



Invitation



Aalborg Orienteringsklub invites you to Nordjysk 2-dages 2011

following in the footsteps of the JWOC-competitors

Saturday 12 March: Long distance in Svinkløv

Sunday 13 March: Middle distance in Kollerup

Training Friday 11 March in Blokhus Klitplantage.

Classification:

- C-rated event, **** with elite courses.
 - o Please note – the two races are independent events, which will be clear from the entry form. If you only want to participate on one of the days, please write it on the “Comments” field.

Shower and change:

- At Hjortdal Skole (school) there will on both days be offered change and shower possibilities. The route will be marked from the road between Fjerritslev and Hjortdal.
- There will be no event centre.

Event office and time keeping in the arena. On both days, results and the prize giving ceremony will take place in the arena.

Arena:

- Saturday 12 March 2011 at Svinkløv Camping. Marks from road 11 east of Fjerritslev. First start at 12.00 PM.
- Sunday 13 March 2011 in Kollerup. Marks from road 11 east of Fjerritslev. First start at 8.30 AM.

Maps:

- Saturday 12 March, Svinkløv, newly drawn 2010.
- Sunday 13 March, Kollerup, newly drawn 2010.
- Equidistance 2,5 m., 1:10 000.
- Control description: IOF symbols.
- Printed map.

Terrain description:

- Svinkløv – the area consists of primarily detailed inland dunes with a dense network of roads and paths. The forest is mainly covered with pines and has varying runnability. Towards the North Sea, the terrain has high slopes down to the coast. The forest has recently been used for the JWOC long distance in 2010.
- Kollerup – the terrain consists of slightly hilly inland dunes with varying runnability, together with open areas with detailed curves. There is a well established network of roads and paths. The forest was last used for the JWOC medium distance in 2010.

Classes:

Class (Women)	Saturday 12 March	Sunday 13 March		Class (Men)	Saturday 12 March	Sunday 13 March	
D-10A	ca 2,5 km.	ca 1,9 km.	novice	H-10A	ca 2,5 km.	ca 1,9 km.	novice
D-10B	ca 2,5 km.	ca 1,9 km.	novice	H-10B	ca 2,5 km.	ca 1,9 km.	novice
D11-12A	ca 2,5 km.	ca 2,2 km.	easy	H11-12A	ca 2,5 km.	ca 2,2 km.	easy
D-12B	ca 2,5 km.	ca 1,9 km.	novice	H-12B	ca 2,5 km.	ca 1,9 km.	novice
D13-14A	ca 3,0 km.	ca 2,7 km.	medium	H13-14A	ca 4,0 km.	ca 3,0 km.	medium
D13-14B	ca 2,5 km.	ca 2,2 km.	easy	H13-14B	ca 2,5 km.	ca 2,2 km.	easy
D15-16A	ca 4,0 km.	ca 3,2 km.	difficult	H15-16A	ca 6,0 km.	ca 3,9 km.	difficult
D15-16B	ca 3,0 km.	ca 2,7 km.	medium	H15-16B	ca 4,0 km.	ca 3,0 km.	medium
D15-20C	ca 4,5 km.	ca 3,2 km.	easy	H15-20C	ca 4,5 km.	ca 3,2 km.	easy
D17-20E	ca 6,5 km.	ca 3,9 km.	difficult	H17-20E	ca 10 km.	ca 4,6 km.	difficult
D17-20A	ca 5,0 km.	ca 3,7 km.	difficult	H17-18A	ca 6,5 km.	ca 4,1 km.	difficult
D17-20B	ca 4,0 km.	ca 3,0 km.	medium	H19-20A	ca 8,5 km.	ca 4,4 km.	difficult
D21E	ca 7,5 km.	ca 5,2 km.	difficult	H17-20B	ca 6,0 km.	ca 4,1 km.	medium
D21A	ca 6,5 km.	ca 4,1 km.	difficult	H21E	ca 12 km.	ca 6,1 km.	difficult
D21AK	ca 4,5 km.	ca 3,4 km.	difficult	H21A	ca 10 km.	ca 5,2 km.	difficult
D21B	ca 4,0 km.	ca 3,0 km.	medium	H21AM	ca 8,0 km.	ca 4,3 km.	difficult
D21C	ca 4,5 km.	ca 3,2 km.	easy	H21AK	ca 6,0 km.	ca 3,9 km.	difficult
D35A	ca 6,0 km.	ca 3,9 km.	difficult	H21B	ca 6,0 km.	ca 4,1 km.	medium
D35B	ca 4,0 km.	ca 3,0 km.	medium	H21C	ca 4,5 km.	ca 3,2 km.	easy
D40A	ca 5,0 km.	ca 3,7 km.	difficult	H35A	ca 8,5 km.	ca 4,4 km.	difficult
D45A	ca 4,5 km.	ca 3,4 km.	difficult	H35B	ca 4,0 km.	ca 3,0 km.	medium
D45B	ca 3,0 km.	ca 2,7 km.	medium	H40A	ca 8,0 km.	ca 4,2 km.	difficult
D50A	ca 4,0 km.	ca 3,2 km.	difficult	H45A	ca 6,5 km.	ca 4,1 km.	difficult
D55A	ca 3,5 km.	ca 3,0 km.	difficult	H45AK	ca 4,5 km.	ca 3,4 km.	difficult
D60A	ca 3,3 km.	ca 2,5 km.	difficult	H50A	ca 6,0 km.	ca 3,9 km.	difficult
D65A	ca 3,0 km.	ca 1,8 km.	difficult	H55A	ca 5,0 km.	ca 3,7 km.	difficult
Beg1	ca 4,0 km.	ca 2,7 km.	novice	H55AK	ca 3,5 km.	ca 3,0 km.	difficult
Beg2	ca 2,5 km.	ca 1,9 km.	novice	H60A	ca 4,0 km.	ca 3,2 km.	difficult
				H65A	ca 3,5 km.	ca 3,0 km.	difficult
				H70A	ca 3,3 km.	ca 2,5 km.	difficult
				H75A	ca 3,0 km.	ca 1,8 km.	difficult

