



# Bulletin #1 & #2

**European MTB Orienteering Championships 2015**  
**EMTBOC'15**

**European Youth MTB Orienteering Championships 2015**  
**EYMTBOC'15**

**World Masters MTB Orienteering Championships 2015**  
**WMMTBOC'15**

**World Cup MTB Orienteering 2015**  
**WCup MTBO'15**

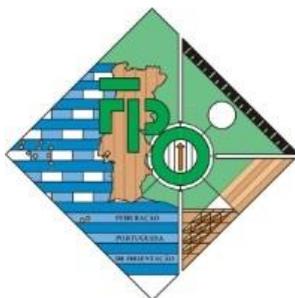




7th to 14th June 2015  
Idanha-a-Nova // PORTUGAL

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<http://mtbo15.fpo.pt>

<https://www.facebook.com/mtbo15.portugal>

*Portuguese Orienteering Federation (POF) is very glad to welcome the best Mountain bike orienteer's in the world to the Idanha-a-Nova county, in the east of Portugal.*

*Idanha-a-Nova is a very well preserved natural region and offers you beautiful landscapes.*

*Here you will have the opportunity to compete in hard but interesting terrain, to provide you with the best challenge for mountain bike orienteering.*



**Armindo Jacinto**  
Mayor of  
Idanha-a-Nova

The County of Idanha-a-Nova is very pleased to cooperate in the organisation of the “MTBO'15” Orienteering Championships. We are very honoured to welcome all the athletes and their teams and friends who will participate in this major sports event.

Our County has excellent natural characteristics for all sorts of outdoor sports. These unique characteristics have attracted several national and international Orienteering competitions to Idanha-a-Nova in recent years. The world award granted to Monsanto's Orienteering Course in 2013 increased our duty to do ever more and better for this sport and this County.

Idanha-a-Nova has all infrastructures needed to meet the standards required by major and prestigious competitions such as the “MTBO'15”. We count once more on the priceless support and commitment of the Portuguese Orienteering Federation and ADFA club, whose outstanding organisational skills deserve the highest praise.

A final word for all those who will honour us with their presence in our County in 2015. We welcome you warmly to Idanha-a-Nova and we wish you a very pleasant stay. We hope that the days you will spend with us will bring you good memories and immense wish to return.

We wait for you in Idanha-a-Nova!



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## 1. Organizers

IOF - International Orienteering Federation - [www.orienteering.org](http://www.orienteering.org)

POF - Portuguese Orienteering Federation - [www.fpo.pt](http://www.fpo.pt)

CMIN - Municipality of Idanha-a-Nova - [www.cm-idanhanova.pt](http://www.cm-idanhanova.pt)

Event Director: Augusto Almeida

Event Vice-Director: Jacinto Eleutério

Event Secretary: António Rodrigues

Maps & Courses: Alexandre Reis

Media coordinator: Hugo Borda d' Água

## 2. Event controlling

IOF Senior Event Advisor: Mark Stodgell / GBR

National Controller: Tiago Fernandes / POR

## 3. Event center

**Termas de Monfortinho - Idanha-a-Nova**

(270 km of Lisbon international airport)

(310 km of Oporto international airport)

(380 km of Madrid - Spain international airport)

## 4. Information

Federação Portuguesa de Orientação - FPO

Estrada da Vieira, 4 - Bairro Florestal - Pedreanes

P - 2430-401 Marinha Grande

PORTUGAL

Tel.: (00) (351) 244575074

Email: [mtbo15.portugal@gmail.com](mailto:mtbo15.portugal@gmail.com) or [geral@fpo.pt](mailto:geral@fpo.pt)

