

hamok
100% ORIENTEERING

HAMOK MTBO 3-days
Part of World Masters Series 2023

Bulletin#3

15th - 16th - 17th September 2023

Belgium



Dear all,

On behalf of the orienteering club HAMOK from the Belgian Orienteering Federation, we hereby invite all to take part in the first 3 days of Belgium at Lommel and Kattenbos, in northern-eastern part of Belgium.

We have tried to give the participants a palette of different terrains to ensure that they will experience Belgium's beautiful nature. Sprint and middle distance in Lommel, with fast route choices but also some tricky areas with sand and lots of tracks. Long distance at Kattenbos, fairly flat and fast with lots of tracks. These 3 races gives you the possibility to try Belgiums first ever 3 day Mountainbike orienteering competitions.

Welcome to Belgium

Event Director

Deijgers Dirk

1. Organisation | Officials

HAMOK – Orienteering Club

Event director : Dirk Deijgers

Mapper : Wim Vervoort

CC : Optisport Lommel Sportveldenstraat 15, 3920 Lommel

Coordinates : N 51,24424 E005,30614

Dressing rooms , showers and cafetaria available. **Please do not consume your own food in the cafetaria.No bikes on the terrace. NO BIKE WASH.**

No hardcopy of the bulletin 3 will be handed out to the competitors

Parking at 100m



2. Rules

The Belgian MTBO 3-days will be organized in accordance with the Competition Rules for IOF MTB Orienteering Events, valid from 1st January 2022.

All Competition Rules for IOF MTBO rules are available here: <https://orienteering.sport/mtbo/competition-rules/>

WEARING A HELMET IS MANDATORY

Riding off track

! In all competitions; sprint, long and middle, riding, running and walking off the tracks will be strictly forbidden. Unless in areas with symbol 824 "open land" (orange) or symbol 826 "rough open land" (orange with white dots)

Controls situated outside paths/tracks

! Controls can occur outside the tracks in the permitted areas.

Competitors participate at their own risk. Third party insurance and personal injury insurance is compulsory and shall be the responsibility of their federation or themselves, according to national regulations.

The organisation has merged some categories in which there were to few participants. (see courses and pricegiving)

3. Program

Friday 15th SEP	SPRINT	16h-18h
Saturday 16th SEP	LONG	12u-14h
Sunday 17th SEP	MIDDLE	10h-12h
Sunday 17 th SEP	Price giving	13h

4. Stages | Maps details | Map samples | Terrain description

All maps are produced in accordance with the International Standard for Mountain Bike Orienteering Maps ISMTBOM 2022.

Stage 1: 15th of September SPRINT

Map : Lommel Sahara

Map scale: 1/7500 , Contours: 5 m.

Course setter : Wim Vervoort

Terrain: Lots of tracks and sanddunes.

