

Event Programme

Bulletin N° 2



Welcome

From the President of the Languedoc Roussillon Midi Pyrénées Region



No-one should doubt that modern orienteering is a true sport, governed by international rules and run by dynamic federations. It can be practised individually or as a family, as a leisure activity or in competition.

The increasing popularity of orienteering is part of a renewed enthusiasm for outdoor sports activities. During this major sporting event, O'France's runners will demonstrate once again that armed with just a compass we can cope without satellites or GPS for a week of intense competition in the Parc Naturel Régional des

Grands Causses.

With the exceptional diversity of its natural environment and its vibrant landscapes, the Aveyron département is the ideal place to host the 2000 plus runners expected to take part. Our Region wholeheartedly supports this event, with its emphasis on the rich natural heritage of our territory. We consider activities linked to green tourism as an important means of diversifying and strengthening tourist activities in Languedoc Roussillon Midi Pyrénées, a priority for us given the 110,000 jobs that the sector provides in our Region.

I hope all our fellow citizens find the best route choice towards this sporting event, with its mixture of elite athletes, amateurs and families.

Carole DELGA
Former Minister
President of the Region
Languedoc Roussillon Midi Pyrénées

From the President of the Conseil Départemental and Senator for the département de l'Aveyron



The O'France 2016 Aveyron-Larzac orienteering week is exactly the type of event that the Conseil départemental de l'Aveyron is pleased to support, as it fits perfectly with our rôle in the development of sport and of tourism. For these six days, participants and their families will enjoy our exceptional environment and landscapes, while also discovering a rich historical heritage and food culture. I hope that the wealth of amazing places and features will tempt you to explore further and to understand the "vivre vrai" much-cherished by the people of the Aveyron. This sporting event helps raise the profile of the

Aveyron while at the same time bringing the sport of orienteering itself into the spotlight. I have no doubt the event will be a great success, and the organisers and volunteers have my full support. Have a good run!

Jean-Claude LUCHE
Senator for the département de l'Aveyron
President of the Conseil Départemental

From the President of the Communauté de communes Larzac et Vallées



We're delighted to welcome the O'France orienteering event to the Communauté de communes Larzac et Vallées.

Following on from the 6 day competition held in 2008, holding this first ever edition of O'France in our district shows the exceptional orienteering terrain that our Communauté de communes can offer.

The event will run from 9th to 16th July 2016, and involves various locations: L'Hospitalet du Larzac, Nant, Le Figayrol and the Plateau du Guilhaumard.

The exceptional geographical territory of the Larzac and its valleys, a UNESCO World Heritage Site, is an excellent area for outdoor sports. Our Communauté de communes is fully aware of this and works to help their development so that visitors and locals alike can benefit from a wide range of high-quality activities.

I would like to bid all participants in this event "welcome", and hope that you will take the opportunity during your stay to roam around our area and discover the wealth of cultural, natural and historical sites, or simply to relax and enjoy our "art de vivre".

I would like to thank the O'France organisers for their hard work and for choosing our area for this event. Hoping you all enjoy your stay and enjoy the competition!

Christophe LABORIE
President of the Communauté de
communes Larzac et Vallées

From the President of the French Orienteering Federation



Orienteering is an outdoor sport requiring mental and physical strength while adhering to the constraints of environmental good practice. Practised individually or with all the family, by all ages from youngsters to veterans, it's a sport that allows you to live a new adventure with each event, discovering a different natural space each time at your own rhythm. With O'France, the French orienteering federation aims to create an international event attracting runners from abroad, so that they can discover our landscapes and our heritage while taking part in their favourite sport. We look forward impatiently to this first edition, held on world-class orienteering terrain: reward at last for all the hard work of the organisers, who have been preparing this project for several years.

Michel EDIAR
President of the French Orienteering
Federation

From the President of the Midi-Pyrénées regional orienteering association



The Midi-Pyrénées regional orienteering association and the Aveyron department association are delighted to be hosting O'France on the magnificent terrain of the Larzac, a mecca for outdoor sports and especially for orienteering.

Over the week this event will bring together large numbers of orienteers from the whole of Europe and beyond.

We know our terrain is much appreciated by specialists, notably 13 times world champion Thierry Gueorgiou, our patron for this event.

Following a prologue in the picturesque village of Nant, we're proposing 5 races on typical Larzac terrain, duly sprinkled with the weird shaped boulders that provide both

the splendid backdrop to the event and its technical challenge.

Thursday's rest day will allow participants to recover and to visit a region packed with attractions, revealing a rich past and a dynamic present.

Note that day 3 is a world ranking event for elite runners.

Legions of local orienteers from the Midi Pyrénées are getting ready to offer you a high quality event: let the party begin.

Jean-Louis BLEIN
President of the Midi-Pyrénées
regional orienteering association

1.Organisation

Organiser : Ligue Midi-Pyrénées de course d'orientation

Event directors: Isabelle Champtiaux and Jean-Louis Blein

Registration	Laurent Audouin
Parking/roadsigns	Philippe Bailly
Control placing	Patrick Capbern & Christian Escudié
Start	Hélène Fol
Finish	Valérie Capbern
SI download	Patrick Mathé
Results	Philippe Chambon (jSh.Radio & O'Live system)
Commentary	Yves Filliatreau & Stéphane Ruffio
First aid	Carole Rigo (doctor), Jean-François Surraut (doctor), first aid volunteers from the Protection Civile, Patrick Penetro (physiotherapist)
Catering	Franck Davard
Leisure courses / beginners	Mathilde Sudres
Childminding	Rachel Agnoly
Volunteer coordinator	Thierry Fol
Treasurer	Gérard Barthès
Entries	Pierre Roch
Translations	Ray Hulse

A big thank you to our event officials:

Jean-Gabriel Biau : Prologue referee trainee

Serge Blasco : referee Days 3, 4 & 5

Jérôme Cavarroc : Prologue referee

Claire Fouillade: Prologue controller

Denis Geneves : O'France FFCO federal delegate and Day 1 referee

Claudie Grevet : Day 1 referee trainee

Eric Mermin : Day 1 controller, day 2 referee

Jean-Claude Pereira : Controller, Days 2 & 4

Daniel Poëdras : Trainee controller Day 5

Philippe Pogu : Day 3 controller & IOF event advisor

Hélène, Pierre, Geneviève, Marlène, Marc, Dorian, Laurent, Karina, Ethan, Loreline, Perrine, Nicole, Nathalie, Nathalie, Laure, Audrey, Annie, Bertrand, Ange, Eugène, Eliane, Martin, Félix, François, Robert, Jean-Claude, Claire, Patrick, Christian, Alain, André, Sébastien, Mathilde, Nicolas, Pierrick, Yohan, Joël, Jean-Jacques, Julie, Céline, Ludo, Guilhem, Estéban, Fabien, Loïc, Loïc, Christian, Corine, Alain, Alain, Philippe, Adrien, Dominique, Jean-François, Renan, Laurent, Carole, Michèle, Jean-Pierre, Céline, Christophe, Laurent, Caroline, Sophie, David, Christian, Murielle, Céline, Pierre, Gérard, Isabelle, Franck, Nathalie, Laurine, Jérémy, Valérie, Mihaly, Christiane, Richard, Dany, Manon, Christian, Christine, Eric, Clara, Babeth, Jean-Jacques, Annick, Geneviève, Nicolas, Michel, Marie, Christophe, Marie-Claude, Bruno, Roland, Claude, Luc, Marie-Françoise, François, Rachel, Diane, Agnès, Jeanne, Audrey, Céline, Véronique, Muriel, Mathilde, Marion, Anne, Valérie, Claire, Camille, Aurélie, Christophe, Patrick, Mickael, Pierre, Stéphane, Yves, Nick, Philippe, Patrick, Joëlle, Bernard, Jean-Louis, Denis, Philippe, Michel, Frédéric, Thierry are pleased to welcome you to the Plateau du Larzac and wish you an excellent week's orienteering (and holiday).

2. Programme

From monday 4th July to saturday 16th July: training maps on sale

- Sainte-Eulalie de Cernon: tourist office - 05 65 62 79 98 – Open from 10h to 19h
- Nant : tourist office - 05 65 62 23 64 – open from 10h to 13h and 14h30 to 19h

Saturday 9th July t

- 10h to 20h : registration & enquiries open for competitors at the event centre, the village hall (“salle des fêtes”) of L’Hospitalet du Larzac

Sunday 10th July: Prologue (sprint, Nant)

- 8h to 14h : registration & enquiries open at the event area at Nant
- 10h : 1st starts
- 14h : results & prizegiving
- 14h : courses close
- 16h to 20h : registration & enquiries open at the event centre in L’Hospitalet du Larzac

Monday 11th July: Day 1 (LD – Le Figayrol)

- 7h – 14h: registration & enquiries open at the event arena in Le Figayrol
- 8h30: 1st starts
- 15h: day 1 results & prizegiving
- 16h: courses close

Tuesday 12th July: Day 2 (LD – Le Figayrol)

- 7h – 14h: registration & enquiries open at the event arena in Le Figayrol
- 8h30: 1st starts
- 15h: day 2 results & prizegiving
- 16h: courses close

Wednesday 13th July: Day 3 (MD – WRE – Le Figayrol)

- 7h – 14h: registration & enquiries open at the event arena in Le Figayrol
- 8h30: 1st starts
- 14h: day 3 results & prizegiving
- 15h: courses close

Thursday 14th July: rest day

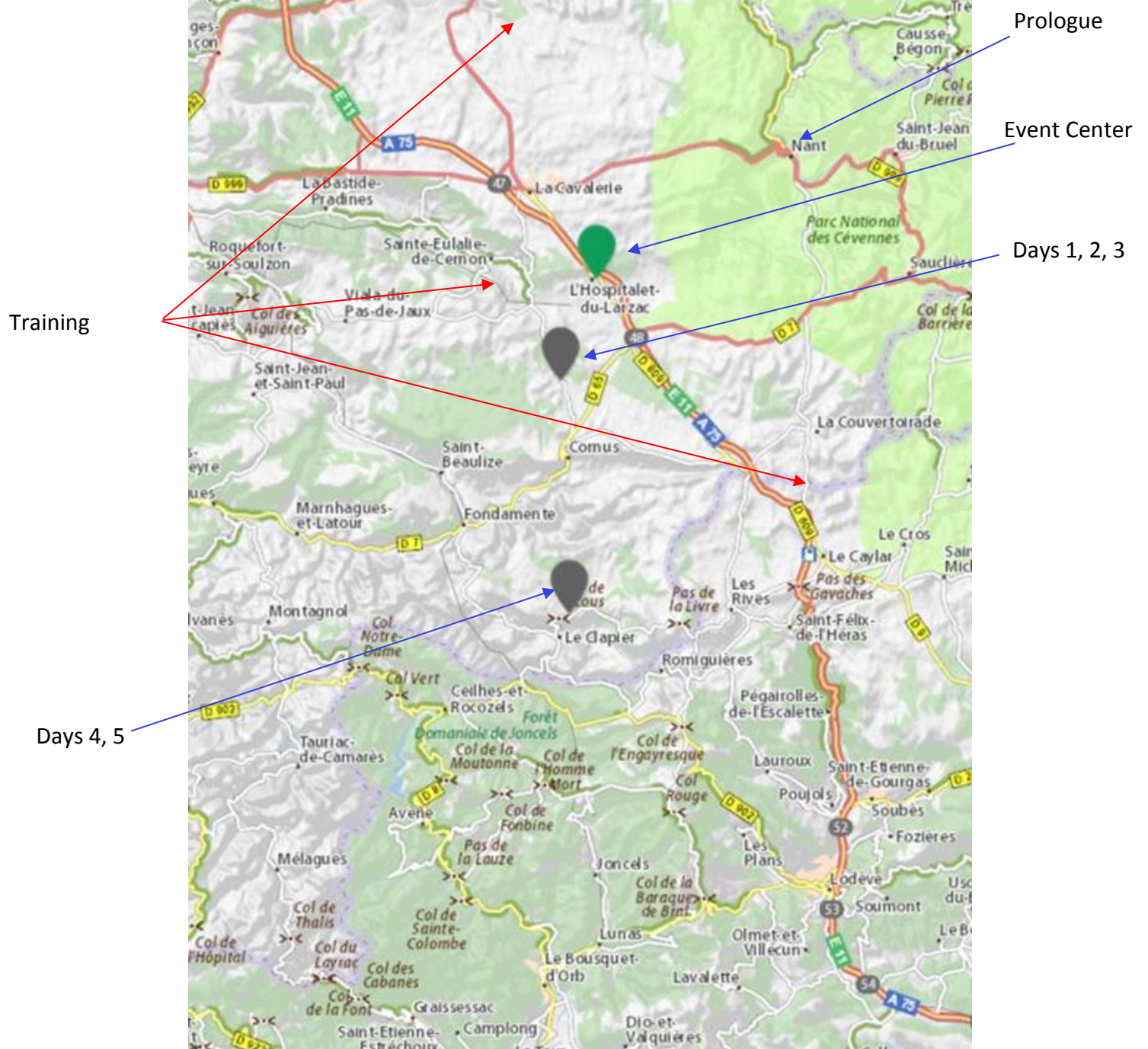
Friday 15th July: Day 4 (MD – Le Guilhaumard)

- 7h – 14h: registration & enquiries open at the event arena in Guilhaumard
- 8h30: 1st starts
- 14h: day 4 results & prizegiving
- 15h: courses close

Saturday 16th July: Day 5 (LD – Le Guilhaumard)

- 7h – 14h: registration & enquiries open at the event arena in Guilhaumard
- 8h30: 1st starts
- 14h: results & overall prizegiving
- 16h: courses close

How to get there



By car: A75 motorway, exit 48

By train: Millau (35 min away), Montpellier (1h15 away)

By plane: nearest airports Montpellier (110 km); Nîmes (160 km); Toulouse (200 km), Carcassonne (200 km)

The organisers are not able to provide any transport.

