

Nationale Sud Est 2022

Sprint urbain - Vals les Bains

MD - Domaine Nordique de la Chavade

LD - Station de la Croix de Bauzon



Les 1, 2 et 3 Avril 2022 - ARDECHE



BULLETIN 2 *March 2022*

**In a fortnight, the Ardèche will welcome you for the
"Nationales Sud-Est 2022" races,
on April 1st, 2nd and 3rd.**

A fortnight ago, the South-East of the Massif Central suffered a winter Cevenol episode which resulted in heavy snowfalls, a good metre on our race sites. Since then, the relatively mild weather with a southerly wind has already taken its toll, but we can expect to run with our feet in the snow in the areas where it has accumulated and on the well-groomed ski runs.

However, we hope that you will enjoy running on the high altitude terrain, which may still be fresh in the early spring.

Good races to everyone.

Organizers



With the participation of the Ardèche clubs



RAIDLINK'S 07



Contacts

Committee website : <http://cdco07.fr>
Race direction : Jocelyne Roupioz and Thomas Pardoën
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National delegate : Hervé Bodelet e-mail: hervebodelet@gmail.com
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IOF Advisor : Philippe Pogu e-mail: p.pogu@free.fr
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Program

Date	Races <i>national and word rankings</i>	Open Races	Map
Friday 1 st April 5:00 pm		Urban Sprint Scale : 1/4000–Equi: 2.5m	Vals les Bains 2022 update
Sat. 2 April 1:00 pm	Nationale MD CN & WRE Scale : 1/10 000, 1/7 500 Equi: 5m	Middle Distance	La Chavade 2021
Sunday 3 April 9:30 am	Nationale LD CN & WRE Scale : 1/15 000, 1/10 000, 1/7 500 Equi: 5m	Long Distance	La Croix de Bauzon 2018, 2021 update

Training maps

CANCELLED for lack of demand

Location



Access to race sites: only by road, no public transport

MD La Chavade-Bel Air: by RN 102 up to Col de La Chavade then D 239

LD La Croix de Bauzon : by RN 102 and D19 (Jaujac) from Aubenas

Access to Aubenas possible by Bus from the train stations of Avignon, Valence or Montélimar.

Accommodation

Tourist office Ardèche des Sources et Volcans :

<https://www.ardechedessourcesetvolcans.com>

Tourist office Montagne d'Ardeche : <https://www.montagnedardeche.com>

Tourist office Aubenas-Vals-Antraigues : <https://www.aubenas-vals.com>

La Bastide de Jaujac: group accomodation, town hall of Jaujac : labastide@jaujac.fr

Other informations

Foreign competitors shall enquire about the formalities requested to enter the French territory, in particular regarding the COVID 19 pandemy. Entry permits and Informations available on the website: <https://www.diplomatie.gouv.fr/en/coming-to-france>

Meteo and webcams on sites:

La Chavade : <https://www.meteo60.fr/previsions-meteo-france-lanarce.html>
<https://www.chavade.fr/FR/webcam.html>

La Croix de Bauzon : <https://www.meteo60.fr/previsions-meteo-france-loubaresse-ardeche.html>
<https://www.croixdebauzon.com/FR/webcam-bauzon.html>

Urban Sprint - Vals les Bains -

Map Vals Urbain, 1/4000, equidistance : 2,5 m,
Cartographer: Toma Pardoen, updated January 2022,
Terrain type : small spa town in the Cevennes
Tracer: Alain Brunerie, Controller: Olivier Coupat
GEC : Isabelle Néel

Coordinates park 2, compulsory for motorhomes:

<https://goo.gl/maps/HmhVMkh1DaEM9tgC8>

Possibility of parking, cars only, near the reception

Opening hours :

Reception: from 4pm, entrance to the Casino de Vals

Departures: 5pm to 7pm

Closing of the circuits: 8pm

Distances :

car park - reception: from 0 to 450 m

reception-departure: 500 m

finish - welcome: 150 m

Timing: SIAC and standard

Information on the terrain :

Exceptional passage permissions are granted for the race, please respect the sites and leave only a positive image of our activity. Thank you.



Circuits:

Circuits	Distance	D+
Junior Men Selection	3,1 km	75 m
Junior Women Selection	2,6 km	30 m
Orange	3,1 km	75 m
Yellow	2,6 km	30 m
Green	1,5 km	10 m

Toilets at the reception

No award ceremony

Information valid for CN/WRE races

Organisation: CDCO 07
Race directors: Thomas Pardoën, Jocelyne Roupioz
Federal delegate: Hervé Bodelet
Referee : Laurent Astrade
GEC: Robert Marique
IOF delegate: Philippe Pogu
Live results: on the Helga, QR code website



Deadlines and place for complaints: 30mn after the official publication of the results on the internet, at the reception on form.

Nationale Sud-Est MD - La Chavade -

Map : Serre de Montgros, Scale : 1/10000 and 1/7500, Equidistance : 5 m

Cartographer: Corentin Roux, Surveys: April 2021

Terrain type: High altitude forest, beech and coniferous trees and alpine plateau area.

Tracer: David Lesquer, **Circuits controller**: Valentin Chareyre

Field information: Forestry works have impacted the western area of the map before winter. Branches are still on the ground and not all logging tracks are shown.

