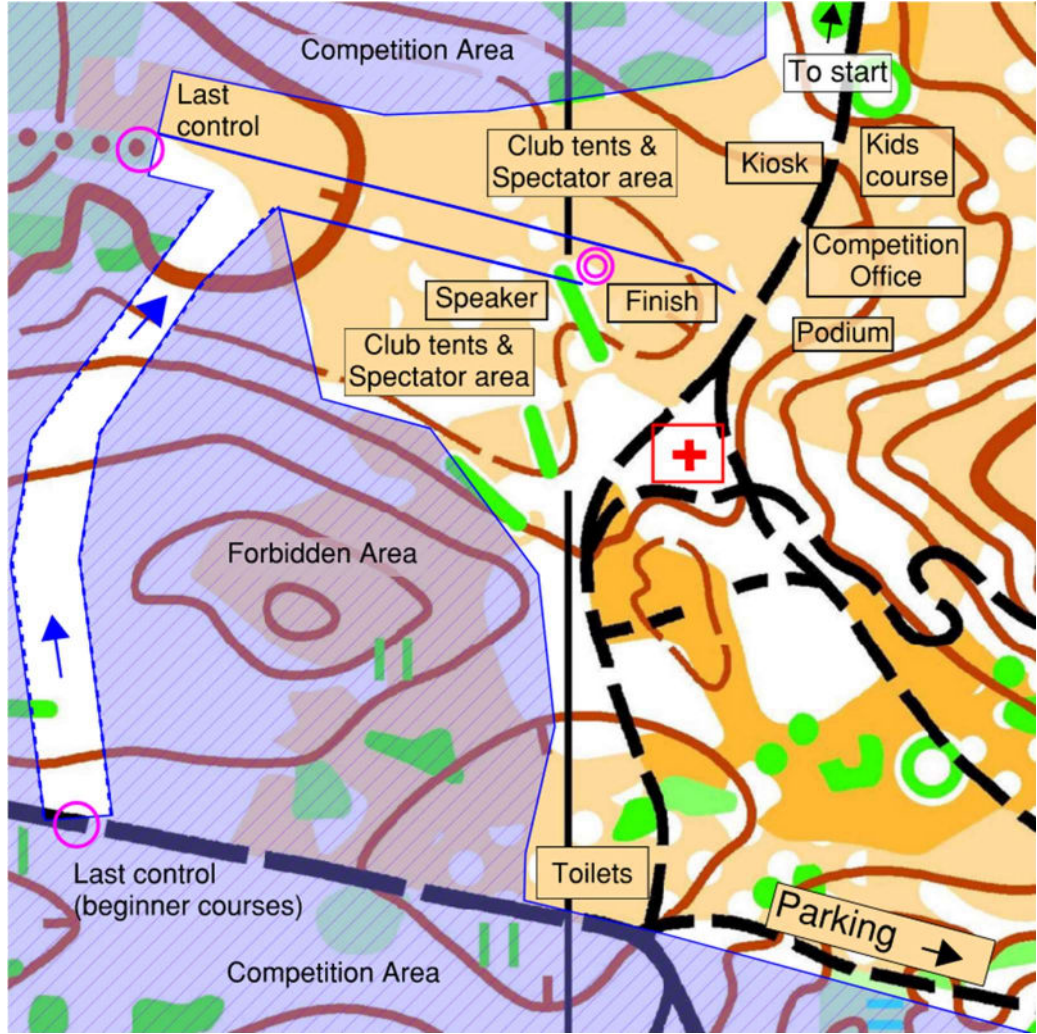






Danish Championship (DM) in Long Distance
World Ranking Event for M/W 21E
Sunday 14th September 2025 in Tisvilde Hegn
Bulletin Nr. 2

Organizer	Tisvilde Hegn Orienteering Club
Meeting point	Follow signs from Helsingevej (205) to Bisp Absalons Vej, 3000 Frederiksværk (GPS 56.0175418, 12.0507872)
Parking	<p>Parking on grass field at Asserbo castle ruin.</p> <p>We encourage carpooling. Parking costs 20 DKK per car, payable via card or cash at the event office.</p> <p>If the participating clubs have arranged shared bus transport, this must be reported by email: DM stafet og lang 2025</p>
Public transport	<p>Bus 320R runs between Helsing Station and Frederiksværk Station.</p> <p>Get off at the bus stop on Helsingevej (205) by Chr. E. Bartholdys Allé.</p> <p>Distance from bus stop to parking is approx. 600 meters.</p>
Route to event center	<p>Distance from parking to the event site is max. 1,200 meters.</p> <p>Follow the Orange flags from the northwest corner of the parking lot.</p> <p>All runners MUST follow the marked route, as the surrounding terrain is part of the competition area.</p>

