

Trofeo Internacional de Orientación  
**Nacimiento del Canal de Castilla**

IV Liga Española

BULLETIN 3



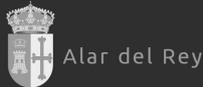
21 y 22 Marzo  
Alar del Rey (Palencia)

info > <http://wre.orcapalencia.com>

**deportes**



**Diputación  
DE PALENCIA**



**Club de Orientación Río Carrión**

[orcapalencia.com](http://orcapalencia.com)

[orcapalencia@gmail.com](mailto:orcapalencia@gmail.com)

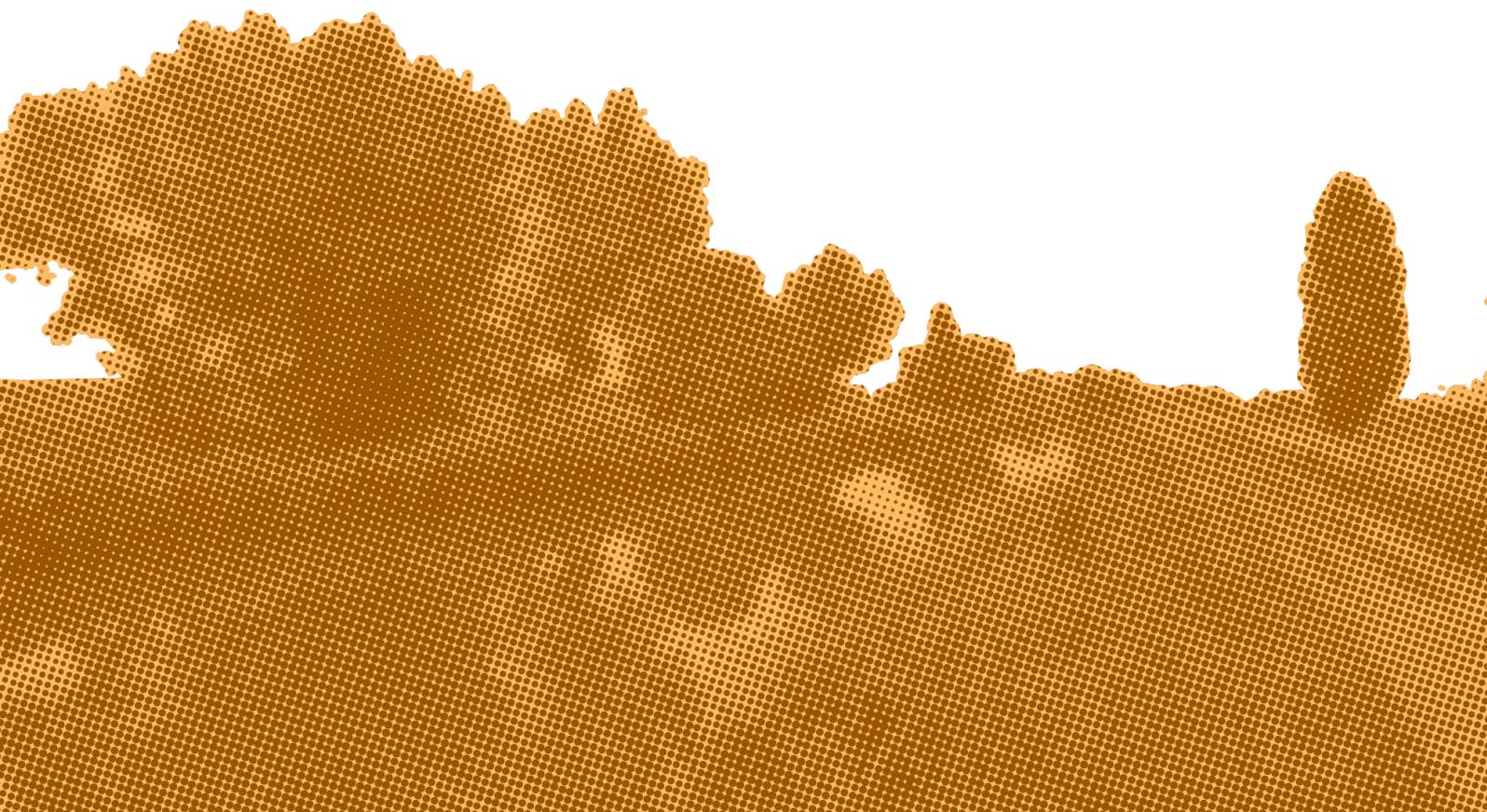
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The "Trofeo Internacional Nacimiento del Canal de Castilla" will be held on 21<sup>th</sup> and 22<sup>th</sup> March 2015, at *Alar del Rey* (Palencia, Spain), where the *Canal de Castilla* (one of the most important civil engineering works of the nineteenth century in Spain, that gives its name to this championship) is born.