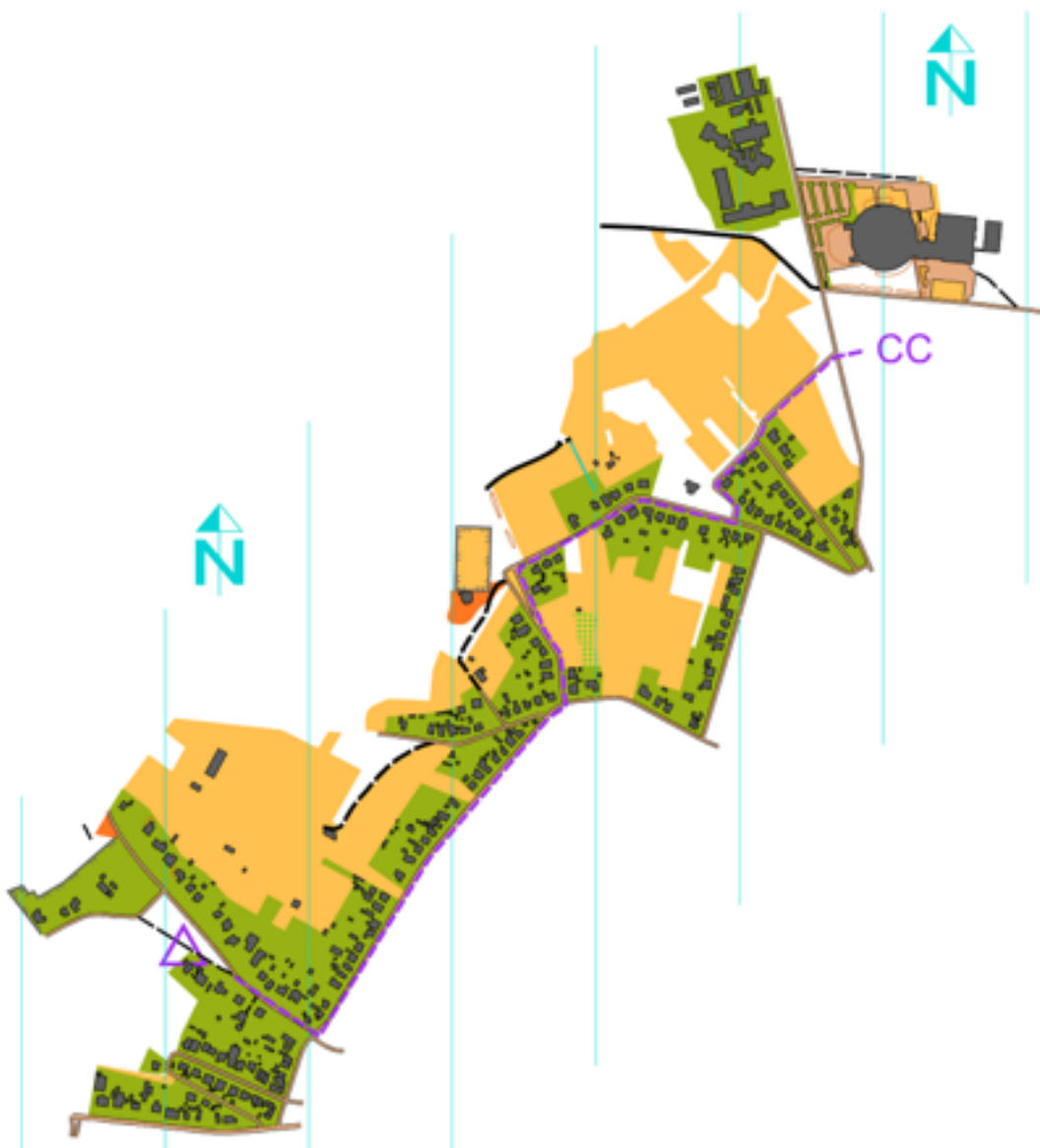
Off track riding is forbidden.

SIAC touch free will be activated

CC to start : 2200 m.

Finish to CC : 600 m.

Read out SI in CC



Course	Classes	Air Distance	Scale	# Controls	Map Size
1	M20, M21, M35	8700 m	1:7500	25	A3
2	W20, W21, W35, M40, M45, M18	7440 m	1:7500	20	A3
3	W40, W45, M50, M55, W18	7110 m	1:7500	22	A3
4	W50, W55, W60, M60, M65	5920 m	1:7500	17	A3
5	W16, M16	6320 m	1:7500	16	A3
6	W65, W70, M70, M75, M80	5700 m	1:7500	15	A3
7	W14, M14, W75, W80, M85	4100 m	1:7500	12	A3
8	W12, M12, W10, M10	3590 m	1:7500	8	A3

Handmade objects are not on the map



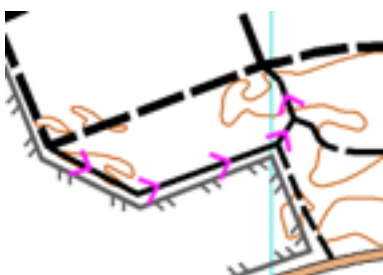
Example hand made object



Map sample



Barrier or fallen tree.