Event center	<p>The event center is located in an open area in the forest. Overview map for event center is shown below:</p> 																		
Event office	Event office opens at 8:00.																		
Toilets	There are toilets at the event center. There are NO toilets at the start.																		
First aid	A first aid tent with defibrillator is located at the event center. (See the red cross in the middle of the event area). The nearest hospital is located in Hillerød.																		
Childrens course	A free children's course is available, with start from the event center. All finishers receive a small prize. Open from 9:30 to 1 o'clock.																		
Courses	<table border="1" data-bbox="371 1671 1428 1962"> <thead> <tr> <th>Course</th> <th>Distance</th> <th>Controls</th> <th>Water-controls</th> <th>Map flip</th> <th>Scale</th> </tr> </thead> <tbody> <tr> <td>D21 (WRE)</td> <td>15,7 km</td> <td>32</td> <td>6</td> <td>No</td> <td>1:10.000</td> </tr> <tr> <td>H21 (WRE)</td> <td>18,9 km</td> <td>37</td> <td>7</td> <td>No</td> <td>1:10.000</td> </tr> </tbody> </table>	Course	Distance	Controls	Water-controls	Map flip	Scale	D21 (WRE)	15,7 km	32	6	No	1:10.000	H21 (WRE)	18,9 km	37	7	No	1:10.000
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Open courses	Course	Difficulty	Distance	Controls	Water-controls	Map flip	Scale
	Open 1	Difficult	10,6 km	22	5	No	1:10.000
	Open 2	Difficult	8,4 km	18	1	No	1:10.000
	Open 3	Difficult	5,9 km	12	1	1 flip	1:7.500
	Open 4	Difficult	3,5 km	11	1	No	1:7.500
	Open 5	Medium	4,8 km	13	0	No	1:10.000
	Open 6	Easy	4,3 km	15	0	No	1:10.000
	Open 7	Beginner	3,6 km	11	0	No	1:10.000
	<p>Open courses can be purchased at the event office between 8:00 and 12:00, while supplies last. The price on the day is 150 DKK. Payment can be made via Mobilepay, card or in cash at the event office.</p> <p>Open courses can start anytime between 10:00 and 12.30.</p> <p>Rental SI for open courses can be rented Sunday from the event office for 25 DKK.</p> <p>It is not permitted to run on an open course before participating in a Danish Championship course.</p>						
Control system	<p>SPORTident, Air+ and earlier generations of SI, though it is not recommended to use SI Version 5 (numbers 1-499.999) or 8 (numbers 2000.000 – 2.999.999).</p> <p>All controls support Touch-free SI (SIAC).</p> <p>Rental SI for pre-registered participants shall be picked up at the Start delivered after download in the finish area.</p> <p>The fee for lost or un-returned rental SI is 550 DKK.</p>						
GPS	There is no GPS tracking for runners.						
Map	<p>Map name: Tisvilde Hegn, revised in 2025</p> <p>Scale: 1:10.000 for all classes, incl. W21 E (WRE) and M21 E (WRE) * 1:7.500 for classes M/W45 and over</p> <p>Vertical contour: 2.5 m</p> <p>Mapper: Gediminas Trimakas (GT Maps)</p> <p>Map consultant: Mogens Hansen, OK Skærmen</p> <p>Status: Revised in 2025 (ISOM 2017-2, rev. 6), and has been awarded DOF's stamp of approval</p> <p>Print: The map is printed on water and tear-resistant paper</p> <p>* Dispensation is given for scale 1:10.000 for classes W21 E (WRE) and M21 E (WRE)</p> <p>Special map features:</p> <p> Tree root, minimum 3 meter high</p> <p> Fallen tree</p>						

	<p>An example map will be presented in start box 3 (2 minutes before start). Any changes to the map after printing will be marked.</p> <p>Previous orienteering maps of the area can be found on the events website. These maps may not be used or viewed while in the event area (either in print or digital versions).</p>
Forbidden areas	Forbidden areas are marked on the map with a purple hatching.
Enclosure with livestock	<p>H 21 has a post placement in an enclosure.</p> <p>There is no electricity on the fence. Please be considerate of the animals</p>
Terrain description	Varied terrain with a mixture of coniferous and deciduous forest and dunes. Slightly to moderately hilly with a well-developed trail network. Mostly very good runability with a firm bottom, but a few areas with denser forest and a little brush at the bottom. Some areas are sandy and difficult to run in.
Control descriptions	<p>Control descriptions are delivered in start box 2 (3 minutes before start).</p> <p>Dimensions for control descriptions (WRE): M21 (MEN): 21,8 x 4,4 cm (5 mm) W21 (WOMEN): 19,3 x 4,5 cm (5 mm)</p> <p>Control descriptions are also printed on the map.</p>
Bib numbers	<p>All classes except Open courses have bib numbers.</p> <p>Bib numbers and safety pins are situated at the start.</p> <p>A start list will also be available at the start. Please be careful to take the correct bib number.</p>
Start	<p>Individual start with first start at 10:00.</p> <p>The start list will be posted on the event website 48 hours before the first start.</p> <p>There is approximately 250 m to the Start. Follow the yellow streamers.</p> <p>Clothes will not be transported from start to event center.</p>
Start procedure	<p>Runners shall check that their SI is cleared and checked. Clear and Check is available at the start. There is no pre-start area.</p> <p>Box 1: 4 minutes before start Race officials will check that runners check in to Box 1 at the correct start time, according to the start list. Only runners may enter the start box. SI numbers will be checked.</p> <p>Box 2: 3 minutes before start Control descriptions are available for runners that have a description holder for this purpose.</p> <p>Box 3: 2 minutes before start</p>

