



38th POSTÁS Cup

international orienteering event

Szárliget
9th-10th April 2016

Event patrons

Mihály Kocsis
CEO Vértési Forestry Ltd.

Ferenc Mezei
Mayor, Szárliget



Gábor Rostás
Chairman of POSTÁS Sports Club

István Jelinek
Chairman of TÁJREND Sports Club

Event sponsors:



Local Authority of Szárliget



Dr.Kelen cosmetics

Event Bulletin

We welcome all participants from Austria, Finland, Norway and Slovakia, as well as the numerous Hungarian competitors, attending the 38th running of our international orienteering event, the Postás Cup. We trust you'll have a quality competition in all 47 classes, tackling this physically and technically difficult terrain with success. Hopefully, the weather will be pleasant and the entire field can enjoy a good competition in a comradely atmosphere.

ORGANISING COMMITTEE

President	<i>Horváth György</i>
Vice president	<i>Sótér János, Schell Antal</i>
Secretary	<i>Józsa Gábor</i>
Course planner	<i>Sótér János</i>
Finance	<i>Gösswein Judit</i>
Accommodation	<i>Nemesházi László</i>
Results/SportIdent	<i>Riczél Zsuzsanna, Józsa Gábor</i>
Event controllers	<i>Gyulai Zoltán, Bossánszky Ákos</i>
Start	<i>Olajos Ferenc</i>
Finish	<i>dr. Rédl Gábor</i>
Protocol	<i>Jelinek István</i>
Event doctor	<i>Rózsa Emese</i>
Children's race	<i>Korik Andrea</i>
Prize-giving	<i>Korik Vera</i>
Homepage:	<i>Gösswein Csaba</i>

The M70 category is organized in memory of Andor Korik, one time coach of our orienteering section.

Event Centre and Finish:

South-east of Szárliget

GPS co-ordinates: 47.508683, 18.506475

Getting to the EC and Car Park

If diving on the M1 motorway from the direction of Budapest take exit nr. 39 (Bicske), and then drive on road nr. 1 towards Tatabánya/Szárliget.

If diving on the M1 motorway from the NW take exit nr. 56 (Tatbánya), and then drive on road nr. 1 towards Bicske/Szárliget. The junction on road nr. 1 for Szárliget and the Event Centre will be marked with orienteering flags.

Parking will be nearby the finish area.

Registration at the Event Centre

April 9th, Saturday: 8:00-10:30

April 10th, Sunday: 9:00-10:00

- Entry fees must be paid at the Registration as per the entries.
- Changes and new entries can only be accepted within the limits of the already existing start lists.
- Entry fees at registration (from April 11th):
HUF 5.200/person/2days (MW 20-60),
HUF 3.200/person/2days (-MW18, MW65-),
HUF 1200/person/day Open.
- Changes must be submitted on the forms received at the Registration desk. Please help the organizing team by submitting all known modifications in advance when possible to riczel.jozsa@gmail.com up to April 8th 8:00.
- The event will be run with the SportIdent electronic punching system. Participants who do not have their own e-card may hire one at a fee of HUF 300/person/day at Registration. Free e-card hire for competitors under age 14.
- Due to insufficient number of entries we have applied the following category changes:
W21C → W21Br
Relay:
M135 → MIX Long
W21A → MIX Long

Accommodation

Any accommodation provided by the organizers can only be taken up by **showing the voucher received at Registration**. These accommodation fees have to be paid at Registration.

Student hostel:

Tatabányai Szakképzési Centrum Bláthy Ottó Kollégiuma,
2890 Tata, Bercsényi utca 7.

GPS: N47,645667 E18,315153

Hard Floor: Szár, Sport hall,
Szár, Forrás utca 469/2 hrsz.

GPS: N47,477192 E18,521175

All accommodations may be taken up from 17:00 on Saturday afternoon and have to be left 9:00 Sunday morning at latest.

Base times:

Day 1.: middle distance	11:00
Day 1.: relay race	16:00
Day 2.: long distance	10:00

Changing, clothing depository: In the changing tents set up in the Finish area

Starts:

We will have two starts, S1 and S2, and the location of these will be the same on both days.

Start nr. 2 will be located close to the finish area and the following categories will be starting from there: all Open categories, and MW10DK, MW10D, MW12C and W14C.

All other categories will be starting from S1. The route there will be marked by blue-white stripes.

Distances to start:

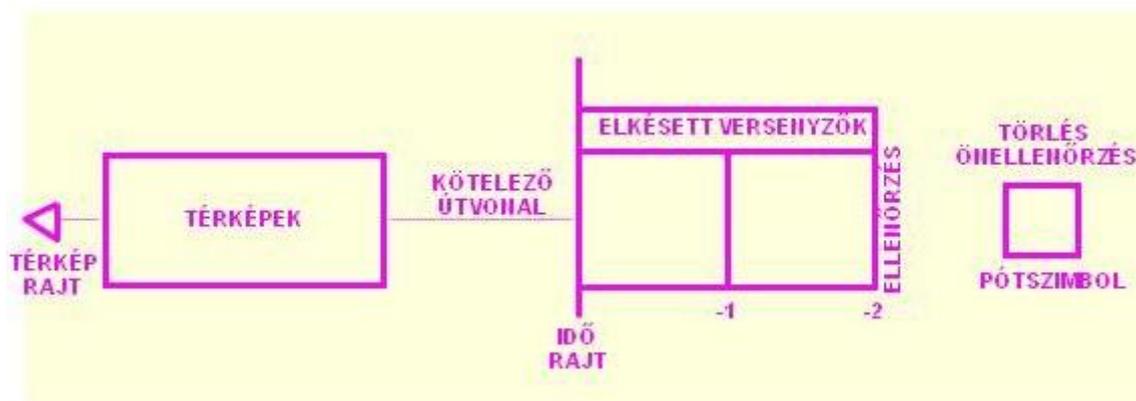
S1: 200m

S2: 1300m/70m climb

Start 1:

Only runners wearing start numbers will be allowed to start at the competition.

