



# ANNONCE DE COURSE \* RÉGIONALE



Saturday, November 26th, 2016

MD Mass Start 15h

Stadium Lille Métropole

Villeneuve d'Ascq



Course d'Orientation  
Fédération Française



## GENERAL INFORMATION

**Event organizer :** VALMO  
**Event director :** Philippe Papin (10079)  
**Referee :** Grégory Prins (13757)  
**Inspector of circuits :** Konstantin Smirnov (9629)  
**Course planner :** Marie Desrumaux (14227)  
**IT management :** Aurélie Kirilov - Ludovic Mamet

Race counting for the  
FRENCH NATIONAL RANKING (CN)

L.OCR Challenge Stage 1



## MAP

**Name :** Flers Château  
**Terrain surveys :** June 2013 **Update :** August 2016  
**Cartographer :** Philippe Papin  
**Scale :** 1/4000 - **Format :** A3 pretex  
**Contour interval :** 2 m

**Type of terrain :** urban, mixed social and residential  
Constructed areas, presenting pedestrian and  
classical street ways. You are not priority if you meet  
an oncoming vehicle. Shoes with iron spikes  
prohibited but Trail shoes recommended.



## ACCESS

**Direction signs from :** N227 exit 4 (Villeneuve  
d'Ascq-Pont de Bois)  
**Parkings :** S3 and S5 Stadium Lille Métropole  
**GPS parkings :** 50.6303 3.1345  
**Public transportation :** Metro Line 1 direction « 4  
Cantons » (stop « Pont de Bois ») then bus L4  
direction « Halluin » (stop « Stadium »)  
**Distance parking-reception :** 100 à 300 m  
**Distance reception -start :** 700 m  
**Distance finish- reception :** 50 m



## HOURS

**Reception :** Stadium Lille Métropole – Avenue de la  
Chatellenie from 13h30 to 16h30  
**Mass starts :** 15h – 15h10 – 15h20  
Start for circuit L between 14h30 and 16h  
**Closing circuits :** 17h  
**Mandatory bib (for the 2 days) to get at the  
reception**



## CIRCUITS

**Number of competition circuits :** 7  
**Number of initiation circuits :** 2



## RESULTS

<http://locr.valmo.net/>

Circuits	Categories	Real distances	Race time	Start time	Number of controls	French color technical level	Format map - Scale
A	H21	8,5km	35 – 45 min	15*	32		A3 – 1 : 4000
B	H35, H40, H45 D21	7,5km	35 – 45 min	15:10*	28		A3 – 1 : 4000
C	H50, H55, H60	6,5km	30 – 40 min	15:20*	24		A3 – 1 : 4000
D	D35, D40, D45 H18, H20	6,5km	30 – 40 min	15:30*	24		A3 – 1 : 4000
E	H65+, D18, D20 D50, D55, D60	5,5km	30 – 40 min	15*	26		A3 – 1 : 4000
F	H14, H16, D14, D16, D65+	4,5km	25 – 35 min	15:30*	22		A3 – 1 : 4000
G	H10, H12, D10, D12 Leisure court	3km	20 - 25 min  No chrono	15:20*  From 14 :30 to 16:00	15		A4 – 1 : 4000
L	Leisure long	6km	No chrono	From 14 :30 to 16:00	21		A3 – 1 : 4000

\*You must arrive at the start area 15 minutes before the indicated start time.





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## FARES

License holders of the French Association of Nord Pas de Calais (Ligue LNPCCO): free

License holders of the FFCO, FRSO, VVO, UFOLEP : 18+ : 7€ / 3€\*, -18 : 5€ / 2€\*

Other foreign license holders and non-license holders : 18+ : 9€ / 5€\*, -18 : 7€ / 3€\*

Medical certificate mandatory on every timed race for the runners who are not licensed to the FFCO .

\*leisure court circuit



## ENTRIES

Before Sunday, November 13th midnight for all except circuit L

For french licensed FFCO : on the federal website : <http://licences.ffcorientation.fr/inscriptions/1053>

For non-licensed or foreign licensed on the website <https://locr.adeorun.com>

For leisure circuits : Only by email [locr@valmo.net](mailto:locr@valmo.net) before Thursday, November 24th then on the race site depending on available maps.

*/!\ To be timed you must present a medical certificate stating no contraindication to competition of less than one year. If canceled less than 7 days before the event by local authorities for reasons beyond our control, no registration refund will be made.*



## CHALLENGE

A challenge is organized in conjunction with the LD of the Euro City Race on Sunday, November 27 th in Lille.

To participate, you must not be under class and run in the same category 2 days. Many prizes.



## SERVICES

Changing rooms - Showers

Snacks



## CONTACT

[locr@valmo.net](mailto:locr@valmo.net)

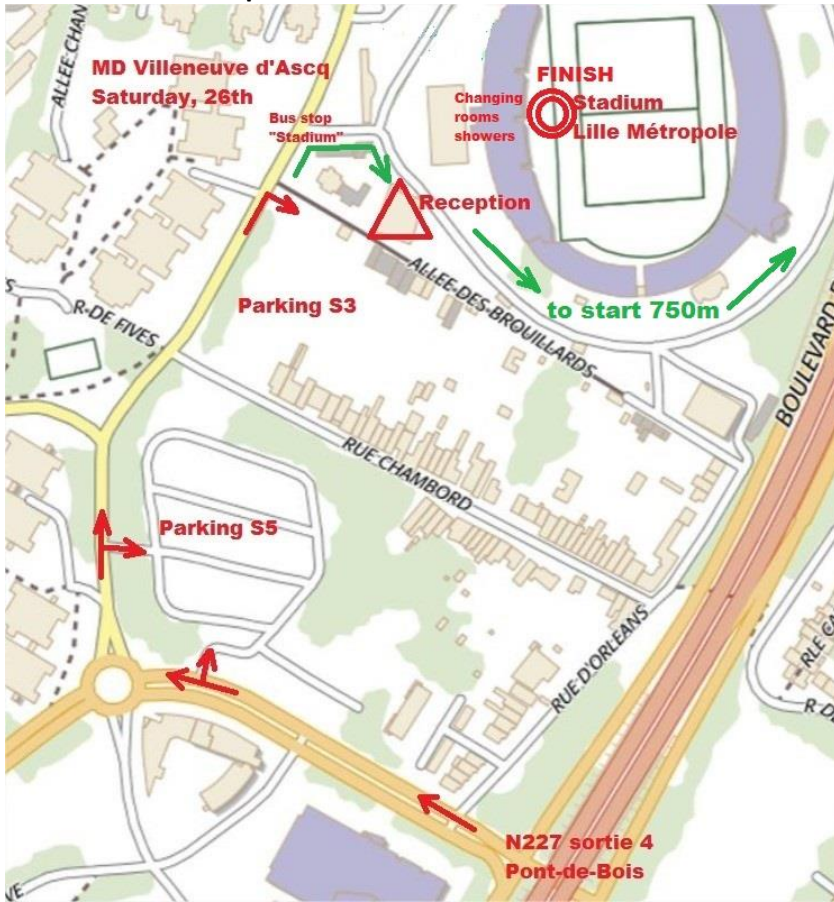
Michel : +33768590882



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Map reception MD + parkings – saturday, november 26th  
Stadium Lille Métropole – Avenue de la Chatellenie from 13h30 to 16h30



Map Metro + Bus from Lille Flandres station to the race on Saturday 26