This orienteering trophy consists of two races (long distance: 21<sup>th</sup> March, and middle distance, 22<sup>th</sup> March) which count towards the Spanish League 2015. **Long distance is also included in the International Orienteering Federation's World Ranking Series.**

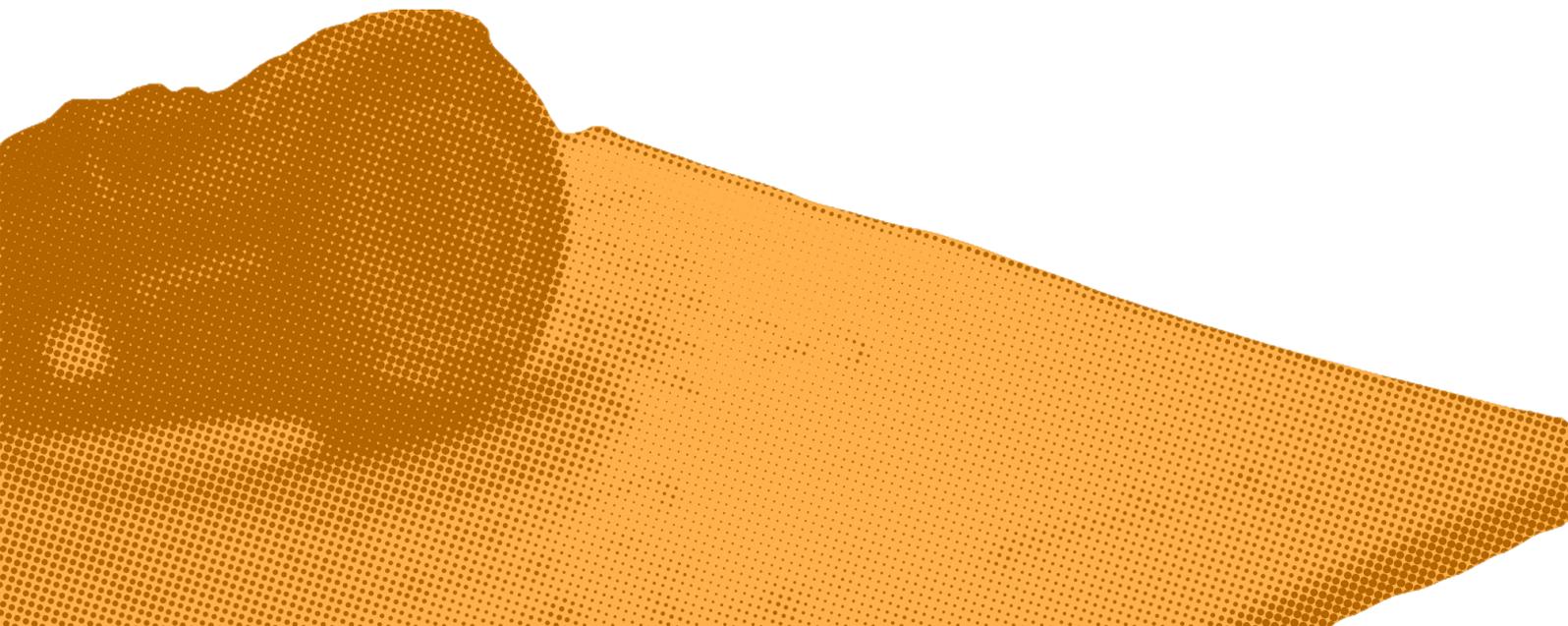
All participants will be given a little gift from the organisation, but only those who have completed the two races will compete for the Trophy (by addition of the time achieved in the long and in the middle distance).



# Programme

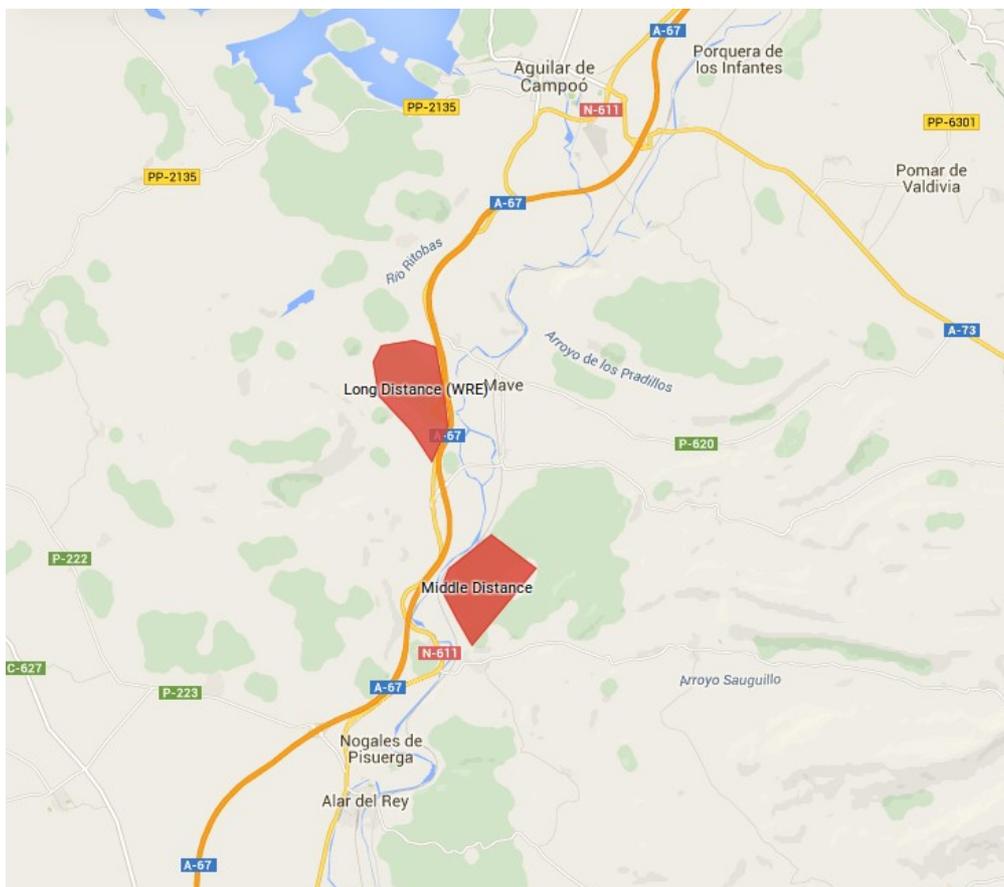
Date	Time	Event	Place
Fri 20 <sup>th</sup> March	9.00-21.30	Training 1 <sup>*</sup>	Nogales de Pisuergra
Fri 20 <sup>th</sup> March	15.00	Model Event	Becerril del Carpio
Sat 21 <sup>st</sup> March	9.30	WRE Long Distance	Becerril del Carpio
Sat 21 <sup>st</sup> March	17.00	Antiofficial	Alar del Rey
Sun 22 <sup>nd</sup> March	9.30	Middle Distance	Peña Colorada
Sun 22 <sup>th</sup> March	~13.45	Price-Giving Ceremony	Alar del Rey
Mon 23 <sup>rd</sup> March	9.00-21.30	Training 2 <sup>*</sup>	Perazancas
Tue 24 <sup>th</sup> March	9.00-21.30	Training 3 <sup>*</sup>	Las Tuerces
Wed 25 <sup>th</sup> March	9.00-21.30	Training 4 <sup>*</sup>	Torquemada

