

POSTÁS – PARKERDŐ CUP

International orienteering event



30/31 March 2019
Pilismarót



Chief event sponsor:

Gábor Reinitz

Chairman of the Board
Pilis Forest Park Ltd.

Sponsors:

Dr. József Vörös

President of POSTÁS SE

István Jelinek

President of TÁJREND SE

Commercial sponsor:

Pilis Forest Park Ltd.

Pilis Forest Park Ltd. Pilismarót Forestry

The Postás Sports Club 120 years old.

The Pilis Parkforest is 50 years old.

FINAL DETAILS

We would like to welcome all foreign competitors, arriving from Czechia, Finland, Croatia, and Slovakia, as well as our Hungarian orienteers to our international event the **Postás - Parkerdő Cup**. We are confident that on this physically and technically difficult terrain, in all 45 classes we'll see quality competition. Hopefully we'll all have pleasant weather and participants will enjoy an enjoyable event in good atmosphere.

THE ORGANISING TEAM

President	<i>György Horváth</i>
Vice-presidents	<i>János Sötér</i>
Secretary	<i>Gábor Józsa</i>
Planner	<i>János Sötér</i>
Finance	<i>Éva Hunyadi</i>
Accommodation	<i>László Nemesházi</i>
Results	<i>Zsuzsanna Riczel, Gábor Józsa</i>
Controller	<i>Gábor Somlay</i>
Start	<i>Ferenc Olajos</i>
Finish	<i>dr. Gábor Rédl</i>
PR	<i>István Jelinek</i>
Children's event	<i>Andrea Korik</i>
Result ceremony	<i>Vera Korik</i>

*This year the M70 class will again be run in memory of **Andor Korik**, former coach of our club.*

Event Centre and Finish

Pilismarót, 1600 metres from highway no. 11.