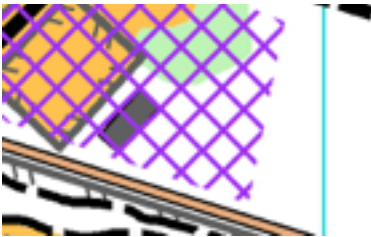
One-direction track.



Orange = permitted to ride. Yellow = not!



Orange with white dots. Rough open land. Here we used this symbol mostly for sandy ground. Permitted to ride, but if you are not a sand-specialist like Wout Van Aert



Out-of-bounds area



Crossing point fence.

Stage 2: 16th of September LONG DISTANCE **Part of the World Master Series.**

Map : Pijnven & Kattenbos. Today we ride alongside the Ford Motor Company test area. New cars under development are tested here. One's in a while they open the area for mountainbiking. But unfortunately not today.

Map scale: 1/15000 , *Contours:* 5 m.

Course setter : Sam Deferm

Terrain: Typical Belgian terrain with long gravel roads. Fast terrain. So, don't loose count.

Be careful at the crossing with the road with a lot of traffic! Marchallers will be there to guide you. There is a time-neutralisation between control 93 and 128. No need to hurry !!

Off track riding is forbidden.

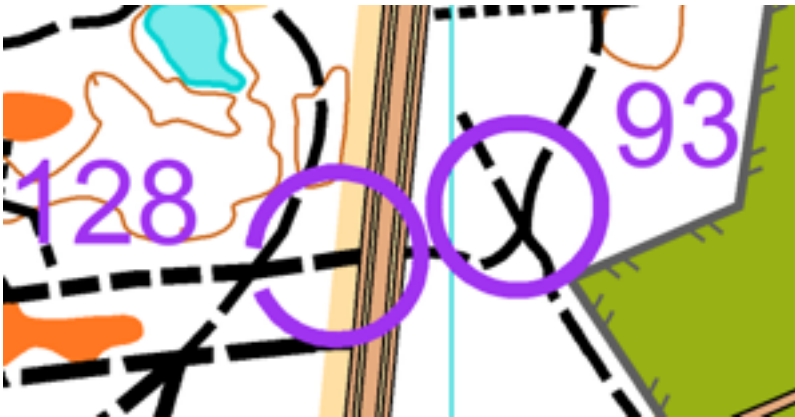
SIAC touch free will be activated.

CC to start : 5,2 km. If you think it's to far, there is a parking at the railwaystation.

Coordinates 51.21181, 5.31184 Finish close to railwaystation.

Finish to CC : 4 km.

Read out SI in CC.





Course	Classes	Air Distance	Scale	# Controls	Mapchange	Map size
1	M20, M21, M35	28220 m	1:15000	27	Yes	A3
2	W20, W21, W35, M40, M45, M18	23480 m	1:15000	23	Yes	A3
3	W40, W45, M50, M55, W18	23140 m	1:15000	24	Yes	A3
4	W50, W55, W60, M60, M65	18960 m	1:15000	20	No	A3
5	W16, M16	20210 m	1:15000	20	No	A3
6	W65, W70, M70, M75, M80	16000 m	1:15000	16	No	A3
7	W14, M14, W75, W80, M85	13830 m	1:15000	16	No	A3
8	W12, M12, W10, M10	12400 m	1:15000	14	No	A3

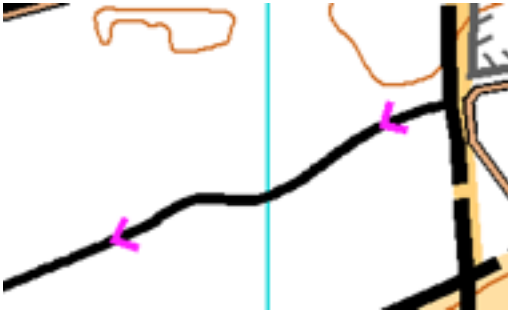


Map sample



On this map there are several cycling paths in asphalt and concrete. They are smaller than normal car-traffic roads. So the mapmaker has used a smaller type of Paved road, which is not an official MTBO symbol.