(\*) Trainings belonging to "O-Festival 16 Días del Pisuergra" (pag. 20)



# Terrain Description

All races will be held very close to *Alar del Rey* (less than 10km far away from that village), where new maps have been made for both competition days. The first-day map (long distance, WRE) has been made by Portuguese mappers, and the second-day (middle distance) by Spanish mappers, in an attempt to offer a variety to the competition from the cartographic point of view.



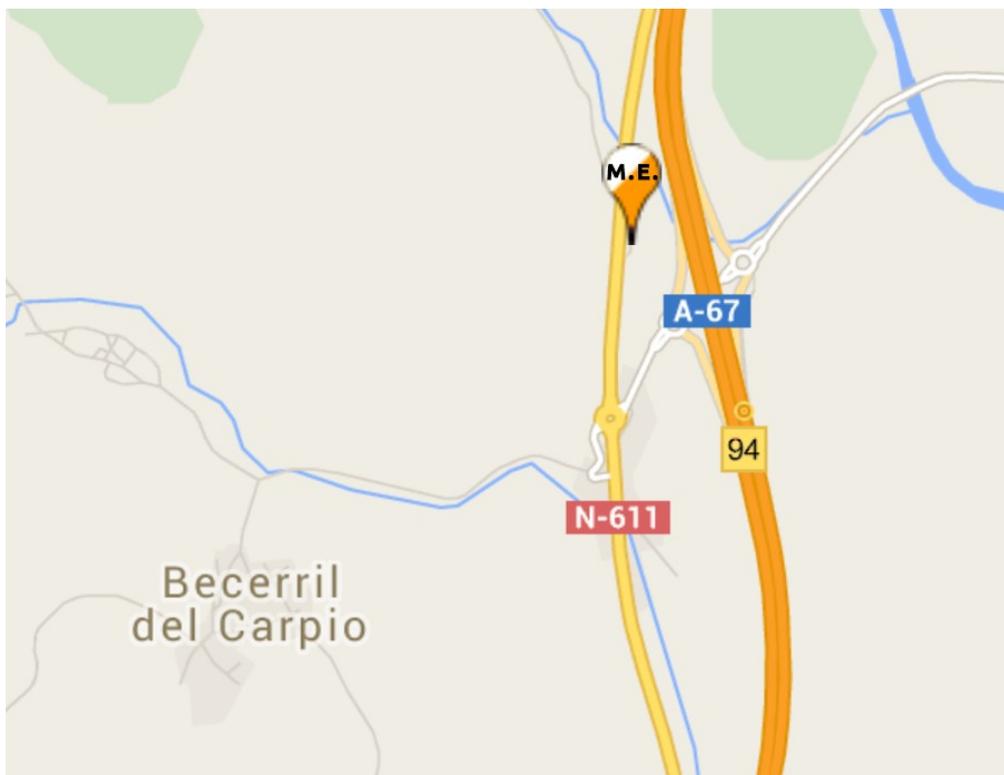
## Jury members:

Santiago del Moral, José Ángel Nieto Poblete, Ferrán Santoyo Medina, Jacinto García (organization) y Rafael Arranz (jury).

Map	Race	Planner	Mapper	Scale	Contours	Notes
Becerril del Carpio	Long Distance (WRE)	Tito García	Rui Antunes, Jose Baptista	1/15000 and 1/10000	5m.	Map from 2009 revised by ORCA in 2015
Peña Colorada	Middle Distance	Tito García	Chema Mediavilla, Tito García	1/10000	5m.	New map. Autumn 2014

## Model Event

It will be a sample of the competition area from the 21<sup>th</sup>'s race. It will be settled from Friday 20<sup>th</sup> at 15.00 and you can access to it from the Becerril del Carpio's service station "Puerta de la Montaña" (that will also be the competition centre on Saturday 21<sup>th</sup>).



