

Day 1 – 25. June Frederikshåb Vest

Driving directions

Marking from the address Bøgvadvej 120, 7183 Randbøl, GPS-coordinates 55.670118, 9.178011 (WGS84 decimal), app. 1,5 km west of Frederikshåb.

Arena

A plan of the arena can be seen here: [Plan of the arena 25 june](#).

The following services are available at the arena:

- Event Office. Opens at 12:30.
- Canteen, with a varied selection of drinks, sandwiches and grilled sausages.
- First aid
- Toilets. Toilets are also available at the two starts.

There are no changing or wash facilities at the arena. Public facilities are available, e.g. Billund Bad, Åstvej 8, 7190 Billund

Distances and marking

- Parking – arena, 0 – 250 meter.
- Arena – starts, app. 1200 meter or 15 walk to both starts. Marked by pink/light green flags.

Classes, course lengths and number of controls

Can be found in this overview: [Class/course overview](#).

Please be aware that there are two starts. The starts are indicated in the overview mentioned above. The classes are not distributed the same way on all stages, so please check which start to go to – every day.

Water is available on the course in all classes with a course length above 4,4 km and difficulty level Difficult. The water posts are either placed directly at a control or in connection with a mandatory marked route.

Race map

Frederikshåb Plantage Vest, scale 1:10.000 and 1:7.500. Contour interval 2,5 meter.

Classes in age groups M60 og W60 and above use 1:7.500, other classes 1:10.000.

Terrain description

Varied plantation with many details. Inland dunes with many contour details. Diffuse boundaries between dense forest, semi-open areas and open areas as well as open forest with good runnability.

Mandatory routes

Mandatory routes are marked on the map, as well in the terrain with white plastic band. Mandatory routes shall be followed.

Some courses have the last control on an earth wall on a mandatory marked route. Passing of the earth wall shall be via the constructed "bridge".

Restricted areas

Restricted areas are marked on the map. Where the boundary of an area is marked by a line, there will be marking in the terrain.

Caused by the breeding season of protected bird species, there are a number of restricted open areas. In several places the marking of the boundary of a restricted open area is withdrawn slightly from the boundary to the forest for readability. It is not allowed to run on the boundary in the open – running should be in the forest.

Starting point

At Start 1 there is a marked route 130 meter to the point of the start triangle on the map. This route shall be followed. The control at the starting point shall not be punched.

At Start 2 the starting point is immediately at the last box at the start. The control at the starting point shall not be punched.

Childrens course

The Childrens course is an app. 1 km long marked route (orange flags), which runs both on paths and in the terrain. During the course the runners will "meet" animals living on the savannah in Givskud Zoo. Fine prizes for all children who complete the course. The course is not suitable for strollers.

Course setting

Kristian M. Øllgaard, OK Gorm

Course control

Kenn H. Kristensen, Herning OK