

CAMPEONATO IBÉRICO MTBO 2025

MIRANDILLA

MÉRIDA



15-16 MARZO

LARGA DISTANCIA - SPRINT

www.fexo.org

Judex MTB-O
Liga Diputación de Badajoz

0. TABLE OF CONTENTS

1. PRESENTATION	3
2. THE CENTRE. MIRANDILLA - MÉRIDA	4
3. RULES.....	5
4. ENTRIES	6
5. PROGRAMME.....	8
6. TECHNICAL INFORMATION.....	9
7. ORGANISERS.....	17
8. SERVICES.....	18
9. INSTITUTIONS AND ORGANISERS.....	20

1. PRESENTATION

The 2025 MTBO Extremadura Cup (MTBOEx) opens its season with the **MTBO Extremadura Trophy** and the **2025 Iberian MTBO Championship**.

Federación Extremeña de Orientación and **Club Alcor Extremadura** present the first MTBO meeting in our region, which will take place on 15 and 16 March in the capital of the Extremadura Region, and will be preceded by a **MTBO Training Camp**, in Central Alentejo from 11 to 13 March.

The Iberian MTBO Championship will have two races, **Long Distance and Sprint**. The two courses form part of the Spanish MTBO Cup.

These will be new terrains for MTBO in Extremadura. The variety and locations promise very challenging courses for all participants.

As organisers, we invite you to participate in these courses and enjoy this new sports event in Extremadura, where you already know that the passion and commitment to our sport are always present.

See you in Extremadura!



2. THE CENTRE. MIRANDILLA - MÉRIDA

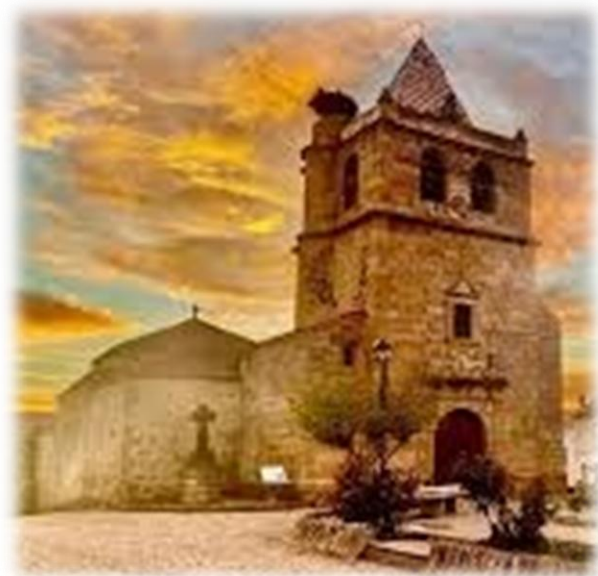
The **2025 Iberian MTBO Championship** will take place in Mirandilla and Mérida.

Mirandilla is located to the north of Trujillanos and San Pedro, and is somewhat bigger than these, also corresponding to the area under direct influence of Mérida. According to some, it was founded in the 12th century by people from Miranda de Ebro; according to others, it was founded by Portuguese settlers from Miranda de Duero.

Part of its municipal area is located inside the Cornalvo Natural Park. From the village, there are roads and tracks leading to farming fields up to the Bermeja Mountain, along the River de La Muela up to the Cornalvo Dam. This body of water was created by a Roman Dam, which is worth a visit.

Mérida, a city with a rich history and unique charm, is located on the banks of the River Guadiana, in Extremadura, in the southwest of Spain. Its roots date back to the Roman occupiers of the Iberian Peninsula, who have left a significant heritage that is still standing today.

In addition to its historic heritage, Mérida offers a thriving cultural and gastronomical environment, with festivals, events and an excellent local cuisine that blends Spanish and Portuguese influences. With its temperate Mediterranean climate and its warm atmosphere, Mérida invites its visitors to wander in their cobbled streets, taste its delicious cuisine and immerse themselves in its fascinating history.



2.1 How to get there.

- **By car:** Mérida has excellent road connections the via A-5 motorway, which links Madrid to the east, with Portugal on the west. It can also be accessed from the south via the A-66 motorway.
- **By train:** The Mérida train station is located in the city centre and is served by high-speed (AVE) and regional trains. There are connections to Mérida from cities such as Madrid, Seville and Lisbon.
- **By bus:** The Mérida bus station is located near the city centre and there are regular connections to various Spanish and Portuguese cities.
- **By plane:** The Badajoz Airport is about 41 km away from Mérida. As other options, the Lisbon and the Seville Airports are both about 2 hours away from Mérida by car.