## Long Distance. *Becerril del Carpio.*

New map made by Portuguese mappers and revised by ORCA club at the end of 2014.

This forest has adult pine and reforestation pine with terraces and other areas of oak with different penetrability. There are open fields, as well as crops sometimes bordered with impenetrable vegetation.

There are also rocky areas with cliffs of different heights, and a variety of land forms.

Climb is moderate/hard in some parts and there are some paths or tracks and power lines that may be used as a reference.

First start at 9:30 in the morning.

Scale: 1/15000 and 1/10000.

Contours: 5m.



## Long Distance. *Becerril del Carpio.*

CLASS	LENGTH	CLIMB
Open amarillo, W12, M12	2300m.	70m.
W14	2900m.	120m.
Open naranja, M14	3700m.	150m.
Open rojo, W16, W18-20B, W21B	4300m.	200m.
M16	5300m.	210m.
W18A, W21A	5500m.	250m.
M18-20B	5900m.	270m.
M21B	5900m.	280m.
W20A, M18A, M45	6700m.	320m.
M21A	7400m.	360m.
W35A, M50	5400m.	180m.
W40, M55	4700m.	180m.
M35B	5600m.	250m.
W45, M60	4100m.	130m.
W35B, W50	3500m.	130m.
W elite, M40	8100m.	350m.
M35A, M20A	9000m.	320m.
M elite	11800m.	500m.
W60, W65	2900m.	80m.
W55, M65	3000m.	120m.



## Long Distance. *Becerril del Carpio.*

There are croplands planted that we have decided to ban crossing them and others croplands that may be crossed (mainly because they haven't been planted yet), so we ask, firstly, maximum respect for the work of others and secondly, fair play between runners. There will be some areas enabled to cross marked on the map.

Also, although it only affects a few courses (the highest classes), there is an electric fence. Despite it is no big obstacle, you can trip if you do not see it (this element is not depicted on the map).

Besides truly insuperable cliffs, where you must be extremely careful, there are areas where we will ask caution as there are *pine processionary* 'bags' at low heights that you may collide with when passing. They can be urticating.



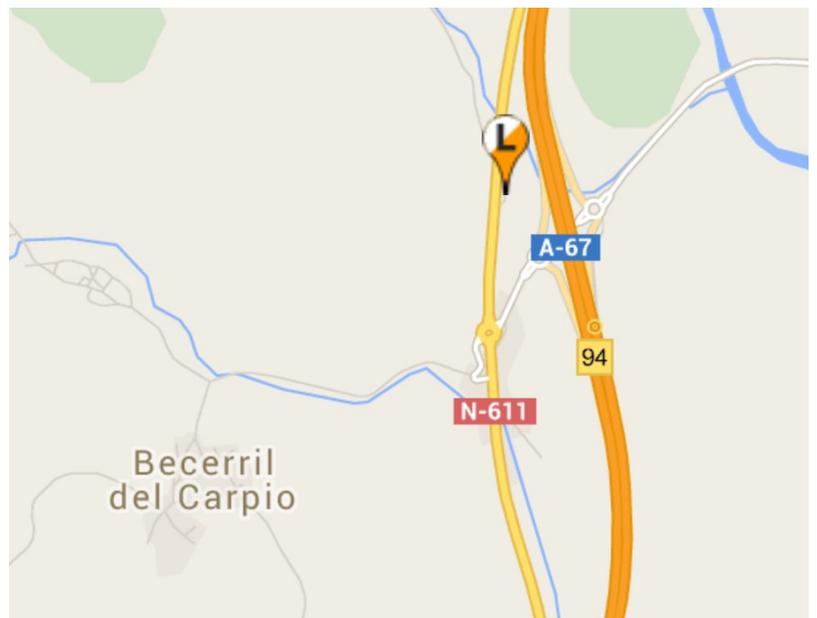
## Long Distance. *Becerril del Carpio.*

### Competition centre

The competition centre and parking area will be at Becerril del Carpio's service station "Puerta de la Montaña" where you will find an information point, a nursery service, toilets, bar and restaurant.

Access from the competition centre to the start is about 10 minutes walk and to the goal about three minutes. Both are on the other side of an old national road, so we ask **caution when crossing the road**. In order to avoid any danger the organization will set a controlled area to cross the road so, please, use it.

The way from the competition centre to the start area is marked with several pieces of tape and it goes through a path parallel to the road. There is no need to walk on the roadside.



