



Bulletin 3

Interland 2025

OV – FRSO – ENG – LHFCO – LuxO – NOLB

Dear fellow-orienteurs,

Just a little bit of time left for the 37th Interland to take place in the Netherlands! In this 3rd bulletin we've completed and updated the information we already published in the previous bulletins. My club, HOC'93, is looking forward to welcome you in the northern part of the Netherlands and we will do our utmost best to organize a great Interland 2025 competition for you all. Save travels and see you soon!

Clemens Roos

Chairman HOC'93

General information:

Date of the Interland: **Sunday 02-03-2025** with training event on Saturday 01-03-2025

Program:

Saturday 01-03-2025

12:30hrs Registration for training open

13:00hrs 1st start Training event. Free start-times

15:30hrs Last start training event

16:30hrs Finish closed, start collection of the controls

15:00hrs Check in of the rooms in the hotels possible

17:30hrs Dinner (first group)

19:30hrs **Team leaders meeting in Hotel De Borken** (in Dwingeloo)

Note: we can offer 4 team leaders from Hotel De Eese a ride to Dwingeloo.

Departure from the lobby at 18:45hrs

Program:

Sunday 02-03-2025

06:30hrs breakfast in Hotel De Borken

06:45hrs breakfast in Hotel De Eese

08:00hrs Competition Centre open (in Darp)

09:30hrs 1st start Interland

(start times will be published a week before the interland on February 23)

11:15hrs (+/-) Start Open race

11:30hrs Lunch buffet in CC (for Fletcher Hotel participants)

12:15hrs Last start

13:00hrs Prize giving for the interland (or sooner if possible)

14:00hrs Collection of the controls

Interland Race 2nd of March 2025:

Event Location (CC): Community centre “De Stobbe”, Linthorst Homanstraat 22, 7973 KG Darp
<https://maps.app.goo.gl/ppK1gc1JguCkr9gN8>
Catering and dressing rooms incl. showers available.

Parking: Follow the directions of the parking staff for parking around the CC.

Map: Havelte West (Edition 2023 with 2024 revisions)
1:10.000 and 1:7.500 Equidistance: 2,5m
Mapper: Gediminas Trimakas (Lithuania)
[Example of the map](#)

Terrain description: Plain military training area with a small hilly and detailed part.
Vegetation is a mixture of open grass and heath land, sand, armored vehicle tracks and mixed forest. Runnability is good to excellent in the open part. Visibility is very good in the open part, good in the wooded part. Developed network of armored vehicle tracks and other paths.
In some parts of the forest there are several small trails created by the training soldiers. These trails are NOT drawn.
An ATB singletrack runs on the map. This singletrack will be highlighted on the map. An example is below.

Categories (Interland): W/M-14, W/M-17, W/M-20, W/M 21, W/M40, W/M50, W/M60.
Maximum of 3 runners in each category from each federation. 2 best runners from each federation score. (see interland rules)

Coursesetter: Clemens Roos

Controller: Anne Heikoop

Electronic punching: SportIdent Air

Jury: Orienteering England, FRSO, OV .
(Team leaders are requested to provide a name to the Interland Director.)

Course/Class-table:

Course	Class	Open	Distance	Controls	Scale
1	M21	Open 1	11,1 km	27	1:10.000
2	W21		8,8 km	20	1:10.000
3	M20/M40	Open 2	9,0 km	25	1:10.000
4	M50/M17		7,9 km	20	1:7.500
5	W20/W40	Open 3	6,2 km	15	1:10.000
6	W50/W17		5,2 km	15	1:7.500
7	M60		5,5 km	17	1:7.500
8	W60	Open 4	4,5 km	15	1:7.500
9 (medium)	M14	Open 5	5,1 km	14	1:10.000
10 (medium)	W14		4,0 km	10	1:10.000
11 (easy)	-	Open 6	2,8 km	12	1:10.000

Distances:

	Start	Finish	Parking
CC	450m	500m	0-350m
	Start and finish are 200m separated. Clothes can be brought to the finish before starting.		