3. RULES

3.1 Rules.

The 1st event of the 2025 MTBO Extremadura Cup (MTBOEX) is an official event of the 2025 MTBO Spanish Cup and corresponds also to the **2025 MTBO Iberian Championship**. It is regulated by the rules issued by the Spanish Orienteering Federation (FEDO).

[FEDO MTBO Rules](#)

[SEE RULES](#)

All participants must familiarise themselves with the rules and respect them. **Ignorance of the law is no excuse for any breach thereof, and shall not release you from its application and the resulting consequences.**

3.2 Event Adviser.

The competition will be supervised by the Event Adviser appointed by FEDO, **Vanesa Pons Grau**.

3.3 Extremadura MTBO Trophy

The Extremadura MTBO Trophy will be awarded to the competitors who obtain the highest aggregate number of points in the two courses of the event.

4. ENTRIES

4.1 Entries - procedure.

Entries must be made through FEDO's SICO platform.

Only federated athletes may participate in competition classes.

ENTRIES OPEN ON	07 February 2025
ENTRIES FREE OF SURCHARGE CLOSE ON	09 March 2025
GO TO ENTRIES	Go to SICO

4.2 Classes and entry fees.

CLASSES	FEDO AND FPO FEDERATED ATHLETES	
	LONG D.	SPRINT
M/W 15	€8	€8
M/W 17	€8	€8
M/W 20	€8	€8
M/W 21	€12	€8
M/W - E	€12	€8
M/W 40	€12	€8
M/W 45	€12	€8
M/W 50	€12	€8
M/W 55	€12	€8
M/W 60	€12	€8
M/W 65	€12	€8
PAIRS - OVERALL	€12 per person	€8 per person
PAIRS - BEGINNERS	€12 per person	€8 per person
OPEN CLASSES	€12	€8
E-BIKE	€12	€8

CLASSES	FOREIGN FEDERATED ATHLETES	
	LONG D.	SPRINT
M/W 15	€12	€12
M/W 17	€12	€12
M/W 20	€12	€12
M/W 21	€16	€12
M/W - E	€16	€12
M/W 40	€16	€12
M/W 45	€16	€12
M/W 50	€16	€12
M/W 55	€16	€12
M/W 60	€16	€12
M/W 65	€16	€12
PAIRS - OVERALL	€16 per person	€12 per person
PAIRS - BEGINNERS	€16 per person	€12 per person
OPEN CLASSES	€16 per person	€12 per person
E-BIKE	€16 per person	€12 per person

CLASSES	NON-FEDERATED ATHLETES	
	LONG D.	SPRINT
PAIRS - BEGINNERS	€14 per person	€12 per person
PAIRS - OVERALL	€14 per person	€12 per person
OPEN CLASSES	€14	€12
E-BIKE	€14	€12

4.3 Request an invoice.

Invoices related to entries in the competition (or supplementary services) must be requested through the specific form. All the details requested in the form are mandatory.

Upon receipt of the form, the details will be confirmed by our accounting department; should we need to confirm any detail, you will be contacted through the email entered in the form.

Invoices will start to be issued and sent four days after the end of the event.

REQUEST AN INVOICE

GO TO FORM

5. PROGRAMME

SATURDAY, 15 MARCH		Long Distance
Location	Mirandilla (Badajoz)	
09:30	Event Office opens.	
11:00	First start.	
14:00	Last arrival time for the Long Distance.	
SUNDAY, 16 MARCH		SPRINT
Location	PROSERPINA (MÉRIDA)	
08:00	Event Office opens.	
09:30	First start.	
13:00	Last arrival time for the Sprint.	
12:30	Prize-giving ceremony	

Note: The programme and the last arrival times are indicative only; they will depend on the start times. The last arrival time is set taking into account the maximum course times: 3 hours for the Long Distance and 1 hour for the Sprint.

Prize-giving ceremony: only prizes for the official classes of the Iberian Championship, as well as for the 2024 Spanish MTBO League, will be given. The prize-giving ceremony will take place at 12:30 horas in the Event Centre in Proserpina. If it rains, it will take place at 13:00 horas in Polideportivo la Paz in Mérida.

