

SWEDEN, KARLSKRONA
27 th JUNE - 5 th JULY



BULLETIN 2



WELCOME	3
1. ORGANISATION AND CONTACT	6
1.1 ORGANISING COMMITTEE	6
1.2 CONTACT INFORMATION.....	6
2. EVENT PROGRAMME.....	7
3. VENUES, ACCESS AND TRANSPORT	8
3.1 VENUE	8
3.2 ACCESS AND TRANSPORT	9
4. EVENT CENTRE (EVENT OFFICE).....	10
5. ENTRY.....	11
5.1 ENTRIES AND ENTRY DEADLINES.....	11
5.2 ENTRY FEES	12
5.3 PAYMENT DETAILS	12
6. ACCOMMODATION AND FOOD.....	13
7. EMBARGOED AREAS.....	15
7.1 EMBARGOED AREAS INFORMATION	15
8. TRAINING.....	17
8.1 OFFICIALS TRAINING CAMPS.....	17
8.2 TRAINING MAPS AND AREAS	18
9. RULES AND GENERAL INFORMATIONS	19
9.1 COMPETITION RULES	19
9.2 CLASSES AND PARTICIPATION RESTRICTIONS	19
9.3 ANTI-DOPING	19
9.4 INSURANCE	19
9.5 CLIMATE & HAZARDS.....	19
9.6 VISA	20
10. MEDIA	20
10.1 MEDIA INFORMATION.....	20
11. COMPETITION INFORMATIONS.....	20
11.1 PUNCHING AND TIMING.....	20
11.2 CLOTHING AND FOOTWEAR	20
12. EVENT INFORMATIONS.....	21
12.1 SPRINT DISTANCE	21
12.2 SPRINT RELAY	21

BULLETIN 2

12.3 LONG DISTANCE.....	22
12.4 MIDDLE DISTANCE.....	22
12.5 RELAY	23
<u>13. PUBLIC RACES.....</u>	<u>24</u>
13.1 PROGRAMME PUBLIC RACES	24



WELCOME

Dear participants, supporters, visitors and lovers of orienteering.

It is with great pleasure that we, the municipality of Karlskrona, would like to welcome all of you for the Junior World Orienteering Championships 2026. Together with the Swedish Orienteering Federation as well as our local club OK Orion we are proud to be hosting this championship and make it the best experience possible together with all of you.

We look forward to welcoming you to our UNESCO World Heritage city during your stay. We would also like to wish the best of luck for all the competitors – may the best athletes win!

Emma Swahn Nilsson

Mayor, Municipality of Karlskrona



It is with great pride and joy that we welcome you to Karlskrona for the Junior World Orienteering Championships 2026! Karlskrona, a city rich with history and surrounded by beautiful archipelagos is the perfect place for this prestigious event. We are proud to host an event that brings together young orienteers from around the world.

Karlskrona not only offers challenging and varied terrain and forests for the competitions but also, with its charming streets, beautiful parks, and historic buildings, provides a fantastic environment to explore and enjoy. Whether you are here to compete, support your teammates, or simply enjoy the atmosphere, we hope that this will be an unforgettable experience for everyone.

Welcome to Karlskrona and good luck in the competitions!

Anders Sahlén

President of the Swedish Orienteering Federation



On behalf of OK Orion, I welcome you to exciting visits in the most south-east part of Blekinge, Sweden.

The regional Blekinge Orienteering Federation clubs have over the years held several major orienteering events in various terrains providing a diverse range of orienteering challenges. This knowledge and competence will be used when preparing the JWOC 2026 event.

For OK Orion it is a privilege inviting you to JWOC 2026 and we are committed to enable athletes and coaches to prepare as efficiently as possible in collaboration with clubs in Blekinge.

We look forward to meeting you all, athletes, coaches, supporters, and families creating memories during a fantastic JWOC week of experiences in Karlskrona county the summer 2026.