GPS coordinates of EC: N 47.775021 E 18.861425

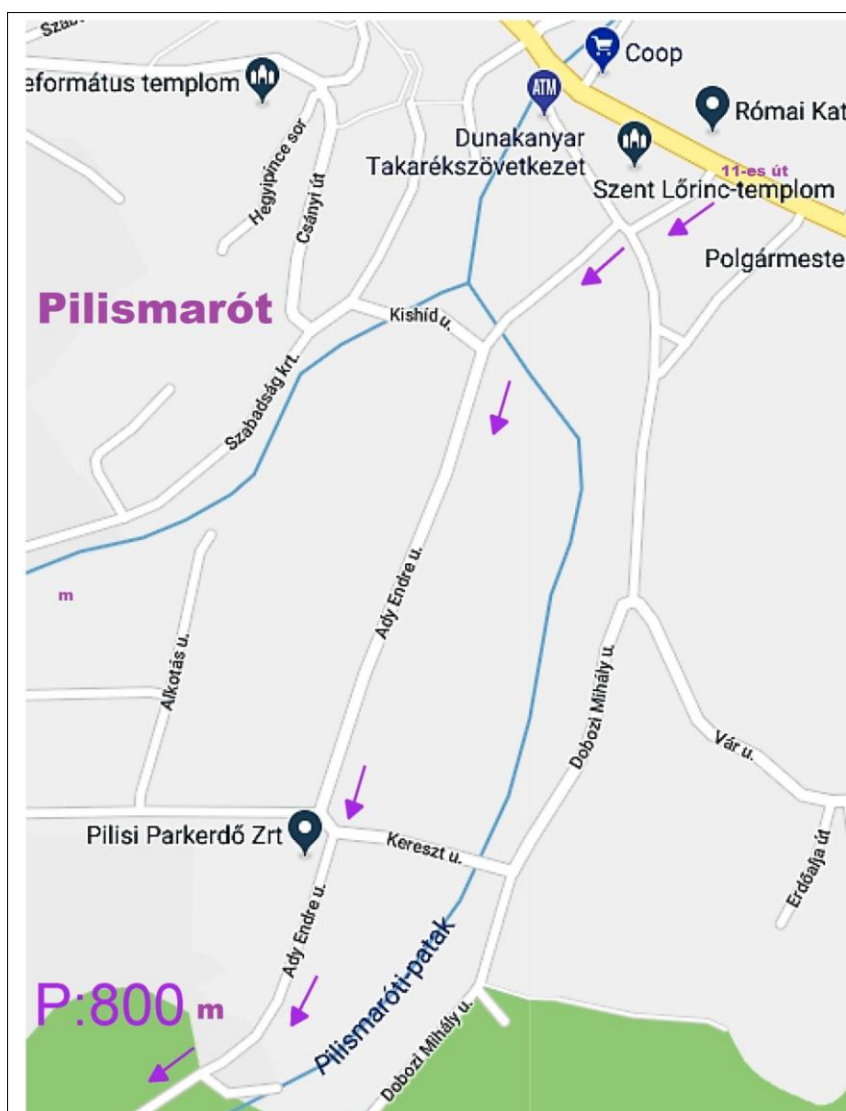
Approach to the Finish and Car Park

The Event Centre and the Finish (Car Park) can only be accessed from Pilismarót.

Recommended route from Budapest: Szentendre – Pilisszentlászló – Dömös – Pilismarót.

In the centre of Pilismarót, from Route no. 11 signs will assist in reaching the Finish.

Approach to the Event Centre



Event Centre Registration

Saturday 30th March: between 9.30-11.30am

Sunday 31st March: between 9-10am

- all entry fees are due to be paid on registration,
- changes to entries and new entries can only be accepted within the constraints of the entry list,
- fees for entries on the day (from 29th March): 7200 Ft/person/2 days (M/W 20-60), 4800 Ft/person/2 days (M/W –18, M/W65-), Open 1400 Ft/person/day,
- changes to entries until 28th March: 500.-Ft/person, afterwards 1000 Ft/person
- all changes have to be submitted on the form provided in the Finish area.
- **Please help the work of the organising team by submitting your changes well before registration, if possible by 6pm on 29th March by e-mail to postas.entry@gmail.com**
- the event uses the SI system. Competitors who do not have an electronic chip of their own will have to pay 300 Ft/person/day at registration for hiring one. Chip hire for classes MW14 and below is free of charge.
- due to insufficient entries, the following classes have been discontinued or combined with other classes:

M20A → M21A

W14C → W15-18C

W21B → W21BR

W20A → W21A

Accommodation

When arriving at the gym accommodation you must present the **tickets issued on registration**. There will be no entry without that ticket.

Gym: Pomáz (only on Saturday)

German National Primary School, 2013, Pomáz, Beniczky St.. 53. (entry from Goethe street), 800 Ft/ person/ night. GPS: N 47,648602 ; E 19,011917

The gym accommodation is available between 5pm Saturday and 9am Sunday. All competitors will have to leave by 9am on Sunday the latest!

Base time:

Day 1.: Shortened Classic distance event	12.00 midday
Day 2.: Classic distance event	10.00 am

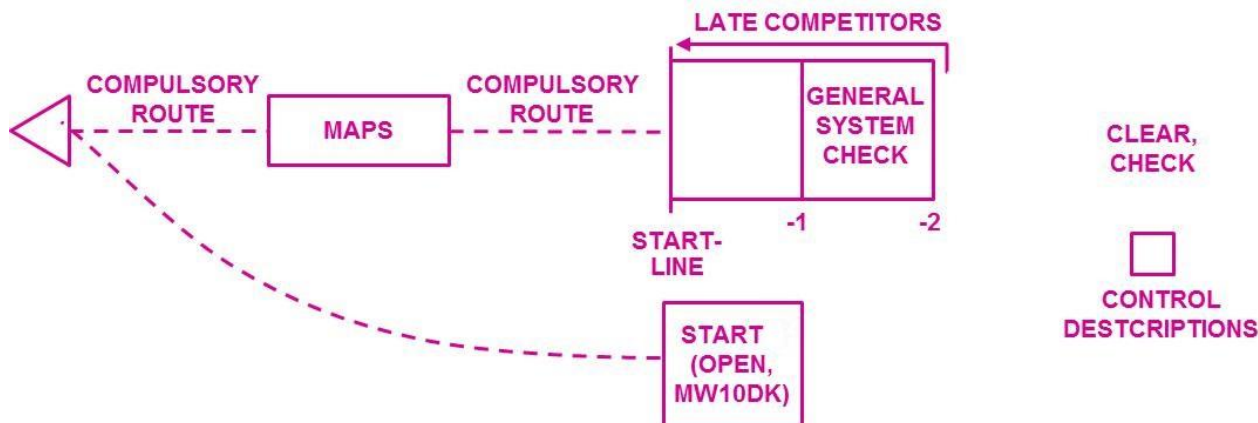
Starts

On Day 2 there will be 2 start areas. S2, the „small start” will have the following classes: Open Taped, accomanied MW10DK, and M10D, W10D. W70, W75, M80 kategória. All other classes will use S1. The route to the starts will be marked with blue and white ribbons. On Day 2 the tape to S2 will have white ribbons.