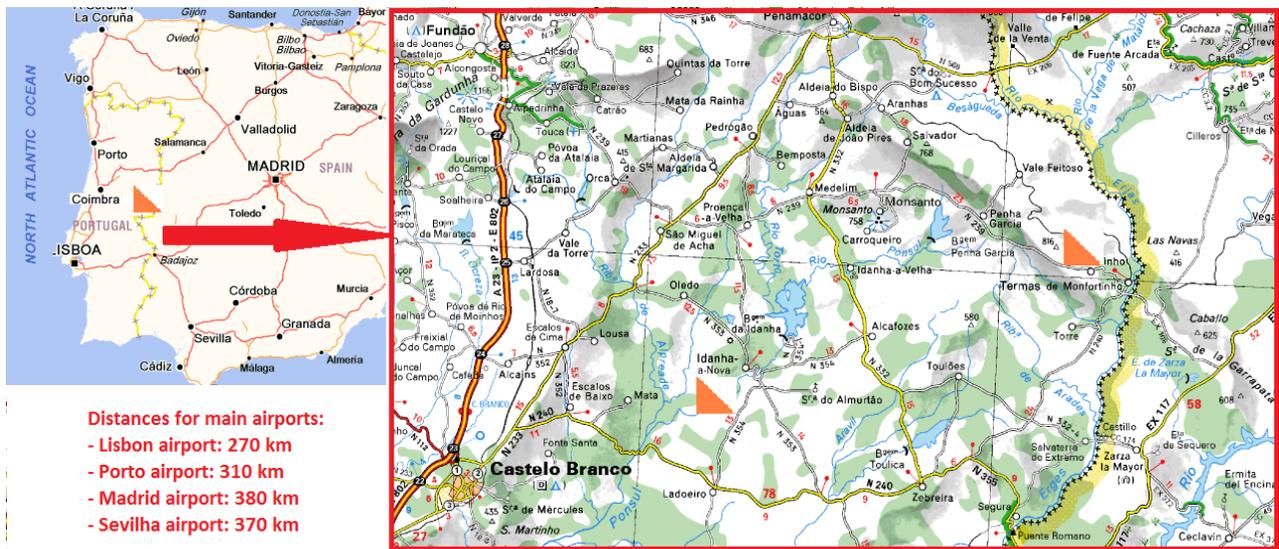
Website: [www.mtboc2015.fpo.pt](http://www.mtboc2015.fpo.pt)





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## 5. General location



### Notes:

- Idanha-a-Nova: host county
- Termas de Monfortinho: event centre (EC)





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## **6. Preliminary Program**

### **Sunday, 7<sup>th</sup> June**

**Arrivals**

**Model events**

### **Monday, 8<sup>th</sup> June**

**Mixed sprint relay (EMTBOC)**

**Model events**

**Unofficial mixed relay (EYMTBOC, WMMTBOC)**

### **Tuesday, 9<sup>th</sup> June**

**Sprint (EMTBOC, EYMTBOC, WMMTBOC and Open)**

### **Wednesday 10<sup>th</sup> June**

**Middle distance (EMTBOC, EYMTBOC, WMMTBOC and Open)**

### **Thursday 11<sup>th</sup> June**

**Rest day**

### **Friday 12<sup>th</sup> June**

**Long distance (EMTBOC, EYMTBOC, WMMTBOC and Open)**

### **Saturday 13<sup>th</sup> June**

**Relay (EMTBOC, EYMTBOC)**

**Unofficial Relay W/M 120, 160 (WMMTBOC)**

**Party MTBO'15**

### **Sunday 14<sup>th</sup> June**

**Departures**





## **7. Classes and participation restrictions**

### **Classes:**

**World Cup & EMTBOC: W/M 21**

**EYMTBOC: W/M 17**

**WMMTBOC: W/M 40, 50, 60, 70**

**Open: W/M 14, 21A, 20 \***

- \* The classes M / W 20 may come to be regarded as European Junior MTBO Cup 2015 (EJMTBOCup'15) after the European Presidents meeting in next July.  
If this does materialize the conditions for EJMTBOCup are identical to EYMTBOC

### **Participation restrictions:**

#### **MTBO World Cup & EMTBOC:**

Each federation may enter a team of 12 competitors - up to 6 women and 6 men in each MTBO World Cup & EMTBOC event, and an unlimited number of team officials.

For each individual event format the current World Champion and European Champion will be given a wild card in addition to the entries from his/her Federation.

In the Relay each Federation may enter two women's teams and two men's teams, each consisting of 3 team members.

In Mixed Sprint Relay each federation may enter one relay team including one male and one female team member (women: legs 1 and 3, men: legs 2 and 4).

#### **EYMTBOC:**

There is one class for women and one for men. Only competitors who are entitled to compete in the classes W17 or M17 may participate. Each Federation may enter a team of up to 12 competitors - up to 6 women and 6 men, and an unlimited number of team officials. In each competition every Federation may enter up to 6 women and 6 men.