	<p>An example map, showing any changes to the map after printing, is available for viewing.</p> <p>Box 4: 1 minute before start Runners shall move forward to the map box for their class.</p> <p>The map may be pulled from the map box and folded in half without looking, with the course folded to the inside. Runners shall remain standing at the map box until the start time, as the start box is narrow.</p> <p>Late starters must contact the starting officials, who will be able to assist with the starting process.</p> <p>The starting control is easily visible from the starting line.</p>
Finish	<p>The finish control is not touch-free and must be punched.</p> <p>Once finished, proceed to download, where split times are printed and rental SI can be returned.</p> <p>Maps shall be handed in immediately after download, in the respective club bag, hung up near the finish line.</p>
Maximum time	<p>Max time is 3 hours for all classes.</p> <p>A runner that does not complete their course shall contact the timing officials to download their SI.</p>
Hydration stations	<p>There is self-service water at select controls in the forest.</p> <p>The number of controls with water is shown in the Course information above.</p> <p>On WRE courses (W21 / M21), water is placed in a cup on a table.</p> <p>Water is available to all runners when they arrive to the finish area.</p>
Prizes	<p>The prize giving ceremony takes place at the event site immediately after the leaders in all classes has been determined. Expected time around 2:15 p.m. The speaker will announce the exact time.</p> <p>There are prizes for nr. 1, 2 and 3 in W21/M21 in the overall Trimtex Senior Cup 2025.</p> <p>There are prizes for nr. 1, 2 and 3 in W20/M20 in the overall Løberen Junior Cup 2025.</p> <p>In the classes W21 /M21, the winner receives DOF's championship medals. Number 2 and 3 receive DOF's silver and bronze medals. In other DM classes, DOF medals are awarded to nr. 1, 2 and 3.</p> <p>Medals are only awarded to runners who, on the day of the event, are members of a Danish club under DOF, are Danish citizens or registered in the population register in Denmark.</p>
Results	<p>The speaker will use split times from radio controls in the forest to bring the event to life for all in the event center.</p>

	<p>Results for all classes will be shown at the event center and will be posted online as live-results as quickly as possible. Live results can be accessed here: https://liveresultat.orientering.se/followfull.php?lang=en&comp=34517</p> <p>After the competition, results can be found on the events website.</p> <p>O-track courses will be available after the last runner is started.</p>
Rules and regulations	<p>Competitors must not use or carry communication devices that can transmit or receive information, to or from a remote source, between entering the quarantine zone (or the start area if there is no quarantine zone) and reaching the finish in a race, unless the equipment is approved by the Organiser. GPS-enabled devices (watches etc.) can be carried provided that they are not used for communication or navigation. However, the Organiser has the right to specifically forbid the use of such equipment.</p> <p>Smoking and open fire is absolutely forbidden in the entire event area.</p> <p>Instructions from officials shall be followed.</p>
Sustainability efforts	<p>To reduce waste, it is recommended that participants bring the following:</p> <ol style="list-style-type: none"> 1. Water for own use 2. Cup for purchase of coffee or tea 3. Carpooling
Other services	<p>A well-stocked kiosk with food and drinks is available at the event center. The kiosk opens at 9:00. Payment by cash, card or Mobilpay.</p> <p>The Danish Doctors Vaccination Service (<i>Danske Lægers Vaccinations Service</i>) will be at the event from 12:00 to 15:00. Vaccination against TBE will be able to be purchased on site for 440 DKK for those over 16 years old and 420 DKK for persons under 16 years old.</p> <p>Showers are not offered at the event center.</p> <p>Vehicle access to the event center, for other than event officials, is not permitted and can only be approved by special agreement with the event organizers. Otherwise, parking is described above.</p>
Dispensation	<p>There is approved dispensation for changed map scale for W21 and M21. Winning times for M/W21 are in accordance with IOF regulations.</p>
Complaints	<p>Please refer to IOF Foot Orienteering Competition Rules 2025, chapter 27 and 28.</p> <p>Complaints or protests shall be submitted in written format to the event office, who will contact the event organizers. The organizers will conduct a hearing and notify the parties of its decision in writing.</p> <p>A complaint shall be given as soon as possible after the end of the event. This shall be understood as 30 minutes after the last runners finish or expiry of maximum time of the last started runner in the event.</p>

Event organizers	Elin Kracht, Politiets Idrætsforening København. Mobile nr. +45 8175 1363 Marianne Kirkegaard, Tisvilde Orienteringsklub. Mobile nr. +45 2726 7241 E-mail DMstafetoglang2025@gmail.com
Event control	Bo Konring, Søllerød OK
Course setter	Tim Falck Maag, Tisvilde OK
Course control	Helge Lang, Farum OK
Jury	Chairman: Bo Konring, Søllerød OK Other jury members: Charlotte Bergmann - Allerød OK Susanne Højholt – Kolding OK Signe Søes – Silkeborg OK
Mapper	GT Maps by Gediminas Trimakas
Map consultant	Mogens Hansen, OK Skærmø



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