

**World Masters Mountain bike  
Orienteering Championships 07-10<sup>th</sup>  
August 2024, Viborg Denmark.**



# Bulletin

## # 1-2

**07<sup>th</sup> - 10<sup>th</sup> August 2024  
Viborg, Denmark**

**<http://wmmtboc2024.COM>**



**Dansk  
Orienterings-Forbund**

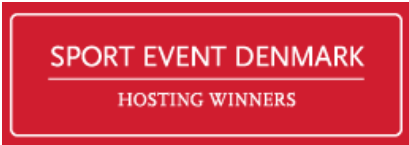
**Support**



**VIBORG**  
KOMMUNE



**Syddjurs**  
KOMMUNE



**Partners**



## **Invitation**

Dear all,

On behalf of the Danish Orienteering Federation, we invite all our MTBO friends to participate in the World Masters MTB Orienteering Championships 2024 Denmark in Viborg the 07-10<sup>th</sup> August.

We aim to give the participants a palette of different terrains to ensure that they will experience Denmark's beautiful nature.

**Mass start** in Ebeltoft, where a lot of tracks in some way turn the riders in different directions all the time.

**Middle distance** in Hjermind/Bjerringbro. A hilly terrain, with loads of MTB tracks and some urban riding as well.

**Sprint** in the surroundings of Viborg. Undallslund a public forest with loads of tracks, that may confuse the riders at high speed.

And finally the **Long distance** at Klosterhede Plantage. A fairly flat forest with fast gravelroads, but also some tricky parts, that will force the riders to slow down.

All in all – a good mix of different terrains to fulfill a fantastic championship in Viborg.

Welcome to Viborg

**JØRN SVENSEN** *Event Director*



## **Welcome to Viborg**

Dear participants and guests,

In Viborg, we are looking forward to welcoming you to the World Masters MTB Orienteering Championships Denmark 07-10<sup>th</sup> August 2024.

Together with the Danish Orienteering Federation, we are proud to be part of this exciting mountain bike event.



You will experience extensive heath areas, hilly and dramatic landscapes, an amazing game reserve and a multitude of parks and recreational areas.

Viborg Municipality is, geographically, the second largest municipality in Denmark and the area offers many exciting natural resorts suited for outdoor sports. These days, we are constructing a 100 kilometers mountain bike trail leading through five forests and natural resorts.

On the route, there are plenty of opportunities to combine exercises with cultural history as the trail passes bunkers, churches, drainage channels, heath areas and a working museum.

All in all: We are crazy about sports! Every year we host many large sports and cultural events – and we always strive to create the best possible settings and to give our guests the best possible experiences.

We will make effort to ensure that you get the opportunity to experience the beautiful nature of the Viborg area – the woods, the lakes, and (hopefully) Danish summer at its best. We recommend that you make time for a stroll in the cozy streets of Viborg and experience our cultural history as well as the excellent shopping possibilities.

I hope you have a fantastic competition in Viborg and wish all participants good luck!

**ULRIK WILBÆK**

*Mayor of Viborg Municipality*

## **Welcome to Syddjurs**

### **Dear participants, sponsors and visitors of the World Masters Mountain bike Orienteering World Championships 2024.**

On behalf of the municipality of Syddjurs, I wish you all welcome to Syddjurs and especially to Ebeltoft, home of one of the Masters series distances.

You have come to one of the most beautiful places in Denmark – I say without modesty.

As you will discover, Ebeltoft is a special place, a well preserved borough with cobbled streets and beautiful houses. Here you will also find an internationally renowned glass museum and a museum for the national treasure The Frigate Jutland – both worth a visit.



Ebeltoft lies on the outskirts of one of Denmark's most beautiful national parks, Mols Bjerge National Park. It stretches all the way from Ebeltoft to the medieval ruin at Kalø on the coast near Aarhus. The heartland of Mols Bjerge National Park is Mols Bjerge with its grassy and hilly landscape offers spectacular views across the bay. And for the biologically interested you can find a wide range of rare flowers, plants and insects.

The history of the area is defined by our beautiful coastline. Right from the Viking age, during the middle age, up till today, the connection between sea and land has formed the development of towns and cities. I hope that you will enjoy the nature in our area, and that the weather will be warm and sunny, so you can have a swim in the clear water of the bay.

