



OFFICIAL TRAININGS

26-29 APRIL 2025



WMMTBOC 2025 Official Trainings

BULLETIN

Program

Dates

Saturday 26th of April AVILES. LORCA.

Sunday 27th PUERTO LUMBRERAS (2ª MTBO race of Southeast circuit 2025) [LINK](#).

Monday 28th CABEZO RAJADO. LA UNIÓN.

Tuesday 29th CANTERAS. CARTAGENA.

Organizer: Federación de Orientación de la Región de Murcia.

Tracer: Francisco Varela.

Sportident: Por definir

Rules

Runners participate in official training under their responsibilities, taking the risk inherent in racing. Any sports accident Will be covered by the runner's own federative insurance.

Runners must show respect towards other participants and the environment.

Runner should help other participants if they see them injured.

Maps

Made by Juan Fran Abellán. Updated by Francisco Varela (Feb 25)

Gratitude to Mapant and IGN for the templates for the maps.

AVILES. LORCA Saturday 26th

Format A3 vertical.

Scale 1:17500 .

Map. Gentile hillside terrain, little slope in the area of almond plantations, with some small pine forest. It has a good network of roads with nice cycling and fast circulation.

Trace

Race design, large size.

Goal: Reading and precise orientation on the roads.

Use the rumble to confirm that the direction is correct.

Check the correct place of the controls.

3 Recorridos en línea: 3 courses in line.

Small, about 16 km with a height of 140 mts.

Medium, about 20 km with a height of 170 mts .

Large, about 26 km with a height of 220 mts.

You must notify which course are you going to be taken.

Categories

Unique category. Three possible routes.

PUERTO LUMBRERAS Sunday 27 th

(2ª MTBO race of Southeast circuit 2025) [Link](#)

CABEZO RAJADO. LA UNIÓN Monday 28th

Format A3 vertical.

Scale 1:7.500 .

Contour :5 metres

Map. It has two well defined áreas

On one side we will find an old mining area.

Some paths have a lot of loose stones and they are very twisty with strong slopes.

All this gives unique characteristics to the area and creates a very special environment.

On the other hand, there is a beautiful open area with gentle slopes and quick-to-travel trails.

Trace

Medium-sized race design.

Goal: Be focused at all times on the route to be followed, to identify the precise location of controls.

Mandatory route following a line marked on the map and locating the controls in the field.

A long route can be made, shortened or a second route added to complete the proposed route.

Long distance : 50 / 60 minutes . 15 Controls

Short distance: 30 / 40 minutes . 7 Controls

Categories.

There will be only one category. With 2 possible routes. (On the same map)

CANTERAS .CARTAGENA Tuesday 29th

Format A3 horizontal

Scale 1:7.500 .

Contour :5 mts

Map

It has two very distinct areas, on the one hand an open field slope, with a demanding slope and some tracks with poor cycling conditions.

(they will be marked on the map and on the ground). And on the other hand, a moderately populated area with paved roads (be aware of the low traffic)

Trace

Medium-sized race design.

Memorization exercises (2 Levels) .

Level 1: Short segments with memorization of one sector. 8 sectors.

Level 2: Medium/long segments with memorization of several sectors. 7 sectors.

Fixed maps are placed in each segment of the race. The runner will have to decide the route from one control to another, memorizing the elements that he considers important on the map.

Note: Runners who do not feel confident can take a photo of the section to use if necessary.

Categories.

There will be only one category. With 2 possible levels.

Parking. Concentration Area. (See each event)

How to get to the parking. [pagina Control 200](#)

Schedule

Participants leave: between 9:00 a.m. and 10:30 a.m.

Closing of the race and collection of controls: 1:00 p.m.

Registration.

Registration for official training will be through the

[pagina Control 200](#)

Sportident.

The unloading area will be located in the assembly area.

A printer will be available to download the route upon arrival.

Use of Sportident clips is mandatory.

The control stations will be configured in mixed mode.

Contacts for the audit.

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