



Federación
Extremeña
de Orientación

Club Orientación
alcor
extremadura

BULLETÍN 3

SPANISH CHAMPIONSHIP MTB-O 2024

EXTREMADURA TROPHY

20-21 APRIL
BADAJOZ



MIDDLE DISTANCE - SPRINT - LONG DISTANCE

www.fexo.org



Judex MTB-O

Liga Diputación de Badajoz



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1. PRESENTATION

The 2024 MTBO Extremadura Cup (MTBOEx) opens its season with the **MTBO Extremadura Trophy** and the **2024 Spanish MTBO Championship**.

Federación Extremeña de Orientación and Club Alcor Extremadura present the first MTBO meeting in our region, which will take place from 19 to 21 April in the capital, Badajoz, and will be preceded by a **MTBo Training Camp**, organized by Clube da Natureza de Alvito in Central Alentejo on 17 and 18 April.

The Spanish MTBO Championship will have three races, Medium Distance, Long Distance and Sprint. The Sprint and Medium Distance races count for the **World Master Series (WMS)** and of the **Young Guns World Series (YGWS)**. In addition, there will be a Model Event so that you can familiarise yourselves with the terrain.

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. BADAJOZ

The 2024 Spanish MTBO Championship will take place in the municipality of Badajoz, in various locations of its territory.

Badajoz, a city with a rich history and unique charm, is located on the banks of the River Guadiana, in Extremadura, in the southeast of Spain. Its roots date back to the Roman occupation, but its true glory shone during the Arab and medieval times, leaving an impressive architectural legacy that we can still admire today.

The old quarter of Badajoz is a maze of narrow streets and charming squares, dominated by the imposing Alcazaba, an Arab fortress of the 11th century that overlooks the city. The Cathedral of Saint John Baptist (Catedral de San Juan Bautista), with its impressive baroque facade, and Plaza Alta, a lively centre and meeting point surrounded by historic buildings and charming coffee shops (cafeterías), are among its most notable architectural jewels.

In addition to its historic heritage, Badajoz 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, Badajoz 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:** Badajoz 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 Badajoz train station is located in the city centre and is served by high-speed (AVE) and regional trains. There are connections to Badajoz from cities such as Madrid, Seville and Lisbon.
- **By bus:** The Badajoz 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 located some 15km to the east of the city and is served by regular flights. As other options, the Lisbon and the Seville Airports are both about 2 hours away from Badajoz by car.

3. RULES

3.1 Rules.

The 1st event of the 2024 MTBO Extremadura Cup (MTBOEX) is an official event of the 2024 MTBO Spanish Cup and corresponds also to the 2024 Spanish MTBO Championship. It is regulated by the rules issued by the Spanish Orienteering Federation (FEDO).

[FEDO MTBO Rules & Regulations](#)

[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, José Samper García.

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 three courses of the event.

3.4 Technical jury

Event adviser: José Samper García.

Organisers: Technical Direction.

Competitors:

- Pedro Pasión Delgado, Club Sun-O.
- Sonia Gómez Naya, Club Compás.

Alternate:

- Martín Stangegaard Bjergby. Club COMA.

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	29 February 2024
ENTRIES FREE OF SURCHARGE CLOSE ON	12 April 2024
ENTRIES WITH SURCHARGE CLOSE ON	14 April 2024
GO TO ENTRIES	Go to SICO

4.2 Classes and entry fees.

CLASSES	FEDO AND FPO FEDERATED ATHLETES			
	MEDIUM D.	SPRINT	LONG D.	MODEL EVENT
M/W 12	8 €	8 €	8 €	3 €
M/W 15	8 €	8 €	8 €	3 €
M/W 17	8 €	8 €	8 €	3 €
M/W 20	8 €	8 €	8 €	3 €
M/W 21	12 €	8 €	12 €	3 €
M/W - E	12 €	8 €	12 €	3 €
M/W 40	12 €	8 €	12 €	3 €
M/W 50	12 €	8 €	12 €	3 €