5.1 Locations

The central location for the 2025 Iberian MTBO Championship and the 2025 Extremadura MTBO Trophy is in Mirandilla and Mérida.

Location of the Event Centre for each course:

COURSE	LOCATION
LONG DISTANCE	LOCATION OF THE EVENT CENTRE
SPRINT	LOCATION OF THE EVENT CENTRE

Important notice on parking and overnight stay for camping cars: in the preceding night, it is forbidden to park and stay overnight in the competition area with camping cars or any other vehicle.

6. TECHNICAL INFORMATION

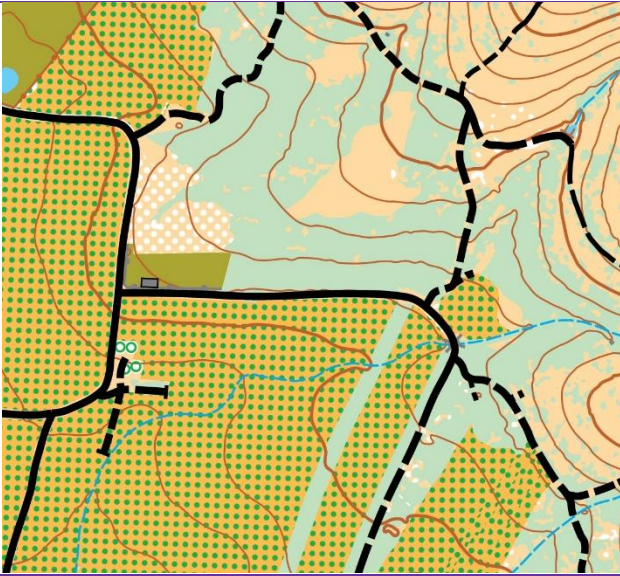
The areas chosen for this competition are new for MTBO. Foot-O competitions have been held in the ancient city centre of Mérida.

6.1 Model Event.

There will be no model event.

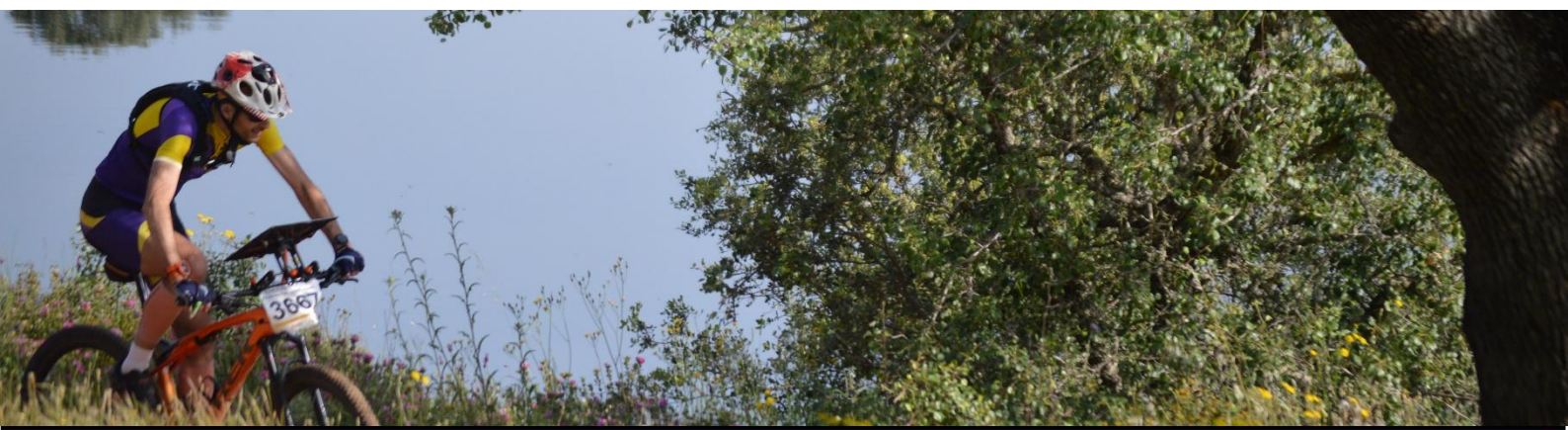
6.2 Long Distance

The Long Distance course will take place in terrains with cork tree forest, olive groves and eucalyptus plantations. The course will be fast, but there will also be some slow areas with technical paths.