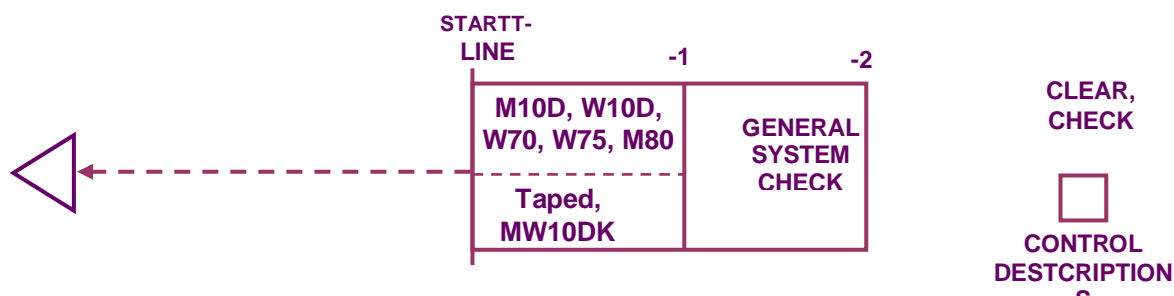
Distances to the starts:	Day 1:	Finish – S1Start:	950 m, 40 m climb
	Day 2:	Finish – S1Start:	2050 m, 80 m climb
	Day 2:	Finish – S2Start:	450 m, 50 m climb

Electronic chips have to be cleared and checked prior to entering the start lanes. All clear and check boxes will be placed within 20 metres of the start lanes. Start lanes have to be entered 2 minutes before your start time. Late competitors will have to use the specially provided late starters' lanes. Maps are placed 40 – 100 metres from the start.

Open and accompanied classes can start any time between competition time 30 and 120. The structure of the start lanes is shown in this diagram **S1**:



S2:



Terrain: Varied middle sized mountains, lying between 150-550 m height above sea level. Its relief is characterised by ditch systems and gullies with swampy areas. The mountain sides have many rock formations, in some places the rock pillars reach 5-8 metres in height. Due to continuous forestry operations there is a rich path network with variable vegetation. Most of the forest is very runnable, with the occasional deciduous undergrowth.

Map: The map was updated and extended in November-December 2018.

Map scale on Day 1 will be 1:10 000 with 5m contour interval, 5 colours, updated according to IOF norms, 1:15 000: M21AB, M35A, M20A, M18A, W21A. Its size is A4.

On Day 2 the map scale will be 1:15 000 in the following classes: M21AB, M35A, M20A, M18A, W21A.

Size: A3 The rest of the classes will have 1:10 000, size A4.

All maps will be printed on pretex waterproof paper. Map pickup will be after the start whistle.

Control descriptions and codes: Control descriptions will be placed on the maps. Spare descriptions will be available at the start. Classes, both on the map and on the control descriptions will be designated M for men and W for women.

Electronic punching: Punching will be by your SI chip. Should the light not register your visit, please use the pin punches, placed at each control, on the edge of your map! . The touch free function of the control boxes will **not** be activated. Control points will have scattered paper on the ground to mark any missing flags.

Drinks: On both days you will find drink points marked on your map.

Open class:

Both pre-entered and those who entered on the day can start any time between 30 and 120 minutes of start times. Open competitors will use SPORTident electronic punching. They have to adhere to a one minute start interval and will be timed by punching in the Start box upon starting. Open classes will have no start list and while competitors' results will be published, there will be no combined results or result ceremonies in those classes. Complete beginners can try the „Open taped” class, which will be identical with classes MW10D.

On-line results

There will be an on-line result system operating in the Finish area.

Lost competitors need to get to the forest road running in the middle of the map, then moving in a Northerly direction they can reach the Event Centre. The Finish can be reached on 06-20-949-43-78 or on 06-20-934-42-32 mobile number.