Please be respectful to other users of these paths!



One direction mountainbike track.



The small watercreek is in concrete.



Red crosses = no riding.



Big busy road North-South on the map. Do only cross at the manned crossing point. Control 93-128 !

Stage 3: 17th of September MIDDLE DISTANCE **Part of the World Master Series.**

Map : Heeserbergen & Sahara. (due no permission to ride in Holland (north of the canal) we had to use the reserve map Heeserbergen)

Map scale: 1/10000 , Contours: 5 m.

Course setter : Wim Geerts

Terrain: Lots of tracks and sanddunes.

There are 2 starts !!! Courses 1,2,3,4,5 go to start 1. Courses 6,7,8 go to start 2.

For courses 1 to 5 : Be careful : you have to cross twice a busy road.

Marchalls will be there to guide you. There is a time-neutralisation between controlnumber 45 and 46. No need to hurry !!



Off track riding is forbidden.

SIAC touch free will be activated.

CC to start 1 : 3800 m

CC to start 2 : 1600 m

Finish to CC : 900 m

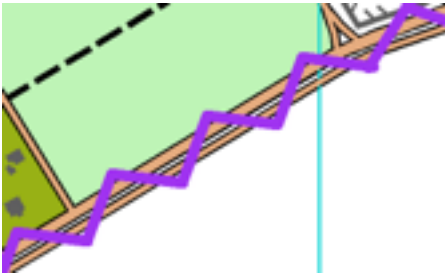
Read out SI in CC.

Course	Classes	Air Distance	Scale	# Controls	Start	Mapchange	Map size
1	M20, M21, M35	18130 m	1:10000	30	1	Yes	A3
2	W20, W21, W35, M40, M45, M18	14970 m	1:10000	23	1	Yes	A3
3	W40, W45, M50, M55, W18	15720 m	1:10000	23	1	Yes	A3
4	W50, W55, W60, M60, M65	10640 m	1:10000	17	1	Yes	A3
5	W16, M16	12820 m	1:10000	21	1	Yes	A3
6	W65, W70, M70, M75, M80	9960 m	1:10000	16	2	No	A3
7	W14, M14, W75, W80, M85	7360 m	1:10000	11	2	No	A3
8	W12, M12, W10, M10	6350 m	1:10000	10	2	No	A3



