






INVITATION

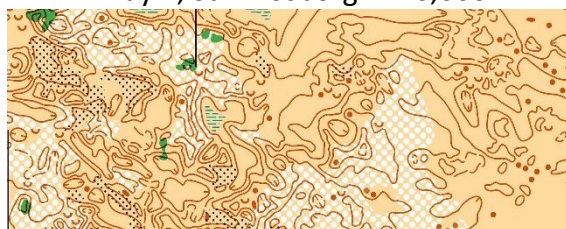
Easter 3-Days 2019

18th – 20th April in Stråsø and Vosborg

C***** event

Organisers	<p>Vestjysk Orienteringsklub and Herning Orienteringsklub</p>  
Race venues	<p>Thursday 18th April, Nr. Vosborg Friday 19th April, Sdr. Vosborg Saturday 20th April, Stråsø</p>
Event Centre, assembly area	<p>In one place on a grass field at Lystlund: Paradisvej, 6990 Ulfborg, 56.271256, 8.429599. Parking area is close by the assembly area. Same assembly area for all 3 days. Event Office opens 09.00 each day. (The assembly area for the Easter 3-Days in 2002 was sited 500 m south of here)</p>
Map	<p>Lystlund, newly drawn 2018 / 2019 from Cowi base material. Scale 1:10,000 or 1:7,500 depending on age class. Contour interval: 2.5 m. The map will be offset printed on waterproof paper and is expected to be given DOFs quality mark.</p>
Terrain description	<p>Day 1, Nr. Vosborg: 1:10,000</p>  <p>Lightly hilly coniferous plantation with areas of marsh and ditches. Variable runnability. Linked to the east with Nørre Vosborg Hede, which is a huge hilly and well-kept heather moor with generally fast runnability.</p>

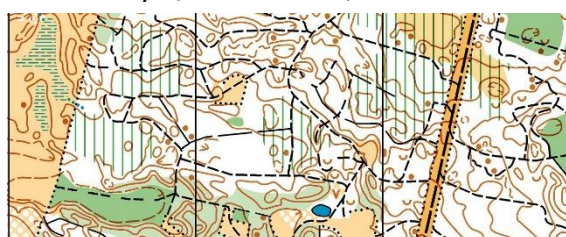
Day 2, Sdr. Vosborg: 1:10,000



Inland sand-dune area with several special types of terrain, which have in common that they are crossed by very few paths and roads. Heather is widespread in the relatively flat areas, and closely-growing juniper

bushes mixed with mountain pine are found where the inland dunes are predominant. A few small areas with sand and seasonal marshes. The southern and western parts of the moor are very challenging for orienteers and will be used only by the harder courses.

Day 3, Stråsø: 1:10,000



Coniferous plantation mixed with areas of moorland, partly with spread-out vegetation of mainly pine, juniper and birch. Areas with very detailed inland dunes.

Classes	Class	Difficulty level	Ca. km	Class	Difficulty level	Ca. km
	D-Beg**	Beginner	2.5	H-Beg**	Beginner	2.5
	D10**	Beginner	2.5	H10**	Beginner	2.5
	D12	Easy	3.5	H12	Easy	3.5
	D12B**	Beginner	2.5	H12B**	Beginner	2.5
	D14	Medium	4.5	H14	Medium	5.0
	D14B	Easy	3.5	H14B	Easy	3.5
	D16*	Difficult	5.5	H16*	Difficult	7.0
	D16B	Medium	4.5	H16B	Medium	5.0
	D18	Difficult	5.5	H18*	Difficult	9.0
	D20*	Difficult	6.5	H20*	Difficult	10.0
	D20AK*	Difficult	5.0	H20AK*	Difficult	6.5
	D20B	Medium	4.5	H20B	Medium	5.0
	D21*	Difficult	8.5	H21*	Difficult	12.0
	D21AM*	Difficult	5.5	H21AM*	Difficult	8.5
	D21AK	Difficult	5.0	H21AK*	Difficult	6.5
	D21B	Medium	4.5	H21B	Medium	5.0
	D21C	Easy	3.5	H21C	Easy	3.5
	D35*	Difficult	6.5	H35*	Difficult	10.0
	D35B	Medium	4.5	H35B	Medium	5.0
	D40	Difficult	5.5	H40*	Difficult	9.0
	D45	Difficult	5.5	H45*	Difficult	9.0
	D45AK*	Difficult	3.5	H45AK*	Difficult	5.0
	D45B	Medium	3.5	H45B	Medium	3.5
	D50*	Difficult	4.0	H50*	Difficult	7.0