Entry:

Interland teams (incl. reserves on open race) have been entered via team leader.

Open race participants via orienteering online.

Entry fee:

€ 8,00 for adults / € 5,00 for youngsters (W/M-20 and younger).

Special Symbols:

Sand is drawn with a uniform light brown color (instead of yellow with black dots)

Bike paths in our forests are usually paved paths. These are drawn with a full black line of 0,27mm.



Other special symbols:

Special symbols

- × Bunker
- × Tree trunk > 2 m.
- ✓ Big fallen tree
- 🚲 ATB singletrack

ATB single track:

On both the Interland map and the training map you will find a popular ATB track with singletrack parts. The singletrack parts will be highlighted by a **new symbol**. The symbol is the small foot path symbol with little purple triangles.

atb singletrack:



WARNING: please be careful with our fellow sports(wo)men on the bike. It's not forbidden but try to avoid using the singletracks.

Training 1st of March 2025:

Event Location (CC):

No accommodation! CC in party tent on:

Parking Swimming Pond "De Zwarte Dennen"

Vijverweg, 7715 PA Punthorst.

<https://maps.app.goo.gl/iQN3Q3eHP6Ci14Eq8>

Training protocol:

Upon arrival team leaders will receive training maps for the team at the CC desk in party tent (when travelling as a group). Participants travelling single will receive their own map(s) from their 'team mapbox' at the CC-desk. Participants can go to the start when they like. We don't organize an interval start, we will only note who is starting.

After finishing we ask every participant to read-out their SI-card at the CC so we can track if everyone left the forest 😊

Map:

Staphorst (Edition 2024 (autumn))

1:10.000 Equidistance: 2,5m

Mapper: Gediminas Trimakas (Lithuania)

Terrain description: Plain and mainly mixed forest. Some patches of heath land. Runnability and visibility is good to excellent except for the 'green' parts. Developed network of tracks and other paths.
A popular ATB singletrack runs on the map. This singletrack will be highlighted on the map.

Courses:

Course	Description	Distance	Controls	Scale
1	Long Difficult	7,4 km	15	1:10.000
2	Middle Difficult	5,4 km	11	1:10.000
3	Short Difficult	3,7 km	8	1:10.000
4	Middle Medium	4,6 km	11	1:10.000
5	Short Easy	2,9 km	9	1:10.000

Coursesetter: Clemens Roos

Controller: Adriaan Baas

Electronic punching: SportIdent Air (no official race results)

Entry: Interland teams (incl. reserves) via team leader.
Other participants via orienteering online.

Entry fee: € 4,00 for adults / € 3,00 for youngsters (W/M-20 and younger).

Logistics:

Accommodation:

Fletcher Hotel-Restaurant De Eese-Giethoorn (10km to Event Location) https://maps.app.goo.gl/pPguUrCnpYupT1nFA	
Teams:	# persons
O-England	51
Luxemburg-O	19*
FRSO	43

Fletcher Landhotel De Borken (19km to Event Location) https://maps.app.goo.gl/Xmk6BJzqkZ6yC7r89	
Teams:	# persons
OV	36*
LHFCO	44
NOLB	14*

* not all runners of these teams are using accommodation.

2, 3 or 4 person rooms in above mentioned Fletcher Hotels. Incl. dinner on Saturday (drinks at own cost) and breakfast on Sunday. Lunch provided by the organizer. **Price for the accommodation: € 67**

Note: Possibility to join the dinner in Fletcher Hotel De Borken for people who are booking own accommodation. Contact Interland Director or secretariat if not entered via Team manager yet.

Tip: There is a year-round open Camperparc next to Fletcher Hotel De Borken for Campervan-owners.