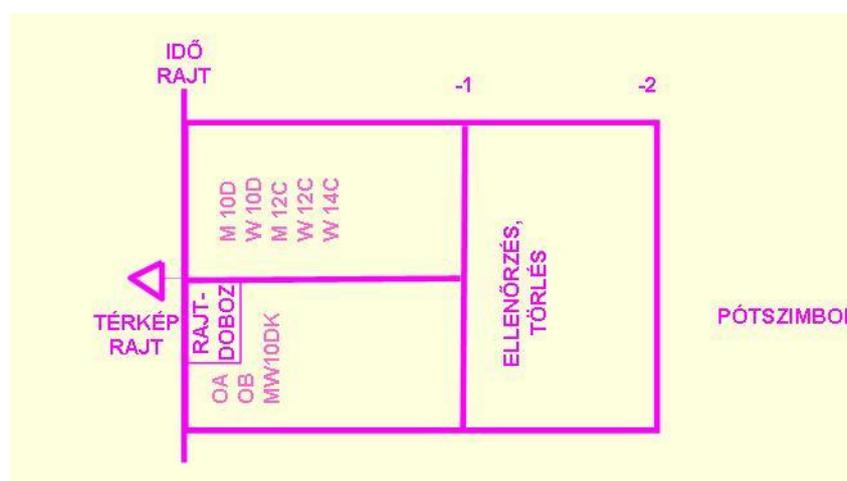
The clearing and checking of the SI cards will have to be done outside the starting corridor, before entering it. The clearing stations will be located about 20m from the entrance of the starting corridor. Entering the starting corridor happens 2 minutes before start time. There will be a separate corridor for those arriving late to start. Maps will be located 40-100 meters from the start.



Start 2.

There are no start times and start numbers in the Open categories, participants are free to start between 12:00-14:00 on Saturday and between 11:00-13:00 on Sunday.

The participants of categories MW 10D, 12C and W 14C start according to their start times and must wear their start numbers.



Terrain: The event takes place on and around the Zuppa Top which is situated at 385m height on the Southern side of the Gerecse Mountains. The area is rich in contour details. In places steep, rocky sides and flat tops, elsewhere small ridges and valleys follow each other, creating variety and a highly technical terrain. Vegetation cover includes oak and planted conifer forest, mixed with karst bush, open and semi open areas. Runnability of the clear felled areas, created by forestry operations, is variable. The Postás Cup used this area three times (1983, 1987, 2007), of which the event in 1983 marked the advent of the first, unofficial World Cup..

Maps:

Day 1: in scale 1:10 000, with 5m contour interval, surveyed in 2016 according to IOF standards, offset printed in 4 colors.,

Day 2: for categories M21E, M21A, M21B, M20E, M18E, M35A, W21E, W20E and W18E in scale 1:15 000 while in scale 1:10 000 for all other categories.

Maps will be printed on waterproof paper

Competitors may take their maps after the start

Control descriptions are available on loose sheets in the start and are also printed on the maps.

Category names on the maps and on the control descriptions are: M (man), W (woman)

Control punching system

The control posts are equipped with the SportIdent electronic punching system and the location is marked with small pieces of paper. If the control lamp does not flash please use the punch.

Refreshment points: on Day 2. at the locations marked on the maps.

Open category:

Both the pre-entered and those entering on the day can start any time between 30 and 120 minutes after base time, leaving a minimum of 1 minute start interval. The Open class will also use the SPORTident electronic timing system: please punch the start box as you start! We will not prepare start lists, we will not combine the results of the two days and there will not be a result ceremony either. However, we will publish the results with all the other results.

On-line results in the Finish area

There will be a wifi hotspot in the Finish area with access limited to a local server providing up to date results service to anyone with a mobile wifi enabled device.

To be able to access the server connect to the 'postas' hotspot (open network, no password needed) and type <http://postas.hu> into any WEB browser on your device. A simple homepage will come up with on-line results and basic event information.

Relay Race

Base time: 16:00

Team line ups can be submitted until 14:00 in the Event Center

Category start times:

00: M21A, M18B

05: M14B, W18B

10: W14B, MIXL

15: MIXS

A spectators control is located south of the Finish line, from where the remaining course takes about 3-5 minutes

Prize giving ceremony

The result ceremony for the relay race will take place at 18:30 Saturday afternoon.

The result ceremony for the overall race will take place at 14:00 Sunday afternoon.

The best Hungarian competitor in M70A will be announced as the winner of the Andor Korik memorial event.

Children's program

There will be a children's competition on Saturday between 12 – 15 óra között.

On Sunday, a "Fairytale wandering" will be organized by Bailavidrum

(<https://www.facebook.com/Bailavidrum/>) however it is in Hungarian language.

Other important information

- During the weekdays there are forestry operations in the competition area, take due care!
- In order to safeguard the wild game in the forest no dogs should be taken onto the competition area and please keep them on a lead in the Finish area as well!
- At the Finish, in the Car Park or on any part of the competition area it is forbidden to smoke, make fires or use a naked flame.
- There is a buffet serving hot and cold food in the Finish area.
- On Day 1 the dr. Szentgyörgyi Imre Memorial OL event will be organized for the employees and students of the post and communication industry and schools.
- Every competitor takes part at their own risk.

Waste collection

We collect waste separately. In order to mineralize waste, please keep in mind the followings:

- if you can, take your waste home with you
- use the selective waste collection points, and piece together plastic cups after refreshing
- empty and compress plastic bottles before throwing them away