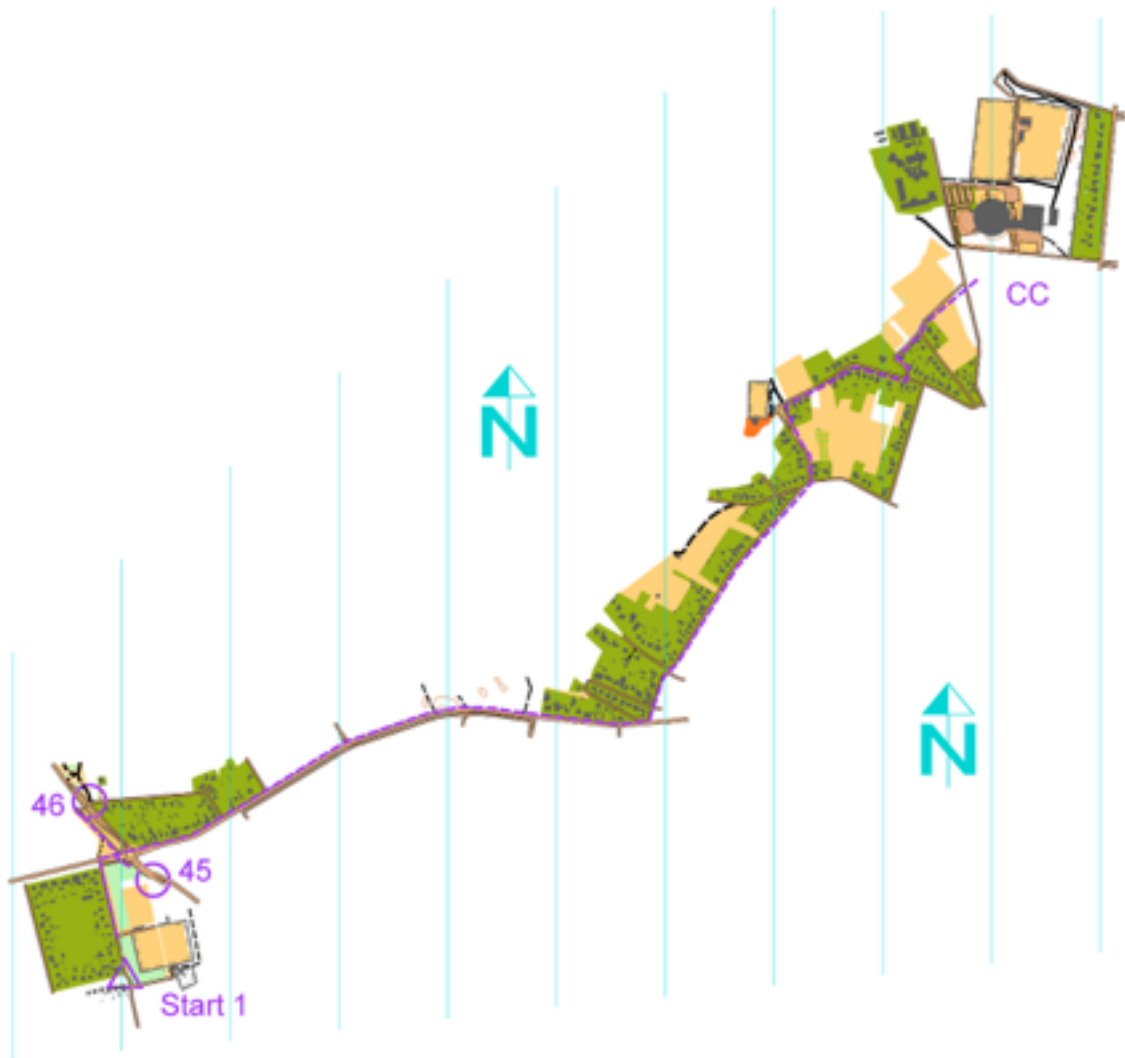
On this map there is a cycling path in concrete, Western part of the map. The path is smaller than a normal car-traffic road. So the mapmaker has used a smaller type of Paved road, wich is not an official MTBO symbol.

Please be respectfull to other users of this path!

