

EUROPEAN ORIENTEERING CHAMPIONSHIPS

**HASSELT
BELGIUM**

27-31 AUGUST

**TRAINING
CAMP**

#1

 kenis



2025

Training Camp #1 Bulletin

Intro

The first official Training camp for EOC2025 will take place in the days following ASOM2025 in Turnhout. 6 Trainings will be organised in Turnhout and nearby cities.

The trainings can also be ran before ASOM. But note that there will be no controls in the terrain and there will be less safety measures.

Please mail Simon (training@eoc2025.be) if you would like to get the maps before ASOM.

Registration

You can still register for the Training Camp until 20/4. Please do so by mailing to training@eoc2025.be.

Fee

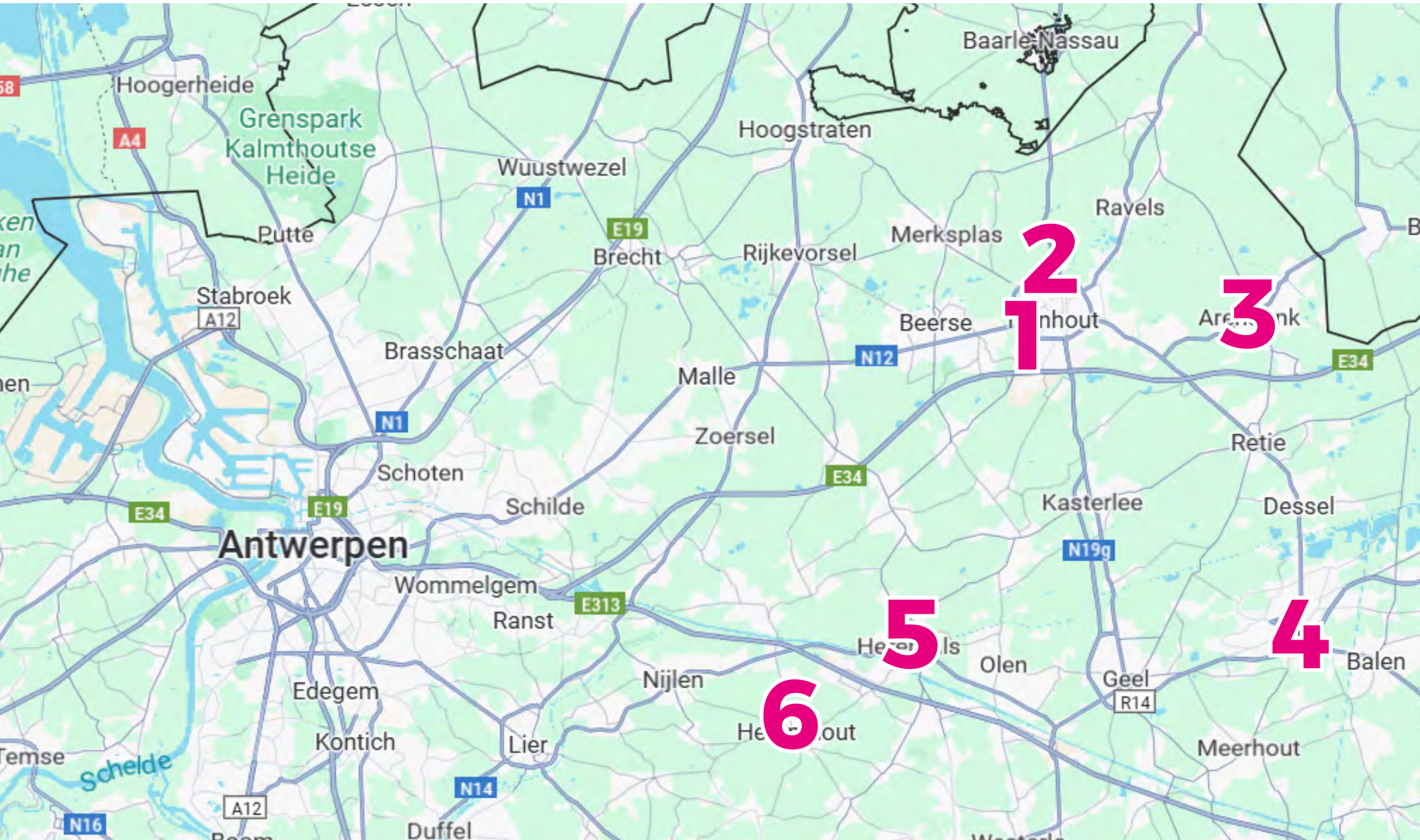
7€ for each training. 35€ for full package of 6 all trainings.
Please make sure the payment is done before 20/4.