Ebeltoft also has a lot to offer, when it comes to shopping, restaurants and cafés. And I recommend a visit to the Malt Factory. Founded as a malting house in 1861 and closed down in 1998, the old factory is now transformed into a center for all kinds of cultural and creative activities.

I wish you all good luck in the competition and a nice stay in our municipality and the city of Ebeltoft.

Sincerely,

**Michael Stegger Jensen**

*Mayor of Syddjurs Municipality*



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## 1. Organization | Officials

### **Danish Orienteering Federation**

Idraettens Hus  
Broendby Stadion 20  
DK-2605 Broendby  
E-mail: [dof@do-f.dk](mailto:dof@do-f.dk)  
Webpage: [www.do-f.dk](http://www.do-f.dk)  
Tel. +45 4326 2740

### **Event Director | Point of Contact**

Jørn Svensen  
E-mail: [orienteering4all@webspeed.dk](mailto:orienteering4all@webspeed.dk)  
Tel. +45 4044 6999

### **IOF Advisor**

Anke Danowski  
E-mail: [anke@hillclimb.de](mailto:anke@hillclimb.de)  
Tel. +49 176 20520575

### **Competition Director**

Bjarne Hoffmann  
E-mail: [bjarne1@orienteering.dk](mailto:bjarne1@orienteering.dk)  
Tel. +45 40177069

## 2. Venue | Event center

The event center is situated at Søndermølle Kultur og Naturcenter. Vinkelvej 40, 8800 Viborg.



Søndermølle is one of the area's oldest grain mills, probably founded already in the early 1300s. The mill was first owned by the nuns at Asmildkloster and later by successive landowners.

For centuries, the farmers in the area have driven here to grind grain, and week after week the miller has stood at Viborg square and sold flour and groats.

Søndermølle will be the event center and will be place for several things during the championships: Childrens MTBO race, Opening ceremony with the opening dinner and start for the Model event. Just a cozy place to relax in the evening after the races and the place for the WMMTBOC closing BBQ. The event center will be open already from the 05<sup>th</sup> of August.

### 3. General map

**Aalborg Airport** is situated 90 km from the event center and with connective flights from Copenhagen and Amsterdam.

**Viborg will host the WMMTBOC 2024**

**Karup Airport** is situated 30 km from the event center with connective flights from Copenhagen.

**Billund Airport** is situated 100 km from the event center with more than 40 international destinations.

All major road networks of Europe connect to Jutland through Germany and highways from the rest of Europe ends as close as 40 km from Viborg.



**Århus Airport** is situated 90 km from the event center with connective flights from Copenhagen.

**Copenhagen Airport** is situated 325 km from the event center.



## 4. Rules

The WMMTBOC 2024 will be organized in accordance with the Orienteering Competition Rules for IOF MTB Orienteering Events 2023.

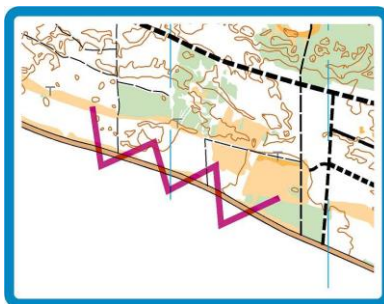
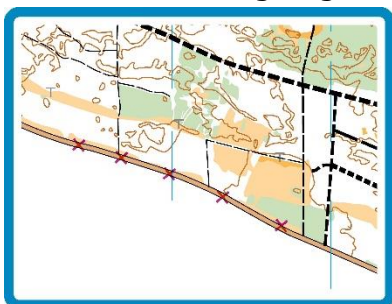
All Competition Rules for IOF MTBO rules are available here:

<https://orienteering.sport/mtbo/competition-rules/>

Use of cycling helmets is compulsory.

Bicycle must be with the competitor all the time. Competitor found moving without his/her bicycle will be disqualified.

It is forbidden to use main roads marked with Red crosses or zig-zag lines.



Competitors must follow traffic rules.

WMMTBOC 2024 will follow the International Specification for MTB Orienteering Maps ISMMTBOM 2023

### Riding off track

It is generally forbidden to leave the tracks. Exceptions are the samples underneath. Any violation will be punished with disqualification by controllers.

