

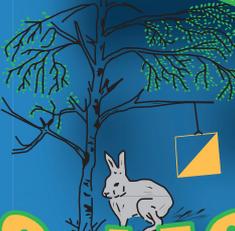
NC ULTRA

01.08.2009



Odda Energi

ODDA



O-LAG

Odda O-lag invites you to the
open Norwegian Championship in



Ultra Long distance

Saturday the 1th of August 2009.

CRAFT-CUP

The race is a part of the Norwegian Craft-cup, race nr 8 for M/W21 and race nr 6 for M/W17-20.

LOCATION

The race will take place at Korlevoll Skiing Stadium, close to the road E134, 24 km south of Odda.

MAP

SELJESTAD, scale 1:15.000 and 5 meter contour interval, published in 2000 to the Norwegian Championship for junior orienteering.

TERRAIN

Changing between slanting hillside, small hills and some slightly hillier. Open bogs and some birch thickets in higher area and birch and pine forest in lower areas. The terrain is mainly between 700 and 900 meters below sea level, and has very good runability.

START

Start is from 10.00 a.m., 20 minutes to walk to the starting-point.

PUNCHING SYSTEM / POST DESCRIPTION

EMIT electronic punching cards. Cars can be rented for NOK 25,00. There will be loose post descriptions at the starting point.

CLASSES AND COURSES

Class	Length	Winner time
W17-20	11 km	90 min
M17-20	17 km	115 min
W21	16 km	120 min
M21	25 km	150 min

The lenghts can be adjusted

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Info: www.oddaolag.no

PRIZES

Medals to the 3 best in each class, otherwise prizes to the best third of runners starting in each class.

OUT-OF-BOUNDS AREA

Map will be shown at www.oddaolag.no

PURCHASE OF MAPS

Contact eivind.tokheim@c2h.no

STARTING FEE

Registration within July 22th 2009 NOK 570,00
Late registration within July 31th 2009 NOK 670,00
Travel divition (Norwegian clubs) NOK 100,00

ENTRY

Follow the entry link on www.oddaolag.no.
Ordinary entry within July 22.th

LATE ENTRY

Within July 31.th on the same link.

PAYMENT

Norwegian clubs will be billed after the event.
For foreign clubs payment at arrival or to:

Odda O-lag
PB 67
5751 ODDA
Norway

SWIFT: SPAVNOBB
IBAN: NO6436580764600

Foreign runners who have not paid their starting fee will not be allowed to start.

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joker

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More information:

Eivind Tokheim:
eivind.tokheim@c2h.no
Phone: 93 63 65 02
www.oddaolag.no

INFORMATION

Contact Eivind Tokheim, +47 93 63 65 02, eivind.tokheim@c2h.no.

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WARDROBE

Wardrobes with showers at the race-location.

DINNER FOR RUNNERS

There will be dinner for runners, prize giving and course review in Skare Grendahus, 8 km north of the race-area, August 1th at 20.00 p.m. Booking of dinner (rissoles + mineral water and dessert/coffee/tea) can be done in the entry system

ACCOMODATION

There are several cabins and rooms near the competition area: Røldal Booking, cabins/flats, 12 km from arena: (www.roldal-booking.no), Hordatun Leilighetshotel, flats, 15 km fa: (www.hordatun.no) Skysstasjonen, Røldal, cabins, 20 km fa: (www.skysstasjonen.no) Seljestad Hytter, cabins, 2 km fa: (www.seljestad.no) Vasstun Gjestehus, hotel, 22 km fa: (www.vasstun.no) Hardanger Hotel, Odda, 24 km fa: (www.hardangerhotel.no) Tyssedal Hotel, 30 km fa: (www.tyssedal.hotel.no) Odda Camping, 23 km fa: (www.oppleve.no) Hildal Camping, 15 km fa: +47 53 64 50 36, Røldal Hyttegrend og Camping, cabins, 20 km fa: (www.roldal-camping.no) Seim Camping, Røldal, cabins, 20 km fa: (www.seimcamp.no)

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ODDA 2-DAYS 2009

Odda 2-days 2009 will take part Saturday 1th and Sunday 2th of august, the invitation will come later. Saturday 17.00 p.m. : Middle distance down hill from the Histein Mountain

Sunday 12.00: Long distance in parts of the NC-courses. Both races will take part at Korlevoll Skiing Stadium with the map Korlevoll, 1:10.000, published in 2006.

TRAINING IN ODDA

Odda has some of the finest and best terrain for orienteering in Norway. We have several maps in the area that can be used for training and training collection. There will be 2-3 courses available this summer, you can buy maps in the shop Joker Skarsmo; www.jokerskarsmo.no

Info: www.oddaolag.no