3.Registration & enquiries

There will be 2464 runners present, from 25 different countries.

Australia	20	Lithuania	4
Austria	2	Luxembourg	8
Belgium	179	Norway	211
Czech Republic	76	New-Zealand	8
Denmark	110	Netherlands	2
Eire	31	Portugal	5
Estonia	6	Russia	10
Finland	28	Spain	117
France	1347	Switzerland	43
Germany	33	Sweden	46
Israel	1	United Kingdom	143
Italy	8	USA	3
Latvia	19		

Registration & enquiries at the “salle des fêtes” in the village of L’Hospitalet-du-Larzac:

- Saturday 9th July from 10h to 20h:
Volunteers from the childminding service will be present so that you can reserve your child's place in advance (save time and avoid the rush especially on Day 1).
There will be a refreshments stall run by the L’Hospitalet de Larzac village committee.
- Sunday 10th July from 15h to 20h
A mobile pizza van will be present next to the entrance to the salle des fêtes from 16h

Registration & enquiries at the event areas:

- Sunday 10th July: at Nant, from 8h to 14h
- Monday 11th, tuesday 12th & wednesday 13th: at Le Figayrol from 7h
- Friday 15th and saturday 16th: at Le Guilhaumard, from 7h

Collect your event envelope from registration & enquiries, containing the following items:

- Registration form with your start times
- Invoice
- Race bib + safety pins
- Rented SI cards
- Event programme
- O top (for runners entering all five days)
- Tourist information guides
- Sponsors' leaflets

4.Training

3 areas are available. Map format A4, printed on waterproof PREAC paper.

Maps are on sale:

- 4th to 8th July in the tourist offices at Nant and Sainte-Eulalie de Cernon.
- 9th July at the event centre in L'Hospitalet-du-Larzac
- from 10th July at registration at each event area

Price: 2€ per map, or 5€ for all 3 training maps

Map	Parking	Car park GPS coordinates
Sainte-Eulalie-de-Cernon (Vélorail)	At the Vélorail centre	43.974188 3.133996
La Couvertoirade (Mont Merdous)	D55 2km south of La Couvertoirade 3.4 km north of Le Caylar	43.895009 3.309504
Potensac	Leave the A75 at exit 47, take the D809 towards Millau. Turn right after 9.1 km, signposted Potensac, then continue for 1.8km Parking area on the right-hand side of the road	44.069987 3.136327

The training controls will be in place from monday 4th July to saturday 16th July.

Controls consist of a small orienteering marker with pin punch, together with red and white tape.

Pin punch patterns are available at registration for punch checking.

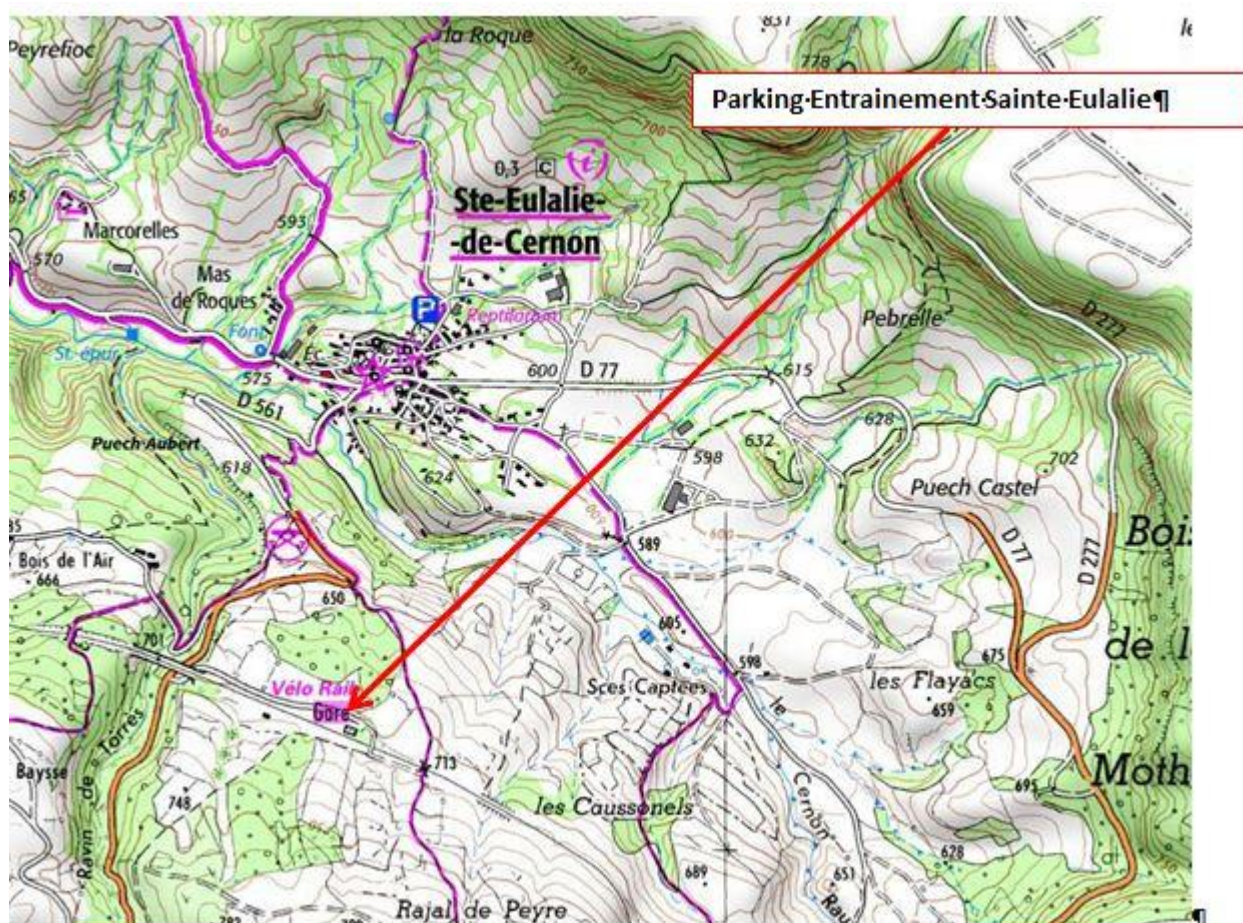
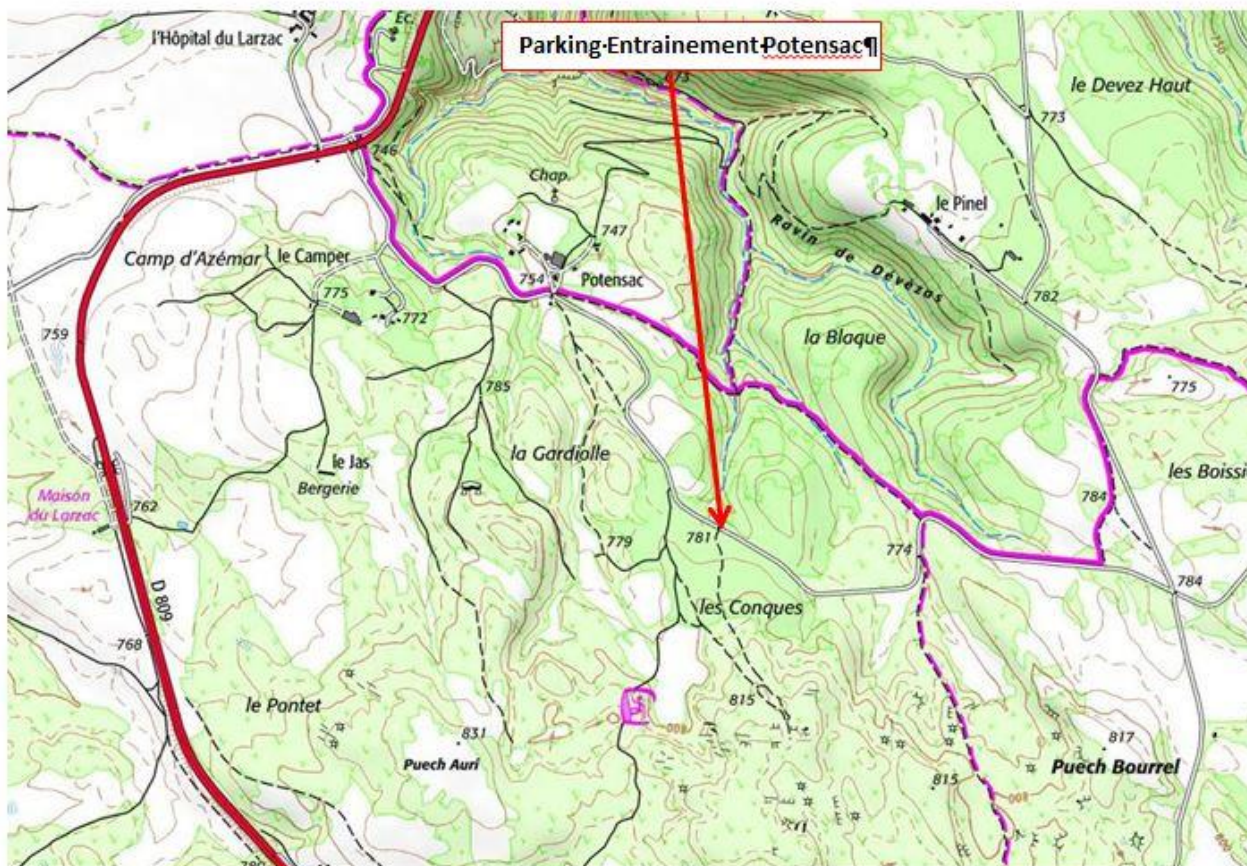
PLEASE NOTE : the training area maps have not been updated since 2005. A damp springtime has resulted in stronger growth of grass; paths are sometimes not very visible.

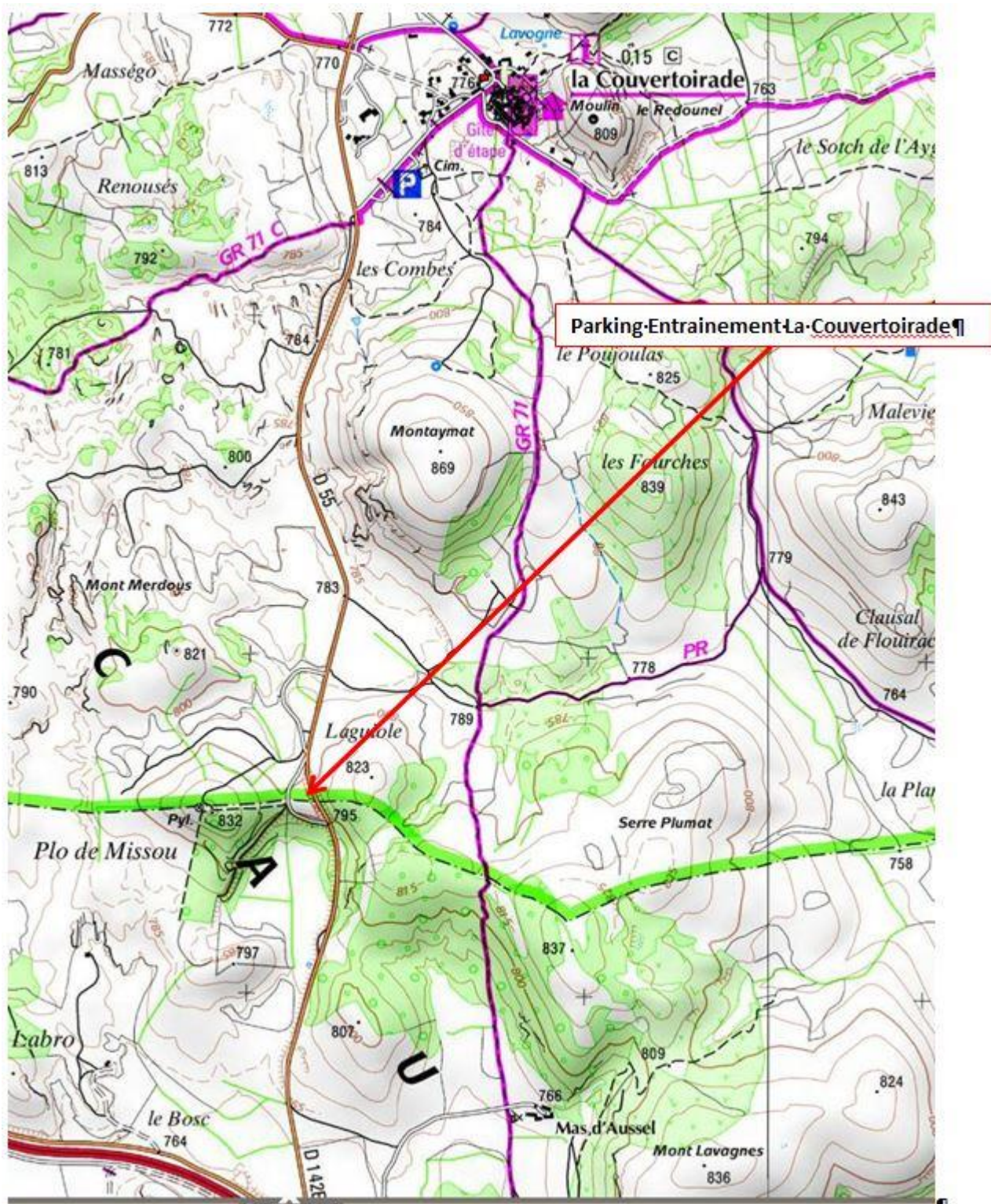
There are about 30 controls at each training area. The La Couvertoirade and St Eulalie maps are at 1:7,500 scale and propose easy and difficult courses, or you can use the controls in a different order to create your own courses.