Martin Johansson
Event Director



1. ORGANISATION AND CONTACT

1.1 ORGANISING COMMITTEE

Event Director	Martin Johansson	martin.johansson@jwoc2026.se
Sports Director	Pontus Petersson	pontus.petersson@jwoc2026.se
Training	Pontus Petersson	pontus.petersson@jwoc2026.se
Accommodation	Martin Johansson	martin.johansson@jwoc2026.se

Event Advisers

Senior Event Adviser	Roman Zbranek (CZE)	roman.zbranek@gmail.com
Ass. Senior Event Adviser	Daniel Wolf (CZE)	daniel.wolf@ceskyorientak.cz
National Controller	Lennart Smedenmark	lennart.smedenmark@outlook.com

1.2 CONTACT INFORMATION

Official information

Competition site: [IOF Eventor](https://iof-eventor.com)
Website: www.jwoc2026.se

Event Contact

Event director:
Email: martin.johansson@jwoc2026.se
Phone: +46708309601

Contact Swedish Orienteering Events:

Mikael Jansson
Email: mikael.jansson@orientering.se
Phone: +46702700956

Contact address

JWOC Office:
OK Orion
Furudalsvägen 42, 373 74, Jämsjö, Sweden

Main Office:

Svensk Orienteering Events AB, SOFT
c/o Bauhaus Sickla, Sickla Allé 2-4, 131 65 Nacka, Sweden
info@orientering.se



2. EVENT PROGRAMME

Day	Date	Event
Saturday	27 th June	Arrival, Model Events
Sunday	28 th June	Model Events
Monday	29 th June	Sprint, Opening Ceremony
Tuesday	30 th June	Sprint Relay
Wednesday	1 st July	Long
Thursday	2 nd July	Rest day
Friday	3 ^d July	Middle
Saturday	4 th July	Forest Relay, Closing Ceremony
Sunday	5 th July	Departure



3. VENUES, ACCESS AND TRANSPORT

3.1 VENUE

Karlskrona

Karlskrona, is a municipality and city in the region of Blekinge, located in the south-east corner of Sweden, right by the Baltic Sea archipelago.

Karlskrona was founded back in 1680 as Sweden's new primary naval base, which it still serves as today. The naval base is a major part of the Karlskrona central island Trossö and its marine history and culture, as well as historical features are visible all over the area and the archipelago. For this reason, Karlskrona is listed on the Unesco World Heritage site since 1998.

The region of Blekinge is well known in the Swedish orienteering community for providing unusually many varying terrain types, all high quality, which is one of the reasons why the region has fostered several national and international top orienteers, as well as a very strong orienteering community, including the JWOC organizing club OK Orion.

Come visit the wonderful and challenging orienteering terrains and World Heritage City of Karlskrona and Blekinge in 2026!



BULLETIN 2

3.2 ACCESS AND TRANSPORT

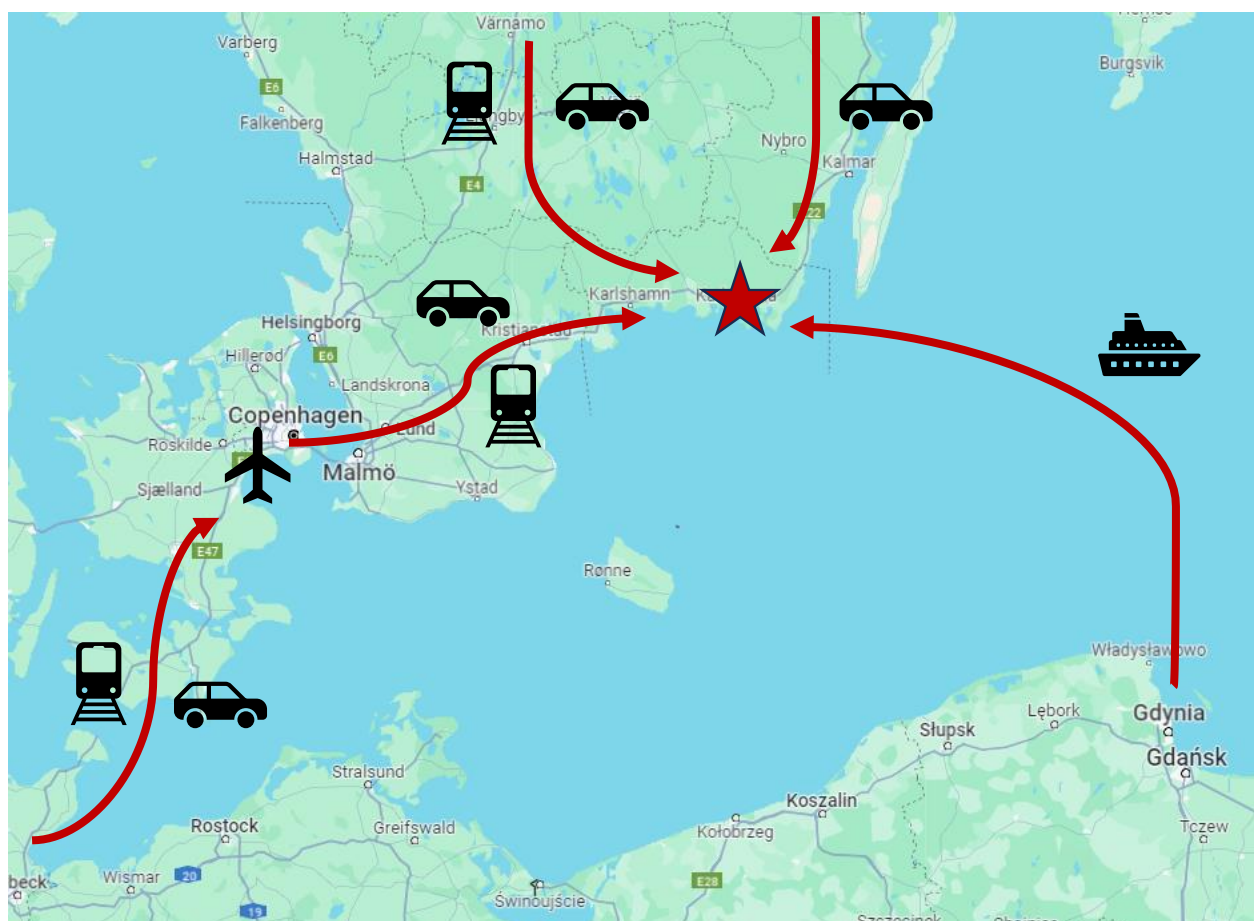
Nearest major airport is [Kastrup Airport](#), Copenhagen, Denmark (235 km from the Event Centre). Transport to and from the Event Centre from Kastrup is recommended by train (3 h).

