

Day 5 – 29. June Frederikshåb Øst

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 29. June.](#)

The following services are available at the arena:

- Event Office. Opens at 09:00.
- 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. 1500 meter or 20 walk to both starts. Marked by pink/light green flags.

Classes, course lengths and number of controls

Can be found in this overview: [Course/class overview 29 June.](#)

Water is available at the starts but not on the courses.

Race map

Frederikshåb Plantage East, 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.

Lately there has been some works in the terrain resulting in some paths that are not marked on the map.

Mandatory routes

On the way to the starts from the arena there is a mandatory route on the "bridge" crossing the earth wall, that was used on stage 1. The earth wall has to be crossed on this bridge.

Out-of-bounds 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 In several places the marking of the boundary of a restricted open area is withdrawn slightly from the boundary to the forest for readability.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.

Childrens course

A childrens course with exciting challenges is offered.

Course setting

Inge S. Knudsen, OK Snab

Course control

Hans Jochumsen, OK Esbjerg