Details for POTENSAC training area

Most of the controls don't have a pin punch, just a small numbered orienteering marker and some tape. In the western part of the map, there are some new unmapped fences that affect the course from control 19 onwards. We suggest that you shorten the course, using the sequence 19 - 20 - 30 - 31 - 32. Control 4 has been abandoned. The remainder still makes for a very good network of controls.





5. Race information

Maps

- Prologue : « Nant Village » - 1/4000 – survey 2007 – updated 2016
- Day 1 : « Puech Roucous » - 1/10000 – survey 2015-2016
- Day 2 : « Le Rageal » - 1/10000 – survey 2015-2016
- Day 3 : « Puech Roucous » - 1/10000 – survey 2015-2016
- Day 4 : « Plo de las Conquas » - 1/7500 – survey 2008 – updated 2016
- Day 5 : « Guilhaumard » - 1/7500 – survey 2008 – updated 2016

Maps are printed on water-resistant Antius paper.

Control descriptions are not printed on the maps.

Old maps of previously-used areas will be on display at registration.

Starts

The start list is available online via the event website. It is also displayed at registration and at the pre-start area of each race day.

The route to the pre-start area is indicated from registration by means of red and yellow bunting.

Drinking water will be available at the pre-start.



Start procedure :

H-4 minutes: enter the first start box. It is your responsibility to be present at the correct time: start officials will not call out your name or race number.

H-2 minutes: control descriptions issued (these are not printed on the maps).

H : pick up your map on the last start beep. Runners are responsible for checking they have the correct map.

The start triangle: the location of the triangle printed on the map is marked on the ground by an orienteering kite. This start kite does not need to be punched. Competitors must pass through this point (follow the tapes from the map pick-up).

Late starters: competitors who are late for their allocated start time should report to the start officials and follow instructions. Their race start time will not be altered if the competitor is at fault.

Chasing start, Day 5:

Chasing starts from 10h00, depending on your category; these are only for runners placed in the overall standings after day 4 within 1 hour of their class leader.

10h00 : H21A – H40 – H55 – D40 – D55 – D60

10h05 : H20A – D35 – H75 – H16A – D16A

10h10 : H45 – H50 – D50 – H65 – D65 – H16B – D16B

10h15 : H35 – D20A – D75 – H18B – D18B – D12 – D10

10h20 : H21C – D45 – H40C – H70 – H14 – D14

10h25 : D21E – D20E – D21A – D18A – D70 – H12 – H10

10h30 : H21E – H20E – H18A – D21C – H60 – D40C

Only the chasing start times will be changed. Runners not concerned by the chasing start will keep their initially allocated start time. Chasing start times will be published on the evening of the 15/07 via the O'France website, and displayed on 16/07 at the event arena. Special race bibs (for the first 15 in each category) should be collected on the morning of the chasing start from registration/enquiries at the event arena.

Chasing start organisation : You should keep your O'France race bib visible on your chest and attach the special chasing start bib to your back. The start procedure will be displayed near the start area on the morning of the event.


General race instructions


You will be running on land that is either private or communally owned, for which owners and regular land users have given their permission. Please treat these areas with respect and care.


Out of bounds areas: these are marked on the map using the purple striped "out-of-bounds" symbol. You must not enter these areas. Any runner seen to do so will be disqualified from the event.

Fences :

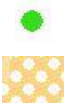
There are many fences on your courses. Please do not damage them, in particular do not place your foot on them in order to climb over.

Electric fences, easy to cross, are shown on the map with the ruined fence symbol . These fences will be switched off on the day of the event.

Woven wire livestock fences. These are high (from 80 to 120 cm) and can be difficult to cross. They are shown on the map using the crossable fence symbol .

Crossing points have been installed in places, shown by the crossing point symbol . They are not mandatory, just recommended. They consist of openings in the fence, or wooden pallets or posts to help to you cross.

Vegetation :



bushes or small trees



areas with numerous box tree bushes

After a wet spring, the grass has grown strongly and paths are less visible

Drinks stations: there will be no drinks stations on the courses. You should carry water with you if you need it. Water will be available at the pre-start.

Shoes :

The prologue is in an urban environment: normal running shoes should be used.

During the O'France 5 days, the terrain consists of magnificent limestone areas that are listed and protected under environmental legislation. For your comfort and for environmental protection reasons, we strongly recommend that you use normal running or trail-running shoes. However, metal-studded orienteering shoes are also tolerated.

Prudence : you will be running in limestone chaos areas. Please be careful when approaching cliffs and rock fissures.

Race bibs: All runners must wear their race bib during all races. The bib must be worn on your chest, with all sponsors' names and logos fully visible. You will not be allowed to start your race if you do not have your race bib. If you happen to lose your race bib during the week, you must buy a replacement at registration/enquiries (price 1€).

Elite classes will have a special coloured bib so that they can be more easily identified.

A special yellow race bib is provided for the leader in the overall standings in each age class. These should be collected each morning from registration/enquiries.

Finish

SI electronic punching: on completing your course, to stop the race timing you must punch one of the finish units situated on the finish line. If you fail to punch, you cannot be included in the results.

Reminder: once you have punched the finish, you are not allowed to return to the terrain.

Results on display at the arena and via <http://www.o-france.fr/2016-foot/>

Maps after the finish: you will be allowed to keep your map after the finish except for Day 3. Please respect the spirit of fair-play and do not show your map to runners that have yet to start their course.

Day 3: because this is a world ranking event, maps will be collected at the finish. You will be able to collect them at registration/enquiries once the last H/D21E runner has started.

Open leisure and waymarked “jalonné” courses

At each of the 5 days, there will be a “jalonné” course and three open leisure courses (Short, Medium, Long) Enter on the day, at the arena registration/enquiries: one price for all, 10 € per day and per course.

Starts are from 8h30 to 13h00: SportIdent electronic timing (requires a doctor's certificate) or old-fashioned pin punch (does not require doctor's certificate). Start and finish areas are the same as for the competition courses. Those taking part must return after their run to registration/enquiries before 14h so that we know you have completed your course.

Open courses :

- Open Court (short open) : easy technical level (level 2 as for H/D12). Length about 3 km
- Open Moyen (medium open) : intermediate technical level (level 3 as for H/D14). Length about 5 km
- Open Long (long open): intermediate technical level (level 3 as for H/D14). Length about 8km

Waymarked “Jalonné” course :

This will be a “true/false” waymarked course. You must follow the waymarked course and **not take any short cuts.**



The taping (“les jalons” in french) is yellow and red in colour.

You will encounter orienteering controls on your way round. The aim is to work out whether these controls are marked on your map or not.

If a control that you meet on your course is shown on your map, you should punch it. If it's not shown on the map, don't punch it.

Your control descriptions won't include the control numbers, just their descriptions.

Runners on the open and jalonné courses may be accompanied or shadowed, but the person accompanying **must already have run their own course** (if they are competing in O'France).

6. General Information

Formalities

For information on visa applications, please visit the government website

<http://www.diplomatie.gouv.fr/fr/venir-en-france/formalites-d-entree-en-france>

Weather and climate

Weather forecast : <http://www.meteofrance.com/previsions-meteo-france/cornus/12540>

Climate: the area is at an altitude of between 600 and 900 metres, with a mixture of mediterranean and mountain climate types. Summer can sometimes be punishingly hot. Beware of heat and sunburn. We recommend that you carry water with you, and you should remember to use sunscreen.

Prizes and overall standings

- Prologue : prizes to the 1st in each class
- O'France : final overall standings are calculated by the addition of your five individual race times.
Prizes on Days 1 to 4: to the day's winner in each class.
Prizes for overall standings after Day 5: to the first 3 in each class

Protests :

For the WRE courses, protests must be made in writing at registration/enquiries at the latest 30 minutes after the official results have been displayed. Protests for other courses must be submitted on the day, in writing, with a deposit of 50€ (FFCO competition rules 2016 –Article XVIII.3). The names of jury members will be posted on the day of the event.

Warm-up : Days 1 & 2 can be considered as warm-up events to the Day 3 WRE

Toilets: compost toilets are provided at each event area: please use them! Toilets will also be placed on the route to the start of Day 2. For Day 3, which has two different starts, there will be toilets on the way to Start number 2.

Club tents: Areas reserved for club tents are shown on the plans for each day's arena. You can leave your equipment there overnight but the organisers do not accept any responsibility in the event of theft.

Fire: it is strictly forbidden to light any fires or barbecues either in the forest or in the event arenas or parking areas. Please dispose of cigarette butts with care: these can easily set light to the grass.

Recycling: yellow waste bags are available for recovering plastic drinks bottles and metal drinks cans. Please don't put anything else in these bags.

Safety: a first-aid team will be present at the finish, including doctors, a physiotherapist and first-aid volunteers

Tombola: each day there will be several prize draws, with race numbers drawn at random. The winning numbers will be on display at registration/enquiries.

Photography: throughout the week there will be photographers present taking pictures and filming the event. If you do not wish your image to be recorded and published, please come to registration/enquiries to let us know.

Camper vans

From 9th July up to and including the evening of 15th July, camper vans can be parked at the event car parking areas:

9/07 evening : Camper-van parking area at Nant.

13/07 evening : Figayrol

10/07 evening : Figayrol. Road signs in place from 18h

14/07 evening : Guilhaumard. Road signs in place from 18h

11/07 evening : Figayrol

15/07 evening : Guilhaumard

12/07 evening : Figayrol

Outside these dates, please use a dedicated camper van parking area. You can find lists of such parking areas on the following web sites:

<https://www.aire-service-camping-car-panoramique.fr/departements/aveyron>

<http://aires.camping-car.com/aires/recherche/aveyron,130>

LE CAYLAR

GPS coordinates : Latitude : 43.86437° N ; Longitude : 3.31245° E

AUTOROUTE A 75 (direction Beziers -> Clermont Ferrand) – Le Caylar Motorway service area – 34000 Le Caylar - Price : free

SAINT JEAN D'ALCAS

GPS coordinates : Latitude : 43.92636° N ; Longitude : 3.00873° E

10 places - Price : free

SAINTE EULALIE DE CERNON

GPS coordinates : Latitude : 43.98336° N ; Longitude : 3.13657° E

4 places - Price : free

LA COUVERTOIRADE

GPS coordinates : Latitude : 43.90998° N ; Longitude : 3.31259° E

7 places - Price : 3 € / 24h

NANT

GPS coordinates : Latitude : 44.01991° N ; Longitude : 3.30383° E

5 places - Price : free

SAINT JEAN DU BRUEL

GPS coordinates : Latitude : 44.02082° N ; Longitude : 3.36093° E

14 places - Price information by phone, 05 65 46 06 40

7.Services

Animation / Initiation

This workshop will propose instructions for beginners as well as orienteering-based games and activities for all, from 11th July at all the event arenas.

Child-minding service

A childminding service is provided at each event arena from monday 11th July on, for children up to 10 years old. A team of volunteers will help them wait for you to finish your race.

This service is not intended to keep children for extended periods; its purpose is to look after the children while both their parents are out running at the same time.

To help things go smoothly: give your child a small rucksack containing at least drinking water, a snack, suncream, and a hat.

Depending on the child's age, you might want to add their favourite comforter or stuffed toy, a change of nappies, a dummy, a bottle.

To help us receive everyone more quickly on the first day, you can fill out the entry form in advance and either email it to us or bring it to us on the first day.

Volunteers from the service will be present to receive your forms in advance on the 9th July at the event centre in L'Hospitalet du Larzac.

Please note there will be no childminding service for the Prologue on 10th July



Drinks & catering

9th July: the village committee of L'Hospitalet du Larzac will be manning a drinks stall at the event centre in the village

10th July: a pizza van will be stationed outside the event centre at L'Hospitalet du Larzac from 16h.

10th July: the organisers will not be providing catering at Nant; please support the shops, bars and restaurants in the village

From 11th 16th July: At the event arenas, O'Bistrot will be selling drinks and snacks. To avoid the inevitable queues likely to build up at lunchtime, you can place an order for your meal in advance. A pre-order form can be filled in at the stand between 8h00 and 11h00 and your meal collected from 11h30 on.

Lost property: any items found should be brought to registration/enquiries

Souvenir sales:

on sale at registration/enquiries

Souvenir O'France O top (supplied by Corazone): 20€

O'France mug : 7 €

O'Bistrot apron : 15€



Contact : contact2016-foot@o-france.fr

8. Our sponsors

Our various sponsors and partners have helped us by funding our event, lending us equipment, or providing prizes for the competition. A big thank you to them for placing their confidence in us.

