

Vestjysk Orienteringsklub is pleased to invite you to the Westjutlandish two-day event of 2010. This year's edition is expanded with a sprint event in the city of Lemvig on Friday night.

**Programme:**

Friday June 25th: Sprint in Lemvig.

Saturday June 26th and Sunday June 27th: Husby Klitplantage.

**Friday:**

Sprint in the western part of Lemvig. The landform is extremely diverse ranging from blocks of apartments, open areas, schools and residential areas. At certain places the landform is very hilly.

**Map:** Lemvig Vest, Scale 1:5.000, contour interval 5 m. Survey by Lars-Ole Kopp and drawn by Ole Fuglsbjerg.

There will be two runs and the first starter will be at 6 pm. In the first run free start between 6 and 7 pm applies. The second run is scheduled to begin at 8 pm. The start interval in the second run is 30 seconds and the starting times are based on the results of the first run.

|          |                  |                   |
|----------|------------------|-------------------|
| Course 1 | 2x3,5 kilometres | Black (Difficult) |
| Course 2 | 2x2,8 kilometres | Black (Difficult) |
| Course 3 | 2x2,5 kilometres | Black (Difficult) |
| Course 4 | 2x2,0 kilometres | Yellow (medium)   |
| Course 5 | 2x1,8 kilometres | White (easy)      |
| Course 0 | 2x0,5 kilometres | Children's course |

All course lengths are approximately.

The maximum time allowed for each run is 45 minutes

**Open courses:** None. However, late enrolment is possible for all 5 courses until the event. The cost of this is the entry fee + 20 Danish Kroner (€3)

**Saturday and Sunday:**

**Map:** Husby Klitplantage, drawn 2007, some revision 2009 and 2010. All courses use maps with the scale 1:10.000, contour interval 2,5 meters.

Husby Klitplantage offers three different landforms.

Furthest to the West you find an open and detailed dune landform. After the dunes several areas of flat, closely vegetated marshes mixed with fairly high and partly open dunes are situated.

The eastern part of the map consists of a mix of softwood and hardwood forest with many details and with reasonable runability.

**Courses:** You can choose between the following courses:

Green 2,5 kilometres (Beginners)  
White 3,5 kilometres (Easy)  
Yellow 4 kilometres (medium)  
Yellow 6 kilometres (medium)  
Black 4 kilometres (Difficult)  
Black 5 kilometres (Difficult)  
Black 6 kilometres (Difficult)  
Black 7 kilometres (Difficult)  
Black 8 kilometres (Difficult)  
Black 10 kilometres (Difficult)

All course lengths are approximately

**Starting times:** Start and finish are at the event area. Free starts apply both days. Saturday between 12 and 2 PM and Sunday between 10 AM and 12 Noon. The maximum time allowed per course is 150 minutes.

**Open courses:** It will be possible to buy courses at the event area or by e-mail: [avm@ucholstebro.dk](mailto:avm@ucholstebro.dk). The cost of this is the entry fee + 15DKR (€2,5).

**Entry fee:**

Under 21: Friday: 40 Danish kroner (€6), 65 Danish kroner (€10) per day Saturday and Sunday

Others: Friday: 60 Danish kroner (€8) 90 Danish kroner (€12) per day Saturday and Sunday.

It is not necessary to participate in all three races as the results of the races are individual.

**Emit-rent:** 15 Danish kroner (€2) per day.

**Cancellation:** Refunds of entry fees are not possible but changing the name of a runner is free.

**Enrollment:** No later than June 18th 2010 to  
Ulrik Kirkegaard, Åvænget 9, 7500 Holstebro, [ulrikkirkegaard@privat.dk](mailto:ulrikkirkegaard@privat.dk), phone (0045) 9741 4235  
or (0045) 3173 5223.

**Payment:** Vestjysk Bank, SWIFT VEHODK22, IBAN 6276000001079771. Enrolment is not valid before the payment is registered.

**Results:** At the event area and [www.vestjyskorientering.dk](http://www.vestjyskorientering.dk)

**Children's courses:** Free children's courses are available all three days. The start and finish of the children's courses are at the event area.

**Activities for children:** There are no activities for children

**Event camping:** It is possible to camp at the event. Please mail [lars@vendelbjerg.dk](mailto:lars@vendelbjerg.dk) or phone (0045) 4098 3499, if you wish to take advantage of this possibility.

This Website will regularly be updated with information about the races.

If you are planning your summer races and lack information about the two day event in the Western part of Jutland, please mail [avm@ucholstebro.dk](mailto:avm@ucholstebro.dk), for further details. We look forward to seeing you in June.

[Google maps](#)