Hotel instructions:

- Check-in available from 15:00hrs.
- Pre-assigned room types to the teams. Rooms assigned by the team leaders before arrival for fast check-in.
- Volunteer of HOC'93 at each hotel to assist arrival and check-in of the teams.
- Drinks, snacks etc. have to be paid by the participants. Either directly when ordering or at the end of the evening (to prevent delays at the check-out).
- Swimming pool available in both hotels free of charge. Sauna included in De Borken. In De Eese you have to pay for the sauna (reservation at the reception.)
- Block times for dinner and breakfast. Time slot is for entering the restaurant.

	Hotel De Eese	Hotel De Borken
Time slot:	Dinner	
17:30-17:50	Lux-O	NOLB
17:50-18:10	FRSO*	OV
18:10-18:30	O-England*	LHFCO
Time slot:	Breakfast	
06:30-06:45	-xxxxxxx-	Free to enter
06:45-06:55	O-England	OV
06:55-07:05	FRSO	LHFCO
07:05-07:15	Lux-O	NOLB

* Team leaders can of course pick an earlier time slot in order to be able to leave on time for the team leaders meeting.

Travel timetable:

	Training location (CC)	Interland (CC)
Hotel De Eese	29 km - +/- 25 min.	10 km - +/- 10 min.
Hotel De Borken	41 km - +/- 32 min.	19 km - +/- 20 min.

Finance:

Team leaders have received an invoice for their team (incl. reserves and supporters when on Entry form) with payment details for the bank transfer. Open race participants (not entered via Team manager) will pay themselves at the CC. (Contactless Payment)

Catering and Lunch:

Coffee, Tea, softdrinks, beer, cake, soup, warm snacks for sale in the CC (on Sunday only). Contactless payment/pay by card is kindly requested.

From 11:30hrs a simple Dutch buffet lunch (bread) for teams staying in Fletcher hotels available in the CC after Interland Race. (included in accommodation price.)

Organizing Committee:

Interland director – Clemens Roos voorzitter@hoc93.nl

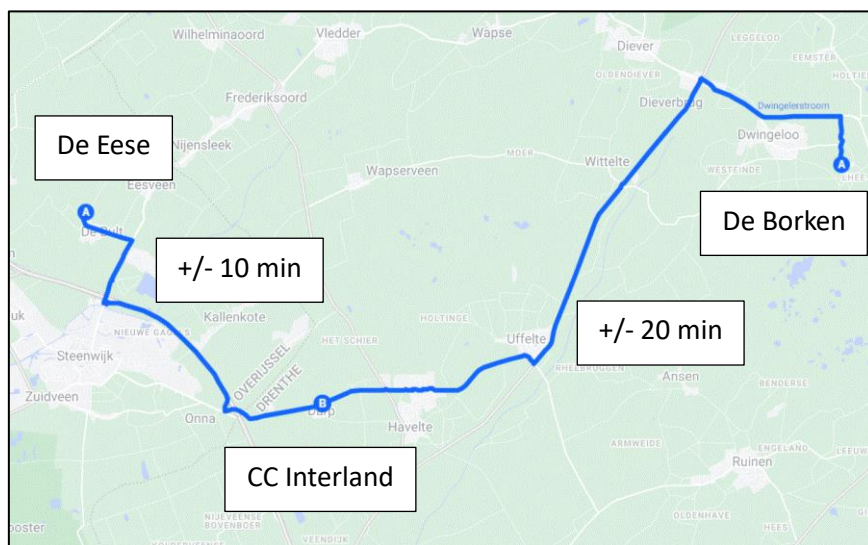
Secretariat – Esther Bosman secretaris@hoc93.nl

Finance – Adriaan Baas penningmeester@hoc93.nl

Technical Committee – Klaas de Jong tc@hoc93.nl

Request to the team leaders:

- Please provide a name for the jury to the Interland director: voorzitter@hoc93.nl and secretaris@hoc93.nl.
- O-England, FRSO and/or Lux-O team leaders wishing to use transport to team leaders meeting, please inform the Interland director: voorzitter@hoc93.nl and secretaris@hoc93.nl.



Overview routes to CC from the hotels.

