € |

ENTRY FEES (per person)

OTHER FEES:

Hard floor 3 €
 SI Cards 8-9 rental 2 € (for race)
 SIAC card rental 3 € (for race)
 Change the card number 3 € (after entry deadline)
 Change the card number 5 € (in competition)
 ModelEvent Map 1 € (for taking in the competition center)



ACCOMMODATION AND SERVICES

TARDELCUENDE

ACCOMODATION:

RURAL TOURISM CENTER: "LA CASA DEL MAESTRO". Old teacher's house converted in a rural tourism center, with capacity for 17 peoples (two simple rooms, six dobles rooms and a triple room).

For more information:

Phone: **975 308 993 / 659 091 984** <http://www.casadelmaestro.com>

RURAL HOUSE "EL PALACETE" (alquiler completo). Dispone de capacidad para nueve personas (dos habitaciones simples, dos dobles y una triple), bicicletas, garaje y patio.

For more information:

Phone: **975 308 045/ 608 438 541** <http://www.elpalacete.com>

MUNICIPAL HOSTEL "GAYA NUÑO". It was the old train station. Capacity: 12 people in bunk beds. Another room as a living room (con chimenea). Toilets and Showers.

For more information:

Phone: **975 30 80 00** <http://www.tardelcuende.es>

RESTAURANTS:

"LAS PISCINAS" RESTAURANT. Phone: **975 308 048**

BAR ANTONIO. Calle Bienvenido Calvo, 1 · Phone: **975 30 80 08**

"CASA DEL MAESTRO" RESTAURANT. Av. Ramón y Cajal, 21-23 · Phone: **659 09 19 84**



QUINTANA REDONDA

ACCOMMODATION:

RURAL HOUSE "LA VIEJA CANTINA". Shared house. Capacity for 10 people. Rooms: 5 dobles.

For mores information Phone: **975 30 83 23/ 609 13 70 72** <http://www.laviejacantina.com>

RURAL HOUSE "QUINTA MANGAS VERDES". Old fortress. It has been rehabilitated in two rural houses:

- * "Casa Quadrilleros" with capacity between 2/16 people
- * "Casa de los Infantes" with capacity between 2/16 people

For more information: Phone: **660 979 870**

RESTAURANTS:

BAR LAS PISCINAS DE QUINTANA REDONDA: Open every day. Daily menu.

Phone: **649 801 310**. Carretera de Tadelcuende s/n 42291 Quintana Redonda

BAR FRIAS. Calle Coso 2.

BAR PLAZA. Calle Real 14.

RESTAURANT " LA VIEJA CANTINA". Calle de la Estación, 12.

LAS CUEVAS DE SORIA

ACCOMMODATION:

RURAL HOUSE: "SIERRA DE INODEJO". Capacity: 8 people. Calle Real, 8 D, 42291

For more information: www.sierradeinodejo.com Phone: **617 936 168**

RURAL HOUSE "CASA IRRICO". Capacity: 14 people. Barrio del Puente, nº 5

For more information: www.villanatura.es Phone: **666 453 325**

RURAL HOUSE "VILLA NATURA". Capacity: 8 - 10 people.

For more information: www.villanatura.es Phone: **666 453 325**



OTHER POSSIBILITIES

HARD FLOOR



Located in the urban center of QUINTANA REDONDA, the municipal sports center will serve as a “Hard floor” for this competition. It has all the services including hot water, service for washing bicycles, etc.

* Those interested should request it when formalizing the registration *

AUTOCARAVAN PARKING



The autocaravan parking “El Molino harinero” is just 1 km south of Quintana Redonda. It has excellent conditions for the stay, with all gray and black emptying services, water filling; toilets and showers, next to a cozy atmosphere. * Its use must be requested at the municipal offices *