Nearest railway station is [Karlskrona Centralstation](#) (1 km from the Event Centre).

Nearest ferry dock is [Stena Line Karlskrona Färjeterminal](#). (11 km from the Event Centre) Ferry traffic is operated from Gdynia, Poland by [Stena Line](#).

Teams are encouraged to use their own transportation throughout the whole of JWOC event. We recommend transport by car/minibus during the JWOC event.

There is no form of transport service planned for travelling to competitions, model events, and quarantines.



4. Event Centre (Event Office)

The Event Centre and Event Office will be in the Brinova Arena Karlskrona, a sports, restaurant and conference arena in the western part of central Karlskrona.

Address: Björkholmskajen 3, 371 36 Karlskrona

[GPS Coordinates](#): 56.1629, 15.5759

At the Event Centre there will be:

- JWOC Event Office
- Team Official Meetings
- Ceremonies
- Social gathering areas
- Sports arena available for Teams



5. Entry

5.1 ENTRIES AND ENTRY DEADLINES

All entries for JWOC 2026 in Karlskrona, Sweden are to be made in [IOF Eventor](#).

The **entry form** will be available from **15th January 2026**.

The following information shall be given:

- Team manager (chosen from list in IOF Eventor)
- Number of Team athletes (Men and Women)
- Number of Team officials (There is no maximum number of officials per team)
- Number of Team athletes in the individual races (Federation Quota will be published by IOF)
- Number of teams for the relay (maximum 2 men's relay and 2 women's relay)
- Number of teams for the sprint relay (maximum 3 teams)
- Ordering of rental SIAC cards

The deadline for **Team Size Entry** is **29th April 2026**

Registrations after 29th April and before 17th June will be increased by 20% and cancellations will be refunded by 80%.

Registrations after 18th June 2026 will be increased by 50%.

There will be no refunds on cancellations after 17th June 2026.

The deadline for **Team Names Entry** is **17th June 2026**.

The following information shall be given:

- Name of each Team athlete by selecting from federation members in IOF Eventor
- Names of team officials

Name changes after 17th June 2025 and before 27th June 2025 will be charged 10 € for each athlete.

	2026-01-15	2026-04-29 2026-05-10	2026-05-19	2026-06-17 2026-06-18	2026-06-27 2026-06-28	
Team Size Entry Periods	Team Size	+ 20% (80% refund)	+ 50% (No refunds)			Event
Team Names Entry Periods	Team Names			+ 10 EURO		
Payment schedule	Payment					

If procedure for name change and communication of changes after the deadline will happen, it will be communicated in the Bulletin 3.

