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Silkeborg OK welcomes all competitors to DM Mellem – Danish Championships in Middle Distance 27th August 2022

We hereby welcome you to the Danish Championships in Middle Distance. The event is an open World Ranking Event.

Event arena: Situated at T-junction between Horsbjergvej and Rustrup Skovvej, 2 minor roads between Virklund (4 km S of Silkeborg) and Gjessø. GPS 56.110551, 9.528233.

Distances: Parking to Arena 0-200 m
Arena to Start 300 m

Event programme:

10:00 Venue opens
12:00 First start age classes
13:30 First start WRE classes
15:45 Expected time for prize-giving ceremony

Terrain: The terrain is 25-115 m above sea level. It is hilly with many contour details. The vegetation is mixed forest, with some open areas with scattered trees. There is generally good runnability, but with some areas of densely planted conifers or undergrowth. Open areas are mainly covered with grass and heather. The forest is mainly dry, but there are some ditches, streams and marshy areas. There is a well-developed network of paths and forest roads.

Type of competition, format: Middle distance, WRE

Competition area: Thorsø Bakker

Course length: Winning time 30-35 minutes

First start: 12:00

Prize-giving ceremony: Immediately after the race, around 15:45.

Embargoed area: The embargoed area is shown [here](#). The whole area is strictly embargoed. Competitors, team officials and other persons, who, through knowledge of the terrain may influence the results of the competition, are not allowed to enter the embargoed area, unless explicitly permitted to do so by the organisers. The area is embargoed until the competition is finished.

Punching system: SPORTident. SIAC cards can be used. Renting of SI cards is possible: 25 DKK.

Map: 1:10,000, contour interval 5 m, ISOM 2017, drawn in 2022 by Steen Frandsen. Example of an older map can be found [here](#). There are no special symbols or other deviations from the Rules. Maps are printed on waterproof paper.

WRE classes:

Class	Distance km	Climbing m	Controls	Refreshment Controls
D21	4.6	130	17	1
H21	6.0	200	20	1

D21 is the Women's Elite class and H21 is the Men's Elite class. Maximum running time is 120 minutes.

Control description lists: H21: 175 x 56 mm (5 mm), D21: 154 x 56 mm (5 mm)

Other classes: There will be classes for all age groups from D/H10 to D/H90. See information on the [event website](#).

Start lists for D21 and H21 will be posted on IOF Eventor, and also on the event website, no later than four days before the event. In these classes, race bibs (see start list) must be worn and can be collected near the Start.

GPS tracking: 40 athletes in D/H21 will carry GPS. The list of athletes to carry GPS will be published at https://silkeborg-ok.dk/dm_mellem2022/

Athletes carrying GPS are those starting last in each class, and they must register in the quarantine area no later than 14.30.

Complaints: Participants wishing to make a complaint shall lodge this in writing at the Event Office in the arena no later than 15 minutes after the course closure time or after the results are declared official. Any protest about the outcome of a complaint shall be made no later than 15 minutes after being informed of the decision about the complaint. The protest must be in writing.

Jury: Names of jury members will be posted on the information board in the arena.

Travel information: Distance from Billund Airport by car: 55 km. Distance from Aarhus Airport by car: 90 km. Distance from Copenhagen Airport by car: 290 km. The organisers do not provide transport.

Accommodation: The region offers a wide range of accommodation from five-star hotels to cabins and hostels. For information, please contact [Visit Silkeborg](#).

Catering: There will be a kiosk at the venue selling a variety of food and drink.

Entry fee: 180 DKK, late entries are +100%

Entry: Entries for the WRE classes shall be made through [IOF Eventor](#).

Entry deadline: was 12th August at 23:59. Late entries are accepted until 23rd August at 12:00.

Payment: Payments shall be transferred in Danish kroner (DKK) to

Payment details:

Bank: Jyske Bank

Bank account no. : 7844-7766557

IBAN: DK3489440007766557

SWIFT/BIC: JYBADKKK

Account owner:

Silkeborg OK

c/o Susanne Højbjerg

Vesterlundvej 205

8600 Silkeborg

Denmark

Payments are due by the entry deadline. Entries are not valid without payment.

Training opportunities: Contact inger.morten@mail.tele.dk for training opportunities.

Further information: Further information will be published on the [event website](#).

Organising team:

Event Director: Anker Møller, dmmellem22@silkeborg-ok.dk +45 6165 1600
Silkeborg OK

Course Planner: Erik Bobach,
Silkeborg OK

Course Controller: Nicolai Nielsen,
Horsens OK

IOF Event Advisor: Keld Gade, Viborg
OK