

Bulletin #1

v3 from 17/03/2023

Welcome

After two editions of OOCup in 2018 and 2020, CDCO 01 and ASUL Sports Nature team up to offer 4 high quality races on the Plateau de Retord and its surroundings. The race of Saturday 20/05/2023 is the French Middle Championship and a World Ranking Event. A nice and tricky terrain awaits you, and a great view over the Mont Blanc is expected!

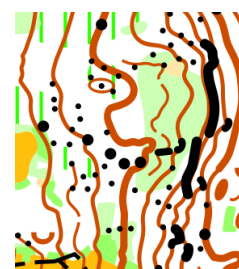
Organisation

Clubs	Comité Départemental de l'Ain (CDCO 01) & ASUL Sports Nature
Event Directors	Nicolas GREFF and Jérôme ALBREGUE
Course Setter	Nicolas GREFF
IOF and FFCO event Advisor	Jean-Philippe STEFANINI
FFCO referee	Virginie MINOT
Website	https://cfc2023.fr/
Facebook Page	http://www.facebook.com/CFC2023/

Race Details

Type	Middle Distance
Winning time	35' for M21 et W21
Punching System	SportIdent
Map	Les Capettes
Scale	1/10 000
Map makers	Daniel Lebar Robert Micek Zdenek Sokolar (2022)

Karstic terrain, around 1200 meters above sea level, alternance of beech & spruce forest and open land, only a few tracks. Runnability : from very good to low in rocky ground or greener areas



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Program

Race for all categories every day.

Date	Race	Place and Map
Thursday 18/05/2023	Sprint Relay French Championship Sprint Open	Oyonnax - Balignat
Friday 19/05/2023	Middle Distance	Plateau de Retord Le Tumet (extended)
Saturday 20/05/2023	Middle Distance French Championship WRE for M21 et W21	Plateau de Retord Les Capettes
Sunday 21/05/2023	French Clubs Championship (CFC) Open relay (3 runners)	Plateau de Retord Très Mas Curty

Training possibilities: there will be no dedicated training maps, but the race of Friday can serve as a training.

Entry - Fees – Payment

The table below applies only to the WRE race. For all other races, entries must be made on the FFCO website.

	Licensed FFCO competitor	NOT licensed FFCO competitor
Official entry form	FFCO website & Eventor* https://licences.ffcorientation.fr/inscriptions/ <i>*Licensed runners who want to get a WRE ranking must also enter the race on eventor.</i>	Eventor https://eventor.orienteering.org/Events/Show/7651
Entry fee	15,50 €	15,50 €
Latest entry	04 th May 2023	04 th May 2023

As the race is a WRE Event, M21E and W21E categories are opened to all runners (FFCO licensed or not) even though they are not qualified. Regarding French nationality runners, the WRE's entries is restricted. As per national regulation they have to be either qualified from MD French championship or included in the FFCO list "coureurs qualifiés au titre du Classement National"). Those lists will be published online by the FFCO: visit <https://www.ffcorientation.fr/courses/qualifications/>.

Not licensed competitors must fill in the [following document](#), and read "[the ten rules of sport cardiologist](#)".

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Payment must be made by bank transfer to:

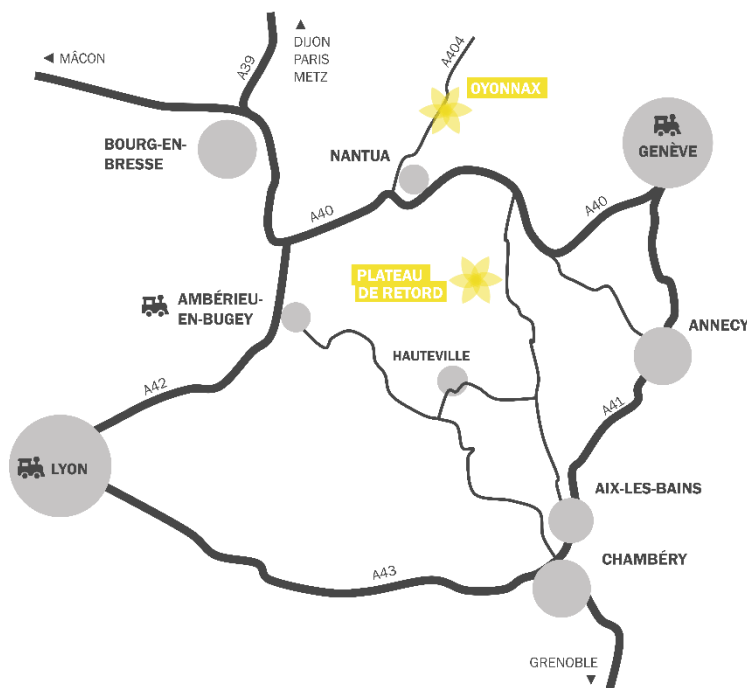
CR CENTRE EST NANTUA - MONTREAL LA CLUSE Tel. 0474760486 Fax. 0474762342		19/09/2022 00413	
Intitulé du compte		ASSOC. COMITE DEPARTEMENTAL DE CFC2023 11 ALLEE DES DOMBES 01960 PERONNAS	
Domiciliation			
Code banque 17806	Code guichet 00413	Numéro de compte 04154687969	Clé RIB 46
IBAN		FR76 1780 6004 1304 1546 8796 946	
Code BIC (Bank identification code) - code SWIFT		AGRIFRPP878	

Location

The races are held in France. Conditions of entrance of foreigners in France are indicated [here](#).