KONO BV - EOC2025

BE87 7330 6722 7494
BIC: KREDBEBB

Program

1) Monday 28/4	10h00 - Map Flip Training	Turnhout
2) Monday 28/4	14h30 - Sprint Relay Training	Turnhout
3) Tuesday 29/4	10h00 - Sprint Training	Arendonk
4) Tuesday 29/4	14h00 - Sprintervals	Mol
5) Wednesday 30/4	10h00 - Sprint Training	Herentals
6) Wednesday 30/4	13h00 - Sprintervals	Herenthout



Participants list (13/04/2025)

Austria	Laura	Ramstein
Austria	Ylvi	Kastner
Austria	Lukas	Novak
Denmark	Josefine	Lind
Denmark	Elias	Hinge Krogsgaard
Denmark	Jeppe	Edvardsen
Denmark	Oscar	David Broman Jensen
Denmark	Mikkel	Lund
Finland	Tuomas	Heikkilä
Finland	Sampo	Sankelo
Finland	Otto	Kaario
Finland	Inka	Nurminen
Finland	Salla	Isoherranen
Finland	Minja	Nietula
Finland	Inari	Karppinen
Finland	Elsa	Ankelo
Finland	Vroni	König-Salmi
France	Alina	Palcau
GERMANY	Paula	Starke
GERMANY	Patricia	Nicke
GERMANY	Emma	Caspari
GERMANY	Julia	Fritz
GERMANY	Katharina	Linke
GERMANY	Konstantin	Kunckel
GERMANY	Timon	Lorenz
GERMANY	Tobias	Nagel
GERMANY	Florian	Nagel
GERMANY	Marlene	Fritz
GERMANY	Leon	Kollenbach
Switzerland	Tino	Polsini
Switzerland	Simon	Humbel
Switzerland	Florian	Attinger
Switzerland	Timon	Suter
Switzerland	Eline	Gemperle
Switzerland	Martina	Ruch
Switzerland	Deborah	Stadler
Switzerland	Katja	Brütsch
Ukraine	Olena	Babych
Ukraine	Anna	Balas
Ukraine	Illia	Otreshko
Ukraine	Olena	Pitirimova
Ukraine	Kateryna	Dzerna
France	Paul	Allé

Turnhout - Campus Blairon

Scale 1/4.000 | Contours 2m | Mapper Peter Bleyens

Edition 4/2025 | Club | Course Setter Jeremy Genar

TC #1 Map flips 28/4 - 10h00 - 12h00

Description

2 individual Sprint courses with a map flip in both.
A long routechoice follows upon the flip.

Training Goal

Prepare a long leg after a map flip, while running at hard speed in the beginning of a race. Find time to look ahead without losing focus.

Parking

Parking Indigo Turnhout Blairon

<https://maps.app.goo.gl/EtAGZ9R3gXEwDpVi6>

Parking fee is € 1,60 for 2 hours. € 3,60 for a full day. Take a ticket when entering the parking. (Don't lose the ticket).

Distance

Sprint 1 | 2,2km | 10c | 0m ↗

Sprint 2 | 2,1km | 8c | 0m ↗

Controls

Sticks or stands with a 30x30 flag.

Every control has a SPORTident AIR+ unit, so bring your SIAC!



Timetable


Map pick up between 9h30 and 11h30 (at Parking location)

Controls in the terrain between **10h00 and 12h00**.

Be aware of cars! Most of the terrain is low in traffic. But the road from east to west is quite busy, please pay attention when crossing.

	Yes	No
Separate control description	X	
Warm up map	X	
SPORTident AIR+	X	
Mass start		X
Livelox	X	

Turnhout - Nieuw Kaai

Scale 1/4.000 | Contours 2m | Mapper Peter Bleyens
Edition 4/2025 | Club  | Course Setter Thibaut Robinson

TC #2 Sprint Relay Mon 28/4 - 14h30

	Yes	No
Separate control description		X
Warm up map	X	
SPORTident AIR+	X	
Mass start	X	
Livelox	X	

Description

A mass start race with forking. The training consists of 2 parts. Part 1 is 1,6km. The winner gets 90" of rest. Everybody at the finish within 90" of the first runners gets to start with the next masstart. The next masstart starts 90" behind the runner who just missed the previous masstart. Part 2 is 2,6km.

Training Goal

High pressure decision making in routechoices when surrounded by other athletes on different forkings.

Parking

Parking Diskmuidestraat (Turnhout Railway Station)

<https://maps.app.goo.gl/2jpjfqV5AIt2uHWL8>

Parking fee is € 0,60 per hour.

Make sure to pay for a ticket at one of the machines upon parking the car.

Map pick up is at the parking location.

Distance

Sprint Relay | 4,2km | 25c | 0m ↗

Controls

Sticks or stands with a 30x30 flag.

Every control has a SPORTident AIR+ unit, so bring your SIAC!

Timetable

Masstart at the Parking location at 14h30.

If you prefer not being in the masstart, controls are out between 14h00 and 15h30.