Institutions



Orienteering equipment suppliers

Present at the event arenas



Running outdoor



Partenaires locaux



Vélorail du Larzac

From 9th to 16th July, the Vélorail is offering a discount (3 € off) on presentation of your race bib.

« Sur les Rails du Larzac » - La Gare - 12230 Sainte-Eulalie de Cernon

E-mail : velorail12@wanadoo.fr

Website : www.surlesrailsdularzac.com/

Phone : 05 65 58 72 10 - 06 88 60 23 25 - 06 81 66 63 49



Reptilarium du Larzac

From 9th to 16th July, the Reptilarium is offering a discount (1.50 € off) on presentation of your race bib.

You can also win a free entry for children at the event

« Reptilarium du Larzac » - - 12230 Sainte-Eulalie de Cernon

Website : <http://www.reptilarium-larzac.com/>

Tel : 05.65.61.32.08



Acroroc des infruts

From 9th to 16th July, the Reptilarium is offering a discount (1.50 € off) on presentation of your race bib.

You can also win a free entry for children at the event E-mail :

info@acrorocdesinfruts.com

Website : <http://www.acrorocdesinfruts.com/>

Tel : 05 31 53 00 55 - 06 83 19 22 39



La Voie Lactée

Ewe's milk ice cream stall

Present Saturday 9th July at L'hospitalet du Larzac

Present at the event arenas

E-mail : arnal.bea@orange.fr

Website : <http://www.glace-fermiere-aveyron.fr/>



Objets&CO

Present at the event arenas

E-mail : objetsandco@sfr.fr

Website : objetsandco.eu

Prologue – 10/07/16 – Nant

Format : Sprint

Course planner : Luc BERBETT

Controller : Claire FOUILLADE

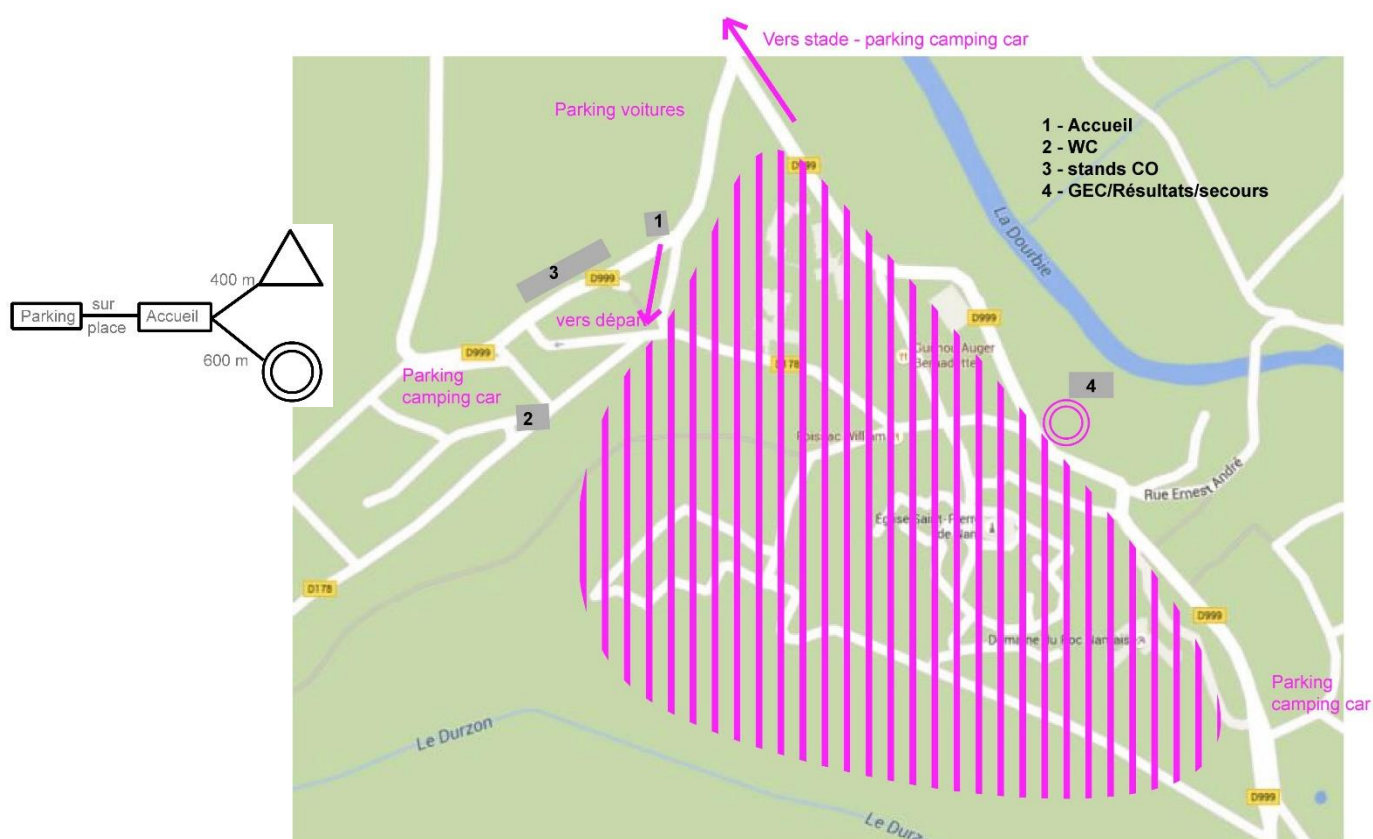
Referee : Jérôme CAVARROC ; Jean-Gabriel BIAU (trainee)

Map : Nant Village ; scale : 1/4000 ; contour interval : 5 m

Survey 2007 : Vincent HENRY et Julien VIGUIER ; updated 2016 Luc BERBETT

Terrain : village and surroundings

Access: roads signs start from La Cavalerie at the intersection of D809 and D999



Times

Registration: 8h - 14h

1st start from 10h

Prizегiving: 14h

Courses close: 14h

Services

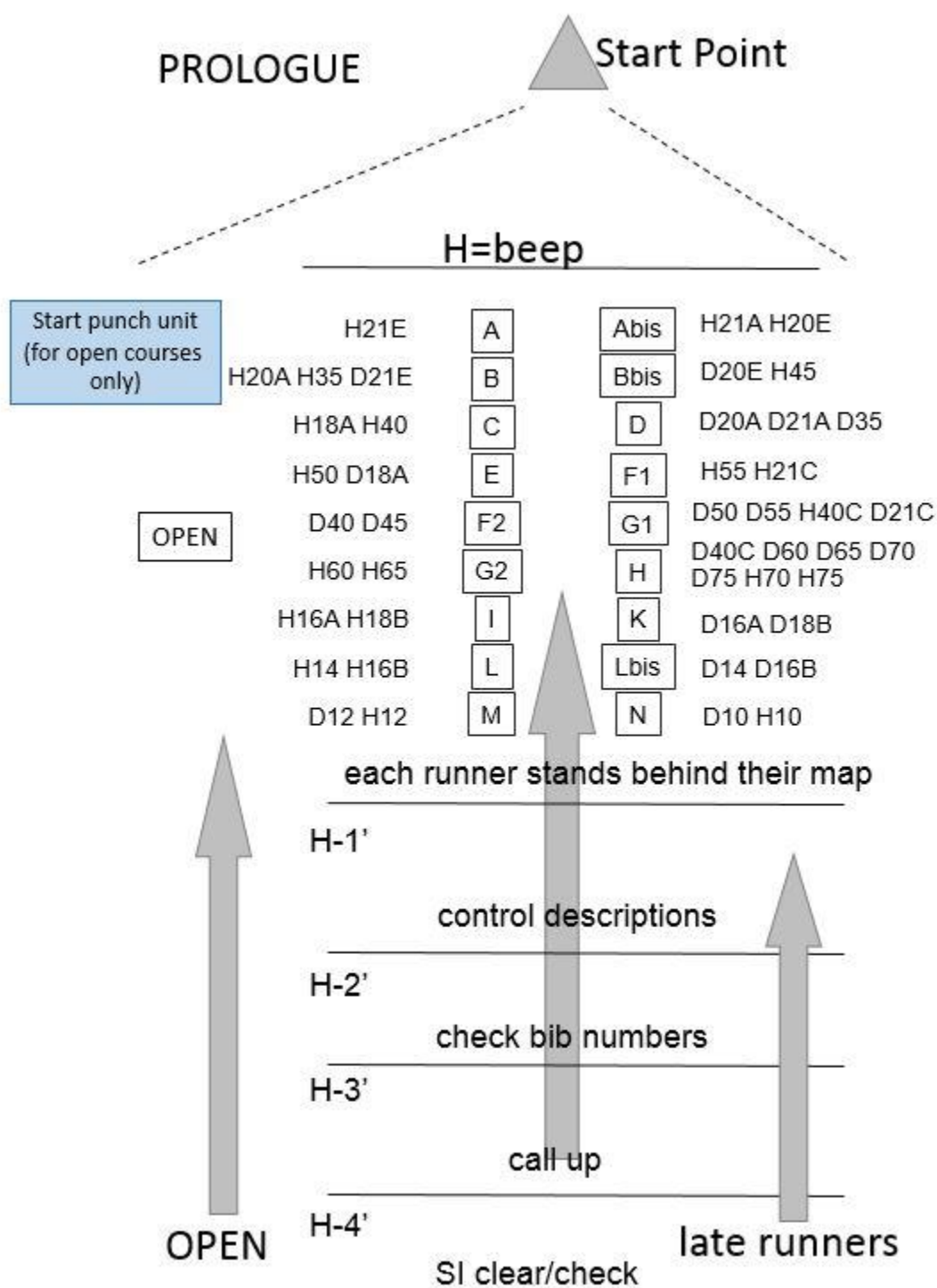
The organisers will not be providing catering at Nant; please support the shops, bars and restaurants in the village.

No childminding service.

Orienteering equipment suppliers present, next to registration

Compost toilets close to the start

PROLOGUE start layout



PROLOGUE event details

Fairplay please do not visit the village and the surrounding area before your race. When you finish your run you will be allowed to keep your map: in the interests of fairness please do not show your map to competitors that have yet to run.

Water channels: the village is crossed by a number of water channels, most of which do not have any protective barrier. These are shallow but please still take care not to fall into one (for example while studying your map or pushing yourself too hard)

Beware of narrow streets: parts of the prologue courses are in areas of very narrow streets in Nant village. Take care to avoid collisions, especially at street junctions and corners. Please treat other competitors and any villagers you might encounter with respect, particularly when overtaking.

Out of bounds areas: We remind you that in accordance with the ISSOM sprint map standard, features mapped with the following symbols must not be crossed or entered.

- Private property (528.1)



- Uncrossable wall (521.1)



- Uncrossable fence (524)



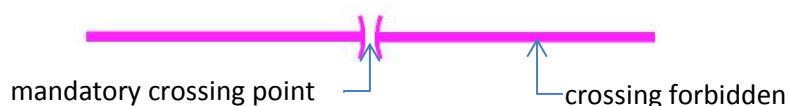
- Restaurant terraces (714)



Roads: the village is not closed to vehicle traffic. Please comply with the highway code; you do not have priority over other road users.

It is forbidden to cross the main road except at the designated crossing points. These are indicated on the map and manned by volunteers: please comply with their instructions.

The main road is overprinted with the uncrossable boundary symbol to indicate that crossing it is not allowed except at the marked crossing points :



Safety: a first-aid team will be on duty at the finish.

Race bibs : all runners must wear their race bibs on all race days, including during the prologue. They must be worn on the chest with the sponsor's names and logo visible. Runners will not be allowed to start their race if they are not wearing their race bib.

Shoes: the prologue courses are on tarmac and grass. Metal studded or spiked shoes are not permitted. We strongly recommend that you wear normal running shoes. It is possible to run in shorts if you wish.

