



# ANNONCE DE COURSE \* RÉGIONALE



Sunday, November 27th, 2016

LD, City Race Euro Tour

Citadelle & Vieux-Lille



Course d'Orientation  
Fédération Française



## GENERAL INFORMATION

**Event organizer** : VALMO  
**Event director** : Ludovic Mamet (20741)  
**Referee** : Jean Paul Humbertclaude (16205)  
**Inspector of circuits** : Konstantin Smirnov (9629)  
**Course planner** : Jerome Danel (16280)  
**IT management** : Aurélie Kirilov - Ludovic Mamet

Race counting for the  
FRENCH NATIONAL RANKING (CN)

CITY RACE EURO TOUR Final Stage

LOCR Challenge Stage 2



## MAP

**Map** : Citadelle et Vieux-Lille  
**Terrain surveys** : August 2016  
**Cartographer** : Rémi Lequint  
**Scale** : 1/5000 - **Format** : A3 pretex  
**Contour interval** : 2 m

**Type of terrain** : Ramparts, parks and old town presenting pedestrian and classical street ways. You have no priority if you meet an oncoming vehicle. Shoes with iron spikes prohibited but trail shoes recommended.



## ACCESS

**Direction signs from** : Crossroad D617, D651, D749  
**Parking** : rue du général De Gaulle, La Madeleine  
**GPS parking** : 50.649168 3.069783  
**Public transportation** : bus from « Gare de Lille Flandres » : L50, L14 ; stop « Winston Churchill »  
**Distance parking-reception** : 500 m  
**Distance reception-start 1** : 1500 m  
**Distance reception-start 2** : 400 m  
**Distance finish-reception** : 50 m



## HOURS

**Reception** : Salle Maryse Bastié  
10 rue Paul Ramadié, Lille. From 8:00  
**Starts from 9:00**  
**Publications of start time** : on the website [locr.valmo.net](http://locr.valmo.net) on Wednesday, nov 23th  
Free start for the circuit L  
**Closing circuits** : 14h  
**Mandatory bib 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	Number of controls	French color technical level	Format map - scale
A	H21	14,5km	60 - 70 min	1	35		A3 recto/verso - 1 : 5000
B	H35, H40, H45 D21	10km	45 - 50 min	1	28		A3 recto/verso - 1 : 5000
			50 - 55 min				
C	H50, H55, H60	9km	45 - 50 min	1	27		A3 recto/verso - 1 : 5000
D	D35, D40, D45 H18, H20	7,5km	40 - 45 min	1	25		A3 recto/verso - 1 : 5000
			30 - 35 min				
E	H65+, D18, D20 D50, D55, D60	6km	30 - 35 min	2	19		A3 - 1 : 5000
			30 - 35 min				
			40 - 45 min				
F	H14, H16, D14, D16, D65+ Leisure court	4km	20 - 25 min	2	14		A3 - 1 : 4000
			20 - 25 min				
			30 - 35 min				
			No chrono				
G	H10, H12, D10, D12	3km	20 min	2	13		A3 - 1 : 4000
L	Leisure long	7km	No chrono	1	19		A3 recto/verso - 1 : 5000





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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+ : 15€ / 8€\*, - 18 : 10€ / 4€\*

Other foreign license holders and non-license holders: 18+ : 17€ / 10€\*, -18 : 12€ / 6€\*

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 MD Mass Start in Villeneuve d'Ascq on Saturday, November 26 th. 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)

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