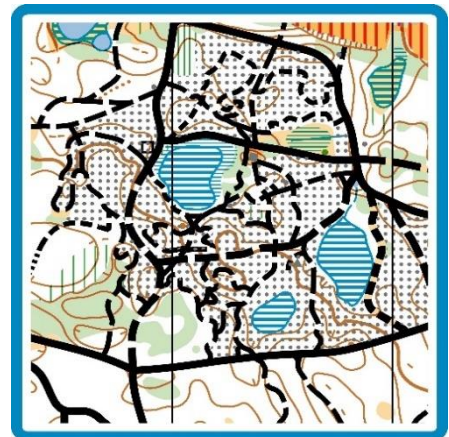
Riding off tracks in areas with symbol 824, open land (orange)



Riding off tracks in areas with symbol 826, rough open land (orange with white dots).  
The narrow linear trace through the terrain with symbol 828.



Forested area (White with black dots) 825-1.



MTB tracks is mapped with grey/black. If MTB tracks are unidirectional, riding direction is marked with purple arrows. One way direction must be respected.



Violation of these rules:

- riding of tracks
- not respecting one way direction

Will lead to disqualification from the relevant race.

Repeated cases by an individual may result in exclusion from the rest of the championship without financial compensation

### Controls situated outside paths/tracks

- In the case of controls occur outside the tracks it will be published in the Bulletin.

## 5. Program

		<b>WMMTBOC 2024</b>
Monday	05 <sup>th</sup> August	Arrival & training possible
Tuesday	06 <sup>th</sup> August	Arrival, training and Model Event
Wednesday	07 <sup>th</sup> August	Mass start Ebeltoft
Thursday	08 <sup>th</sup> August	Middle distance Bjerringbro
Friday	09 <sup>th</sup> August	Sprint distance Undallslund
Saturday	10 <sup>th</sup> August	Long distance Klosterheden
Sunday	11 <sup>th</sup> August	Departure

## 6. Maps details | Map samples | Terrain description

All maps are produced in accordance with the IOF SMTBOM 2023. All maps are made by the same mapper.

### **Training: 05-06<sup>th</sup> of August**

#### **Neckelmans plantage**

MTBO map sample from 2021.

*Map scale: 1:7500 or 1:10000, contour: 2,5 m.*

Terrain: Varied and mixed forest with a very dense trail network. Mostly flat but with areas with steep and detailed contours. The forest is intensely used by mountain bikers. Tracks, trails and forest roads are generally very fast. The terrain is in connection with the sprint area Undallslund plantage. **Please pay close attention to the embargo area for the sprint.**

Distance from EC: 8 km.



**Model event: 06<sup>th</sup> of August**

**Botanical Garden and Nordic park**

MTBO map sample from 2019.

Map scale: 1:7500, contour: 2,5 m.

Terrain: Hilly and lots of track.

Distance from EC: 0 m



**Mass start 07<sup>th</sup> of August.**

**Ebeltoft plantage**

MTBO map sample from 2019.

Map scale: 1:7500/10000, contour: 2,5 m.

Terrain: A technical terrain with a dense network of paths and tracks. Rather flat, but small hills now and then.

Distance from EC: 99 km.





**Middle distance 08<sup>th</sup> August.**

**Hjermind/Egekrettet**

Old MTBO map from 2019.

Map scale: 1:7500 or 1:10000, contour: 2,5 m.

Terrain: A technical terrain with a dense network of paths and MTB tracks. Hilly with some urban terrain included.

Distance from EC: 21 km.



**Sprint 09<sup>th</sup> of August.**

**Undallslund**

MTBO map sample from 2023.

Map scale: 1:7500 or 1:10000, contour: 2,5 m.

Terrain: Varied and mixed forest with a very dense trail network. Mostly flat but with areas with steep and detailed contours. The forest is intensely used by mountain bikers. Tracks, trails and forest roads are generally very fast and easily rideable and a fast riding mountain bike trail twists throughout the forest.

Distance from EC: 8 km.





**Long distance 10<sup>th</sup> of August.**

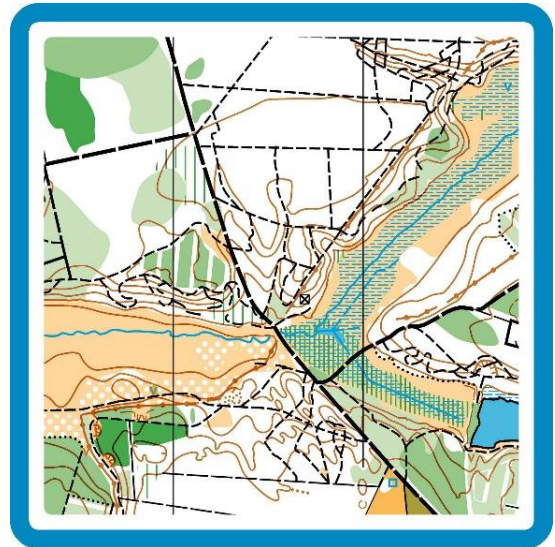
**Klosterheden plantage**

Old Foot orienteering map from 2013.