M/W 60	12 €	8 €	12 €	3 €
M/W 70	12 €	8 €	12 €	3 €
PAIRS - OVERALL	12 €/p.	8 €/p.	12 €/ p.	3 €/p.
PAIRS - BEGINNERS	12 €/p.	8 €/p.	12 €/ p.	3 €/p.
OPEN CLASSES	12 €	8 €	12 €	3 €
E-BIKE	12 €	8 €	12 €	3 €

CLASSES	FOREIGN FEDERATED ATHLETES			
	MEDIUM D.	SPRINT	LONG D.	MODEL EVENT
M/W 12	12 €	12 €	12 €	3 €
M/W 15	12 €	12 €	12 €	3 €
M/W 17	12 €	12 €	12 €	3 €
M/W 20	12 €	12 €	12 €	3 €
M/W 21	14 €	12 €	14 €	3 €
M/W - E	14 €	12 €	14 €	3 €
M/W 40	14 €	12 €	14 €	3 €
M/W 50	14 €	12 €	14 €	3 €
M/W 60	14 €	12 €	14 €	3 €
M/W 70	14 €	12 €	14 €	3 €
PAIRS - OVERALL	14 €/p.	12 €/p.	14 €/p.	3 €/p.
PAIRS - BEGINNERS	14 €/p.	12 €/p.	14 €/p.	3 €/p.
OPEN CLASSES	14 €/p.	12 €/p.	14 €/p.	3 €/p.
E-BIKE	14 €/p.	12 €/p.	14 €/p.	3 €/p.

CLASSES	NON-FEDERATED ATHLETES			
	MEDIUM D.	SPRINT	LONG D.	MODEL EVENT
M/W 12	12 €	12 €	12 €	3 €
PAIRS - BEGINNERS	14 €/p.	12 €/p.	14 €/p.	3 €/p.
PAIRS - OVERALL	14 €/p.	12 €/p.	14 €/p.	3 €/p.
OPEN CLASSES	14 €	12 €	14 €	3 €
E-BIKE	14 €	12 €	14 €	3 €

Surcharge	3 € per course and person.
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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
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5. PROGRAMME

FRIDAY, 19 APRIL		MODEL EVENT
Location	Tres Arroyos. Badajoz.	
12:00 to 18:00	Badajoz	
SATURDAY, 20 APRIL		SPRINT
Location	Tres Arroyos. Badajoz.	
8:30.	Event Office opens.	
10:00.	First start.	
13:00.	Last arrival.	
SATURDAY, 20 APRIL		LONG DISTANCE
Location	Cuartel General Menacho. Botoa (Badajoz)	
14:00.	Event Office opens.	
15:00.	First start.	
19:30.	Last arrival.	
SUNDAY, 21 DE ABRIL		MEDIUM DISTANCE
Location	Sancha Brava. Badajoz.	
8:30.	Event Office opens.	
10:00.	First start.	
14:00.	Last arrival.	
14:30.	Prize-giving ceremony - 2024 Spanish MTBO Championship 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: 1 hour for the Sprint, 2 hours for the Medium Distance and 3 hours for the Long Distance.

5.1 Location

The central location for the 2024 Spanish MTBO Championship and the 2024 Extremadura MTBO Trophy is Badajoz.

Location of the Event Centre for each course:

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

LOCATION MAP
ACCESS THE LOCATION MAP

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.

See below the old maps used for each site:

OLD MAPS
SANCHA BRAVA MAP
TRES ARROYOS MAP
BASE GENERAL MENACHO MAP

6.1 Model Event.


New map on the opposite side of the road of the area that will be used for the Sprint.

MODEL EVENT	
Tres Arroyos. Badajoz.	UBICACIÓN CENTRO DE COMPETICIÓN

6.2 Sprint.

The Sprint course will take place in a cork tree forest area. It will be a fast course because it will be mostly held in tracks with good rideability. There are numerous paths and tracks in this area, which will give you a lot of route choices and increase the technical complexity of this course.