	D55*	Difficult	4.0	H55*	Difficult	7.0
	D55AK	Difficult	3.0	H55AK	Difficult	3.5
	D60	Difficult	3.5	H60	Difficult	5.5
	D65	Difficult	3.5	H65	Difficult	5.0
	D70	Difficult	3.0	H70	Difficult	4.0
	D75	Difficult	3.0	H75	Difficult	3.5
	D80	Difficult	2.0	H80	Difficult	3.0
	D85	Difficult	2.0	H85	Difficult	2.0
	<p>* 1:10,000 – other classes 1:7,500. ** Free start time. Course lengths are approximate; exact lengths will be given in the final details. For classes with fewer than 5 entries, the organisers will retain the right to join them up with other relevant classes. Shadowing is allowed in Beginner, B and C classes. The shadower is not allowed to start later on the same course.</p>					
Open Courses	<p>Open 1, ca. 8.0 km, difficult, 1:10,000 Open 2, ca. 6.0 km, difficult, 1:10,000 Open 3, ca. 4.0 km, difficult, 1:10,000 Open 4, ca. 5.0 km, medium, 1:7,500 Open 5, ca. 3.5 km, medium, 1:7,500 Open 6, ca. 2.5 km, beginner, 1:7,500</p> <p>Free start between 11.00 and 13.30 on Day 1. Free start between 10.00 and 12.30 on Days 2 and 3.</p> <p>Entry on O-Service no later than 29th March, or at the Event Office. Entry fees, per day: Up to D/H20: kr. 120,- D/H21 and older: kr. 150,- Hire of EMIT brick kr. 25,- per day.</p>					
Prizes	<p>On Days 1 and 2 there are prizes for the first three in all beginner and youth classes (up to D/H-16). On Day 3 there are prizes for the first three in the combined results in all beginner and youth classes (up to D/H-16) and to the overall winner in all other classes.</p>					
Training	<p>Tuesday 16th April in Husby. Wednesday 17th April in Torsted. Both days in the period 12.00 – 15.00. Maps printed on waterproof paper. There will be 5 different courses of varying length and difficulty. Cost per map kr. 50,- Hire of EMIT brick kr. 25,-</p>					
Control system	<p>EMIT Own brick should be used; brick number must be given on entry. It is the participant's own responsibility to see that the brick functions correctly. Entrants giving no brick number will be allocated a hire brick to be used</p>					

	<p>throughout the event. Hire charge kr. 75,-. Back-up cards and all hired bricks will be issued at the start. Hired bricks must be handed in after the last race. If a hired brick is not handed in, a charge of kr. 500,- will be made.</p>
Start	<p>Day 1 from 11.00 Day 2 from 10.00 Day 3 from 10.00</p> <p>On Days 1 and 2 there will be an individual start with fixed start interval. On Day 3 there will be a chasing start for all classes, except for classes with difficulty level Beginner or Easy. Runners who retire on Days 1 and/or 2, or are more than 60 minutes behind the leader in the class, start at 1-minute intervals beginning 1 hour after the leader.</p>
Distances	<p>Parking – assembly area: 0-300 m. Parking – shower facilities: 10 km. Assembly area – start, Day 1: 700 m. Assembly area – start, Day 2: 1200 m. Assembly area – start, Day 3: 1500 m.</p>
Children’s Courses	<p>Every day, free of charge. The children’s courses are open each day from 10.00 until 14.00.</p>
Kiosk	<p>There will be a kiosk on the assembly area serving a range of food and drinks.</p>
Accommodation	<p>No special accommodation for the event is being arranged. Visit the website www.visitholstebro.dk. (Note: the route in to the assembly area is from Ulfborg) There are many holiday homes in the area; take the opportunity for an O-holiday beside the west coast!</p>
Entries	<p>Entry deadline is midnight on Friday 29th March 2019. No late entries; see section on Open courses.</p> <p>Danish runners enter through their clubs via O-Service. Entries and entry fees to: Herning Orienteringsklub v/ Mildred Hansen, Reg. Nr.: 7640 Konto nr.: 1016647</p> <p>Runners from other countries should enter and pay with credit card on: http://www.herning-orienteringsklub.dk/paaskeloeb2019 A payment charge of 2.8% will be added.</p>
Entry fees (all 3 days)	<p>Up to D/H20: kr. 300,- (€40) D/H21 and older: kr. 400,- (€55) Hire of EMIT brick: kr. 75,- (€10) Brick hire should be paid together with entry fees.</p>
Organisers	<p>Organiser: Ann-Vibeke Mose, Vestjysk Orienteringsklub, tel. (+45) 31 51 44 11. Organiser: Jens Jørgen Jensen, Herning Orienteringsklub,</p>

	<p>E-mail: paaske2019@gmail.com</p> <p>Course planner Day 1: Ole Andersen, Herning Orienteringsklub. Course controller Day 1: Anders Ingvarlsen, Holstebro Orienteringsklub. Course planner Day 2: Varny Vestergaard, Vestjysk Orienteringsklub. Course controller Day 2: Jan Nielsen, Karup Orienteringsklub. Course planner Day 3: Torben Isen, Herning Orienteringsklub. Course controller Day 3: Jesper Lundsgaard, Vestjysk Orienteringsklub. Event controller: Kristian Edsen, Nordvestjysk Orienteringsklub. Referee: Lars-Ole Kopp Jensen, Karup Orienteringsklub. Mappers: Bjarne Olsen, Lars Storper, Erik Flarup, Clive Allen, Mogens Vennevold, Erling Trankjær and Ole Fuglsbjerg.</p>
<u>Website</u>	http://www.herning-orienteringsklub.dk/paaskeloeb2019
<u>Facebook</u>	Påskeløb 2019 i Stråsø, @paaskeloeb2019