In the Relay, each Federation may enter two women's team and two men's team, each consisting of 3 team members.

In Unofficial Mixed Sprint Relay each federation may enter one relay team including one male and one female team member (women: legs 1 and 3, men: legs 2 and 4).

#### **WMMTBOC:**

In the Unofficial Relay, by Country, teams in M/W 120 and M/W 160.

In the Unofficial Mixed Sprint Relay, by Country, teams including one male and one female team member (women: legs 1 and 3, men: legs 2 and 4) in Class 80 and 100.

Note:

M/W120: 3 Men or 3 Women where the sum of the classes does not reach 160 (examples: 40+40+40 / 40+50+60 / 50+50+50);

M/W1600: 3 Men or 3 Women where the sum of the classes not less than 160 (examples: 50+50+60 / 50+60+60 / 40+60+60).



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## Entries

### **Entry deadlines for MTBO World Cup & EMTBOC, EYMTBOC and EJMTBOCup:**

**ENTRY FORM A (preliminary entry) by 31<sup>th</sup> January 2015 giving:**

- country
- number of competitors of each gender (preliminary)
- number of team officials
- category of accommodation
- team manager's name, address and telephone/fax numbers

**ENTRY FORM B (final entry) by 31<sup>th</sup> March 2015 giving:**

- country;
- number of competitors of each gender (final);
- accommodation and entry fees;
- team manager's name, address and telephone/fax numbers;
- payment for accommodation, meals and entry fees.

**NAME ENTRY FORM C by 7<sup>th</sup> May 2015 giving:**

- each competitor's family name and first name, class or gender and year of birth;
- information on whether the athlete borrows an SI-card or uses his owns SI-card (also enter the SI-card number);
- family name and first name of each team official.

### **Entry deadlines for WMMTBOC:**

For reduced prices by 01<sup>st</sup> February 2015 and for normal prices by 01<sup>st</sup> May 2015, giving:

- country;
- club;
- competitor's family name and first name, class, gender and year of birth;
- information on whether the athlete borrows an SI-card or uses his owns SI-card (also enter the SI-card number);
- accommodation and entry fees;
- address, email and telephone/fax numbers;
- payment for accommodation, meals and entry fees.

### **Address for entries:**

[mtbo15.portugal@gmail.com](mailto:mtbo15.portugal@gmail.com) or [geral@fpo.pt](mailto:geral@fpo.pt)





## 9. Entry fees

### For World Cup & EMTBOC:

All participants (competitors and officials)	€70 / person
Mixed Sprint Relay	€80 / team
Sprint distance	€25 / person
Middle distance	€30 / person
Long distance	€40 / person
Relay	€120 / team
Party (Dinner)	€15/person

### For EYMTBOC:

All participants = competitors + officials	€50 / person
Unofficial Mixed Sprint Relay	€60 / team
Sprint distance	€20 / person
Middle distance	€25 / person
Long distance	€30 / person
Relay	€90 / team
Party (Dinner)	€15/person

### For WMMTBOC'15:

	<u>by 01<sup>st</sup> February 2015</u>	<u>by 01<sup>st</sup> May 2015</u>
All participants (competitors and officials)	€50	€60
Unofficial Mixed Sprint Relay	€70 / team	€80 / team
Sprint distance	€20	€25
Middle distance	€30	€35
Long distance	€35	€40
Relay (120 or 160) / per team	€90	€100
Party (Dinner)	€15/person	€15

### For Open classes:

	<u>by 01<sup>st</sup> May 2015</u>
Sprint distance	€10
Middle distance	€15
Long distance	€15
Party (Dinner)	€15/person



## 10. Account details for payments

All payments are to be made to the Portuguese Orienteering Federation, as follows (all charges are paid by sender):

**Bank name: Montepio Geral (Agency: Torre da Marinha)**  
**BIC/SWIFT: MPIOPTPL**  
**IBAN: PT50.0036.0276.9910.0027.1984.3**  
**Bank Address: Montepio Geral - Agência da Torre da Marinha**  
**Rua Gil Vicente, 1 A/B - Torre da Marinha**  
**P-2840-437 Seixal - Portugal**

## 11. Transport (extra cost)

We recommend car rental as the best way to move during the event.

