

CAMPEONATO IBÉRICO MTBO 2025

MIRANDILLA

MÉRIDA



15-16 MARZO

LARGA DISTANCIA - SPRINT

www.fexo.org

Judex MTB-O
Liga Diputación de Badajoz

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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

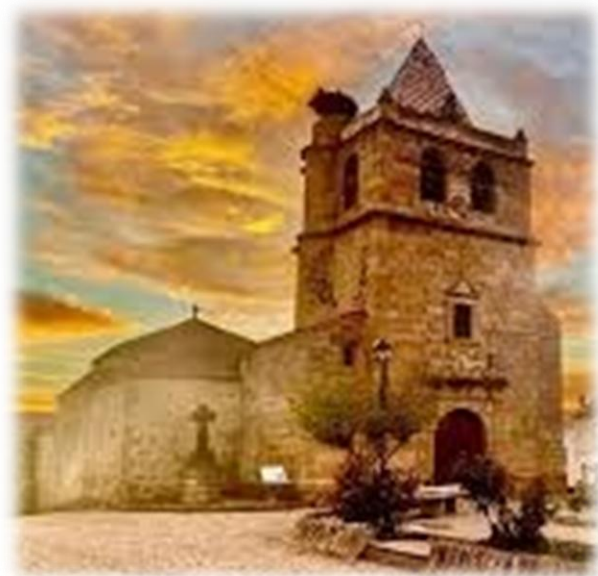
The **2025 Iberian MTBO Championship** will take place in Mirandilla and Mérida.

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 - Extremadura MTBO Trophy	

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.

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

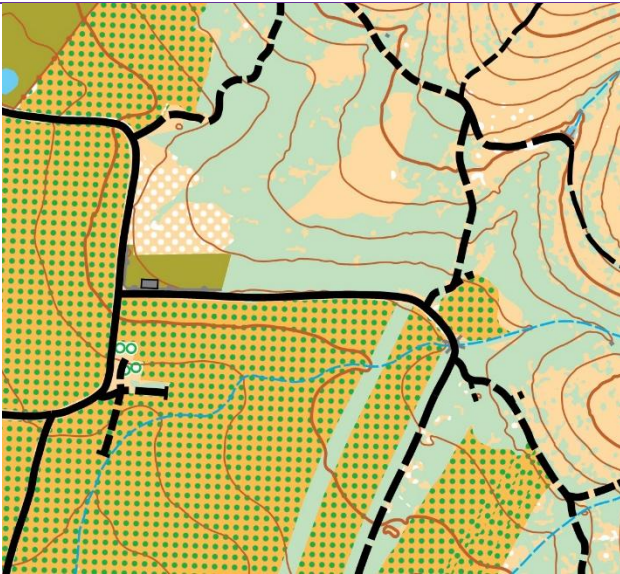
The areas chosen for this competition are new for MTBO. Foot-O competitions have been held in the ancient city centre of Mérida.

6.1 Model Event.

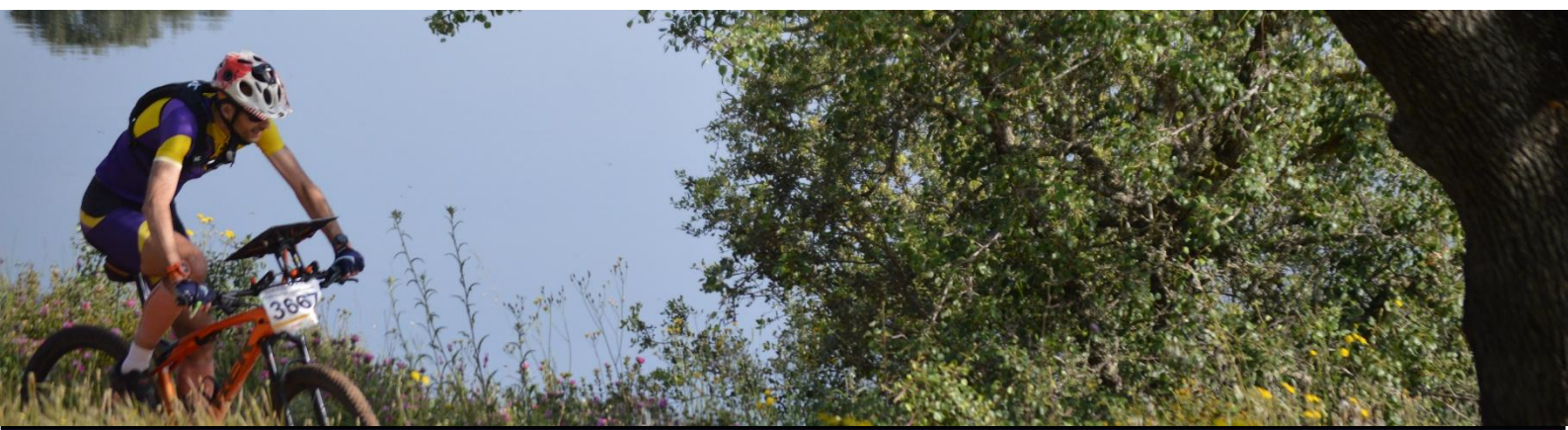
There will be no model event.

