



European Orienteering Championships 2024

1st Official Training Camp – 02.11.2023.-07.11.2023.

INVITATION TO EOC2024 TRAINING CAMP #1 WITH

AUTUMN SPARTACUS CUP

2-7. NOVEMBER 2023

Programme

The training camp will be organised around the Autumn Spartacus Cup. All together 8 trainings are available, 3 with timekeeping (SI) and 5 only with tapes.

Map overview of the training areas: [LINK](#)

Accommodation

Apart of several guesthouses available in the region, we offer you reduced prices at the following two accommodations. We can book for you until 15th October, or until the availability of these accommodations.

For booking, please contact the organisers: training@eoc2024.hu

Villapark Várgesztes: Event Center of EOC2024. Comfort apartment houses can be booked here with wide living room and an open kitchen with every accessories like microwave, a fridge, cooking equipment and a coffee machine. Each house has 4 rooms with 2 beds in each one (maximum capacity: 8 person) and 2 bathrooms. Cars can be parked safely on the parking place next to the house.

For more details visit the website: <https://www.villapark.hu/en/>

“Vértes” Restaurant and Guesthouse: Close to the training areas and competition, 2-3 bed hotel type rooms (only 16 beds in total). For more visit the website: <https://www.vertesvendeglo.hu/>

Transport

Nothing organised, we suggest using your own cars. Please strictly follow the possible routes to approach the terrains marked on the map, otherwise you and the organisers may be penalised.

In case you are looking for other runners to share car/accommodation with, please feel free to contact the organisers, we will put you in contact with each other!



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Training information

Time	Training type	Terrain	Map survey	Relevancy	Controls	Courses
03.11. 10:00	One-man relay	Kápolnapuszta 2	2023 (Lidar)	all	SI+flags	1 course with forkings
06.11. 10:00	Mass-start loops	Kiskotló	2023 (Lidar)	Relay	SI+flags	3 shorter loops with forkings
06.11. 14:00-15:00	Shortened long	Gém-hegy	2021-23 (Lidar)	all	SI+flags	MEN/ WOMEN
Available all 6 days	Middle	Gém-hegy	2021-23 (Lidar)	all	tapes	MEN/ WOMEN
Available all 6 days	Long/short legs	Szépvízér	2022 (Lidar)	Middle relay Q,	tapes	1 course with possibilities for short-cut
Available all 6 days	Reduced map (contours)	Kiskotló	2023 (Lidar)	Middle long F,	tapes	MEN/ WOMEN
Available all 6 days	Control-picking	Ingókő	2021 (Lidar)	Middle relay Q,	tapes	1 course with possibilities for short-cut
Available all 6 days	Downhill loops with slope pre-load	Ingókő	2021 (Lidar)	Middle relay Q,	tapes	4 loops



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Trainings with tapes only can be visited freely between 02.11.2023. and 07.11.2023.

Courses with timekeeping are available only on the specific date and time. Mass-start around 10:00 on both trainings, start between 14:00 and 15:00 for the shortened long distance training. Exact start times will be published together with the Bulletin for the training camp.

Please note, that no night training is allowed! Sun sets around 16:20.

Registration

Until 25. October 2023, by sending the Excel sheet available at [LINK](#) to training@eoc2024.hu (except the accommodation which should be booked until 15. October 2023.).

Training fee

6 EUR /courses with tapes, 8 EUR /training with timekeeping

Additional trainings

If you want to add other trainings to your camp, we recommend using our courses with permanent controls or plan a training on your own. Please note, that training is not possible until 31. October 2023 due to hunting season! For further information please visit <https://eoc2024.hu/index.php/individual-trainings/>

71st Autumn Spartacus Cup - Sarolta Monspart Memorial

4-5. November 2023 - Kápolnapuszta

Invitation and old map: [LINK](#)

Entries: [LINK](#)

Regular entry deadline: 25/10/2023

Bulletin

Detailed bulletin for the training camp will be published 1 week prior to the camp.

With any questions, please contact Zsolia Sarközy, training@eoc2024.hu