A bus service (extra cost) to model events, races and party will be available, starting near Event center: €100,00 (from 8<sup>th</sup> to 13<sup>th</sup> June 2015)

Transport from and to the Castelo Branco railway station can also be requested (please contact us). For further details see our web page.

### By train:

If you want to travel from Lisbon to Castelo Branco by train should consult the timetable:

[http://www.cp.pt/StaticFiles/CP/Imagens/PDF/Passageiros/horarios/regional/lisboa\\_covilha.pdf](http://www.cp.pt/StaticFiles/CP/Imagens/PDF/Passageiros/horarios/regional/lisboa_covilha.pdf)

Categoria Category	R	R	R	R	R	R	R	R	R	R	R	R	R	R	R	R	R		
Número Number	5671	4403	5621 5673	4405	520	541	4411	5623 5675	522	543	526	5801 5677	4427	933	5625	128	545	4431	5653
Classe Class					1-2	1-2			1-2	1-2	1-2					C-1	1-2		
Serviços a bordo On board services					3	4			3	4	3					3	4		
Observações Remarks	3	2	1	3	4	1	1	1	3	4	1	1	1	2	1	5	1	1	1
Lisboa Santa Apolónia	P	5:48		6:48		8:16	9:48			13:16		16:16	17:48	18:16				19:16	19:48
Lisboa Oriente	P	5:56		6:56		8:24	9:56			13:24		16:24	17:56	18:24				19:24	19:56
Entroncamento	P		7:50			9:27		11:51		14:27		17:28			19:39			20:26	21:28
Abrantes	C		8:22			9:51		12:23		14:51		18:00			20:17			20:51	22:02
Castelo Branco	C		9:58			11:05		13:50		16:12		19:52			21:54			22:05	
Covilhã	C	7:33		11:08		11:56		15:33		17:02		20:59						22:56	

### By public bus:

If you want to travel from Lisbon to Castelo Branco by public bus should consult the timetable:

<http://www.rede-expressos.pt/horarios.aspx>

<http://mtbo15.fpo.pt>

<https://www.facebook.com/mtbo15.portugal>



## 12. Accommodation (extra cost)

For the MTB Orienteering WCup, the EMTBOC'15, the EYMTBOC'15 EJMTBOCup and the WMMTBOC'15 we offer (**extra cost**) a variety of accommodations in Idanha-a-Nova county:

Hotels	Localization	Double Twin beds	Double Couple bed	Triple	Single
Hotel Fonte Santa (4*)	T. Monfortinho	€70	-	€90	€70
Hotel Astória (3*)	T. Monfortinho	€50	-	€65	€45
Hotel das Termas (2*)	T. Monfortinho	€50	€48	-	€35
Hotel Boavista (2*)	T. Monfortinho	€50	-	€65	€35
Quinta dos Trevos (3*)	Ladoeiro	€50	€50	€75	€50

\*Prices per day with breakfast

**We recommend that you make reservations through the organization.**

*For further details see our web page (all hotel units are disclosed).*

### Notes:

- The capacity of each hotel is limited and priority will be given to orders paid.
- There are other more economic possibilities (boarding houses, hostels) we can treat on request.

## 13. Time keeping system

SPORTident will be used on all events with SI-Card 10/11 compatible Control Stations.

Everybody should provide the number of their SI cards with the entry.

SI cards can be rented from Organizers for €15 / for the event (€50 deposit).

## 14. Maps

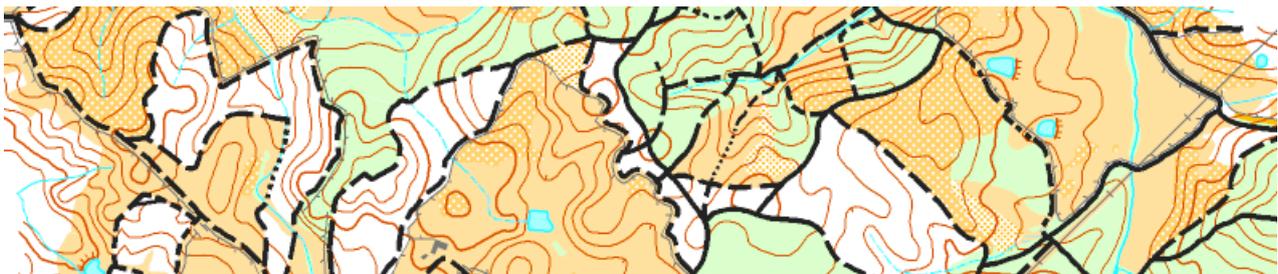
News and updated MTB orienteering maps;

Scales: 1:7 500, 1:10 000, 1:15 000

Vertical contour intervals: 2,5 and 5 m

Terrain type: hilly, various kinds of roads.