Prologue				
Class	Course	Course length (m)	Climb (m)	Controls
H 10	N	1140	0	10
D 10	N	1140	0	10
H12	M	1390	0	13
D12	M	1390	0	13
H14	L	1620	10	11
D14	LBis	1360	10	10
H16A	I	1960	10	11
D16A	K	1630	15	10
H16B	L	1620	10	11
D16B	LBis	1360	10	10
H18A	C	2210	10	13
D18A	E	2080	15	14
H18B	I	1960	10	11
D18B	K	1630	15	10
H20E	ABis	2440	10	15
D20E	BBis	2100	15	12
H20A	B	2240	15	12
D20A	D	2010	10	13
H21E	A	2590	10	16
D21E	B	2240	15	12
H21A	ABis	2440	10	15
D21A	D	2010	10	13
H21C	F1	1740	15	11
D21C	G1	1740	10	11
H35	B	2240	15	12
D35	D	2010	10	13
H40	C	2210	10	13
D40	F2	1500	0	11
H40C	G1	1740	10	11
D40C	H	1780	10	12
H45	BBis	2100	15	12
D45	F2	1500	0	11
H50	E	2080	15	14
D50	G1	1740	10	11
H55	F1	1740	15	11
D55	G1	1740	10	11
H60	G2	1720	10	12
D60	H	1780	10	12
H65	G2	1720	10	12
D65	H	1780	10	12
H70	H	1780	10	12
D70	H	1780	10	12
H75	H	1780	10	12
D75	H	1780	10	12
Open	Initiation	1450	10	12

Days 1, 2 & 3 – Le Figayrol

11/12/13 July 2016

	Day 1	Day 2	Day 3
	11/07/16	12/07/16	13/07/16
Format	Long distance	Long distance	Middle distance
Planner	Isabelle CHAMPTIAUX	Philippe BAILLY	Sébastien MENA
Controller	Eric MERMIN	JC PEREIRA	Philippe POGU
Referee	Claudie GREVET (trainee) Denis GENEVES	Eric MERMIN	Serge BLASCO
Map	Puech Roucous scale : 1/10000 contours : 5 m	Le Rageal scale : 1/10000 contours : 5 m	Puech Roucous (extrait) scale : 1/10000 contours : 5 m
Survey & cartography	Dionisie ROSCA – survey 2015-2016		
Terrain	Limestone cause, boulders, box tree bushes		
Registration	7h-14h		
1st start	8h30		
Prizегiving	14h30	14h30	14h
Courses close	16h	16h	15h

Access :

Roadsigns from: A75 – exit 48

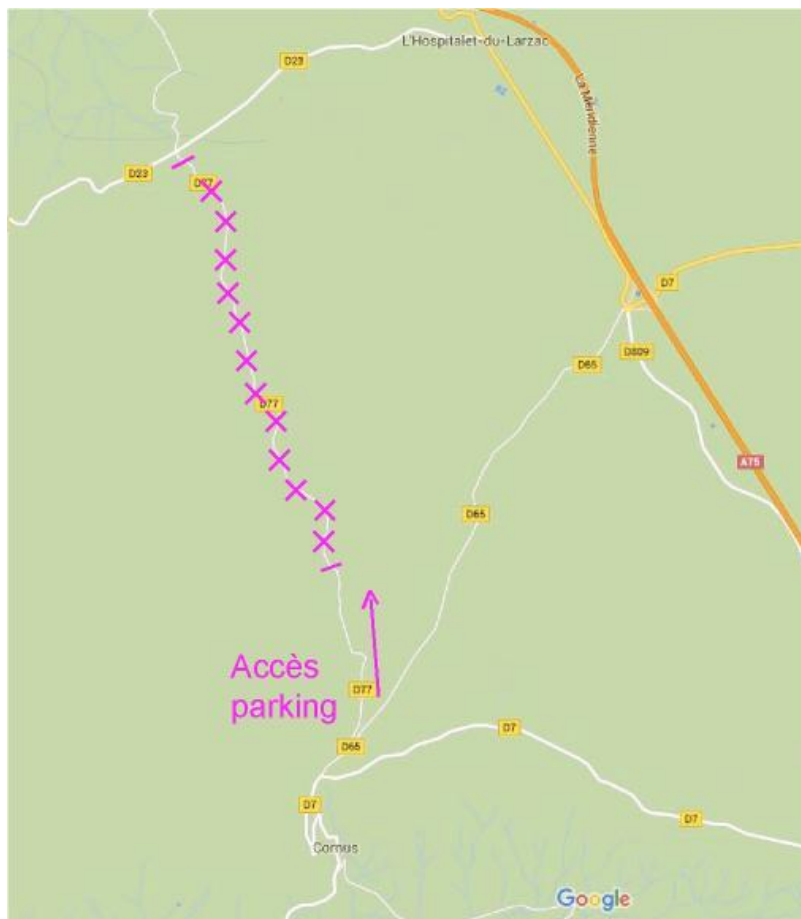
GPS coordinates of parking :
43.926657, 3.178756

Please note, the RD77 will be partly closed to traffic.

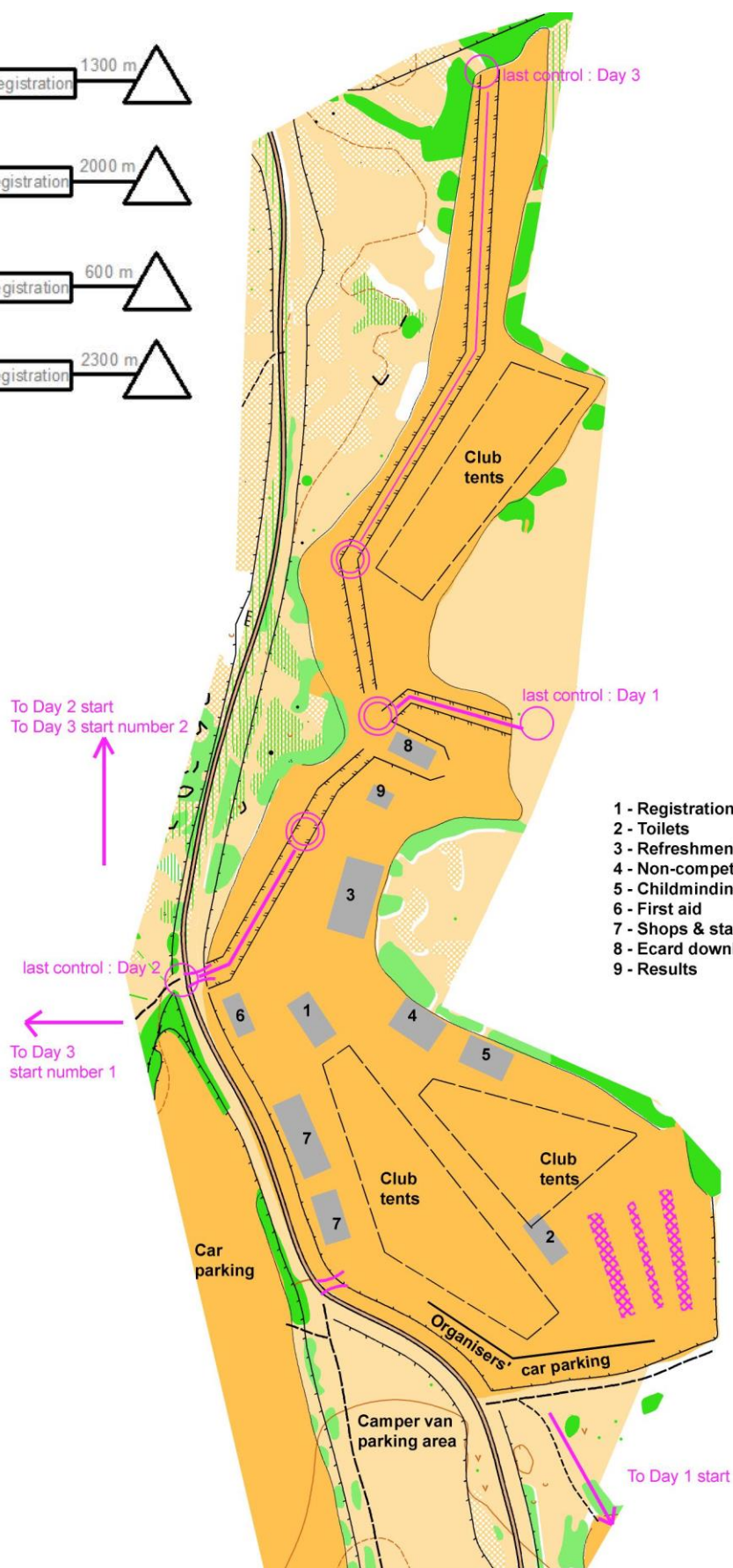
You must approach the car parking from the south (RD65).

On leaving the car park you must also head south (road closed to the north).

There may be some vehicles driving along this road (inhabitants of Le Figayrol, milk collection lorry, official vehicles). Take care crossing the road between the car park and the arena.



ARENA Day 1, Day 2, Day 3






Event details DAY 1

You will be running on private land, thanks to the permission of local landowners. Please treat the terrain with due respect.

Out of bounds areas: these are marked on the map with the out-of-bounds symbol, vertical purple lines. They consist of cultivated land or hay meadows. You must not cross these areas. Anyone caught doing so will be disqualified from the event.

Fences: There are many fences on your courses. Please do not damage them, in particular do not place your foot on them in order to climb over.

- Electric fences, easy to cross, are shown on the map with the ruined fence symbol 
- These fences will be switched off on the day of the event.
- Woven wire livestock fences. These are high (from 80 to 120 cm) and can be difficult to cross. They are shown on the map using the crossable fence symbol 
- Crossing points have been installed in places, shown by the crossing point symbol . They are not mandatory, just recommended. They consist of openings in the fence, or wooden pallets or posts to help to you cross.

Vegetation




Bushes or small trees



areas with numerous box tree bushes

After a wet spring, the grass has grown strongly and paths are less visible.

Shoes : During the O'France 5 days, the terrain consists of magnificent limestone areas. For your comfort and for environmental protection reasons, we strongly recommend that you use normal running or trail-running shoes. However, metal-studded orienteering shoes are also tolerated.

Dangerous areas: the terrain has a number of dangerous rock chasms. These are indicated on the map with the purple "dangerous area" overprint symbol . They are not taped off in the forest.

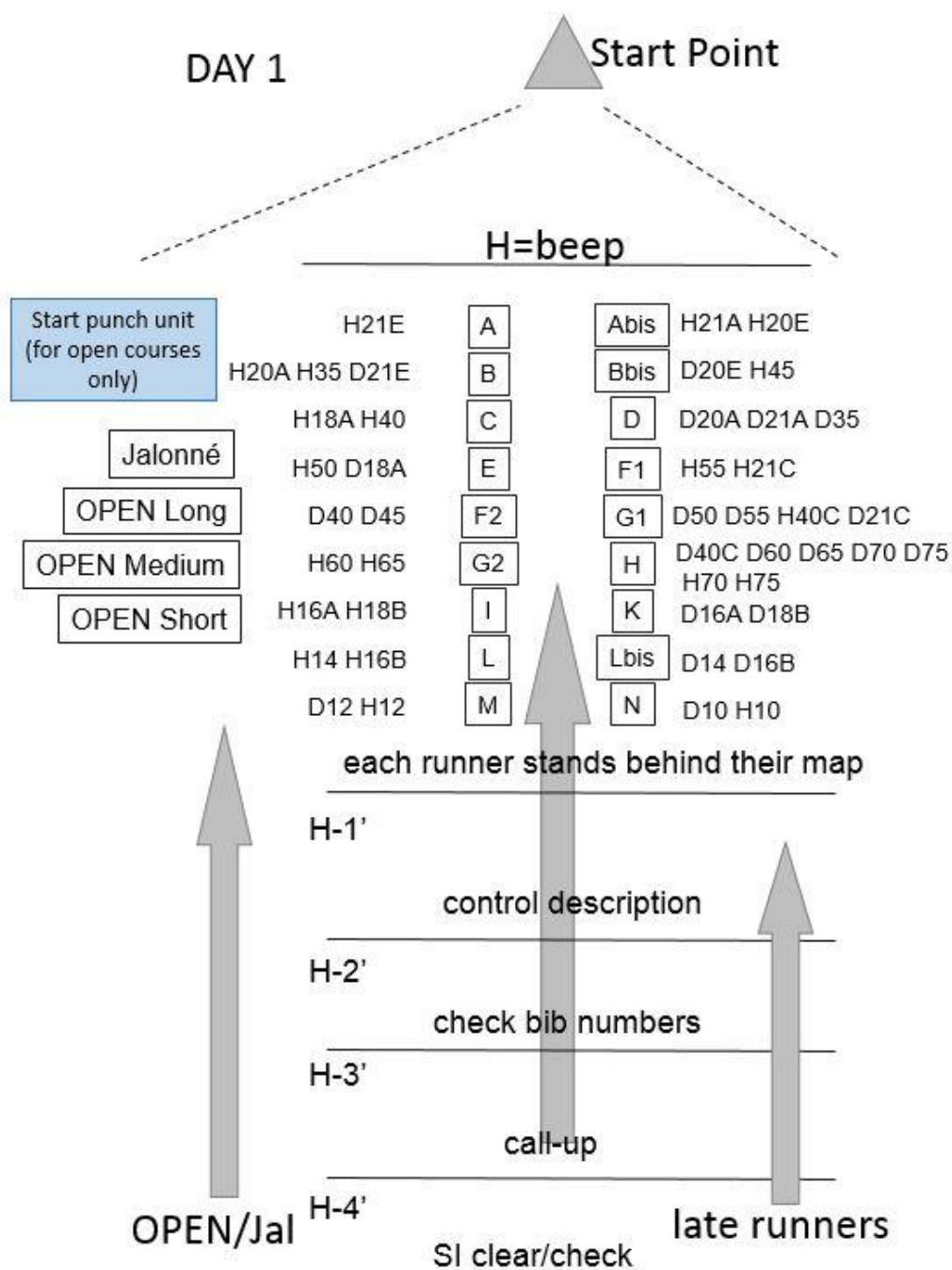
Course A : to aid legibility, the course has been split into 2 parts, printed either side of the paper. One side of the page shows the course from the start to control 21, the reverse side shows from control 22 to the finish

Course N : leg 2-3 and leg 3-4: the course involves following a fence, which is sometimes partly hidden in the vegetation. These legs will be partly taped to help you follow the fence.

Drinks stations: there will be no drinks stations on the courses. You should carry water with you if you need it.

Maps at the finish: you will be allowed to keep your map after reaching the finish. Please respect the spirit of fair-play and do not show your map to runners that have yet to start their course.