BULLETIN 2

5.2 ENTRY FEES

Category	Fee
Accreditation – Team Official	90 Euro
Accreditation – Athletes	90 Euro
Entry fee – Individual sprint, middle, long *	55 Euro
Entry fee – Relay sprint, forest *	50 Euro
SIAC card rent**	40 Euro
JWOC closing party	Included in accreditation fee
IOF Family, Guests, Partners and Media	No accreditation fee

* *Per race and runner*

** *Per runner per week*

Accreditation fee for team officials covers model events, parking at the arenas and closing party. The pre-ordered rental SIAC cards will be handed out in the Event Office as a part of the accreditation.

A team manager shall return all rented SIAC cards at the Event office after the last race.

Any missing or lost SIAC-card will be charged with a fee of 60,00 €.

SIAC cards must be ordered with team size entry (29th April 2026).

5.3 PAYMENT DETAILS

Payment must be credited to the organizer's account no later than the **19th May 2026**.

Full payment is required to consider an entry as valid.

Invoices will be issued at the end of April 2026.

All bank fees and charges must be covered by the payer.

Payment must be made by bank transfer to the following bank details:

Bank details

Swift: HANDSESS

Iban: SE35 6000 0000 0001 2617 7511

Bank: Svenska handelsbanken



6. ACCOMMODATION and FOOD

Accommodation

The Scandic Hotel in Karlskrona is the official accommodation for JWOC 2026 athletes and leaders, IOF members, VIP persons and accredited media representatives.

Scandic Hotel is close by the event office in Brinova Arena where you can pick up your accreditation card, training maps etc.

Scandic offer national teams' special accommodation prices during JWOC period from June 27th 2026 until July 4th 2026. Additional dates are on request and subject to availability.

- Standard 1 guest room, 1400 SEK per room/night, including breakfast
- Standard 2 guest room, 1500 SEK per room/night, including breakfast
- Standard 3 guest room, 1700 SEK per room/night, including breakfast
- Standard 4 guest room, 1950 SEK per room/night, including breakfast

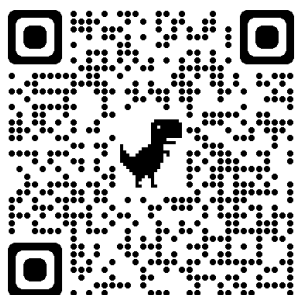
The room accommodation offer with above prices are valid for bookings done by **March 31st 2026**, the latest. Free rooms will be released for sale after that date.

Dinner and lunch can also be provided by Scandic, price for a sport meal is 169 SEK per person/meal/day.

For groups with accommodation request including meals of 8 persons and more and if the group is more than 10 persons without meals, send the booking request to sport.sweden@scandichotels.com.

Include the **code 97973062** in e-mail request and state team name, number of persons, room distribution, accommodation dates, if meal requested add dates, dinner and/or lunch and any allergies, booking order contact person and contact information.

Booking of 1-10 persons, without meal (dinner/lunch), can be done on [Scandic homepage](#) direct, use the **code BOKO290626**. Normal Scandic booking and payment terms and conditions.



BULLETIN 2

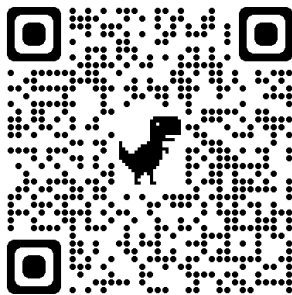
The cost of reasonable accommodation in Karlskrona area varies normally from 50 to 150 euros per night and person depending on desired standard. Teams can book and manage accommodation on their own, ensure accommodation is outside embargoed areas. Booking of accommodation is handled separately from the event entry. Other accommodation alternatives in Karlskrona can be found via the [Tourist Information Centre](#), see link.

If your team has specific needs, you can send questions to accommodation@jwoc2026.se for additional guidance.

Food

Karlskrona city with surroundings have a large variety of restaurants that offer lunch and dinner in different price ranges, 12 to 50€, many with menus based on local ingredients. Alternatives for food allergies are offered by many restaurants, just ask for more information. Cost for a normal lunch are in the range of 15 euro per person, 2025 prices.

Lunch food will be offered to teams during competition days, either in the competition arena with dedicated services or with a packed lunch in quarantine. Prices will be communicated in Bulletin 3 and will be approximately 10-12 € per person per day.