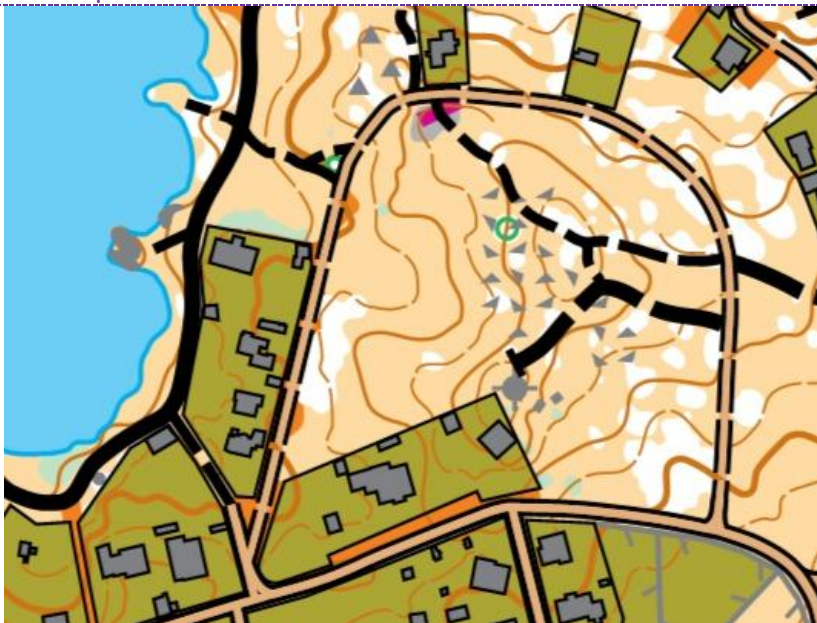
LONG DISTANCE	
Location	Mirandilla.
Map	
Map-Maker	Jean-Charles Lalevée
Course-Setter	Jean-Charles Lalevée

LONG DISTANCE							
Class	Course	Distance	Climbing	No. of controls	Scale	Map	Map size
W15	R8	14040	135	9	12500	1	A3
M15	R6	18610	198	11	15000	1	35x42
W17	R7	16710	178	9	12500	1	A3
M17	R5	22410	243	11	15000	1	35x42
W20	R4	23930	366	13	15000	1	35x42
M20	R38	31200	396	15	15000	2RV	35x42
W21	R4	23930	366	13	15000	1	35x42
M21	R38	31200	396	15	15000	2RV	35x42
W40	R4	23930	366	13	15000	1	35x42
M40	R2	33760	467	15	15000	2RV	35x42
W45	R4	23930	366	13	15000	1	35x42
M45	R2	33760	467	15	15000	2RV	35x42
W50	R6	18610	198	11	15000	1	35x42
M50	R34	32100	411	13	15000	2RV	35x42
W55	R6	18610	198	11	15000	1	35x42
M55	R38	31200	396	15	15000	2RV	35x42
W60	R7	16710	178	9	12500	1	A3
M60	R5	22410	243	11	15000	1	35x42
W65	R7	16710	178	9	12500	1	A3
M65	R5	22410	243	11	15000	1	35x42
WE	R38	31200	396	15	15000	2RV	35x42
ME	R1	38200	542	21	15000	2RV	35x42
PAIRS BEGINNERS	R5	22410	243	11	15000	1	35x42
E-BIKES	R5	22410	243	11	15000	1	35x42
M-OPEN CLASS	R4	23930	366	13	15000	1	35x42
W-OPEN CLASS	R6	18610	198	11	15000	1	35x42
PAIRS - BEGINNERS	R8	14040	135	9	12500	1	A3

Long Distance competition area.



6.3 Sprint in Proserpina

SPRINT IN PROSERPINA	
Location	Proserpina - Mérida
Map	
Map-Maker	Jean-Charles Lalevée
Course-Setter	Jean-Charles Lalevée