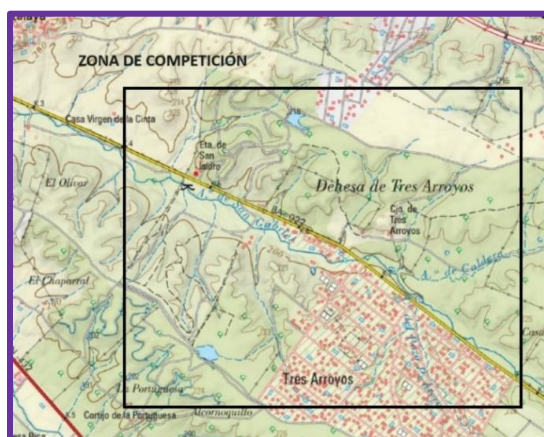
The maximum course time is 1 hour.

SPRINT	
Location	Tres Arroyos. Badajoz.
Map	<i>New Tres Arroyos MTBO</i>
Map-Maker	Jean-Charles Lalevée
Course-Setter	Jean-Charles Lalevée
Pre-start	No
Terrain description	<p>Leisure park of Badajoz with numerous tracks and paths. Typical regional woods, with sometimes comparatively thick vegetation.</p> <p>It is forbidden to ride off-track and off the orange areas.</p>
Map sample	

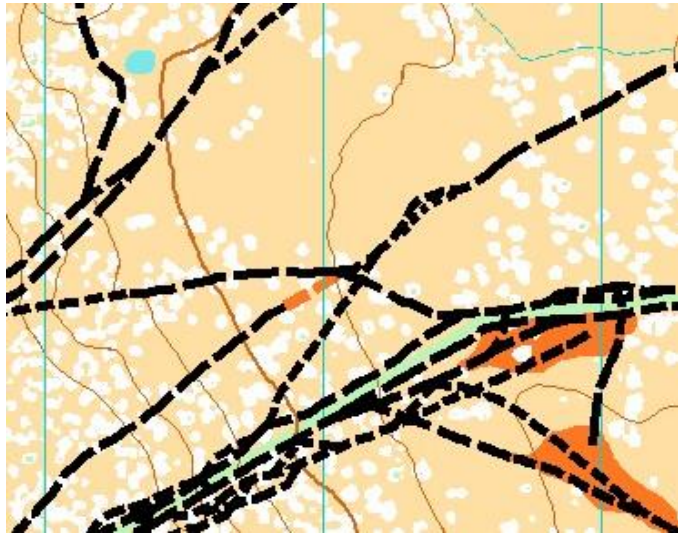
SPRINT

Class	Best option (m)	Climbing (m)	No. of controls	Scale	Map change	Map size
M/W 12	2,010	30	8	1:5,000	No	A4
W15	4,150	66	12	1:7,500	No	A4
M15	5,090	88	14	1:7,500	No	A4
W17	5,020 m	63	14	1:7,500	No	A4
M17	5,780 m	107	15	1:7,500	No	A4
W20	5,900	99	16	1:7,500	No	A4
M20	7,130	120	18	1:7,500	Yes	A4
W21	7,130	120	18	1:7,500	Yes	A4
M21	8,640	143	20	1:7,500	Yes	A4
W40	5,900	99	16	1:7,500	No	A4
M40	8,320	141	20	1:7,500	Yes	A4
W50	5,090	88	14	1:7,500	No	A4
M50	7,130	120	18	1:7,500	Yes	A4
M60	5,780	107	15	1:7,500	No	A4
W60	5,020	63	14	1:7,500	No	A4
M70	5,090	88	14	1:7,500	No	A4
W70	4,150	66	12	1:7,500	No	A4
WE	7,130	120	18	1:7,500	Yes	A4
ME	8,640	143	20	1:7,500	Yes	A4
PAIRS BEGINNERS	5,780	107	15	1:7,500	No	A4
E-BIKES	5,780	107	15	1:7,500	No	A4
Open W	5,090	88	14	1:7,500	No	A4
Open M	5,900	99	16	1:7,500	No	A4
PAIRS BEGINNERS	4,150	66	12	1:7,500	No	A4

Sprint competition area.