## Middle Distance. *Peña Colorada*.

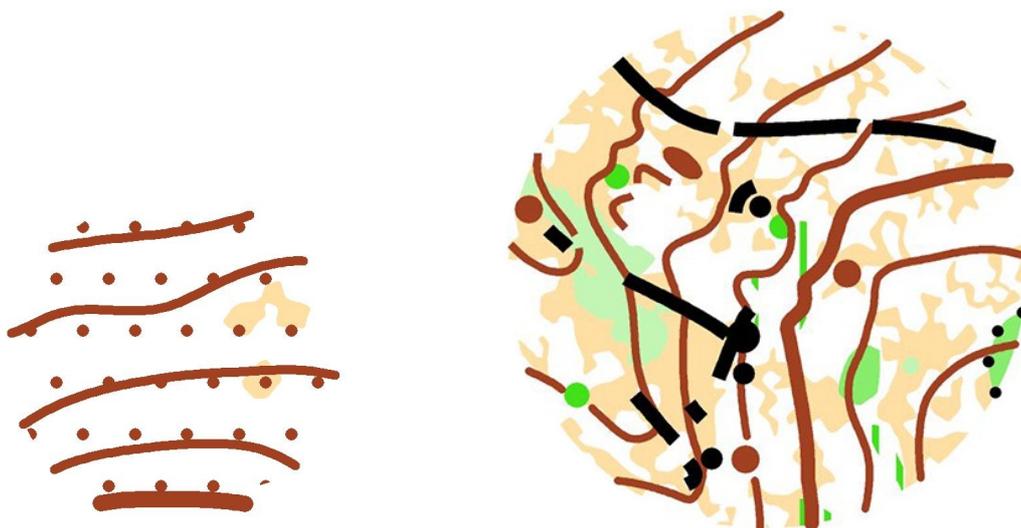
With moderate/hard climb, it is a map with oaks and pines of different penetrability. Runnability is sometimes limited (pinewood area) by reforestation terraces over 1.5 meters high (this terraces are marked with a brown dotted-line). There are very fast and open areas, tough.

The richness of rock details and valleys in the map, added to the thick vegetation, can seriously challenge the runner.

First start at 9:30 in the morning.

Scale: 1/10000.

Contours: 5m.



## Middle Distance. *Peña Colorada.*

CLASS	LENGTH	CLIMB
Open amarillo, W12, M12	1700m.	10m.
W14	2400m.	30m.
Open naranja, M14	2600m.	60m.
Open rojo, W16, W18-20B, W21B	2800m.	50m.
M16	4100m.	130m.
W18A, W21A	3500m.	100m.
M18-20B	3700m.	150m.
M21B	3800m.	140m.
M18A, M45	4200m.	140m.
M21A	5300m.	190m.
W35A, M50	3500m.	100m.
W40, M55	3800m.	120m.
M35B	3700m.	120m.
W45, M60	3000m.	100m.
W35B, W50	2300m.	40m.
W20A, W elite, M40	4400m.	150m.
M35A	4700m.	170m.
M20A, M elite	6100m.	240m.
W60, W65	2000m.	50m.
W55, M65	2300m.	40m.



## Middle Distance. *Peña Colorada.*

The competition area is fenced and has a livestock farming use, in fact, several categories will have to cross a fence over 1,20m in their routes. To facilitate the pass to anyone who wants to use them, we have enabled passing points in the fences enlarging the gap with tape. If you choose not to use this points, respect the fence and avoid shouting at the livestock. Anyway the cows usually are not in the competition area.

The black 'X' on the map correspond to light post that have been cut (1m. height approx.).



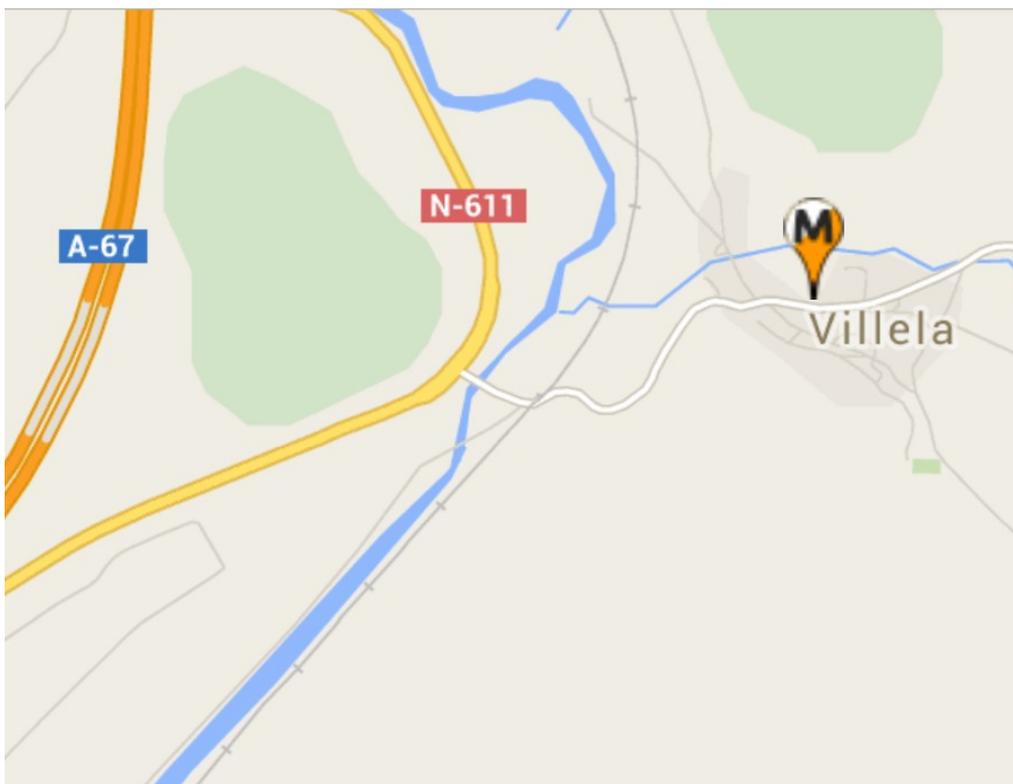
## Middle Distance. *Peña Colorada*.