CAMPEONATO IBÉRICO MTB-O 2025

15/16 MARZO - MÉRIDA

SPRINT							
Class	Course	Distance	Climbing	No. of controls	Scale	Map	Map size
W15	R8	3860	36	10	7500	1	32x36
M15	R6	5340	58	16	7500	1	32x36
W17	R7	4850	49	14	7500	1	32x36
M17	R5	5900	74	18	7500	1	32x36
W20	R4	6190	87	18	7500	1	32x36
M20	R3	7120	91	21	7500	1	32x36
W21	R4	6190	87	18	7500	1	32x36
M21	R3	7120	91	21	7500	1	32x36
W40	R4	6190	87	18	7500	1	32x36
M40	R2	8120	113	24	7500	1	32x36
W45	R4	6190	87	18	7500	1	32x36
M45	R2	8120	113	24	7500	1	32x36
W50	R6	5340	58	16	7500	1	32x36
M50	R3	7120	91	21	7500	1	32x36
W55	R6	5340	58	16	7500	1	32x36
M55	R3	7120	91	21	7500	1	32x36
W60	R7	4850	49	14	7500	1	32x36
M60	R5	5900	74	18	7500	1	32x36
W65	R7	4850	49	14	7500	1	32x36
M65	R5	5900	74	18	7500	1	32x36
WE	R3	7120	91	21	7500	1	32x36
ME	R1	8770	133	28	7500	1	32x36
PAIRS BEGINNERS	R5	5900	74	18	7500	1	32x36
E-BIKES	R5	5900	74	18	7500	1	32x36
M-OPEN CLASS	R4	6190	87	18	7500	1	32x36
W-OPEN CLASS	R6	5340	58	16	7500	1	32x36
PAIRS - BEGINNERS	R8	3860	36	10	7500	1	32x36



Sprint competition area.



6.5 Time-keeping.

Time-keeping system	Sport Ident Air + (all classes).
SI rental	SIAC
Price for renting a SIAC	10€/SIAC.

- ➔ The organisers will have SIACs for rent.
- ➔ If you wish to rent a SIAC, you will have to sign a document undertaking to pay the price of the SIAC should you lose or damage it.
- ➔ It is not mandatory to use a SIAC; any other SI card may be used.

6.6 Locations and critical spots

We highlight below the locations and critical spots to be taken into account by participants, **these rules are mandatory**.

Each participant is responsible for familiarise him/herself and comply with the safety rules determined by the organisers and respect at all times the direction of streets and roads open to traffic. **Any breach of this rule shall be considered a sports offence.**

It is recommended to pay particular attention in high-risk areas, such as low-visibility turnings and areas shared with pedestrians.

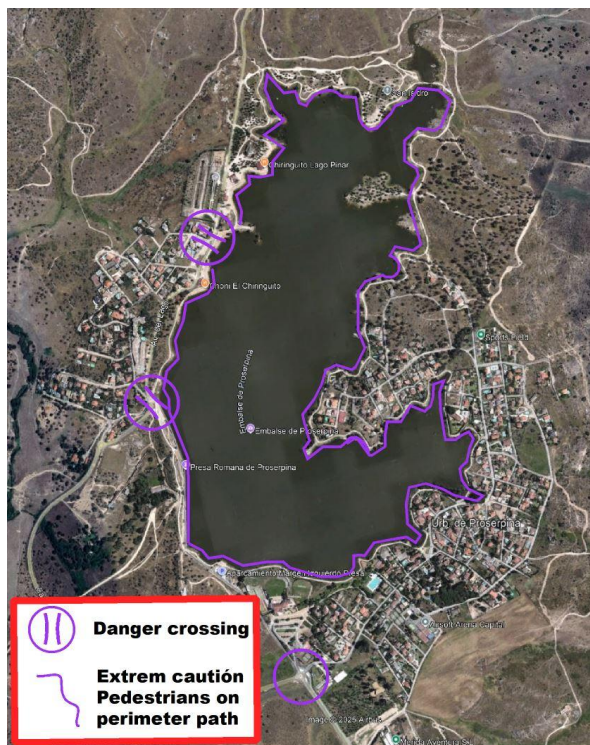
The maps handed over to the participants will clearly show mandatory passages, forbidden directions (one-way streets, roads and paths must be respected) and critical spots in the courses.