All events will be organized in accordance with the IOF International Specification for MTB Orienteering Maps (2010).

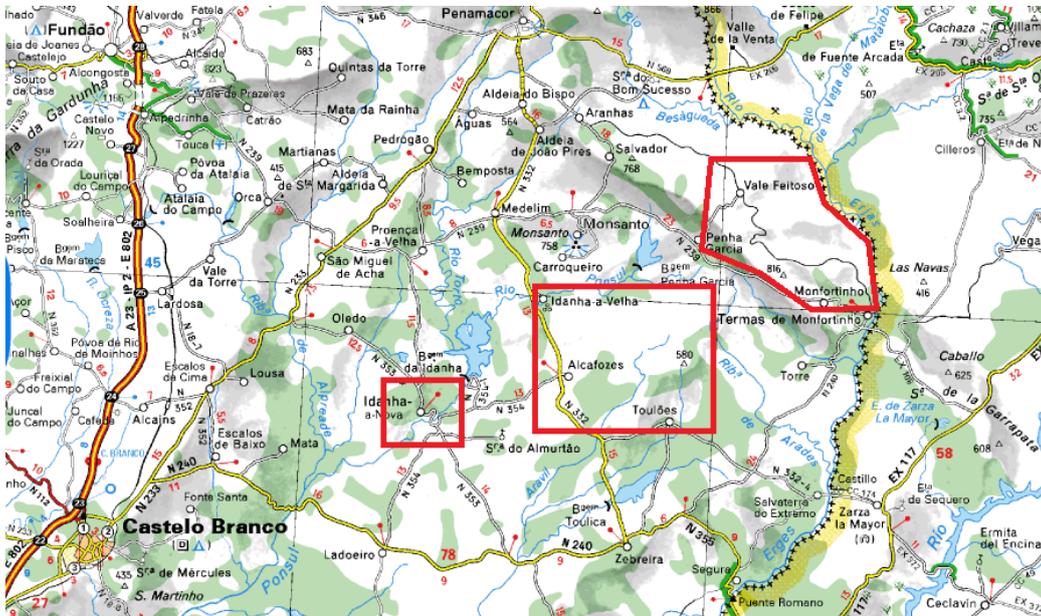


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## 15. Embargoed areas

Idanha-a-Nova // Idanha-a-Velha // Alcafozes // Penha Garcia // Termas de Monfortinho.  
Areas embargoed during 01<sup>st</sup> January 2014 - 13<sup>th</sup> June 2015.



Old maps in these areas:

- Idanha-a-Velha: MTBO - 1:20.000 / 5m (2013)
  - Idanha-a-Nova: FootO - 1:5.000 / 5m (March 2013).
- These old maps are published on the event website.

The areas are out of bounds for all potential participants and team members, including competitors, team leaders, coaches, doctors, escorts, and any other person who through their knowledge of the terrain may influence the result of the competitions.

The areas of Idanha-a-Nova, Idanha-a-Velha, Alcafozes, Penha Garcia and Termas de Monfortinho are restricted for MTB Orienteering activity.

The exception is for Idanha-a-Nova city centre under certain restrictions: - using a map in the area is forbidden; - cycling or running is forbidden; - testing route choices is forbidden.

For all other terrains the access is forbidden.

## 16. Terrain description

Middle and Long distance and Relay competitions are taking place in forest areas, with small urban areas, the forest characteristic features are the typical Mediterranean forest with multiple paths and roads, dense vegetation. The forest areas sometimes have underbrush that can hamper the shortcuts.

Sprint and Mixed Sprint Relay competitions are taking place in combined urban and forested area with multiple paths, open areas, buildings, and numerous man made features. Some steep areas with technical up or downhill sections.