### Competition centre

The parking area will be in *Villela*. The start and the goal are a bit away from the parking area. The start is approximately 5 minutes walk to a pre-start (-13min) and the goal is approximately 1 km from the parking area.

The prize-giving ceremony will be at *Alar del Rey* (about 13:45), which is the event centre, not only for being the largest city of the three where we will be, but because it has many services for participants.

As in Saturday's race, there will be a nursery service for children **while their parents compete**. Please use responsibly.



## More orienteering

As on previous competitions, we offer the opportunity to participate in a "antiofficial" race on Saturday afternoon (21<sup>st</sup>). This playful race will be held in *Alar del Rey* (football field at 17.00) and costs 2€ per participant. To run this competition you need to complete the "Score Palentino" form on orienteeringonline.

This antiofficial race is a step beyond the already known "Relevos Palentinos". This way we hope to combine bigger and more "balanced" teams. Although as always, we'll have to wait until the end to check it.

Moreover, from ORCA club, in collaboration with our neighbors clubs from *Valladolid* -COV and CDP-O- and taking advantage that our three competitions are followed after each other, we offer you the opportunity to participate in a "festival" of specific orienteering trainings from the previous day of our WRE until the "Spanish Orienteering Championship" (2<sup>nd</sup>-5<sup>th</sup> April)...

We invite you to the "OFestival Pisuerga 16 Days". (see page 20)



## Antiofficial. 'Score Palentino'.

The race is done in teams of 4-6 runners of different classes grouped randomly. This will be based on the number of participants from different categories that we will have in the race. We will announce it later. Stay tuned.

The race is score type, with cards and needle punches, and map change. Each runner will have his own control card and the team will have to be grouped at the changing map area(s) and at the finish.

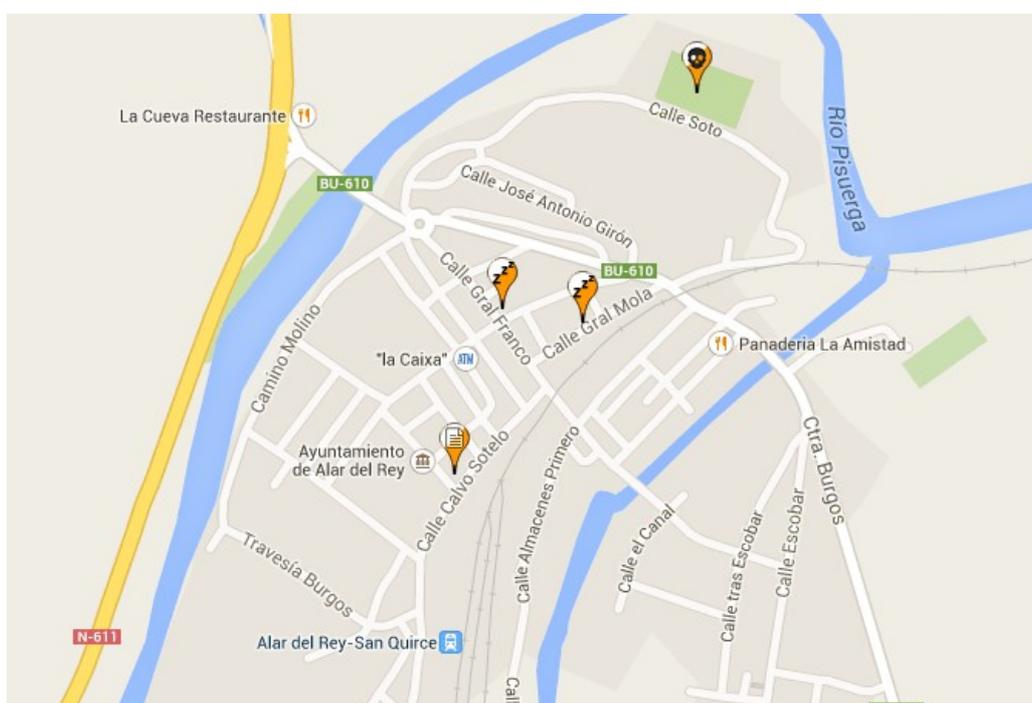
The winner team will be the one who finishes faster and correctly the race. That means:

- Each control card need to have, at least, 5 punches.
- After checking all the control cards of the team, all the controls of the 'score' race have been punched without any double-punched control (two runners with the same control punched).
- Not a single extra punch, i.e., any control that does not appear in the map (there will be more flags than controls). That is why the control cards does not have frames for corrections.



## Accommodation and services

The Friday, the event centre, where you could take your bibs, will be located (from 10.00 to 12.00 and 15.30 to 21.30) in the *Alar del Rey's* Council's multipurpose building, (next to the Council itself); and the Saturday (morning) at the competition area (*Becerril's* service station *Puerta de la Montaña*).