Start layout DAY 1



Day 1					
Classes	Course	Estimated winning time (min)	Course length (m)	Climb (m)	Controls
H 10	N	20	3010	60	15
D 10	N	20	3010	60	15
H12	M	30	3790	95	11
D12	M	30	3790	95	11
H14	L	40	6050	165	13
D14	Lbis	35	4850	150	11
H16A	I	55	9370	245	16
D16A	K	45	5330	145	11
H16B	L	40	6050	165	13
D16B	Lbis	35	4850	150	11
H18A	C	60	8490	215	16
D18A	E	50	6620	170	11
H18B	I	55	9370	245	16
D18B	K	45	5330	145	11
H20E	Abis	70	12420	340	25
D20E	Bbis	60	7860	235	14
H20A	B	65	9320	235	17
D20A	D	55	6790	190	13
H21E	A	90	15310	445	31
D21E	B	65	9320	235	17
H21A	Abis	70	12420	340	25
D21A	D	55	6790	190	13
H21C	F1	50	6490	180	14
D21C	G1	40	4360	125	10
H35	B	65	9320	235	17
D35	D	55	6790	190	13
H40	C	60	8490	215	16
D40	F2	50	6680	195	16
H40C	G1	40	4360	125	10
D40C	H	35	3710	95	10
H45	Bbis	60	7860	235	14
D45	F2	50	6680	195	16
H50	E	50	6620	170	11
D50	G1	40	4360	125	10
H55	F1	50	6490	180	14
D55	G1	40	4360	125	10
H60	G2	40	4860	130	12
D60	H	35	3710	95	10
H65	G2	40	4860	130	12
D65	H	35	3710	95	10
H70	H	35	3710	95	10
D70	H	35	3710	95	10
H75	H	35	3710	95	10
D75	H	35	3710	95	10
Jalonné	Jalonné	-	2360	15	7
Open Long	Open Long	-	7630	225	14
Open Medium	Open Moyen	-	5010	125	9
Open Short	Open Court	-	3640	75	10




Event details DAY 2

You will be running on private and communal land, thanks to the permission of local landowners and landusers. Please treat the terrain with due respect.

Road : the RD77 is partially closed to vehicle traffic; take care, you do not have priority over other road users. **The route to the start takes you along this road. There is a road crossing for all courses at control number 255.**

Out of bounds areas: these are marked on the map with the out-of-bounds symbol, vertical purple lines. They consist of cultivated land or hay meadows. You must not cross these areas. Anyone caught doing so will be disqualified from the event.

Fences: There are many fences on your courses. Please do not damage them, in particular do not place your foot on them in order to climb over.

- Electric fences, easy to cross, are shown on the map with the ruined fence symbol 
- These fences will be switched off on the day of the event.
- Woven wire livestock fences. These are high (from 80 to 120 cm) and can be difficult to cross. They are shown on the map using the crossable fence symbol 
- Crossing points have been installed in places, shown by the crossing point symbol . They are not mandatory, just recommended. They consist of openings in the fence, or wooden pallets or posts to help to you cross.

Shoes : During the O'France 5 days, the terrain consists of magnificent limestone areas. For your comfort and for environmental protection reasons, we strongly recommend that you use normal running or trail-running shoes. However, metal-studded orienteering shoes are also tolerated.

Vegetation



Bushes or small trees



areas with numerous box tree bushes

After a wet spring, the grass has grown strongly and paths are less visible.

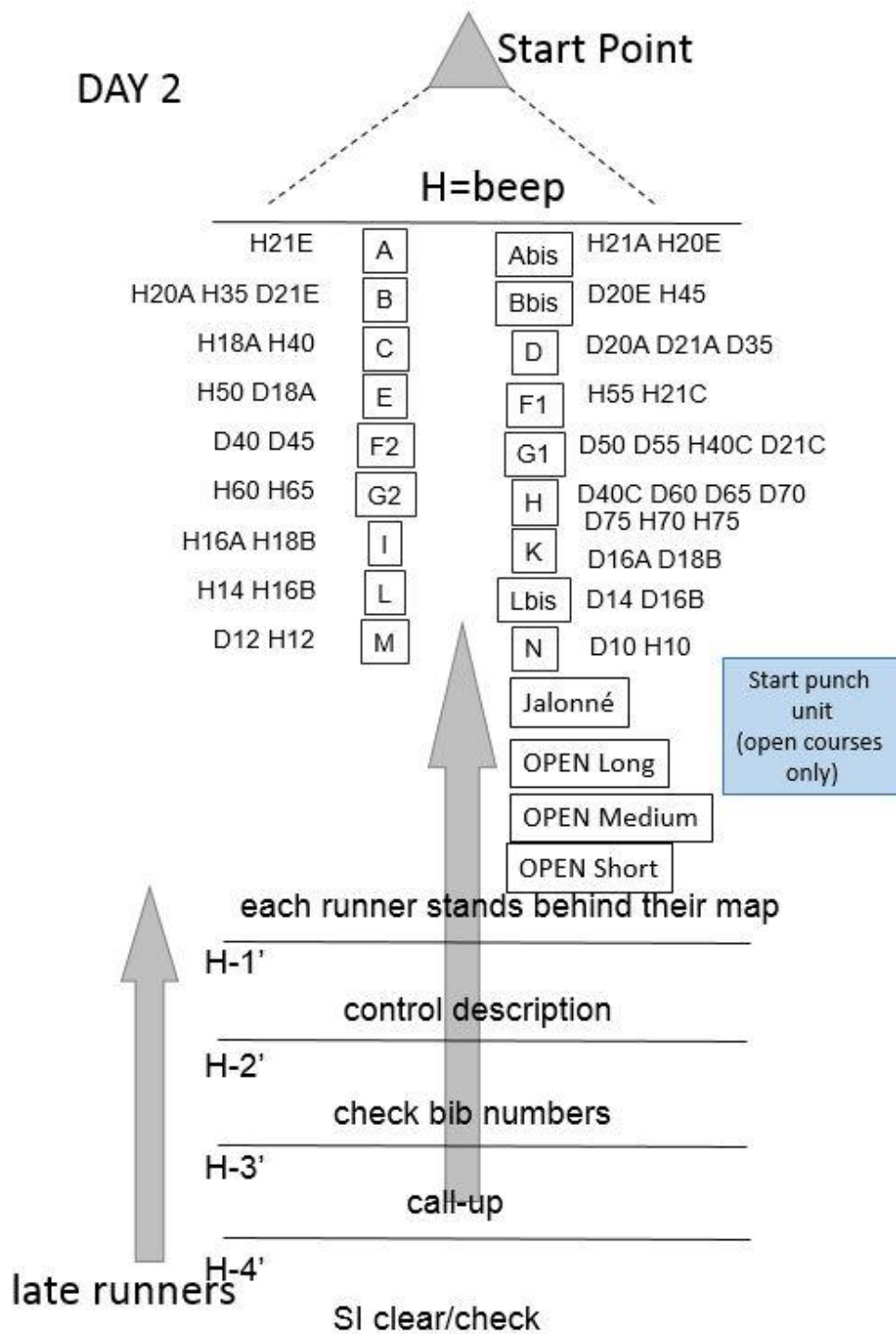
Dangerous areas: One rock fissure is fenced around and signed "danger".

Drinks stations: there will be no drinks stations on the courses. You should carry water with you if you need it.

Courses A, Abis, B, Bbis, C, D, E, F1, F2, I : Full leg cover is obligatory, it is also strongly recommended that you wear a long-sleeved shirt. You will be running in an area that in 2015 was heavily infested with pine processionary caterpillars. Even if the caterpillars have since hatched into moths, their hairs remain on the vegetation and can still cause a strong skin irritation. Do not touch any of their nests that may have fallen on the ground.

Maps at the finish: you will be allowed to keep your map after reaching the finish. Please respect the spirit of fair-play and do not show your map to runners that have yet to start their course.

Start layout DAY 2



DAY 2					
Classes	Course	Estimated winning time (min)	Course length (m)	Climb (m)	Controls
H 10	N	20	3040	70	8
D 10	N	20	3040	70	8
H12	M	30	3100	80	8
D12	M	30	3100	80	8
H14	L	40	5180	130	13
D14	Lbis	35	4470	110	13
H16A	I	55	6860	170	17
D16A	K	45	4750	120	12
H16B	L	40	5180	130	13
D16B	Lbis	35	4470	110	13
H18A	C	60	7970	210	18
D18A	E	50	5230	150	14
H18B	I	55	6860	170	17
D18B	K	45	4750	120	12
H20E	Abis	70	9450	270	22
D20E	Bbis	60	7140	230	17
H20A	B	65	8690	250	20
D20A	D	55	6650	170	18
H21E	A	90	12200	430	27
D21E	B	65	8690	250	20
H21A	Abis	70	9450	270	22
D21A	D	55	6650	170	18
H21C	F1	50	5090	150	14
D21C	G1	40	3720	100	12
H35	B	65	8690	250	20
D35	D	55	6650	170	18
H40	C	60	7970	210	18
D40	F2	50	4980	150	14
H40C	G1	40	3720	100	12
D40C	H	35	3300	60	9
H45	Bbis	60	7140	230	17
D45	F2	50	4980	150	14
H50	E	50	5230	150	14
D50	G1	40	3720	100	12
H55	F1	50	5090	150	14
D55	G1	40	3720	100	12
H60	G2	40	3770	100	11
D60	H	35	3300	60	9
H65	G2	40	3770	100	11
D65	H	35	3300	60	9
H70	H	35	3300	60	9
D70	H	35	3300	60	9
H75	H	35	3300	60	9
D75	H	35	3300	60	9
Jalonné	Jalonné	-	2840	70	7
Open Long	Open Long	-	6530	150	13
Open Medium	Open Moyen	-	3590	90	9
Open Short	Open Court	-	2980	50	6

Event details DAY 3

You will be running on private land, thanks to the permission of local landowners and land users. Please treat the terrain with due respect.

Starts: Please note there are 2 different starts




Start 1: 600 m from the race arena – H/D10 ; H/D12 ; H/D14 ; H/D16A ; H/D16B ; H/D18B ; D21C ; H/D40C ; D55. H/D60 ; H/D65 ; H/D70 ; H/D75 ; Waymarked (Jalonné) ; Short Open ; Medium Open ; Long Open


Start 2: 2300 m from the race arena – H/D18A ; H/D20A ; H/D20E ; H/D21A ; H/D21E ; H21C ; H/D35 ; H/D40 ; H/D45 ; H/D50 ; H55

Road: the RD77 is partially closed to vehicle traffic; take care, you do not have priority over other road users. **The route to the start takes you along this road. There is a road crossing for courses concerned by start 1. Please comply with the marshal's instructions.**

Out of bounds areas: these are marked on the map with the out-of-bounds symbol, vertical purple lines. They consist of cultivated land or hay meadows. You must not cross these areas. Anyone caught doing so will be disqualified from the event.

Fences: There are many fences on your courses. Please do not damage them, in particular do not place your foot on them in order to climb over.

- Electric fences, easy to cross, are shown on the map with the ruined fence symbol 
- These fences will be switched off on the day of the event.
- Woven wire livestock fences. These are high (from 80 to 120 cm) and can be difficult to cross. They are shown on the map using the crossable fence symbol 
- Crossing points have been installed in places, shown by the crossing point symbol . They are not mandatory, just recommended. They consist of openings in the fence, or wooden pallets or posts to help to you cross.

Dangerous areas: the terrain has a number of dangerous rock chasms. These are indicated on the map with the purple “dangerous area” overprint symbol . They are not taped off in the forest.

Maps at the finish: as this is a WRE, maps will be collected in at the finish. You will be able to get the maps back at registration/enquiries once the last start time for the elite classes has passed (D21E & H21E).

Distances : the finish corridor has been extended.

Shoes : During the O'France 5 days, the terrain consists of magnificent limestone areas. For your comfort and for environmental protection reasons, we strongly recommend that you use normal running or trail-running shoes. However, metal-studded orienteering shoes are also tolerated.

Courses A, Abis, B, Bbis, C, D, E, F1, F2: full leg cover is obligatory, it is also strongly recommended that you wear a long-sleeved shirt. You will be running in an area that in 2015 was heavily infested with pine processionary caterpillars. Even if the caterpillars have since hatched into moths, their hairs remain on the vegetation and can still cause a strong skin irritation. Do not touch any of their nests that may have fallen on the ground.

