



24th Iberian Men's Championship
First Spanish and Portuguese national league event
The 23rd and 24th of January, 2016
World Ranking Event (Long Distance Jan. 23rd)





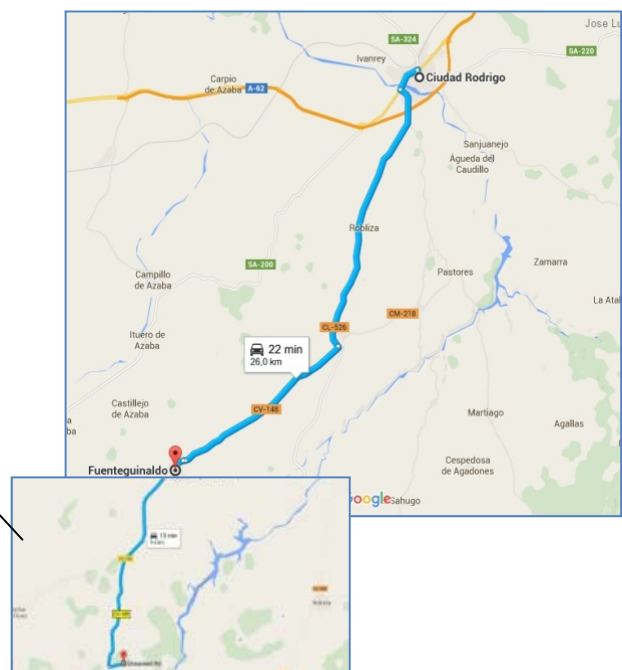
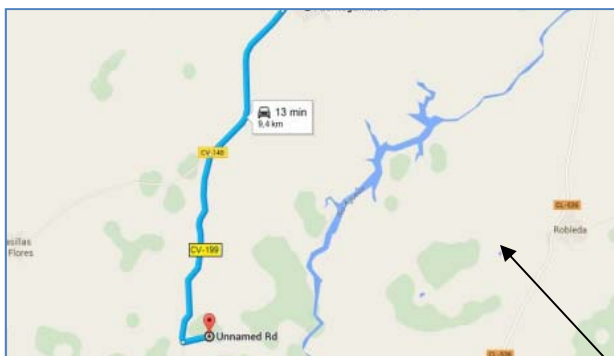
The First Tierra de Ciudad Rodrigo Cup

Schedule:

- **Friday 22/01/2016**
 - o 4 to 11 p.m. Bib pick-up and Athlete Welcome at the event centre in the Pabellón Polideportivo Mirobriguense Eladio Jimenez, Avda. Ciudad de Arcachón S/N
- **Saturday 23/01/2016**
 - o 10 a.m. Long Distance WRE. El Potril, Fuenteguinaldo, Salamanca.
 - o 11:30 a.m. String-O.
 - o 3:30 p.m. Sprint. El Potril, Fuenteguinaldo, Salamanca.
 - o 8 p.m. WRE Awards Ceremony, Long and Sprint in Iberian Men's Championships and Awards Ceremony for the 2015 Spanish League. Teatro Nuevo Fernando Arrabal, Calle Gigantes 22, Ciudad Rodrigo, Salamanca.
- **Sunday 24/01/2016**
 - o 10 a.m. Middle Distance. Plaza Mayor, Ciudad Rodrigo, Salamanca.
 - o Awards Ceremony Iberian Women's Championships, First Tierra de Ciudad Rodrigo Cup. Plaza Mayor, Ciudad Rodrigo, Salamanca.