- Free start: D-10A, D-10B, D12B, H-10A, H-10B, H-12B, Beg1 and Beg2. This means that the start time will be agreed together with the start personnel.

Children's courses: Courses taped by stripes will be offered.

Late entry: Will **not** be received. But there will be open courses with entry on the day of the event. The following courses will be offered on Saturday/Sunday, respectively:

- Åben 1 approx. 7 / 5,1 km. difficult,
- Åben 2 approx. 3,5 / 2,9 km. difficult,
- Åben 3 approx. 4 / 3,1 km. medium,
- Åben 4 approx. 3 / 2,3 km. easy,

Open courses are sold on the arena.

Electronic Punching System:

- EMIT will be used. Rented e-cards will be handed out at start and must be handed in at the finish after the last run. Runners using their own e-cards are encouraged to mark their e-cards for easy recognition.

Children's Activities:

- Both days at the arena. Registration with number and age must be made together with the entry for the race.

Accommodation:

- Please consult the local tourist offices: www.visitjammerbugten.dk

Entry:

- **Club-based no later than 25 February 2011.**
Danish clubs: Club-based in O-service.
Foreign clubs: Online entry.
- In order to minimise problems with the electronic communication you will be registered for the same class on both days – but it is still possible to participate on just one of the days.
- **Norwegian and Swedish runners who need to reach a ferry connection on Sunday must provide the departure (departure time and harbour) at entry. Early starts on Sunday will be provided according to the need. The same applies if you need a late start on Saturday.**

Start fees: Must be paid at time of entry

- o H/D-20 per race DKK. 75,00 (open courses DKK. 90,00).
- o H/D21- per race DKK. 100,00 (open courses DKK. 120,00).
- o If renting an EMIT e-card the start fee will be raised by DKK. 15,00 per day.
- Danish runners pay the fee to account number **7450 1227206**
- Foreign runners are requested to pay on the account number:
 - o **Nørresundby Bank**
 - o **IBAN number DK8874500001227206**
 - o **SWIFT-BIC: NRSBDK24**
 - o **Aalborg Orienteringsklub**
Ulf Mogensen
Elmevej 21, Langholt
DK 9310 Vodskov
- **The sender pays all costs of receiving the start fee.**
- **Entry is only accepted when the start fee has been received.**
- **All amounts are in danish kroner (DKK).**
- For rented e-cards that are either lost or not handed in – a fee of DKK 400 is applied.

Prices:

- For both races there will be prizes for the three best runners in the youth, junior and elite classes.
The prize giving ceremony will take place at the arena.
Prizes will not be mailed after the event.

Kiosk: Well-assorted kiosk at the arena.

Information:

- Will be given on request by info2011@nordjysk2-dages.dk or on the event webpage www.nordjysk2dages.dk.
- **Start list and instructions will be available on the event webpage Tuesday 8 March 2011.**
- **Results:** Available on the arena. Final results will be available on the event webpage.

Training:

- Will be offered in Blokhus Klitplantage, Friday 11 March 2011. Marked route on road 559.
 - o Price per map DKK. 40,00. Paid at entry.
 - o Start in the interval 10.00 AM – 3.00 PM
 - o Further information by request to info2011@nordjysk2dages.dk

Event Management:

- o Event Organisers: Kirsten Bobach and Helle Bobach, Aalborg OK
- o Event Control: Mogens Christensen and Kjeld Arildsen, OK Vendelboerne
- o Referee: Pia Hejlskov Mogensen, St. Binderup OK
- o Course Planner Svinkløv: Anna Bobach and Poul Bobach, Aalborg OK
- o Course Controller Svinkløv: Poul Larsen, Aalborg OK
- o Course Planner Kollerup: Claus Bobach, Aalborg OK
- o Course Controller Kollerup: Claus Samsø Pedersen, Aalborg OK