*Map scale:* 1:10000, contour: 2,5 m.

*Terrain:* Varied and mixed forest with a long fast gravel roads and small areas with MTB tracks. Mostly flat but with areas with small steep contours.

*Distance from EC:* 80 km.



**Link to maps of the competition areas:** [Map \(wmmtboc2024.com\)](http://Map(wmmtboc2024.com))

**Links to embargoed areas:** [IOF Eventor - Event information: World Masters MTB Orienteering Championships 2024](#)

The embargo is in place until after the WMTBOC2024. The areas marked on the map are embargoed for all orienteering activities, unless specifically permitted by the organizers. The embargoed areas are out of bounds for all potential participants and team members, including competitors, team coaches, manager or anyone associated the team/individual.

Any permission for access into embargoed areas must be requested from the organizers, if needed and before access. This includes also if there are any MTB events taking place in the embargoed areas and potential competitors wish to participate. The embargo includes the use of drones in or above the terrain.

## **7. Time keeping system**

SPORTident Air+ will be used in all competitions.

The minimum working range is 150 cm.

All competitors will have to use an Active Card (SIAC). Rental will be possible.

## **8. Classes & participation**

Winning times are similar to those proposed by IOF guidelines.

WMMTBOC W/M 35, 40, 45, 50, 55, 60, 65, 70, 75, 80, 85. Two adjacent classes in the same decade can be merged if either or both have fewer than 5 entries. W/M 70 and older keep the 5 year steps independent on registered starters. Participation in WMMTBOC is open to all competitors according to their age classes.

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.

## 9. Entries

Entries only via IOF Eventor that will open in beginning of October 2023.

[IOF Eventor - Event information: World Masters MTB Orienteering Championships 2024](#)

	<b>Fee</b>	
Accreditation	EUR 40	Incl. Training maps and model event
Mass start	EUR 40	
Middle distance	EUR 40	
Sprint distance	EUR 40	
Long distance	EUR 40	
SIAC rental	EUR 14	SIAC rental for model event and all 4 races
Voluntarily: Participation in the closing dinner	EUR 25	Enjoy dinner alongside your competitors.

### Late entries

Late entries/withdrawals will be accepted. However, after the 31<sup>st</sup> May the surcharge is 20 %.

After the 21<sup>st</sup> July entries will not be accepted.

Full payment of all entry and accreditation fees must be made no later than 01 at July 2024 for all competitions.

Competitors may be excluded if their fee is not paid.

All payments are to be made to Navet Mountainbike orienteering Club, as follows (**all charges are paid by sender**):

Bank name: Danske Bank

BIC/SWIFT: DABADKKK

IBAN: DK8830000013746214

Bank Address: Danske bank. Holmens Kanal 2-12, 1092 København K. Denmark

Account owner: Navet Mountainbike orienteering

Account owner address: Navet, Møllevang 4, 8831 Løgstrup

Denmark

## 10. Accommodation

**The organizers are not responsible for accommodation for the participants. But we can recommend the following places:**

# Danhostel Viborg

Welcome to Danhostel Viborg hostel! We are scenically close to forest and lake, yet only 3 km from Viborg city center and the train station. There are good opportunities to hold courses, camp schools and other group stays or just to spend the night in relaxed and welcoming surroundings. We look forward to seeing you!



The Hostel is on the Model event map and only 300 m from the event center and 3 km from the town center.

## **Motel Spar 10 Viborg**

Motel Spar 10 hotel invites you for a pleasant stay situated in pleasant green surroundings. This means that when you step outside, there will be forests and nature.

These natural surroundings contribute to make your stay at our hotel and motel even cozier and more comfortable and especially relaxing.

Here at Motel Spar 10 you have the opportunity to find cheap accommodation and rent rooms to different events.