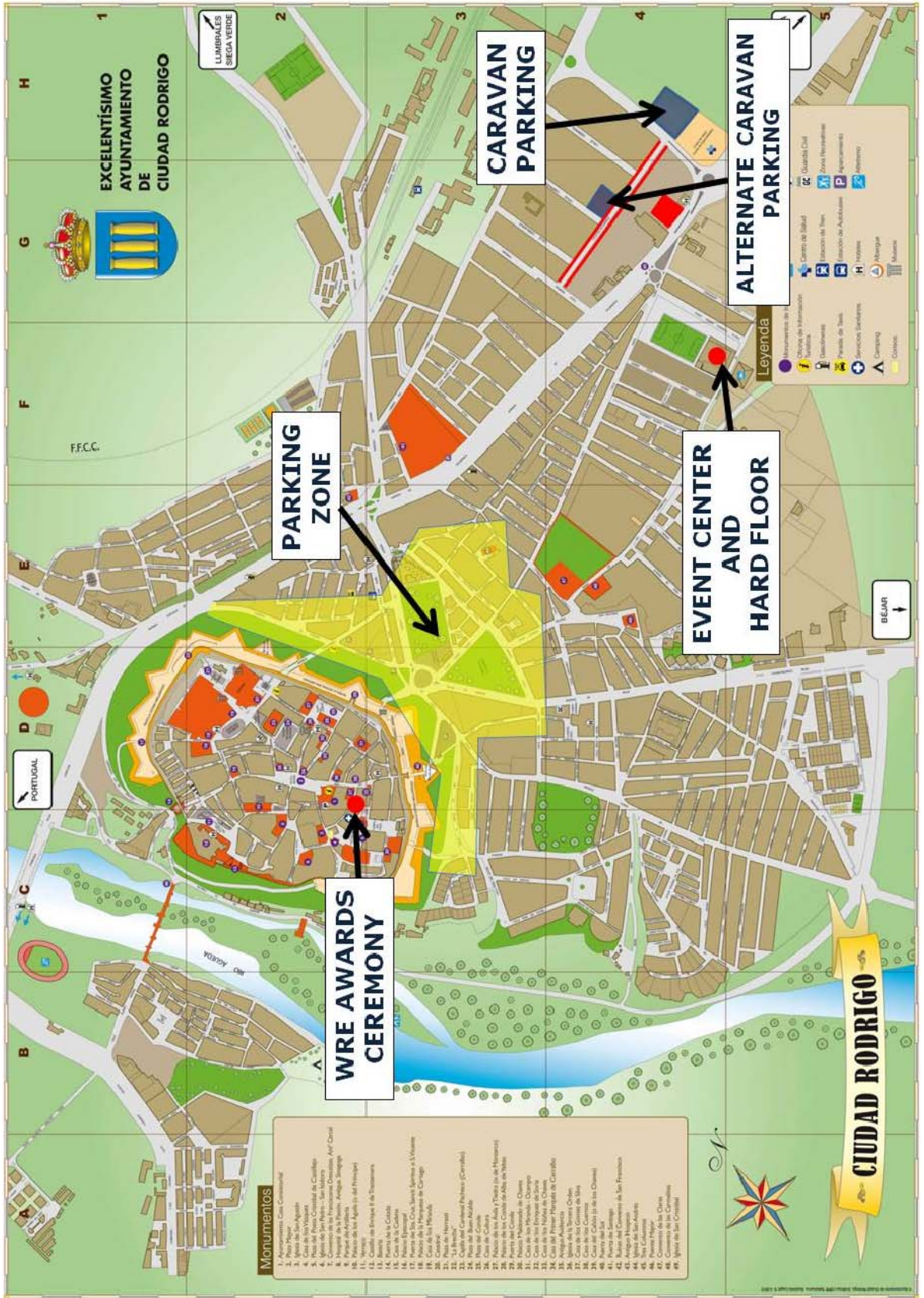
Event Locations:

- **Event Centre (Friday the 22nd), Hard Floor accommodations and Bib Pick-up.**
 - o Ciudad Rodrigo, Pabellón Polideportivo Mirobriguense Eladio Jimenez, Avda. Ciudad de Arcachón S/N. [Location on Google Maps.](#)
- **Long Distance and Sprint**
 - o The "El Potril" map in the town of Fuenteguinaldo. Event centre and car park 9 km from this town travelling south on CV-148 and CV-199.
 - o Fuenteguinaldo is 26 km southwest of Ciudad Rodrigo following CL-526 and CV-148. [Location on Google Maps.](#)
- **WRE Awards Ceremony, Iberian Men's Championship in Long Distance and Sprint and 2015 Spanish League Awards Ceremony.**
 - o Ciudad Rodrigo, Teatro Nuevo Fernando Arrabal, Calle Gigantes 22. [Location on Google Maps.](#)
- **Middle Distance**
 - o Ciudad Rodrigo, Plaza Mayor. [Location on Google Maps.](#)
- **Caravan Parking**
 - o Ciudad Rodrigo, Avda. de Salamanca y Calle de los Gremios. [Location on Google Maps.](#)





The First Tierra de Ciudad Rodrigo Cup



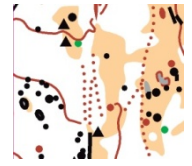


The First Tierra de Ciudad Rodrigo Cup

Technical Information:

- Long Distance

- o Map: "El Potril" – Scales 1:15 000 and 1:10 000.
- o Mapper: Arturo García Dengra.
- o Course Setter: Jose Luis García Morales.
- o Terrain description: An oak forest with little climb and varying visibility. Gentle topography in the areas with little visibility makes finding reference points difficult. The ground is clear and very runnable at times. There are also detailed rocky areas and a number of erosion ditches. In the season that this race will be held almost all trees will be without leaves.
- o Course description: The start will be close to the finish and the parking area.



- Sprint

- o Map "El Potril Sprint" – Scale 1:5 000.
- o Mapper: Arturo García Dengra.
- o Course Setter: Jose Luis García Morales.
- o Terrain description: An oak forest that often varies between forest and large clearings. It has detailed rocky areas and a number of erosion ditches. A high race speed throughout the map.
- o Course description: The start will be close to the finish and the parking area.

- Middle Distance

- o Map "Ciudad Rodrigo" – Scale 1:7 500 (Urban).
- o Mapper: Arturo García Dengra.
- o Course Setter: Jose Luis García Morales.
- o Terrain description: A walled town with an irregular street layout. It is surrounded by accessible moats and an also accessible city wall which offers a variety of route choices.
- o Course description: The start and finish will be nearby. There will be a map exchange in the finish area for the advanced courses.