Locations and critical spots of the courses

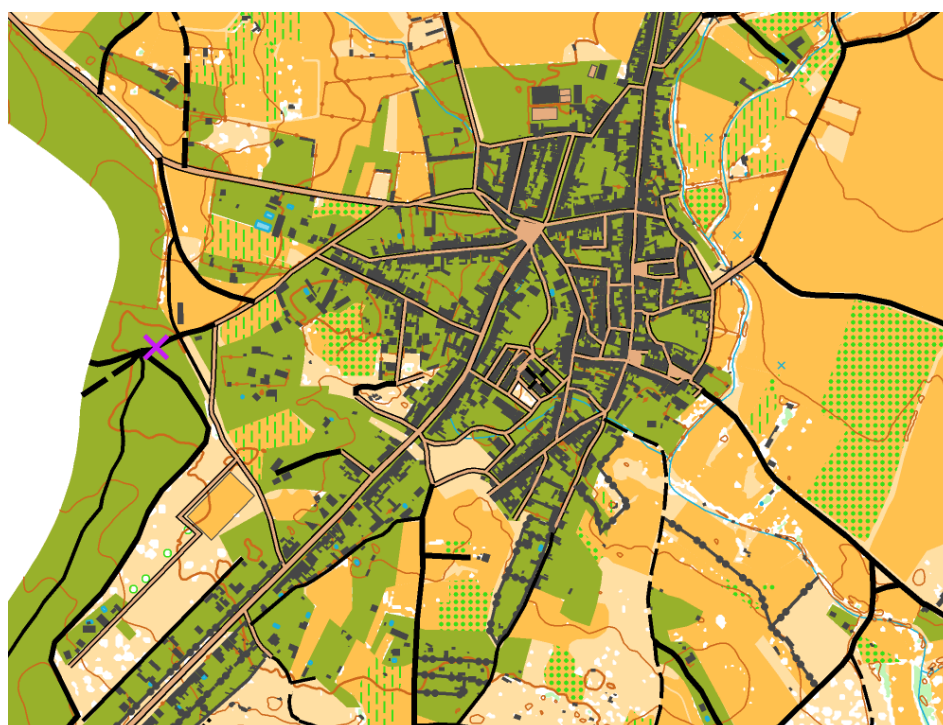
SPRINT status map: PROSERPINA DAM



Safety map for participants
SPRINT - PROSERPINA DAM



MIRANDILLA



7. ORGANISERS

7.1 Executive Organisation Chart.






ORGANISATION TEAM		
Course Director	José Antonio Carrasco	Mobile 605 21 38 80.
Technical Direction	FEXO	
Course-Setter	Jean-Charles Lalevée	
Map-Maker	Jean-Charles Lalevée	
FEDO Arbitrators	Abel Otero Ramírez – Carlos Otero Ramírez.	
Technical Support	FEXO	
Backoffice	Estrella Gordillo Candelario	
Communication	FEXO – Club Alcor Extremadura	

7.2 Coordination and Technical Backoffice.

GENERAL INFORMATION	EMAIL	Mobile/WhatsApp
Queries on the sports event, participants, institutions, protocol.	mtbo@fexo.org	+34 605 21 38 80
ENTRIES / BACKOFFICE	EMAIL	
Queries on entries.	inscripciones@fexo.org	
LOGISTICS	EMAIL	WhatsApp
Queries on resources and services: accommodation, meals, transportation, etc.	logistica@fexo.org	+ 34 636 73 36 81
COMMUNICATION	EMAIL	WhatsApp
Event information: programme, agenda, media.	comunicacion@fexo.org	+ 34 636 73 36 81

7.3 Competition information.

All the official event information will be available on the website of Federación Extremeña de Orientación (www.fexo.org) and its social media for publicity and general communication.

WEBSITE	FACEBOOK	INSTAGRAM	WHATSAPP	TELEGRAM
				

8. SERVICES

8.1 General information.

SERVICES	INFORMATION
Water	Water will be made available in both courses, as well as some snacks in the Saturday course in Mirandilla. There will be no water glasses. You must take your own glass or container.
Hard floor	There will be a hard floor in Mirandilla from Friday, 14 March. 5€ per night. Request for a place on the hard floor must be made together with the entries through SICO.
Showers	Saturday, there will be showers in Gimnasio Municipal de Mirandilla, from 11:00 to 15:00. On Sunday, there will be showers in Polideportivo la Paz in Mérida, until 14:30.
Camping	There is a camping in Mérida in the old N-5 road to Madrid, a few kilometres away from Mérida.
Camping cars	In Mérida, near the city centre. there is a camping car area that is managed by the Mérida municipality.

Hard floor:

HARD FLOOR	LOCATION
Casa de la Cultura de Mirandilla	

Opening and closing hours of the hard floor:

- ➔ Opening: Friday, 14 March from 19:00.
- ➔ Closure: Sunday, 16 March at 9:00.