We offer rooms in a peaceful and tranquil setting of our hotel, where you will be greeted by the staff by an informal tone and a receive good treatment that will make sure that your stay at our motel will be nice and very comfortable.

At the motel you will find cozy and clean rooms, where you can get a good night's sleep. You'll also find common living areas at our hotel as well as a common mini-bar, where you can buy beer and soft drinks at reasonable prices.

Access to kitchenette, where you can make coffee or the 24/7. There is also an opportunity to cook, use the washing machine and tumble dryer. With our informal manner, we are sure that you will enjoy staying at our facilities

The Motel offers also the opportunity to use the bike wash.

<https://www.motel-spar10-viborg.dk/>

The Motel is only 7 km from the event center and 3 km from the town center.



## **PEAK 12 HOTEL**

Newly built design hotel in the heart of Viborg.

Peak 12 is much more than an ordinary design hotel – it is the place where unique experiences come together under one roof. We share the building with Tinghallen Congress and Music Hall and Restaurant Det Glade Vanvid, so you can combine your hotel stay with cultural, musical and gastronomic experiences.

In the heart of the hotel, the warm lounge, you will also find a wealth of experiences – enjoy a hot espresso in the exclusive coffee shop, let yourself sink into a soft armchair and enjoy the jazz tones of an old turntable, explore Bar Flora's innovative cocktail



menu, challenge your fellow traveller in a game of shuffleboard or experience the city's most beautiful views on the hotel's 12-storey rooftop.

The many experience opportunities are not only fixed at Peak 12 Hotel, but stretch up the entire Tingvej, which also contains the venue Paletten, Viborg Stadium, Fitness X, Viborg Fotorama, the BDO lounge and much more. Barely 700 meters from the hotel you will find Viborg's city center, which b.l.a. offers a wide selection of chain stores, specialty shops as well as cafés and restaurants.

The Hotel is only 4 km from the event center and 700 m from the town center.

### **11. Climate**

Average temperature in July/August is just below 20° C. However, the temperature can go as high as up to 30° C. Mean temperature during nighttime is 13-15° C. Average rainy days are 14-16 per month. The average precipitation is between 77-91 mm per month.

### **12. Entry permits (Visas)**

Denmark is a full Schengen member state. For residence outside Schengen you will have to apply for a short stay visa. Read more here:

<http://um.dk/en/travel-and-residence/short-stay-visas/>

### **13. Training opportunities**

#### **Danish MTBO races**

All Danish MTBO races are published here.

Webpage: [www.do-f.dk](http://www.do-f.dk)

### **14. More information**

**Webpage:** [wmmtboc2024.com](http://wmmtboc2024.com)

Media: Jørn Svensen

# **Welcome to the Viborg region, the heart of Jutland!**

A visit to Viborg - called the "Heart of Jutland" - is a trip through history, culture and nature. Visitors will find a wonderful mixture of an historical medieval town and beautiful varied countryside. Almost 400 years ago a historian said: "Viborg is like the mother of Jutland". The history of Viborg can be traced back a very long time. Take a walk through the cobbled streets and imagine the bustle of life in the middle.



### **A modern municipality of growth**

The Municipality of Viborg has more than 95,000 citizens. This makes us the 9th largest municipality and a very strong player on the municipal map of Denmark. Furthermore, the city of Viborg is the "capital" of the Region of Mid-Jutland. Viborg is a dynamic, pulsating city, focusing on a good quality of life. The growth in the number of newcomers shows an increasing interest in living, learning and working in Viborg or one of the many small villages located in the beautiful landscape around Viborg. In our own quiet way, we are proud of Viborg today – and we are proud of our history.

### **The history of Viborg**

Viborg is second oldest city in Denmark. The official formation of Viborg started around the year 1000, but the area had been a sacred rallying ground since ancient times. The name "Viborg" is a combination of the Danish words "Wii" - which means sacred - and "borg" - which means hill, i.e.: The sacred hill. Viborg Cathedral was, after a huge City fire, rebuilt in 1864-1876 as a round-arched Romanesque granite church and is still an impressive feat of construction. Inside you can see huge wall-murals painted by Joakim Skovgaard. Viborg region has an unusually varied landscape with green woods, deep lakes, dramatic hills and open heath land. In Dollerup Bakker (Hills), you can listen to the bubbling springs all year round and feast your eyes on the glittering Hald Lake. The town of Viborg is slow-paced, yet charming. Viborg citizens are proud of the city's beautiful shop fronts and buildings. They provide an attractive atmosphere and are the framework for an active busy market town, with many pedestrian streets and squares. There are many cafés, small galleries and exciting boutiques with clothes and crafts. Every Saturday throughout the year, there is a market on Nytorv and Sct. Mathias Centre is home to 35 specialist stores under a single roof.