6.3 Long Distance.

LONG DISTANCE	
Location	Base General Menacho. Badajoz.
Map	<i>New Base General Menacho map</i>
Map-Maker	Jean-Charles Lalevée
Course-Setter	Jean-Charles Lalevée
Pre-start	Yes, 10 minutes
Terrain description	<p>Military terrain with numerous paths created by chars. Typical cork oak forest with generally sparse ground vegetation.</p> <p>The existing paths have all sorts of rideability.</p> <p>It is forbidden to ride off-track, except to join parallel tracks/paths separated by just a couple of metres.</p>
Map sample	




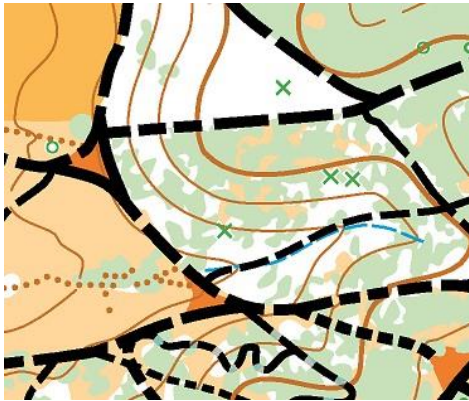
LONG DISTANCE						
Class	Best option (m)	Climbing (m)	No. of controls	Scale	Map change	Map size
M/W 12	5,250	30	11	1:12,500	No	A4
W15	13,280	113	11	1:15,000	No	A3+
M15	16,830	145	15	1:15,000	No	A3+
W17	14,770	117	13	1:15,000	No	A3+
M17	20,390	269	17	1:15,000	No	A3+
W20	24,270	290	17	1:15,000	No	A3+
M20	28,800	353	20	1:15,000	No	A3+
W21	28,800	353	20	1:15,000	No	A3+
M21	37,940	441	25	1:15,000	No	A3+
W40	24,270	290	17	1:15,000	No	A3+
M40	31,710	410	21	1:15,000	No	A3+
W50	16,830	145	15	1:15,000	No	A3+
M50	29,140	353	21	1:15,000	No	A3+
W60	14,770	117	13	1:15,000	No	A3+
M60	20,390	269	17	1:15,000	No	A3+
W70	13,280	113	11	1:15,000	No	A3+
M70	16,830	145	15	1:15,000	No	A3+
WE	28,800	353	20	1:15,000	No	A3+
ME	37,940	441	25	1:15,000	No	A3+
PAIRS BEGINNERS	20,390	269	17	1:15,000	No	A3+
E-BIKES	20,390	269	17	1:15,000	No	A3+
Open W	16,830	145	15	1:15,000	No	A3+
Open M	24,270	290	17	1:15,000	No	A3+
PAIRS BEGINNERS	13,280	113	11	1:15,000	No	A3+

Long Distance competition area.



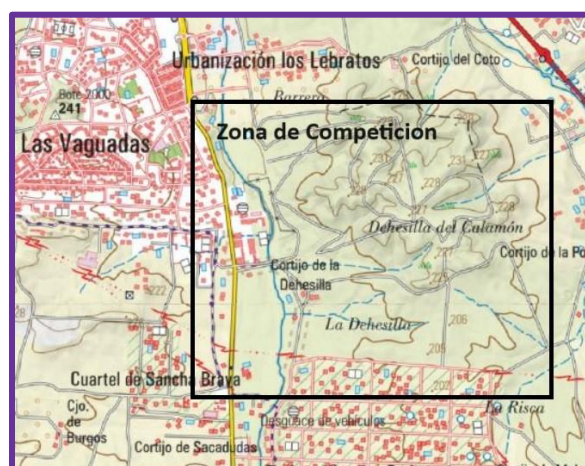
6.4 Medium Distance

Map with a vast network of paths in an area of eucalyptus and Mediterranean forest. Good route choices will be crucial for this competition. Map updated and revised in February 2024 by the course-setter Jean-Charles Lalevée.