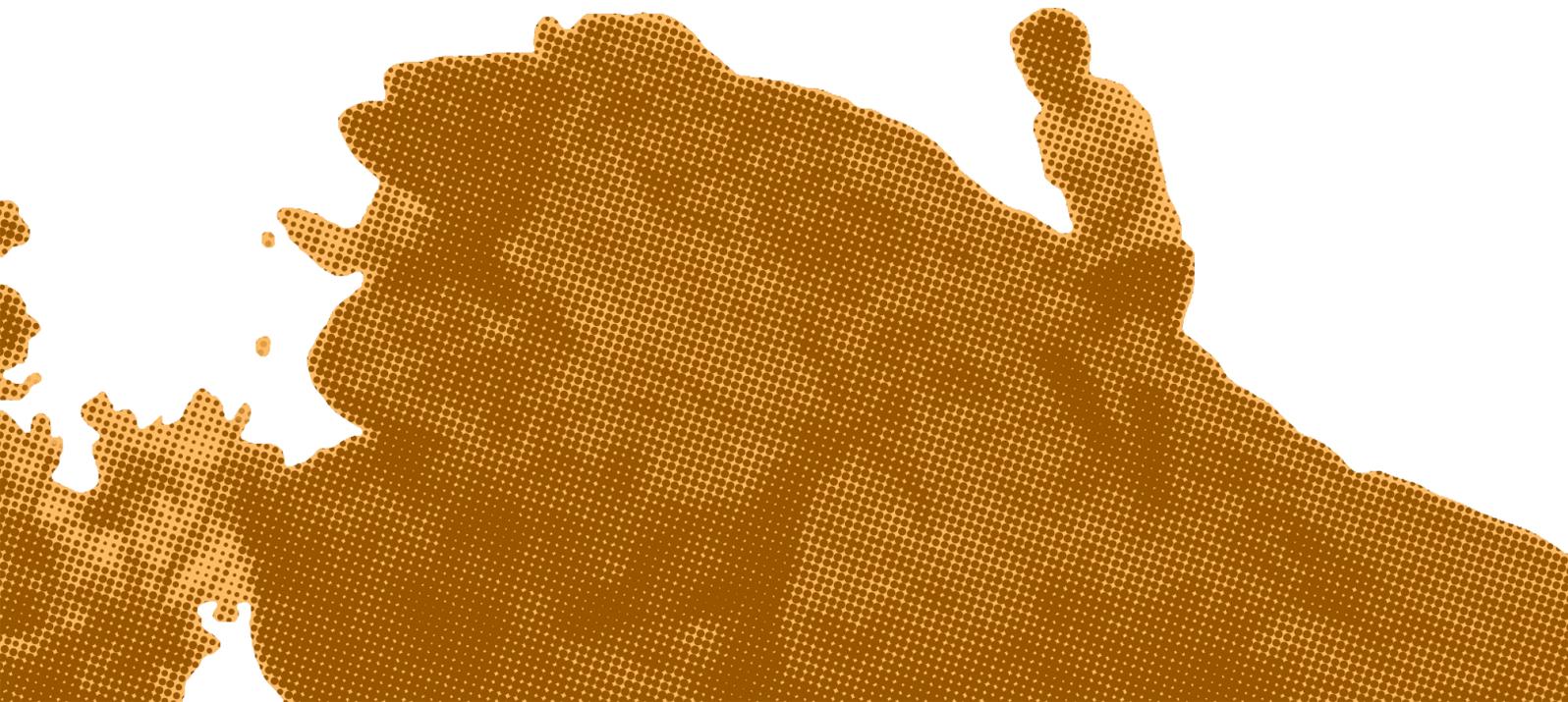
- 'Hard floor' > 
- Event centre > 
- Antiofficial > 

## Accommodation and services

As usual in orienteering competitions, we offer a "hard floor" service for runners. The price is 2€ for the two days of competition (Friday to Sunday). According to demand we may need more than one site, that is why is important that you ask for it soon, so that way, the organization could manage a new hard floor with enough time if necessary. Se podría controlar el acceso ya que el aforo es limitado.

We also offer an entertainment service for children while their parents compete. This service is free so we request a **responsible use**.

Saturday evening (from 16:00 to 20:00) football field's changing rooms at *Alar del Rey* will be open (showers).



# Entries

Entries of all competitors with 2015 FEDO/FPO license shall be done through FEDO's SICO system:

<http://www.fedo.org/web/inscripciones>

The rest of competitors shall do their entries through orienteeringonline.net:

<http://orienteeringonline.net/CompetitionBasicInfo.aspx?CompetitionID=1866>

Elite class runner **also** must enter through IOF's Eventor system to include their results in the International Orienteering Federation's World Ranking Series:

<http://eventor.orienteering.org/Events>

First deadline for entries will be 10<sup>th</sup> March 2015 at 23.59h. From that date entries will cost 2,5€ more per day until the final deadline, 13<sup>th</sup> March 2015.

# Entries

Entries will not be valid until receipt of the payment of the entry. Please, remember to put the name of the club which is making the payment.

Only justified start-time requests will be dealt.

## Fees

**With** 2015 FEDO/FPO licence:

- 5€/day · Open, M/W20 and below.
- 9€/day · M/W21 and over.

**Without** 2015 FEDO/FPO licence (Foreigners):

- 7€/day · M/W 12, 14, 16 and Open.
- 11€/day · M/W 18 and 20.
- 15€/day · M/W21 and over.