Be aware of cars! There is a busy road that has to be crossed during the race. We will put stewards at the most dangerous crossings, but please be careful.



Arendonk - Centrum

Scale 1/4.000 | Contours 2m | Mapper Jos Bylemans

Edition 4/2016 - updates 2025 | Club  | Course Setter Jeremy Genar

TC #3 Sprint Tue 29/4 - 10h00 - 12h00

	Yes	No
Separate control description		X
Warm up map		X
SPORTident AIR+		X
Mass start		X
Livelox	X	

Description

A normal sprint training with a good flow. It is a mixture of long and short legs, long and short routechoices.

Training Goal

Find a comfortable speed where you gain control of the routechoices and plan ahead during easier controls.

Parking

Parking De Wamp, 2370 Arendonk.

<https://maps.app.goo.gl/KoVHhEMTR2DYTnMD9P>

Maps can be picked up at the parking location.

Distance

Sprint | 4,7km | 27c | 0m ↗

Controls

Sticks or stands with a 30x30 flag.

Timetable

Controls are out between 10h00 and 12h00.

Be aware of cars! It is a low-traffic zone but cars may occur in some places, please be careful!



Mol - Centrum

Scale 1/4.000 | Contours 2m | Mapper Dirk Goris

Edition 12/2024 | Club  | Course Setter Jorn Kennis

TC #4 Sprintervals Tue 29/4 - 14h00 - 15h00

	Yes	No
Separate control description	X	
Warm up map		X
SPORTident AIR+	X	
Mass starts	X	
Livelox	X	

Description

A Knock Out Sprint training with 3 different races. Small mass starts with 6-8 runners.

Training Goal

High speed orienteering while making decisions based on choices by other athletes. Identify good places and moments for an attack during the course.

Parking

Parking Rivierstraat, Mol

<https://maps.app.goo.gl/RQDpKiamTDsnx7Jr9>

Parking is free of charge.

Maps will be handed out at this parking point.

Distance

Interval 1 - 1,2km

Interval 2 - 1,4km

Interval 3 - 1,8km



Masstart

Groups are formed at 14h00 at the parking location.

Athletes in each group should be more or less the same level.

Controls

Sticks or stands with a 30x30 flag.

Every control has a SPORTident AIR+ unit, so bring your SIAC!

Timetable

It is possible to start the training between 14h00 and 15h30.

Be aware of cars! There is traffic in the race area. Please take care.

Herentals - Centrum

Scale 1/4.000 | Contours 2m | Mapper Karl Vervoort

Edition 12/2024 | Club  | Course Setter Jeremy Genar

TC #5 Sprint Race Wed 30/4 - 10h00 - 12h00

	Yes	No
Separate control description	X	
Warm up map	X	
SPORTident AIR+		X
Mass starts		X
Livelox	X	

Description

Regular Sprint race with both technical orienteering as well as long routechoices. A warm up map will be available.

Training Goal

Getting to know the Belgian cities for Sprint orienteering and familiarizing with mapping style.

Parking

Parking Along Augustijnenlaan, Herentals. (Free of charge).

Maps can be picked up at the following location (300m from the starting point).

<https://maps.app.goo.gl/9qoVrvqCQP2NArAW8>

Distance

Sprint | 4,1km | 18c | 0m ↗

Controls

Sticks or stands with a 30x30 flag.

NO Sportident.

Timetable

Controls will be out between 10h00 and 12h30.



Be aware of cars! There is traffic in the race area. Please take care.

Herentals

Herenthout - 't Kapelleke

Scale 1/4.000 | Contours 2m | Mapper Jeremy Genar

Edition 4/2025 | Course Setter Jeremy Genar

TC #6 Sprintervals Wed 30/4 - 13h00

	Yes	No
Separate control description		X
Warm up map		X
SPORTident AIR+	X	
Mass starts		X
Livelox	X	

Description

A technical & fast training with 5 loops of 1km. Individual starts with a 15" interval between runners. You can choose your own starttime. To have an optimal athlete field at the start, please gather around 13h00 at the parking location.

Training Goal: Keep focus while being chased & chasing others.

Parking

Parking at Sportcomplex 't Kapelleke in Herenthout (free of charge).
Bergense Steenweg 61, 2270 Herenthout.

Maps can be picked up at the parking location:

<https://maps.app.goo.gl/F58bCoJ9fovBWLus5>

Distance

Sprintervals | 5,1km | 33c | 0m ↗

Interval 1 - 0,98km

Interval 2 - 0,90km

Interval 3 - 0,94km

Interval 4 - 1,20km

Interval 5 - 1,10km



Controls

Sticks or stands with a 30x30 flag.
Every control has a SPORTident AIR+ unit,
so bring your SIAC!

Timetable

Controls will be out between 13h00 and 15h00. Formation of groups will be done at 13h00 at the parking location.

Be aware of cars! There is almost no traffic in the area.
But please always be careful.

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