MEDIUM DISTANCE	
Location	Sancha Brava. Badajoz.
Map	<i>New SANCHA BRAVA MTBO map.</i>
Map-Makers	Fonsi Díaz and Jean-Charles Lalevée
Course-Setter	Jean-Charles Lalevée
Pre-start	Yes, 5 minutes
Terrain description	<p>Old military terrain with numerous tracks and paths. This terrain currently is extensively used for motocross, and many paths were and are created on an ongoing basis. It is allowed to ride off-track, except in cultivated fields.</p> <p>Technical information on the ground: very sandy ground and with erosion grooves. This may lead to poor grip in turnings and is particularly dangerous downhill due to the inefficacy of brakes (skidding)..</p> <p>In highly complex areas with a large number of tracks, a special black-and-grey symbol (30% black) was used in order to improve legibility (see example below).</p> 
Map sample	

MEDIUM DISTANCE						
Class	Best option (m)	Climbing (m)	No. of controls	Scale	Map change	Map size
M/W 12	4,400	31	11	1:7,500	No	250x300
W15	7,240	68	13	1:7,500	No	A3
M15	9,550	140	14	1:7,500	No	A3
W17	8,270	89	16	1:7,500	No	A3
M17	12,460	201	19	1:7,500	Yes	A3
W20	13,510	202	17	1:7,500	Yes	330x440
M20	17,510	250	19	1:7,500	Yes	330x440
W21	17,510	250	19	1:7,500	Yes	330x440
M21	20,630	273	21	1:7,500	Yes	330x440
W40	13,510	202	17	1:7,500	Yes	330x440
M40	19,240	260	21	1:7,500	Yes	330x440
W50	9,550	140	14	1:7,500	No	A3
M50	17,510	250	19	1:7,500	Yes	330x440
W60	8,270	89	16	1:7,500	No	A3
M60	12,460	201	19	1:7,500	Yes	A3
W70	7,240	68	13	1:7,500	No	A3
M70	9,550	140	14	1:7,500	No	A3
WE	17,510	250	19	1:7,500	Yes	330x440
ME	20,630	273	21	1:7,500	Yes	330x440
PAIRS BEGINNERS	12,460	201	19	1:7,500	Yes	A3
E-BIKES	12,460	201	19	1:7,500	Yes	A3
Open W	9,550	140	14	1:7,500	No	A3
Open M	13,510	202	17	1:7,500	Yes	330x440
PAIRS BEGINNERS	7,240	68	13	1:7,500	No	A3

Medium Distance 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-Makers	Fonsi Díaz and 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	Available on the 20th and the 21st. More info.
Showers	Saturday: at the Hard Floor (Gévora) Sunday: Event Centre.
Camping cards	In Badajoz, there is a camping car area, on the right bank of River Guadiana.

8.2 Eat & Sleep.

LOCATION	INFORMATION
Badajoz	SEE
Badajoz	SEE WHERE TO EAT

8.3 Tourism.

LOCATION	INFORMATION
Badajoz	SEE BADAJOZ TOURISM

9. INSTITUTIONS AND ORGANISERS

ORGANIZAN

fexo Federación
Extremeña
de Orientación

Club Orientación
alcor
extremadura

Extremadura
Deporte desde la Base

JUNTA DE EXTREMADURA
Dirección General de Jóvenes y Deporte

fedo
Federación Española de Orientación

Consejo Superior de Deportes

DIPUTACIÓN DE BADAJOZ

DIPUTACIÓN DE CÁCERES

COLABORAN

CLUBE DA NATUREZA DE ALVITO

Ayuntamiento de Badajoz

GOBIERNO DE ESPAÑA
MINISTERIO DE DEFENSA

EJÉRCITO DE TIERRA | **LA FUERZA DE LOS VALORES**



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

FEXO | Club Alcor Extremadura
April 2024



Club Orientación
alcor

extremadura



Extremadura es Deporte
Extremadura es Orientación