Others

- 2€ · Antiofficial.
- 2€ · «Hard floor».
- 4€ · Sportident rent.

Account: Club de Orientación Río Carrión

BIC: BBVAESMMXXX

IBAN: ES78 0182 0497 0402 0155 3798

# O Festival 16 días del Pisuerga

Taking advantage of the proximity of three Spaniards clubs and that in this 2015 its competitions are performed consecutively, we launched 16 days of orienteering for both, teams and individual runners.

<http://pisuergaofest2015.org.es/>



## ○ Festival 16 días del Pisuerga

During these days you can enjoy different training maps (some used in recent Spanish O5días 2014) From maps with oaks in *Perazancas* to clean pine with land forms (contours 2.5m) typical of *Valladolid*, through *La Tuerces* and unique maps as *Torquemada* (maze of vegetation) Besides this range of training maps, during the weekends you can compete in totally different races starting with a WRE competition in *Alar del Rey* (Palencia), a Northern League (Valladolid) and a whole Orienteering Spanish Championship in *Portillo* (Valladolid).

Entries for each of the official competitions (Spanish League, Northern Regional League and Spanish Championship) should be made through their own website, and are NOT included in this pack of trainings.

Entries will be via the online system "OrienteeringOnline.net". Entries are available even for single trainings (2€ each) or for the pack of 8 trainings (12€).

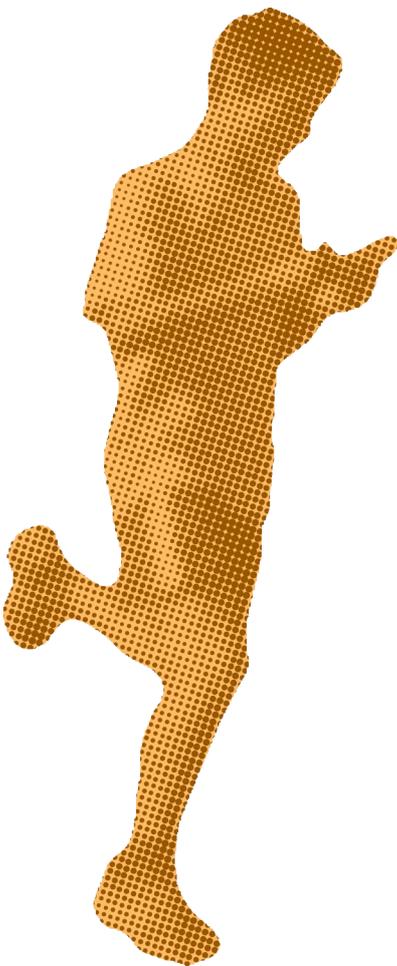
<http://orienteeringonline.net>

Payments for these trainings will be made by bank transfer to the following account:

Bank: BBVA

BIC: BBVAESMMXXX

IBAN: ES78 0182 0497 0402 01553798



## ○ Festival 16 días del Pisuerga

Date	Club	Event	Place
Fri 20 <sup>th</sup> March	ORCA	Training 1	Nogales de Pisuerga
Fri 20 <sup>th</sup> March	ORCA	Model Event *	Becerril del Carpio
Sat 21 <sup>st</sup> March	ORCA	WRE Long Distance *	Becerril del Carpio
Sat 21 <sup>st</sup> March	ORCA	Antiofficial*	Alar del Rey
Sun 22 <sup>nd</sup> March	ORCA	Middle Distance*	Peña Colorada
Mon 23 <sup>rd</sup> March	ORCA	Training 2	Perazancas de Ojeda
Tue 24 <sup>th</sup> March	ORCA	Training 3	Las Tuerces
Wed 25 <sup>th</sup> March	ORCA	Training 4	Torquemada-Villamediana
Thu 26 March	-	-	-
Fri 27 <sup>th</sup> March	COV	Training 5	Pinar de las Arenas
Sat 28 Marzo	COV	Northern Regional League**	Montemayor de Pililla
Sun 29 Marzo	COV	Northern Regional League**	Montemayor de Pililla
Mon 30 <sup>th</sup> March	COV	Training 6	Compasco
Tue 31 <sup>st</sup> March	CDPO	Training 7	El Negral
Wed 1 <sup>st</sup> April	CDPO	Training 8	Las Turinas
Thu 2 <sup>nd</sup> April	CDPO	Spanish Championship***	Portillo
Fri 3 <sup>rd</sup> April	CDPO	Spanish Championship***	Portillo
Sat 4 <sup>th</sup> April	CDPO	Spanish Championship***	Portillo
Sun 5 <sup>th</sup> April	CDPO	Spanish Championship***	Portillo

Entries for the Official Competitions (at the weekends) should be made through their own website, and are NOT included in this pack of trainings:

(\*) Spanish Leaguel. WRE. Nacimiento del Canal de Castilla (21<sup>st</sup> and 22<sup>nd</sup> March) <http://wre.orcapalencia.com>

(\*\*) Northern Regional League. (28<sup>th</sup> and 29<sup>th</sup> March). <http://www.covalladolid.org>

(\*\*\*) Spanish Championship. (2<sup>nd</sup>, 3<sup>rd</sup>, 4<sup>th</sup> and 5<sup>th</sup> April) <http://www.ceo2015.es>