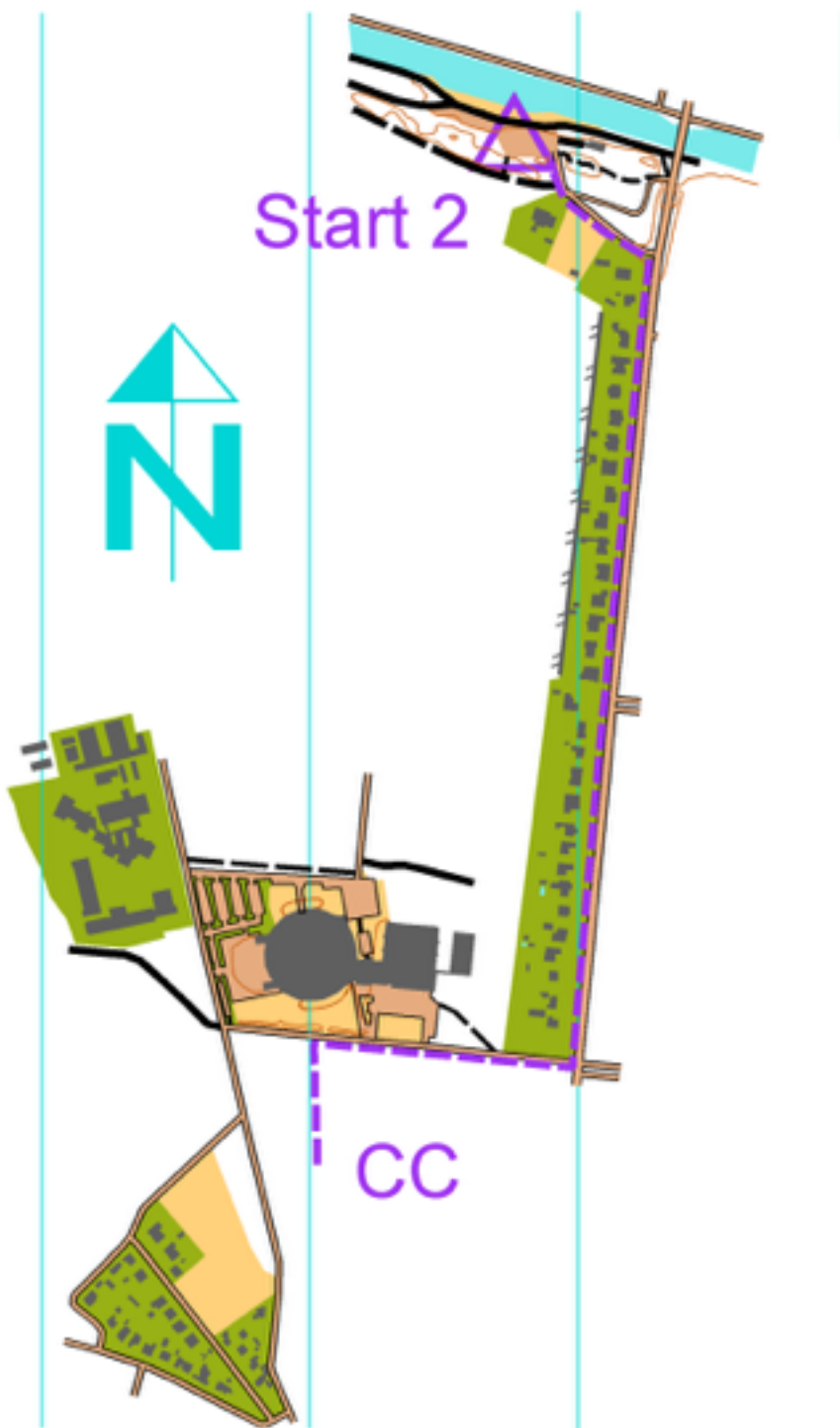


Forbidden road.

Road to start 1. 3800m



Road to start 2. 1600m



5. Time keeping system

SPORTident AIR will be used in all competitions.
The maximum working range is 30 cm.

6. Results and startlist

<https://helga-o.com/webres/>

<https://helga-o.com/start>

7. Entries

Members of a Belgian club use O-Punch.
Other participants have to use Orienteeringonline

		< 01st of September
W,M < 18 years		10 euro / race
W,M > 18 years		15 Euro / race
SI Rental		2 Euro

Banking details :

KREDIET BANK

vzw HAMOK Maasbeekstraat 16 3945 HAM
IBAN : BE68 4581 0482 3134 BIC : KREDBEBB

Late entries

Late entries/withdrawals will be accepted between August 20th and the 01st of September.

After the 01st of September entries will not be accepted.

8.Accommodation

Visit <https://toerismelommel.be/overnachten> for accommodation and campings.
No camping allowed at the competition centre.

9.More information

Facebook **MTBO Belgium** **Website** <https://wp.hamok.be> **Bulletins**

10. Price giving

Prices are foreseen for the first three competitors overall in each category as published below

	Class
M-10	M-10
M-12	M-12
M-16	M-16
M21	M20, M21,M35
M40	M40, M45
M50	M50, M55
M60	M60, M65
M70	M70, M75
M85	M85
W-14	W14
W-18	W-18
W35	W35
W40	W45, W40
W55	W55, W60
W65	W65, W70

***We are very much looking forward hosting the
Belgian MTBO 3-days 2023
See you in Belgium***