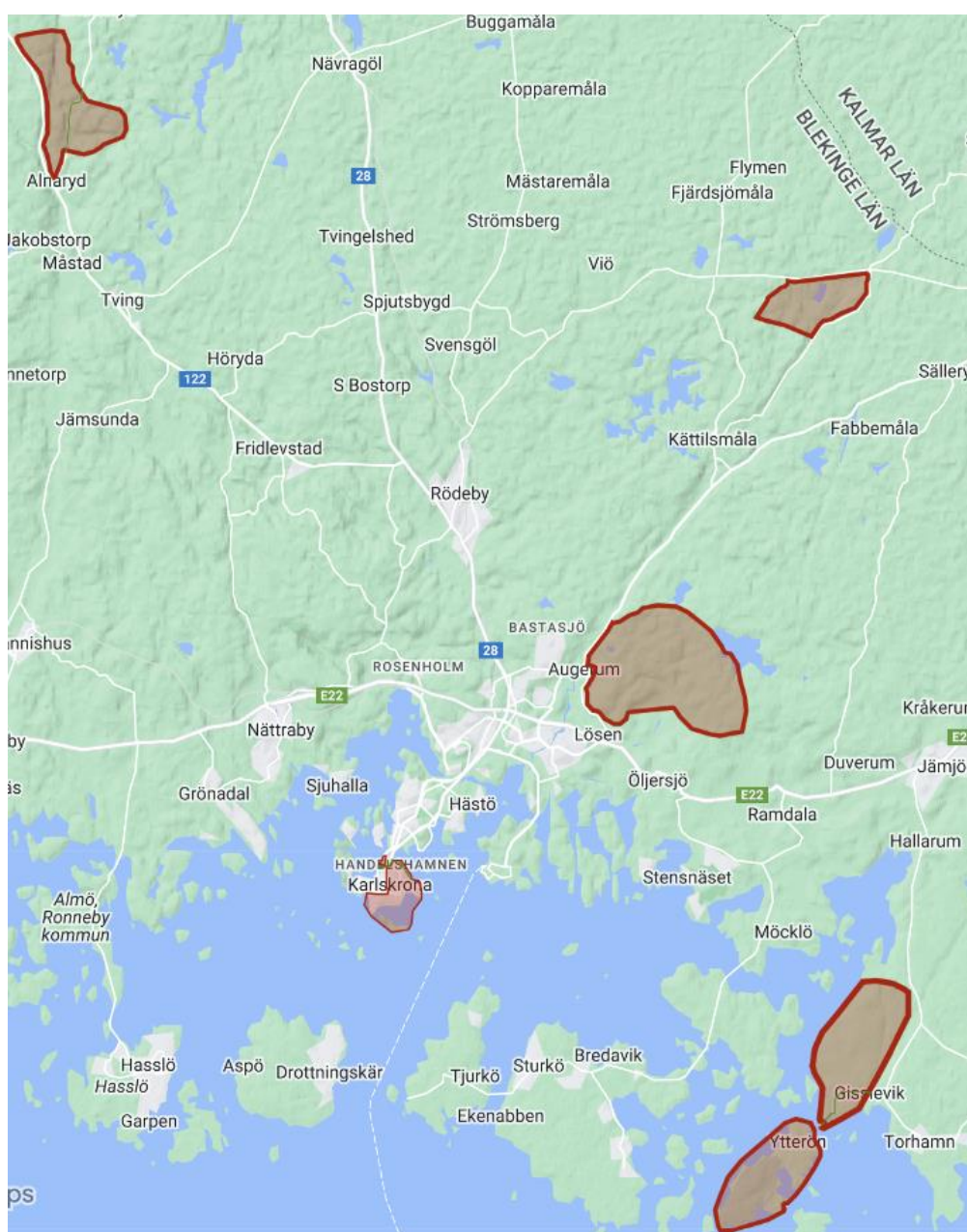
7. EMBARGOED AREAS

7.1 EMBARGOED AREAS INFORMATION

According to the IOF Competition Rules (§ 26.5), embargoed areas are forbidden for all potential JWOC 2026 athletes, team officials and other persons, who, through knowledge of the terrain, may influence the results of the competitions. Forest embargoed areas are 'strict embargo', sprint embargo has special restrictions to make accommodation available within the embargoed area.

More information and maps are available on the [IOF Eventor](#).

[Direct link](#) to detailed map of the embargoed areas.