Competition:

- WRE Long Distance

- o This event will be held in one single race on the 23rd of January, 2015 – El Potril.
- o The participating athletes will be in: H-E and D-E.
- o Only athletes registered through the WRE registration system will run.
- o Awards will be given to the first three on each course.

- 2015 Iberian Men's Championship

- o Three races will be held: The long, El Potril (Jan. 23rd): the sprint, El Potril (Jan 23rd); and the middle – Ciudad Rodrigo (Jan. 24th).
- o The classes in the Long and Middle will be: H-16, H-18, H-20, H-E, H-35, H-40, H-45, H-50, H-55, H-60, H-65, H-70.
- o The classes in the Sprint will be: H-16, H-20, H-E, H-35, H-50.
- o Only male athletes with a current FEDO or FPO license who are registered in the races corresponding to the stated classes will participate.
- o Awards will be given to the first three of each class for each distance.

- First Tierra de Ciudad Rodrigo Cup

- o This will be held in two races: The long – El Potril (Jan. 23rd) and the Middle – Ciudad Rodrigo (Jan. 24th).
- o Only runners registered on any of the registration Systems will participate.
- o Awards will be given to the first three of each class.



The First Tierra de Ciudad Rodrigo Cup

Classes:

- Registration Classes and equivalent classes in the Portuguese League

Middle and Long	Sprint	TP O-Ped FPO
H/D-E	H/D-Élite	H/D-E
H/D-21A		H/D-21A
H/D-21B		H/D-21B
H/D-12	H/D-16	H/D-12
H/D-14		H/D-14
H/D-16		H/D-16
H/D-18	H/D-20A	H/D-18
H/D-20		H/D-20
H/D-18/20B		
H/D-35A	H/D-35A	H/D-35
H/D-35B		
H/D-40		H/D-40
H/D-45		H/D-45
H/D-50	H/D-50	H/D-50
H/D-55		H/D-55
H/D-60		H/D-60
H/D-65		H/D-65
H/D-70		H/D-70 H/D-75
Open Yellow	Open	H/D-10
Open Orange		
Open Red		

Timing System:

- SportIdent System
 - o The timing system will be SportIdent for all classes.
 - o The event organisation will have SI cards available for hire if requested when registering.
 - o The cards can be hired for four Euros for both days, or two Euros for one day, in addition to a 40 euro deposit that will be returned when the card is returned.
 - o Requests for specific start times in any of the races will not be accepted once registration is closed.
 - o In order to use this system to know who is on course, we kindly request that all participants who do not finish their race go to the Download tent at the finish in order to inform us they are longer on course.

Registration:

Details will be provided in future bulletins on the event's registration systems for WRE, FEDO and FPO license holders, and those without a national orienteering license. Details on the fees for each class will also be provided shortly.

Contact information:

- Event Webpage
 - o www.esconditenats.com
- Race Director
 - o eventos@esconditenats.com
- Registration (including start time requests and proof of payment)
 - o inscripciones@esconditenats.com



The First Tierra de Ciudad Rodrigo Cup

Restaurants and Hotels:

RESTAURANTS	HOTELS
Bar La Pulpería de Evaristo Correo Viejo, 7 923480615	Hospedería Audiencia Real Plaza Mayor, 17 923480018
Bar Restaurante Zascandil Correo Viejo, 5 665635884	Hostal Puerta del Sol Rúa del Sol, 33 923460671
Cafetería Restaurante La Cocina de José Cardenal Pacheco, 13 923462124	Hostal Restaurante Yoanna C/ Wetones, 20 923481252
Restaurante Conde Rodrigo S.A. Plaza San Salvador/ Huerta Las Viñas 923461404	Hotel El Cruce Avda. Portugal, 2 923460450
Restaurante El Sanatorio Plaza Mayor, 15 923461054	Hotel La Bodega C/ Badajoz, 15 923498350
Restaurante Mayton La Colada, 9 923460720	Hotel La Llave del Campo Ctra. Salamanca, 141 923460258
Mesón La Artesa Rúa del Sol, 1 923481128	Hotel Molino del Águeda Bajada de Santa Cruz, 37 923460072
Mesón La Bodega Avda Portugal, 11 923460032	Parador Enrique II Plaza del Castillo, s/n 923460150
Mesón la Paloma C.B C/ La Paloma, 3 923462441	Conde Rodrigo S.A. Plaza San Salvador/ Huerta Las Viñas 923481903
Mesón la Torrecilla C/ Clemente Velasco, 81 923480768	
Palacio de los Ávila y Tiedra, SL Plaza del Conde, 3 923460237	
Bocatería Mesón El Charro Diez Taravilla, 9 923460005	
Restaurante Arcos Cardenal Pacheco, 11 923480001	
Casino Mirobrigense Calle Velayos, 4 923461942	
Restaurante El Cruce Avda. Portugal, 2 923460450	
Restaurante La Llave del Campo Ctra. Salamanca, 141 923460258	
Pizzería Demaría Avda Agustín de Foxá, 39 923462251	
Pizzería Tussilago Julián Sánchez, 7 923482226	
Restaurante Estoril Calle General Pando, 11 923460550	
Hamburguesería Ruso C/ Colada, 20 923460029	