



BULLETIN Spectator races on Saturday 23rd and Sunday 24th April 2016

in conjunction with the Swedish League Long and Middle distance events

Location Exit the E45 motorway at junction 87 (Alafors). The event is signposted from

there and from Alingsåsvägen, the main road through Alafors.

Public transport: Commuter train from Gothenburg and then local bus from Nol or Älvängen. Get off the bus at "Alaforskiosken". It's then about a 2 km

walk to the Arena.

Parking Please refer to "Parking Information" in Eventor.

Fee: SEK 10. This goes towards the cost of renting the parking area.

Classes W/M10 - W/M85.

Introduction, U1 and U2.

Open classes:

Saturday: ÖM1, ÖM2, ÖM3, ÖM4, ÖM5, ÖM6, ÖM7, ÖM8 and ÖM9.

Sunday: ÖM1, ÖM3, ÖM5, ÖM7 and ÖM8.

Saturday's race is included in the Gothenburg District Youth Series.

Deleted classes Saturday: H20, H80, D85

Sunday: D16K, D20, H14K, D85

Combined classes None

Course lengthsCourse lengths and levels of difficulty according to SOFT's recommendations

for long and middle distance events.

Competition rules SOFT's competition rules.

Punching system SportIdent (SI) card punching will be used. SI cards are available for hire at

SEK 30 a day.

Clubs will be charged SEK 400 for lost SI cards.

Clear and Check on the way to Start.

Open classes It is possible to enter for Open, Introduction, U1 and U2 courses at the Direct

Entry point on the event day at the Arena.

Entry open Saturday 9.30-12.45

Sunday 8.45-12.00

Introduction, U1 and U2 SEK 60 Open classes SEK 130

Anyone who shadows a child on a course is not then allowed to compete in a

Youth Class or a class in which ranking points are awarded.

Race bibs No number bibs. Leader bibs for the Gothenburg District Youth Series should

be collected from the Information Tent.

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Start The route to Start 2 for the Spectator Races is marked with Orange-Blue

tapes.

Warm-up clothing can be left at the Start.

First regular start: Saturday 11.00

Sunday 10.00.

Late entries will start first, before scheduled start times in each class.

Runners in the Introduction, U1, U2 and Open classes can start at any time

within the start period: Saturday 10.30-13.00

Sunday 9.45-12.15

Distance from the Arena – Start Saturday 1000 m

Distance from the Arena – Start Sunday 500 m

Maximum time Saturday 2.5 hrs

Sunday 2.0 hrs

Map name: Brandsbobergen. Contour intervals: 5 metres. Drawn in 2014-

2015 Offset print.

Map drawn by: Rasmus Larsson OK Alehof

Saturday:

Scale 1:15,000 for M/W16-21 Scale 1:7,500 for M/W60-, ÖM7

Scale 1:10,000 for others, including M/W 17-20 Short and M/W 21 Short

Sunday:

Scale 1:7,500 for M/W60 - , ÖM7

Scale 1:10,000 for others

X A black cross on the map represents any of the following: hedge,

table with benches, piles of rubbish, large den or small hut.

Map adjustments Any adjustments to the map will be notified at the Start area.

Control descriptions Printed on the map and loose at the Start area.

Some areas have several controls close to one another. Runners

should carefully check the control number!

Terrain description Long (Saturday)

Moderately undulating woodland with some areas of cultural landscape. Runnability varies from mostly good to poor. The forest consists mainly of pine and spruce, with some deciduous forest too. There are a few small

marshes and an old network of paths and stone walls.

Longer courses also enter an area of very undulating terrain with patches of

dense forest.

Terrain description Middle (Sunday)

Moderately to strongly undulating woodland with some areas of cultural landscape. Runnability varies from good to poor. The forest consists mainly of pine and spruce, with some deciduous forest too. There is an old network

of paths and stone walls within the area.





Barbed Wire We advise runners to be aware that there may be barbed wire along some of

the stone walls close to the Arena. This applies on both days.

Out-of-bounds areas Areas that are out-of-bounds are marked on the map and in the terrain.

Uncrossable stream: Most of the stream that runs through the area is marked as uncrossable on the map. Where the stream is marked as uncrossable, it may only be crossed at the designated crossing points

shown on the map.

Drinking water Saturday: Provided on the longer courses in the forest.

Sunday: No drinks provided in the forest.

Reporting wildlife Please report any sightings of large wildlife when you come in at the Finish.

Prizes The number of prizes for each class will be posted on the Results Board in

the Event Arena.

All those taking part in the Introduction and U1 and U2 classes will receive a

prize. Please collect your prize after you have finished your race.

Prizes will be awarded to runners in M/W10-M/W16 classes. The speaker will

announce when prizes are to be presented.

Winners of the M/W18 class and upward will be announced by the speaker

and asked to collect their prize.

The organisers retain any prizes that are not collected.

Results Results will be posted at the Arena and on Eventor.

The map and courses will be uploaded to Livelox.

Emergency medical services/First Aid

Emergency medical services are provided at the Arena. First Aid is available

during the race on Saturday at the places marked on the map.

Toilets At the Arena.

Toilets at the Start area:
Saturday
Some toilets.
Sunday
No toilets.

Showers Heated outdoor showers about 400 metres from the Arena.

NOTE: The number of showers is limited as the District's shower

equipment is out of operation.

Refreshments/Hot meals A good selection of food is available at the Arena including hamburgers.

Tickets for pre-ordered hot meals should be collected at the Information Tent.

Cash or payment by Swish.

Child-care services Adjacent to the Arena. Children will enjoy blowing bubbles and painting

pictures!

Saturday: 10.00-14.00 Sunday: 09.00-13.00

String course Saturday - the theme is Animals: 10.00-14.00 SEK 20.

Sunday - the theme is Sports & Games: 09.00-13.00 SEK 20.





Sale of clothing and equipment

Team Sportia, an extensive range of items for sale. It is possible to pay by credit card.

Event directors

Course setter

Press officer

Event controller

Course controllers

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A WARM WELCOME!