Result Ceremony

On Day 2 at 13:30 pm, the ceremony will be based on the combined individual results of both days. . The best Hungarian M70A competitor will be the winner of the Andor Korik memorial race.

There will be a children's competition organised in the vicinity of the Finish. The children's event will be run on Day 1 between 1pm and 3pm and on Day 2 between 11am and 1pm.

Other important information

- To protect game, all dogs are banned from the competition area and will have to be kept on a lead at all times in the Finish area.
- All competitors take part in the event at their own responsibility.
- All use of open flames is prohibited. The event is a non-smoking, no campfire event, please do not light any!
- There will be a buffet operating, serving hot and cold food at the Finish.
- Please care for the condition, order and cleanliness of both the accommodation and the Event Centre!
- Competetiors, supporters and spectators accept that unless they have provided their objection in writing prior to the event, any photos and videos taken at the event might appear in the print and electronic media, including the internet.

Refuse

The removal of refuse is posing an ever increasing problem for the event organisers. In order to minimise the mountains of rubbish at the end of the event, please:

- if at all possible, take your rubbish home,
- use the selective rubbish islands and push paper cups into each other,
- please empty and squash plastic bottles flat before depositing them!

Information on the Courses

Day 1				Day 2			
	km/m/controls				km/m/controls		
M21A1	10,4	305	19	M21A2	13,6	595	25
M21B1	8,4	295	17	M21B2	10,9	450	19
M21BR1	4,2	160	12	M21BR2	5,5	210	12
M21C1	3,0	120	6	M21C2	4,7	155	10
M18B1	6,5	250	16	M18B2	8,4	310	15
M16B1	5,2	165	15	M16B2	6,6	230	15
M15-18C1	3,0	120	6	M15-18C2	4,7	155	10
M14B1	3,4	130	13	M14B2	4,3	155	11
M14C1	3,0	110	10	M14C2	3,9	150	11
M12C1	3,0	130	9	M12C2	3,4	135	8
M10D1	2,6	80	7	M10D2	2,8	80	9
M35A1	8,4	295	17	M35A2	10,9	450	19
M35BR1	4,2	160	12	M35BR2	5,5	210	12
M40A1	6,3	210	17	M40A2	8,4	345	18
M45A1	5,9	175	13	M45A2	7,8	270	18
M50A1	5,7	175	15	M50A2	7,3	205	17
M55A1	5,2	165	15	M55A2	6,6	230	15
M60A1	4,5	160	12	M60A2	5,1	230	13
M65A1	4,5	160	12	M65A2	5,1	230	13
M70A1	3,0	100	10	M70A2	3,2	85	10
M75A1	3,0	105	12	M75A2	3,4	125	9
M80A1	2,0	80	7	M80A2	1,7	80	8
W21A1	6,5	250	16	W21A2	8,4	310	15
W21BR1	3,0	110	11	W21BR2	3,9	150	10
W21C1	3,0	110	10	W21C2	3,9	150	11
W18B1	4,5	160	12	W18B2	5,1	230	13
W16B1	4,0	125	13	W16B2	4,8	175	15
W15-18C1	3,0	110	10	W15-18C2	3,9	150	11
W14B1	3,2	115	12	W14B2	4,0	160	11
W12C1	3,0	130	9	W12C2	3,4	135	8
W10D1	2,6	80	7	W10D2	2,8	80	9
W35A1	4,7	170	13	W35A2	5,7	190	13
W35BR1	3,0	110	11	W35BR2	3,9	150	10
W40A1	4,0	125	13	W40A2	4,8	175	15
W45A1	3,4	130	13	W45A2	4,3	155	11
W50A1	3,2	115	12	W50A2	4,0	160	11
W55A1	3,2	115	12	W55A2	4,0	160	11
W60A1	3,0	100	10	W60A2	3,2	85	10
W65A1	3,0	100	10	W65A2	3,2	85	10
W70A1	2,6	80	7	W70A2	2,8	80	9
W75A1	2,6	80	7	W75A2	2,8	80	9
OPEN-AL1	4,3	125	12	OPEN-AL2	5,6	210	11
OPEN-AS1	2,4	100	8	OPEN-AS2	3,3	125	9
OPEN-B1	2,8	135	8	OPEN-B2	3,5	115	9
MW10DK1	2,6	80	7	MW10DK2	2,8	80	9
Taped	2,6	80	7	Taped	2,8	80	9