Sprint areas

- Trossö

Forest areas

- Alnaryd
- Bussevik
- Lösen
- Måsegölen
- Ytterön

Previous orienteering maps are available for embargoed areas Trossö (sprint), Alnaryd, Lösen and Bussevik and are found on [IOF Eventor](#).



8. TRAINING

8.1 OFFICIALS TRAINING CAMPS

Two official training camps will be held before JWOC 2026, including both relevant training maps with marked controls as well as JWOC-relevant competitions. The first official training camp will be organized in Karlskrona in the period 29th October to 2nd November 2025.

If you need support to find appropriate accommodation during training camps, send your questions to accommodation@jwoc2026.se for additional guidance.

Day	Training / Competition
Wednesday 29/10 - AM	Long distance - Tornby
Wednesday 29/10 - PM	Middle distance - Färskesjön
Thursday 30/10 - AM	Middle distance - Lyckåborg
Thursday 30/10 - PM	Sprint - Pantarholmen
Friday 31/10 - AM	Long distance - Färskesjön
Friday 31/10 - PM	Sprint - Björkholmen
Saturday 1/11	National competition long distance – Ulvasjömåla (SI)
Sunday 2/11	National competition middle distance – Ulvasjömåla (SI)

The second official training camp will be organized in Karlskrona in the period 11th to 15th March 2026.

Day	Training / Race
Wednesday 11/3	2 trainings
Thursday 12/3	2 trainings
Friday 13/3	2 trainings
Saturday 14/3	National competition middle distance – Tvisten (SI)
Sunday 15/3	National competition long distance – Tvisten (SI)

Entries

If you want to join the Official Training Camp no.1 we kindly ask you to book the training before Sunday 19th of October at 23:59 and for Official Training Camp no.2 we want you to book the training before Sunday 1st of March at 23:59. You register for the training via email pontus.petersson@jwoc2026.se

On Saturday 1st of November and Sunday 2nd of November there will be National competitions. You can find more information and register for the competitions via Eventor. Saturday long distance - <https://eventor.orientering.se/Events/Show/49293> . Sunday middle distance - <https://eventor.orientering.se/Events/Show/49294>



BULLETIN 2

8.2 TRAINING MAPS AND AREAS

Training maps will be available also outside the official training camps.

To order trainings or in case of any questions contact us at pontus.petersson@iwoc2026.se

Nr	Area	Type of training	Mapper
1	Dragda	Long distance	Kent Olsson
2	Dragda	Orienteering-intervals	Kent Olsson
3	Kråkerum	Corridor	Kent Olsson
4	Färskejön	Middle distance	Kenneth Kajsajunti
5	Färskejön	One-man relay	Kenneth Kajsajunti
6	Färskejön	Long distance	Kenneth Kajsajunti
9	Björkholmen	Forked sprint intervals	Pontus Petersson
10	Pantarholmen	Sprint	Pontus Petersson
11	Pantarholmen	Forked sprint interval	Pontus Petersson
12	Hallarum	Middle distance	Perola Olsson
13	Hallarum	Corridor	Perola Olsson
14	Tornby	Short long distance	Perola Olsson
15	Tornby	Orienteering-intervals	Perola Olsson

A more detailed description of available areas and exercises is available in latest Training Bulletin.

Please order your training maps at least 10 days before your arrival. You will receive the ordered maps at Orionstugan (<https://maps.app.goo.gl/tuSYZjsRsPg8Mfc77>) or by individual agreement. Enter responsible person or association, address and e-mail for invoicing in connection with order.

Costs

You have different possibilities to buy maps for training:

- Printed map with official training course: 70 SEK per athlete/training
- Purchase of the map file (OCAD): 3 000 SEK per team + 30 SEK per athlete/training

Payment is made by invoice, which is sent to the person ordering the training products.

Invoice is to be paid within 30 days.



9. RULES AND GENERAL INFORMATION

9.1 COMPETITION RULES

The complete rules for the Junior World Orienteering Championship 2026 consist of IOF competition rules. Latest versions of the rules are found on the [IOF webpage](#).

9.2 CLASSES AND PARTICIPATION RESTRICTIONS

There are two classes, WOMEN and MEN. Participation restrictions, classes and qualification system will follow the IOF Rules for JWOC for 2026. All competitors must be born in 2006 or after and must be full passport-holding citizens of the country they are representing.