You're about to discover the Viborg region and we look forward to welcoming you!  
*We wish you all a good and eventful World Championships.*

## **During your stay at Viborg we offer the following:**

### **A guided tour through Viborgs history.**

Viborg is one of Denmark's oldest cities with traces all the way back to ancient times. Viborg means "holy mountain".

Traders, warriors, craftsmen, pilgrims and adventurers came walking, riding and running with horses and oxen to take further along the Ancient Road to the major trading places and shrines in the south.

Until the introduction of absolute monarchy in 1660, all Danish kings hailed at the thing in Viborg, and noble gentleman men and Catholic bishops adorned the city with monumental buildings, including the characteristic cathedral with two towers.

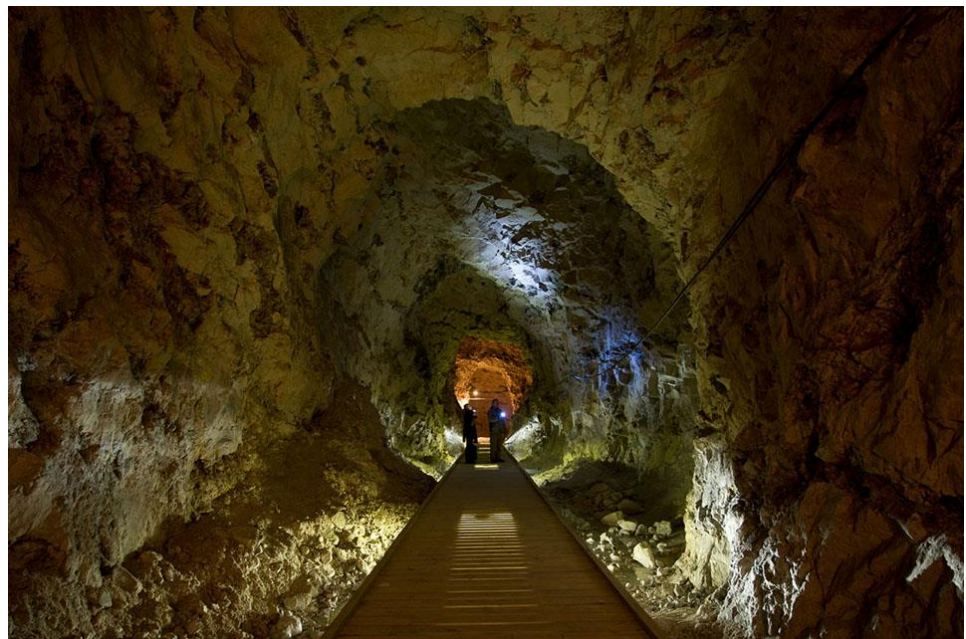
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## **Mønsted kalkgrube.**

Why not visit the Largest Limestone mine in the world?

Mønsted Kalkgrube <https://www.monsted-kalkgruber.dk/en/> Welcome to the largest limestone cave in the world. Please set aside at least 2 hours for the visit. During the whole year the temperature stays at 8°, a good reason for bringing warm clothes. The caves are a perfect place for a visit during a rainy day or in a heat wave. Normally you walk in the caves on your own, but you also have the option of a guided tour to hear about the caves, their history and the bats. The tour has a duration of about 1 hour and must be booked in advance.

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## **Visit the Frigate Jutland**



After the Mass start visit The Frigate Jutland who raises its impressive rain on the edge of the beautiful Ebeltoft Vig. With idyllic Ebeltoft on one side and Mols Bjerger on the horizon, Frigate Jutland offers everyone a welcome for an unforgettable experience.

**World Masters Mountain bike Orienteering  
Championships 07-10<sup>th</sup> August 2024, Viborg  
Denmark**

**Bulletin #1-2  
Updated 24/02/20243**

**Bulletins**

#3 will be published in May/June 2024

#4 will be published the week before WMMTBOC 2024



***We are very much looking forward hosting the  
WMMTBOC 2024***

***See you in Viborg, Denmark***