Mandatory rules in the hard floor:

- ➔ The persons who will use the hard floor shall be held accountable for the appropriate utilisation, order and cleaning of the premises made available.
- ➔ The installation of any type of support, stake or similar device for camping tents shall be permitted in the hard floor. Camping tents without stakes may be installed.
- ➔ It shall not be permitted to cook and/or use any type of cooking device inside the hard floor premises.
- ➔ The access to the hard floor will be controlled by the organisers
- ➔ The reservation to use the hard floor implies acceptance of the conditions determined by the organisers.
- ➔ The location of the shower facilities is stated in this bulletin.
- ➔ Telephone number for incidents in the hard floor: +34 605 21 38 80

Showers:

SHOWERS	DATE	OPENING AND CLOSING HOURS	LOCATION
Mirandilla	Saturday, 15 March	11:00 to 15:00	LOCATION OF THE SHOWERS - LONG DISTANCE
Mérida	Sunday, 16 March	10:00 to 14:30	LOCATION OF THE SHOWERS - SPRINT

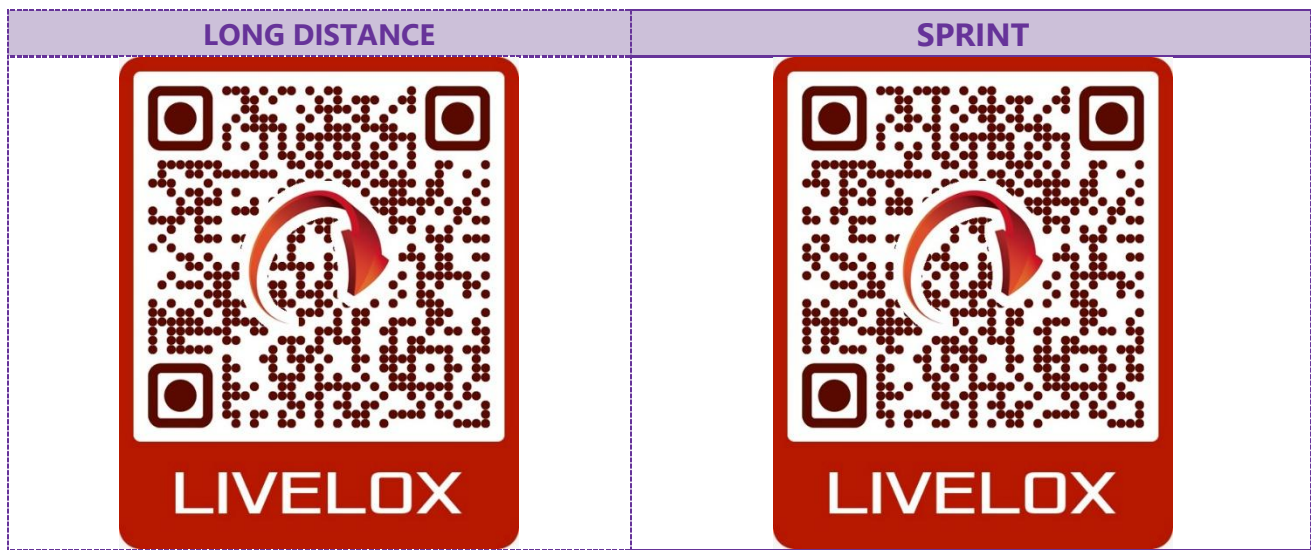
8.2 Eat & Sleep.

LOCATION	INFORMATION
Mérida	SEE ACCOMMODATIONS
Mérida	SEE WHERE TO EAT

8.3 Tourism.

LOCATION	INFORMATION
Mérida	SEE MÉRIDA TOURISM

8.4 LiveIox links



9. INSTITUTIONS AND ORGANISERS

ORGANIZAN



**Federación
Extremeña
de Orientación**



Club Orientación
alcor
extremadura



Federação
Portuguesa de
Orientação



fedo
Federación Española de Orientación



CS



Consejo
Superior
de Deportes



Extremadura
Deporte desde la Base



**DIPUTACIÓN
DE BADAJOZ**



**DIPUTACIÓN
DE CÁCERES**

COLABORAN



MÉRIDA
AYUNTAMIENTO



Ayuntamiento de
Mirandilla



El deporte de Orientación
está comprometido con la
protección del medio ambiente.
Evita imprimir este documento.



Club Orientación
alcor

extremadura



Extremadura es Deporte
Extremadura es Orientación