In all competition areas thorny vegetation can be found. Therefore puncture protection is strongly recommended.



All the competitions area is open to public traffic. The courses cross several public roads. There will be marshal's at the most critical places to help safe crossing and minimize disruption. Riders should follow the instruction of marshals. Still, it is the riders' responsibility to observe traffic rules and avoid unsafe practices.

## 17. Rules

All events will be organized in accordance with the Competition Rules for IOF MTB Orienteering Events, valid from 1 January 2015, and Special Rules for MTB Orienteering World Cup 2015. Please consult

<http://orienteering.org/mtb-orienteering/rules/>.

### **In this specific event:**

- Riding off the track, trail or path is allowed.
- In Portugal one drives on the RIGHT side of road.

Therefore riders must ride on the RIGHT side on all roads and tracks.

Overtaking slower riders should be done by the LEFT.

## 18. Anti-doping

Doping is strictly forbidden, and the organizers of World Cup MTBO & EMTBOC, EYMTBOC, EJMTBOCup and WMMTBOC are dedicated to supporting the anti-doping authorities in their work.

Doping controls may be carried out any time during the competition period. As some sites for the doping controls may be a few minutes' drive away, we suggest that athletes are prepared at all events to take along some dry clothes to change into after their race.

Doping tests are always carried out in accordance with the procedures described in the WADA International Standard of testing. The IOF Anti-Doping Code and rules apply as of 1st February 2010.

Athletes who are selected for the doping tests must bring an official identification (with photo) to the doping test area. Accreditation cards with photo can also be used for this purpose. The athlete should also bring along their therapeutic use exemption (TUE) if applicable. In general, it is advisable that the athletes bring along their ID to all the competitions and events."

**Please consult <http://orienteering.org/anti-doping/>**

## 19. Weather

During June you can expect temperatures from 20° to 33° Celsius during the day and from 10° to 20° at the night.



## **20. Health care**

The Organizer will provide first aid at the competition centre and at the arenas of each event. The Organizer will not bear costs connected to health insurance of participants. We recommend each individual to arrange their own personal health insurance. Participants take part at their own risk.

The nearest hospital is on Castelo Branco (Hospital Amato Lusitano, EPE).

The nearest health center is on Idanha-a-Nova (Rua (road) Aprígio Leão de Meirelles - Tel: 277200210)

## **21. Visas**

Countries that who need visas for entering to Portugal: please contact the Portuguese embassy in your country. If a personal invitation from the organisers is required for the visa, please contact us.

## **22. Training opportunities**

### **Training possibilities in Portugal:**

**11<sup>th</sup> and 12<sup>th</sup> October 2014** – WRE / Event for Portuguese MTBO league, in Abrantes, organised by COA.

**16<sup>th</sup> and 17<sup>th</sup> May 2015** - Event for Portuguese MTBO league (WRE candidate), in Loulé, organised by Clube BTT Terra de Loulé.

**30<sup>th</sup> and 31<sup>th</sup> May 2015** - Event for Portuguese MTBO league (WRE candidate), in Grândola, organised by COALA and CN Alvito.

**We offer, on 5<sup>th</sup> and 6<sup>th</sup> June 2015, two training maps with control points - 20 km from Event center (€10/map/person).**

## **23. Media services**

Media representatives are cordially invited to come to Idanha-a-Nova to cover the World Cup, European Championships and World Masters Championships races.

Registration for media entry should be made in email by 01<sup>st</sup> May 2015.

Media facilities will be available only to registered media representatives.

## **24. Live coverage**

On our website you'll be able to follow MTBO'15 events with live results, live TV coverage, GPS Tracking, Live Blog, text commentary, pictures, video, and route choices. Detailed information will be given in next Bulletin 3 and Bulletin 4.

## **25. Bicycle storage, washing and repair**

Bicycle storage (free) is located in the competition event centre. Access to the bicycle storage will be strictly limited and can only be permitted by presenting your competitor's card.

Bicycle washing facilities will be available, detailed information will be given in next Bulletin 3 and Bulletin 4.

We have our official bicycle repair partner who will be working at the event center on opening hours. Every day there is one person who can help with smaller problems in the Finish arena.

## **26. Previous orienteering maps**





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**Idanha a Velha 1:20 000 Eq: 5m**