9.3 ANTI-DOPING

Doping is strictly forbidden, and the organizers of the JWOC 2026 are dedicated to supporting the Anti-Doping authorities in their work. Doping controls are always carried out in accordance with the procedures described in the WADA International Standard of Testing and Investigations. The IOF Anti-Doping rules and the World Anti-Doping Code 2021 apply. Athletes who are selected for doping control must bring an official identification (with photo) to the doping test area. The athlete should also present the personal therapeutic use exemption (TUE) if applicable. In general, it is advisable that athletes take their ID to all competitions and events. For more information, please consult [IOF Anti-Doping](#)

9.4 INSURANCE

The organizers decline any liability that might occur through participation in the IOF JWOC Events and trainings. Each person participates at her/his own risk and is responsible for her/his own insurance coverage (illness and accident).

9.5 CLIMATE & HAZARDS

The average temperature in Karlskrona for the Event week is 17 degrees Celsius with the temperature varying from 15 – 20 degrees during the day on average, which is ideal conditions for orienteering during summer in Sweden.

In extreme conditions, a dry and hot climate with temperatures reaching slightly over 30 degrees Celsius or unnaturally cold and wet climate with temperatures between 10-15 degrees could be reached.

The average precipitation in Karlskrona during the Event Week in Karlskrona is 50 mm and you can expect 15,5 hours of sunlight each day.

Ticks, carrying Tick-borne encephalitis and Lyme-disease, are present in the forest.



9.6 VISA

According to the current regulations, citizens of some countries must obtain a visa in order to enter Sweden. Please note that conditions of entry to Sweden can change and all potential JWOC participants are advised to keep up to date with the current situation. Please visit [Migrationsverket](https://migrationsverket.se).

10. MEDIA

10.1 MEDIA INFORMATION

Journalists, photographers, camera personnel and social media content creators are welcome. All registrations will be made in [IOF Eventor](https://iof-eventor.com). The entry form will be available from 15th January 2026.

For more information, at this point in time, use Event contacts in chapter 1.3. Further information, instructions and registration deadlines will be part of Bulletin 3.

11. COMPETITION INFORMATIONS

11.1 PUNCHING AND TIMING

SPORTident Air+ will be used for all competitions.

JWOC participants are requested to use their own SIAC-cards as primary SIAC during the event, for sustainability reasons. The organizers will offer SIAC-cards for rent; they can be booked through the IOF Eventor as a service along with team-size-entry. (29th April 2026)

JWOC participants own SIAC card numbers must be given with the Team Names Entry via IOF Eventor at latest by 17th June 2026.

One back-up SIAC-card will be provided by organizers for free (no need to book), as a reserve in case of primary SIAC-card failure. It is not allowed to use this back-up SIAC-card as the primary one and enter its number in IOF Eventor. A team manager shall return all back-up SIAC cards at the Event office after the last race; any missing or lost SIAC-card will be charged with a fee of 60,00 €.

11.2 CLOTHING AND FOOTWEAR

As a complement to the IOF competition rules, all participants **must wear full covering clothes**, except head, neck and arms for forest races, following the Swedish competition rules. This means that runners are **not allowed** to run in shorts and short socks with bare legs in the forest races.

For sprint races there is no regulation regarding clothing. However, shoes with **metal dobbs and spikes are forbidden** for all sprint races and sprint training sessions.



12. EVENT INFORMATION

12.1 SPRINT DISTANCE

Map:	Scale 1:4 000 / Contour interval 2 m
Mapper:	Pontus Petersson
Course setter:	Pontus Petersson & Oscar Johansson
Terrain:	Normal to slightly complex Swedish city structure. Some smaller park areas with scattered trees and bushes and some passable and impassable hedges and other vegetation. Flat to moderately hilly
Winning time:	12-15 min
Preliminary length	Men: 3,8-4,2 km; Women: 3,3-3,7 km