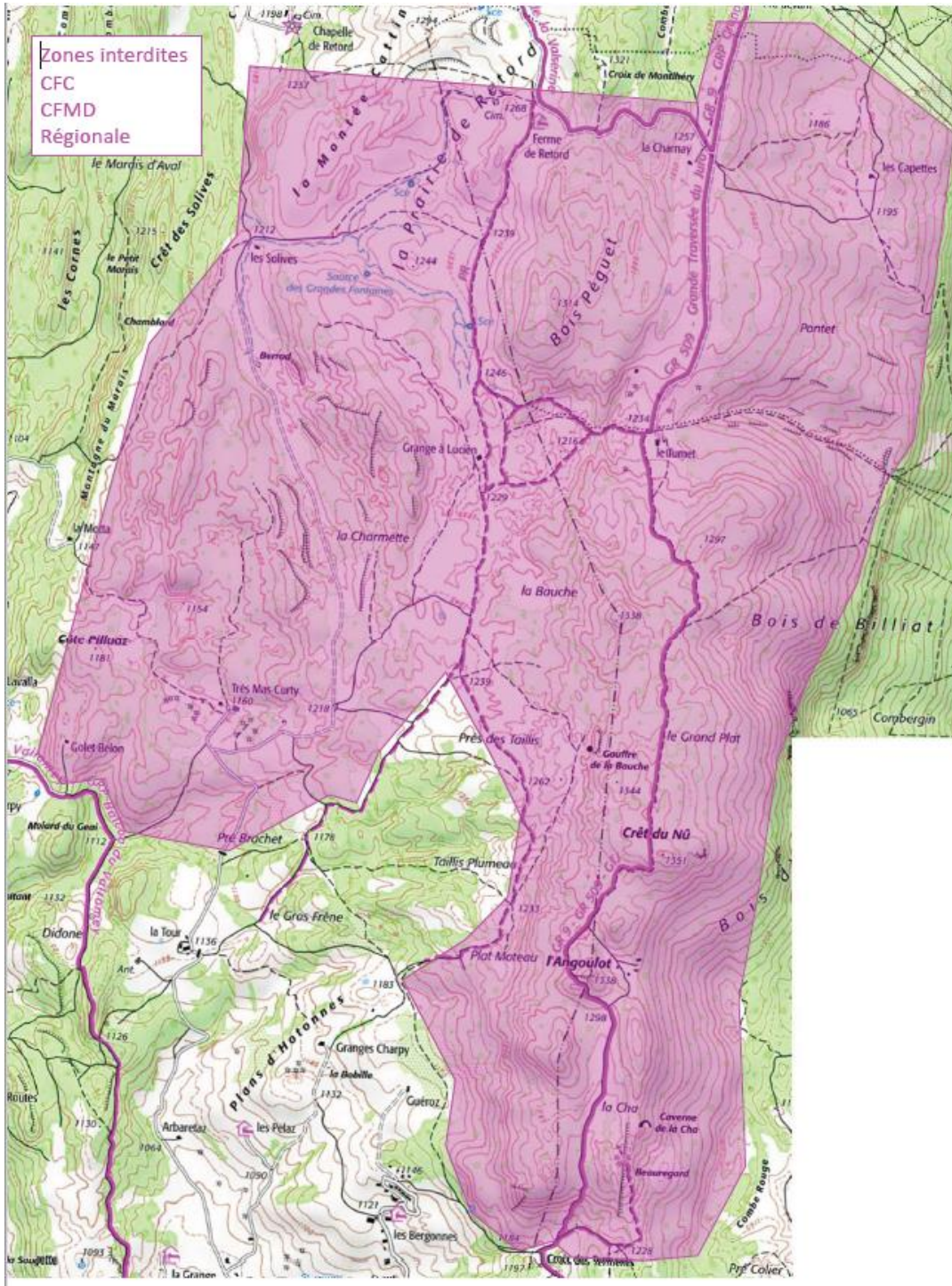
The access to the parking requires 20 min drive on a **gravel road**. It is possible to park before the gravel road and to share another car.

The gravel road is not broad enough to accommodate for two ways, therefore reaching the arena will be possible only until a certain hour, and it will be allowed to leave the arena only after a certain hour. These hours will be published in a next bulletin.



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Restricted Areas



Previous maps are published on the website of the organisation.



CFC 2023
Ain - Bugey



ASUL
SPORTS NATURE
VILLEURBAINNE



AIN⁰¹
le Département



HAUT
BUGEY
ACCLUMERATION



Middle Distance French Championship (WRE)

20th May 2023, Plateau de Retord (01)



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Accomodation

Accomodation possibilities are indicated on a dedicated page of our website: visit <https://cfc2023.fr/en/accomodations>.

Contact

Two email addresses are provided. Please choose one based on your question(s).

WRE Event	Other races
denis.seimbille@gmail.com	contact@cfc2023.fr



CFC 2023
Ain - Bugey