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	A3
W17	R7	16710	178	9	12500	1	A3
M17	R5	22410	243	11	15000	1	A3
W20	R4	23930	366	13	15000	1	A3
M20	R3	30800	401	13	15000	2RV	A3
W21	R4	23930	366	13	15000	1	A3
M21	R3	30800	401	13	15000	2RV	A3
W40	R4	23930	366	13	15000	1	A3
M40	R2	33760	467	15	15000	2RV	A3
W45	R4	23930	366	13	15000	1	A3
M45	R2	33760	467	15	15000	2RV	A3
W50	R6	18610	198	11	15000	1	A3
M50	R3	30800	401	13	15000	2RV	A3
W55	R6	18610	198	11	15000	1	A3
M55	R3	30800	401	13	15000	2RV	A3
W60	R7	16710	178	9	12500	1	A3
M60	R5	22410	243	11	15000	1	A3
W65	R7	16710	178	9	12500	1	A3
M65	R5	22410	243	11	15000	1	A3
WE	R3	30800	401	13	15000	2RV	A3
ME	R1	38200	542	21	15000	2RV	A3
PAIRS	R5	22410	243	11	15000	1	A3
E-BIKES	R5	22410	243	11	15000	1	A3
M-OPEN CLASS	R4	23930	366	13	15000	1	A3
W-OPEN CLASS	R6	18610	198	11	15000	1	A3
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

SPRINT							
Class	Course	Distance	Climbing	No. of controls	Scale	Map	Map size
W15	R8	3860	36	10	7500	1	A3
M15	R6	5340	58	16	7500	1	A3
W17	R7	4850	49	14	7500	1	A3
M17	R5	5900	74	18	7500	1	A3
W20	R4	6190	87	18	7500	1	A3
M20	R3	7120	91	21	7500	1	A3
W21	R4	6190	87	18	7500	1	A3
M21	R3	7120	91	21	7500	1	A3
W40	R4	6190	87	18	7500	1	A3
M40	R2	8120	113	24	7500	1	A3
W45	R4	6190	87	18	7500	1	A3
M45	R2	8120	113	24	7500	1	A3
W50	R6	5340	58	16	7500	1	A3
M50	R3	7120	91	21	7500	1	A3
W55	R6	5340	58	16	7500	1	A3
M55	R3	7120	91	21	7500	1	A3
W60	R7	4850	49	14	7500	1	A3
M60	R5	5900	74	18	7500	1	A3
W65	R7	4850	49	14	7500	1	A3
M65	R5	5900	74	18	7500	1	A3
WE	R3	7120	91	21	7500	1	A3
ME	R1	8770	133	28	7500	1	A3
PAIRS	R5	5900	74	18	7500	1	A3
E-BIKES	R5	5900	74	18	7500	1	A3
M-OPEN CLASS	R4	6190	87	18	7500	1	A3
W-OPEN CLASS	R6	5340	58	16	7500	1	A3
PAIRS - BEGINNERS	R8	3860	36	10	7500	1	A3



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.

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 all the courses. 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	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.

8.2 Eat & Sleep.

LOCATION	INFORMATION
Mérida	SEE ACCOMMODATIONS
Mérida	SEE WHERE TO EAT

8.3 Tourism.

LOCATION	INFORMATION
Mérida	SEE MÉRIDA TOURISM

9. INSTITUTIONS AND ORGANISERS

ORGANIZAN

fexo 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.

FEXO | Club Alcor Extremadura
March 2025



Club Orientación
alcor
extremadura



Extremadura es Deporte
Extremadura es Orientación