Map examples for Sprint distance and Sprint relay

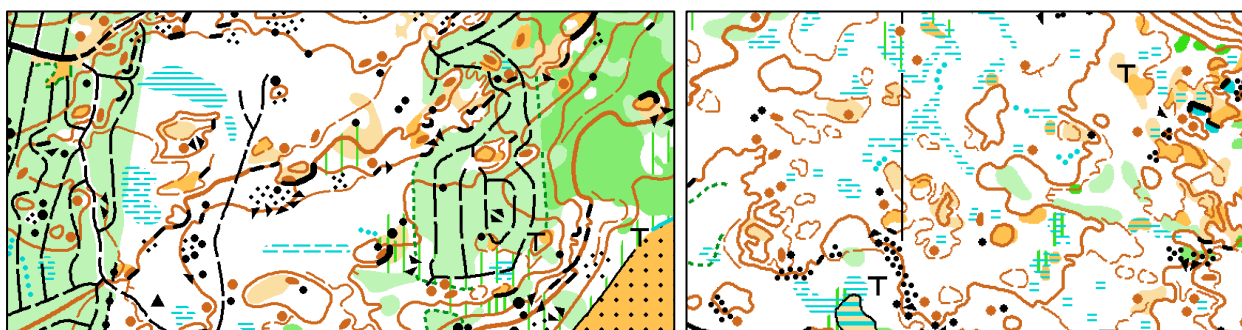
12.2 SPRINT RELAY

Map:	Scale 1:4 000 / Contour interval 2 m
Mapper:	Pontus Petersson
Course setter:	Pontus Petersson & Oscar Johansson
Terrain:	Normal to slightly complex Swedish city structure. Some park areas with grass, scattered trees and bushes and some passable and impassable hedges and other vegetation. Flat to moderately hilly
Winning time:	13-14 min (per leg)
Preliminary length	Men: 3,7-4,1 km; Women: 3,2-3,6 km



12.3 LONG DISTANCE

Map:	Scale 1:15 000 / Contour interval 2,5 m
Mapper:	Perola Olsson
Course setter:	Patrik Sjökvist
Terrain:	Varied vegetation, from beech forest with fast runnability to areas with coniferous forest where the runnability is low. The runnability varies from place to place, from easy to difficult. Mostly normal extent of stones, but with some slopes where there is a high extent of stones. There are some tracks and paths in the area. The terrain is flat to moderately hilly.
Winning time:	70 min
Preliminary length	Men: 12,0-12,6 km; Women: 9,7-10,3 km



Map examples for Long distance, Middle distance and Relay

12.4 MIDDLE DISTANCE

Map:	Scale 1:10 000 / Contour interval 2,5 m
Mapper:	Perola Olsson
Course setter:	Magnus Larsson
Terrain:	The area is wild countryside, mainly forest (pine, oak, beech) with a few small areas of cultural landscape. Areas with rock surfaces occur in the area. Most areas with rock surface have fast runnability and it can be a good tactic to use these areas on certain legs. Between the open rock surfaces, the runnability is mostly high, when not reduced by undergrowth. There are some traces in the terrain from old stone pits, apart from that there are few stones in the area. There are dew tracks in the area. The terrain is flat.
Winning time:	20-25 min
Preliminary length	Men: 4,5-5,1 km; Women: 3,7-4,3 km



12.5 RELAY

Map:	Scale 1:10 000 / Contour interval 2,5 m
Mapper:	Perola Olsson
Course setter:	Magnus Larsson
Terrain:	The area is wild countryside, mainly forest (pine, oak, beech) with a few small areas of cultural landscape. Areas with rock surfaces occur in the area. Most areas with rock surface have fast runnability and it can be a good tactic to use these areas on certain legs. Between the open rock surfaces, the runnability is mostly high, when not reduced by undergrowth. There are some traces in the terrain from old stone pits, apart from that there are few stones in the area. There are dew tracks in the area. The terrain is flat.
Winning time:	30-35 min (per leg)
Preliminary length	Men: 4,9-5,5 km; Women: 4,2-4,8 km



13. PUBLIC RACES

We would like to invite fans, spectators, JWOC participant families and the sporting public to participate in the accompanying **JWOC O-Tour** races. We will offer competitions with full class categories (competition classes for Men and Women from ages 10-85) as well as open classes with varying length and difficulty each day.

Five races will be available from Tuesday the 30th June to Sunday the 5th July, including a rest day on the 2nd July. All races will be in the JWOC-terrains or directly nearby the JWOC terrains, so everybody can experience the beautiful and challenging Blekinge-terrains. Planning of the spectator races will be made so there is suitable both regarding transports and times to both run spectator races and be a spectator at the JWOC races.

More information about the public races will be published at www.jwoc2026.se

13.1 PROGRAMME PUBLIC RACES

Date	Events
Tue. 30th June	Sprint distance
Wed. 1st July	Long distance
Thu. 2nd July	Rest day
Fri 3rd July	Long middle distance
Sat. 4th July	Middle distance
Sun. 5th July	Long middle distance