Vegetation



Bushes or small trees



areas with numerous box tree bushes

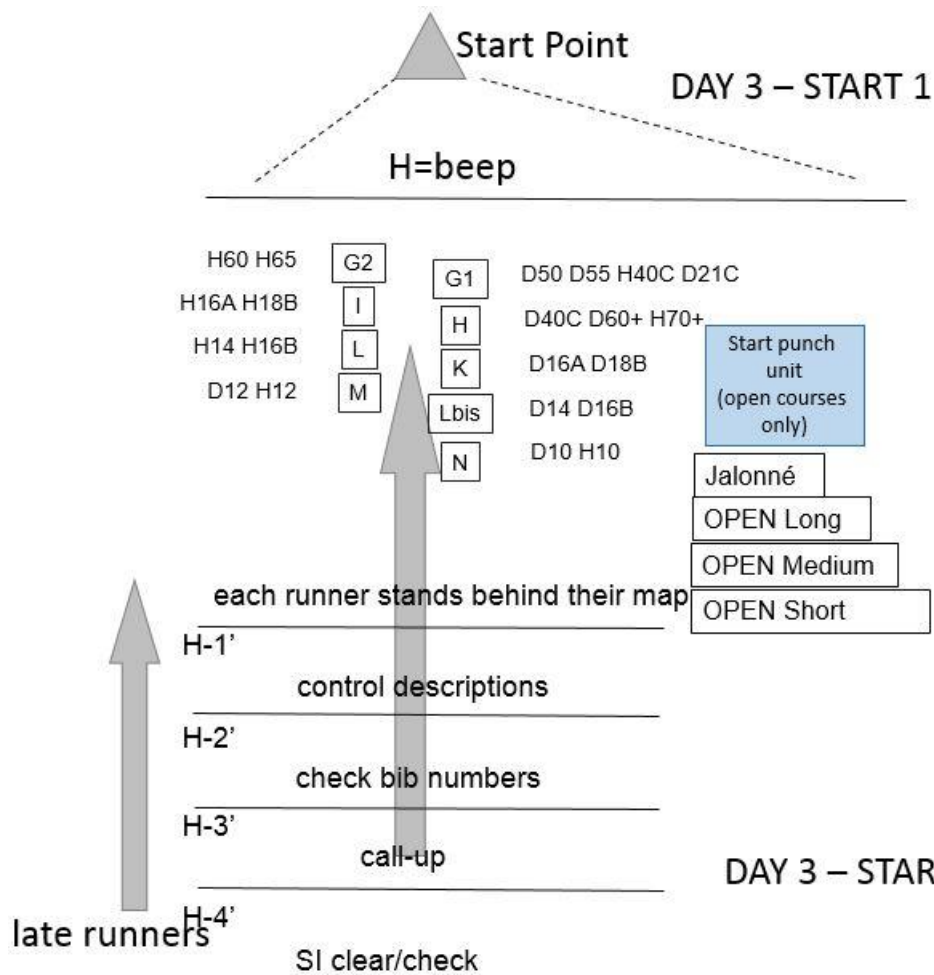
After a wet spring, the grass has grown strongly and paths are less visible.

Drinks stations: there will be no drinks stations on the courses. You should carry water with you if you need it.

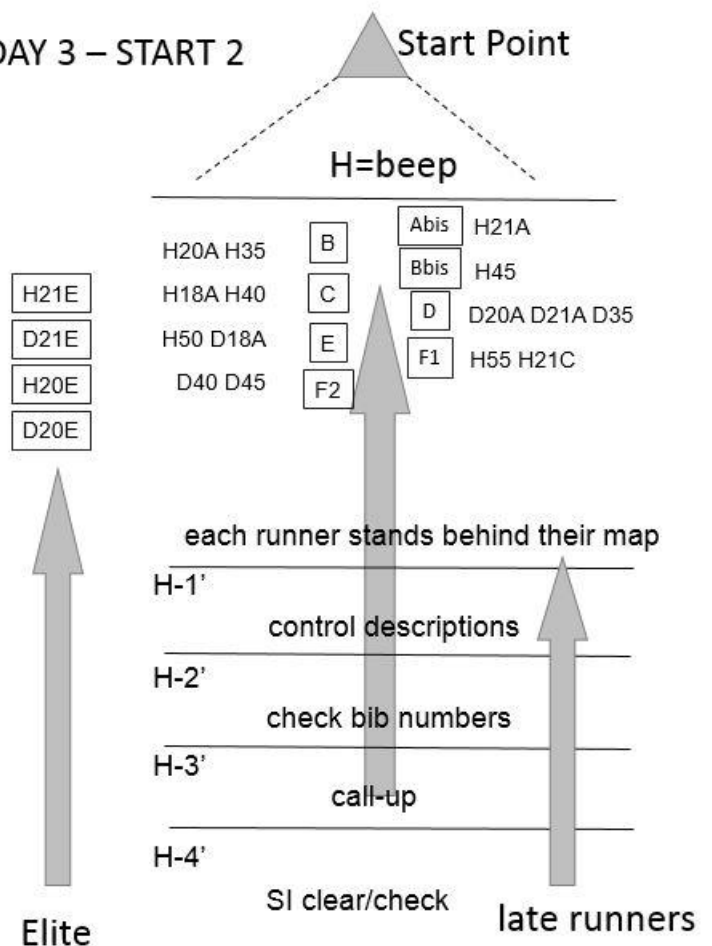
WRE :

- the use of a GPS device is forbidden under IOF rules, unless the device has no display screen and no sound output.
- Control description sheet size: length 17 cm for H21E and 14.5 cm for D21E

Start layout DAY 3



DAY 3 – START 2



DAY 3						
Classes	Course	Estimated winning time (min)	Course length (m)	Climb (m)	Controls	Start
H 10	N	20	2100	40	9	1
D 10	N	20	2100	40	9	1
H12	M	25	2690	40	12	1
D12	M	25	2690	40	12	1
H14	L	25	3030	70	15	1
D14	Lbis	25	2530	70	12	1
H16A	I	25	4080	70	18	1
D16A	K	25	3340	60	14	1
H16B	L	25	3030	70	15	1
D16B	Lbis	25	2530	70	12	1
H18A	C	35	4670	80	18	2
D18A	E	35	3530	60	17	2
H18B	I	25	4080	70	18	1
D18B	K	25	3340	60	14	1
H20E	Abis	35	4980	105	22	2
D20E	Bbis	35	4540	90	18	2
H20A	B	35	4850	95	20	2
D20A	D	35	4160	80	17	2
H21E	A	35	5570	115	24	2
D21E	B	35	4850	95	20	2
H21A	Abis	35	4980	105	22	2
D21A	D	35	4160	80	17	2
H21C	F1	30	3230	55	14	2
D21C	G1	30	3010	60	13	1
H35	B	35	4850	95	20	2
D35	D	35	4160	80	17	2
H40	C	35	4670	80	18	2
D40	F2	30	3260	55	14	2
H40C	G1	25	3010	60	13	1
D40C	H	25	2370	50	13	1
H45	Bbis	35	4540	90	18	2
D45	F2	30	3260	55	14	2
H50	E	30	3530	60	17	2
D50	G1	25	3010	60	13	1
H55	F1	30	3230	55	14	2
D55	G1	25	3010	60	13	1
H60	G2	25	3040	60	13	1
D60	H	25	2370	50	13	1
H65	G2	25	3040	60	13	1
D65	H	25	2370	50	13	1
H70	H	25	2370	50	13	1
D70	H	25	2370	50	13	1
H75	H	25	2370	50	13	1
D75	H	25	2370	50	13	1
Jalonné	Jalonné	-	1990	20	7	1
Open Long	Open Long	-	5070	100	21	1
Open Medium	Open Moyen	-	3740	40	14	1
Open Short	Open Court	-	2340	40	9	1

Days 4 & 5 – Le Guilhaumard

15/16 July 2016

	Day 4	Day 5
	15/07/16	16/07/16
Format	Middle distance	Long distance
Planner	Amadou André SYLLA	Ludovic RUIZ
Controller	JC PEREIRA	Daniel Poëdras (trainee) Philippe POGU
Referee	Serge BLASCO	Serge BLASCO
Map	Plo de las Conquas Scale: 1:7500 Contours: 5 m	Le Guilhaumard Scale: 1:7500 Contours: 5 m
Survey & cartography	ARCANIS (2008) – Updated 2016 by Dionisie ROSCA	
Terrain	Limestone cause, boulders, boxwood	
Registration	7h-14h	
1st start	8h30	
Chasing start	-	From 10h onwards, depending on age class
Prizegiving	14h00	14h00
Courses close	15h00	16h

Access:

Roadsigns from: A75 motorway exit 48

GPS coordinates for car parking: 43.840871, 3.183722

Natura 2000

The landscapes of the Grands Causses are renowned for their wealth of endemic species. You will be running in an area with several sites listed for their protected flora and fauna. The plants and flowers and their natural ecosystems are rare and fragile, and the animals are sensitive to any disturbance.

The Plateau du Guilhaumard is also a protected site for its remarkable landscapes.

Please follow these simple rules to help us preserve this exceptional area:

If you see any animals, please don't try to approach them or do anything that might cause them to panic.

The plant life has a tough time growing on this rocky landscape and poor soil, please don't pick or trample any plants.

Take your waste away with you: litter is harmful for the environment and can cause injury to wildlife and to domestic animals.



ARENA Days 4 & 5



Event details DAY 4

You will be running on private land, thanks to the permission of local landowners and land users. Please treat the terrain with due respect.

Fences: There are many fences on your courses. Please do not damage them, in particular do not place your foot on them in order to climb over.

- Electric fences, easy to cross, are shown on the map with the ruined fence symbol 
- These fences will be switched off on the day of the event.
- Woven wire livestock fences. These are high (from 80 to 120 cm) and can be difficult to cross. They are shown on the map using the crossable fence symbol 

Vegetation




Bushes or small trees



Areas with numerous box tree bushes

After a wet spring, the grass has grown strongly and paths are less visible.

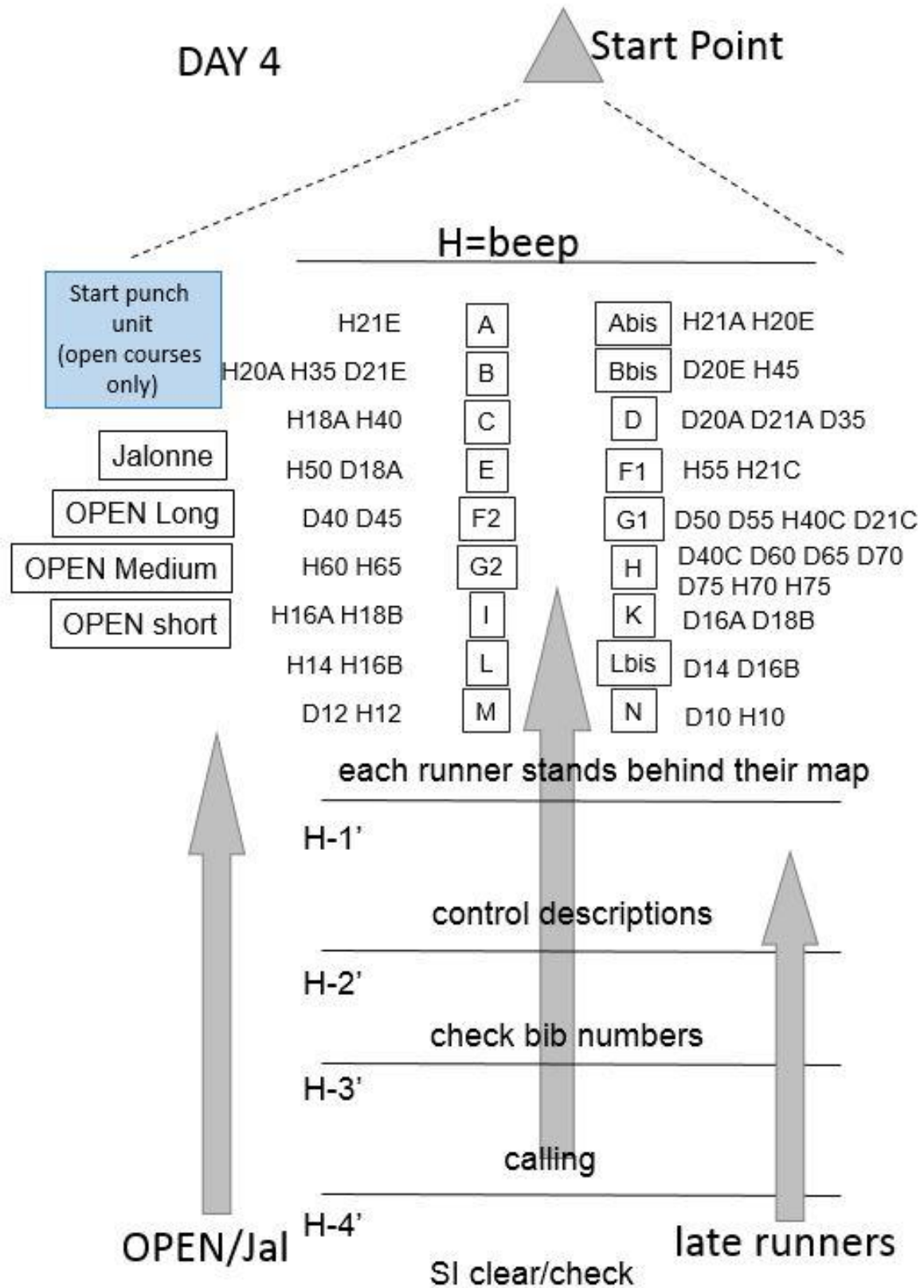
Dangerous areas: the terrain has a number of dangerous rock chasms. These are indicated on the map with the purple “dangerous area” overprint symbol ..... They are not taped off in the forest.

Maps at the finish: you will be allowed to keep your map after reaching the finish. Please respect the spirit of fair-play and do not show your map to runners that have yet to start their course.

Shoes: you will be running on limestone areas listed and protected under environmental legislation. For your comfort and for environmental protection reasons, we strongly recommend that you use normal running or trail-running shoes. However, metal-studded orienteering shoes are also tolerated

Drinks stations: there will be no drinks stations on the courses. You should carry water with you if you need it.

Start layout DAY 4






DAY 4					
Classes	Course	Estimated winning time (min)	Course length (m)	Climb (m)	Controls
H 10	N	20	2100	20	10
D 10	N	20	2100	20	10
H12	M	25	2450	25	13
D12	M	25	2450	25	13
H14	L	25	2750	35	12
D14	Lbis	25	2700	30	12
H16A	I	25	4020	45	17
D16A	K	25	3850	45	15
H16B	L	25	2750	35	12
D16B	Lbis	25	2700	30	12
H18A	C	35	5070	60	22
D18A	E	35	4500	55	18
H18B	I	25	4020	45	17
D18B	K	25	3850	45	15
H20E	Abis	35	5530	70	24
D20E	Bbis	35	4920	60	19
H20A	B	35	4920	60	21
D20A	D	35	5170	60	20
H21E	A	35	6140	80	23
D21E	B	35	4920	60	21
H21A	Abis	35	5530	70	24
D21A	D	35	5170	60	20
H21C	F1	30	3930	55	18
D21C	G1	30	3210	50	15
H35	B	35	4920	60	21
D35	D	35	5170	60	20
H40	C	35	5070	60	22
D40	F2	30	3980	55	17
H40C	G1	25	3210	50	15
D40C	H	25	2620	40	12
H45	Bbis	35	4920	60	19
D45	F2	30	3980	55	17
H50	E	30	4500	55	18
D50	G1	25	3210	50	15
H55	F1	30	3930	55	18
D55	G1	25	3210	50	15
H60	G2	25	3280	50	15
D60	H	25	2620	40	12
H65	G2	25	3280	50	15
D65	H	25	2620	40	12
H70	H	25	2620	40	12
D70	H	25	2620	40	12
H75	H	25	2620	40	12
D75	H	25	2620	40	12
Jalonné	Jalonné	-	1980	25	7
Open Long	Open Long	-	5130	55	18
Open Medium	Open Moyen	-	3490	45	13
Open Short	Open Court	-	2610	30	12

Event details DAY 5

You will be running on private land, thanks to the permission of local landowners and land users. Please treat the terrain with due respect.

Out of bounds areas: these are marked on the map with the out-of-bounds symbol, vertical purple lines. You must not cross these areas. Anyone caught doing so will be immediately disqualified from the event

Fences: There are many fences on your courses. Please do not damage them, in particular do not place your foot on them in order to climb over.

- Electric fences, easy to cross, are shown on the map with the ruined fence symbol 
- These fences will be switched off on the day of the event.
- Woven wire livestock fences. These are high (from 80 to 120 cm) and can be difficult to cross. They are shown on the map using the crossable fence symbol 
- Crossing points have been installed in places, shown by the crossing point symbol . They are not mandatory, just recommended. They consist of openings in the fence, or wooden pallets or posts to help to you cross.

Vegetation




Bushes or small trees



Areas with numerous box tree bushes

After a wet spring, the grass has grown strongly and paths are less visible.

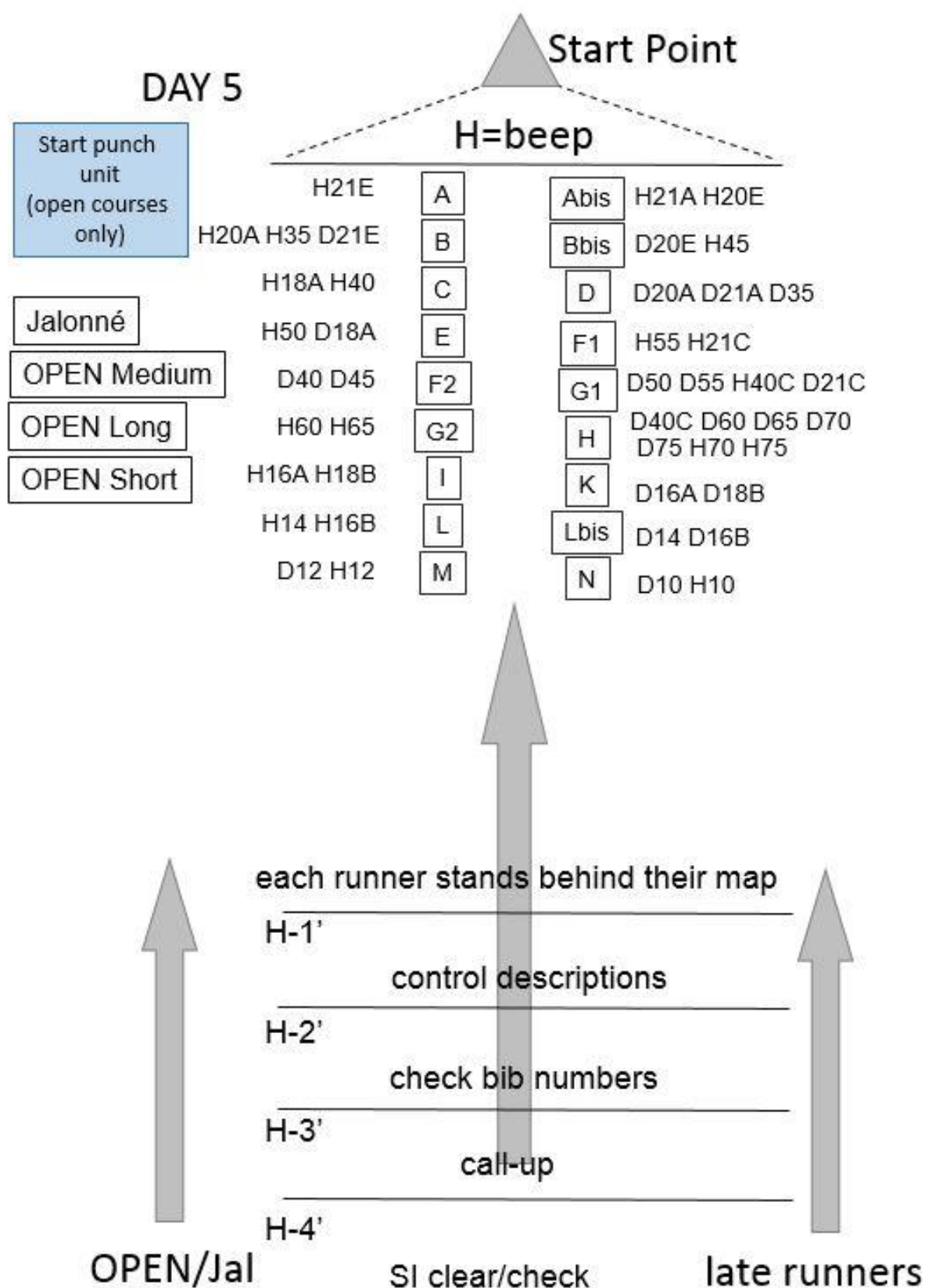
Dangerous areas: the terrain has a number of dangerous rock chasms. These are indicated on the map with the purple “dangerous area” overprint symbol . They are not taped off in the forest.

Maps at the finish: you will be allowed to keep your map after reaching the finish. Please respect the spirit of fair-play and do not show your map to runners that have yet to start their course.

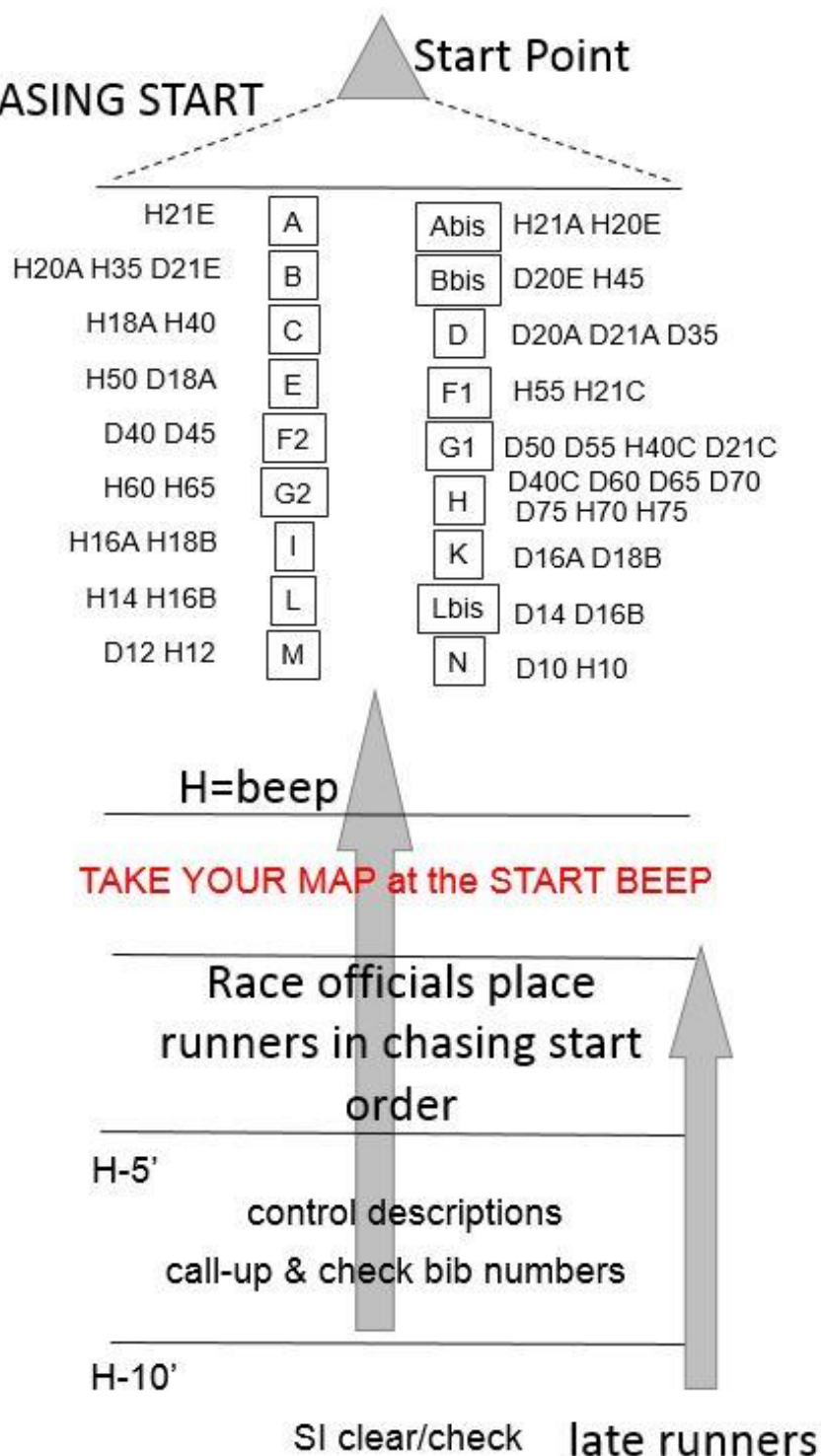
Shoes: you will be running on limestone areas listed and protected under environmental legislation. For your comfort and for environmental protection reasons, we strongly recommend that you use normal running or trail-running shoes. However, metal-studded orienteering shoes are also tolerated

Drinks stations: there will be no drinks stations on the courses. You should carry water with you if you need it.

Start layout DAY 5



DAY 5 – CHASING START



DAY 5					
Classes	Course	Estimated winning time (min)	Course length (m)	Climb (m)	Controls
H 10	N	20	2200	50	9
D 10	N	20	2200	50	9
H12	M	30	2600	60	10
D12	M	30	2600	60	10
H14	L	40	4000	140	13
D14	Lbis	35	3500	120	10
H16A	I	55	5700	200	17
D16A	K	45	4300	130	11
H16B	L	40	4000	140	13
D16B	Lbis	35	3500	120	10
H18A	C	60	7500	280	15
D18A	E	50	4700	190	10
H18B	I	55	5700	200	17
D18B	K	45	4300	130	11
H20E	Abis	70	9500	320	17
D20E	Bbis	60	6200	250	15
H20A	B	65	7500	280	17
D20A	D	55	5200	225	14
H21E	A	90	12900	490	25
D21E	B	65	7500	280	17
H21A	Abis	70	9500	320	17
D21A	D	55	5200	225	14
H21C	F1	50	4100	160	11
D21C	G1	40	3700	110	11
H35	B	65	7500	280	17
D35	D	55	5200	225	14
H40	C	60	7500	280	15
D40	F2	50	4100	160	11
H40C	G1	40	3700	110	11
D40C	H	35	2500	80	9
H45	Bbis	60	6200	250	15
D45	F2	50	4100	160	11
H50	E	50	4700	190	10
D50	G1	40	3700	110	11
H55	F1	50	4100	160	11
D55	G1	40	3700	110	11
H60	G2	40	3800	110	11
D60	H	35	2500	80	9
H65	G2	40	3800	110	11
D65	H	35	2500	80	9
H70	H	35	2500	80	9
D70	H	35	2500	80	9
H75	H	35	2500	80	9
D75	H	35	2500	80	9
Jalonné	Jalonné	-	2400	40	8
Open Long	Open Long	-	5900	205	16
Open Medium	Open Moyen	-	3800	135	13
Open Short	Open Court	-	2600	60	11



The **jalonné** course



This is a TRUE/FALSE course. Follow the taped markers (jalons) all the way, **don't take any short cuts.**

After picking up your map, you'll come to a first control with no electronic punching box or pin punch. On your map, you are at the start triangle.



Now follow the taped markers. You will encounter other controls: some of them are marked on your map, some of them are not.

If the control you see **is** on your your map, you should punch it.

If it is **not** on your map, don't punch it.

Take care to punch the correct controls: Your control descriptions won't include the control code numbers