Start lists on the race site: <http://nse2022.cdco07.fr/index.php>

Access to the race site: <https://goo.gl/maps/bW1KCuFV5RiPWbJPA>

Timetable:

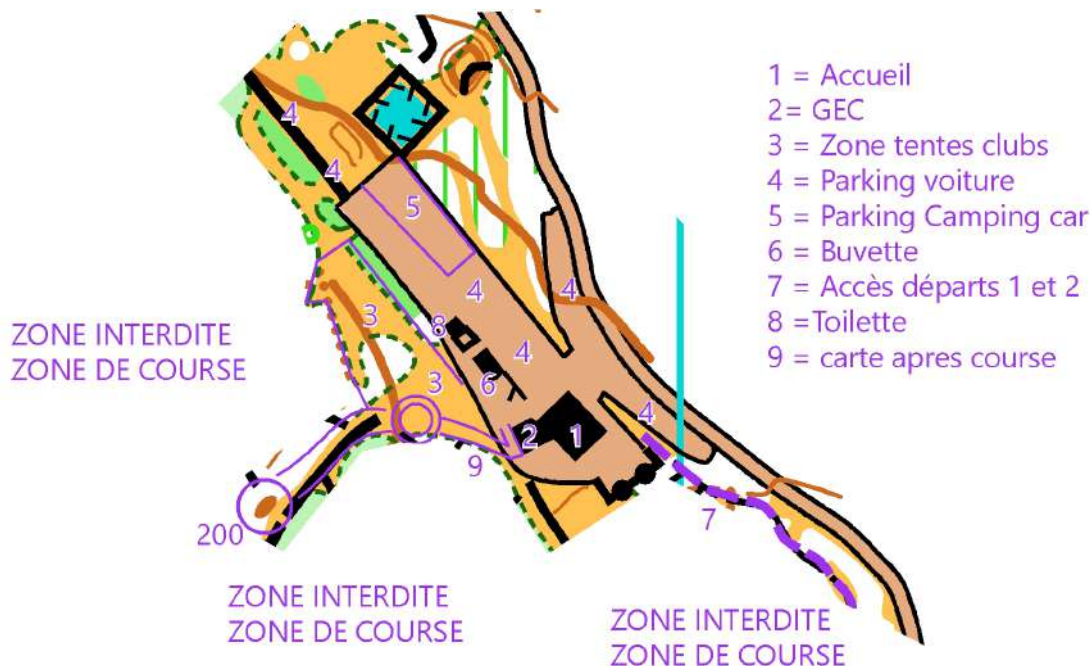
Welcome: from 11am, Starts: from 1pm, Closing of the circuits: 1h30 after the last start,

Awards ceremony: at the end of the race.

Distances:

parking area: 0 to 300m, welcome-start 1: 1200m, welcome-start 2: 750m, arrival-home: on site

**Map of
the
arena :**



Nationale Sud-Est Moyenne Distance

Catégorie	Circuits	Distance	D+	Nbr de postes	Echelle
H21	A	5,6 km	250m	19	1/10000
D21	B	4,8 km	175m	18	1/10000
H20	C	5,5 km	220m	18	1/10000
H35					
H20 Sélection	Cbis	4,9 km	195m	17	1/10000
D20	D	4,4 km	195m	15	1/10000
D35					
D20 Sélection	Dbis	3,9km	165m	14	1/10000
H18	E	4,9 km	220m	22	1/10000
H40					
D18	F	4,4 km	175m	17	1/10000
D40					
H45	G	4,7 km	180m	18	1/10000
H50					
H55	H	3,3 km	140m	14	1/10000
H60					
H65	I	2,8 km	120m	12	1/7500
H70 , H75 et H80et+					
D45	J	3,1 km	120m	10	1/10000
D50					
D55	K	2,6 km	120m	10	1/7500
D60					
D65	L	2,1 km	65m	12	1/7500
D70 , D75 et D80et+					
H16	M	3,9 km	135m	21	1/10000
D16	M bis	3,1 km	115m	17	1/10000
H14	N	3,5 km	125m	16	1/10000
D14	N bis	2,9 km	100m	12	1/10000
H12	O	2,4 km	90m	12	1/10000
D12					
H10/D10 et Vert	P	1,8 km	40m	10	1/7500
Jalonné	Jalonné	2,3 km	45m	8	1/7500
Bleu	Bleu	2,1 km	75m	10	1/7500
Jaune	Jaune	3,3 km	145m	15	1/7500
Orange	Orange	3,9 km	135m	19	1/10000
Violet	Violet	4,7 km	190m	17	1/10000

Nationale Sud-Est LD - La Croix de Bauzon -

Map : La Croix de Bauzon, Scale : 1/15000, 1/10000 and 1/7500, Equidistance : 5 m

Cartographer : Adam Chromi, Surveys : September 2018 (Update Autumn 2021)

Tracer: Bruno Mercier, **Circuits controller**: Philippe Pogu

Field information: High altitude forest in beech and fir. Alpine plateau with many steep slopes, good general penetrability.

Start lists on the event site: <http://nse2022.cdco07.fr/index.php>

Tickets definition: maximum length 15.6 cm

Access to the race site: <https://goo.gl/maps/wP9fw95uT5MAkEoF8>

Timetable:

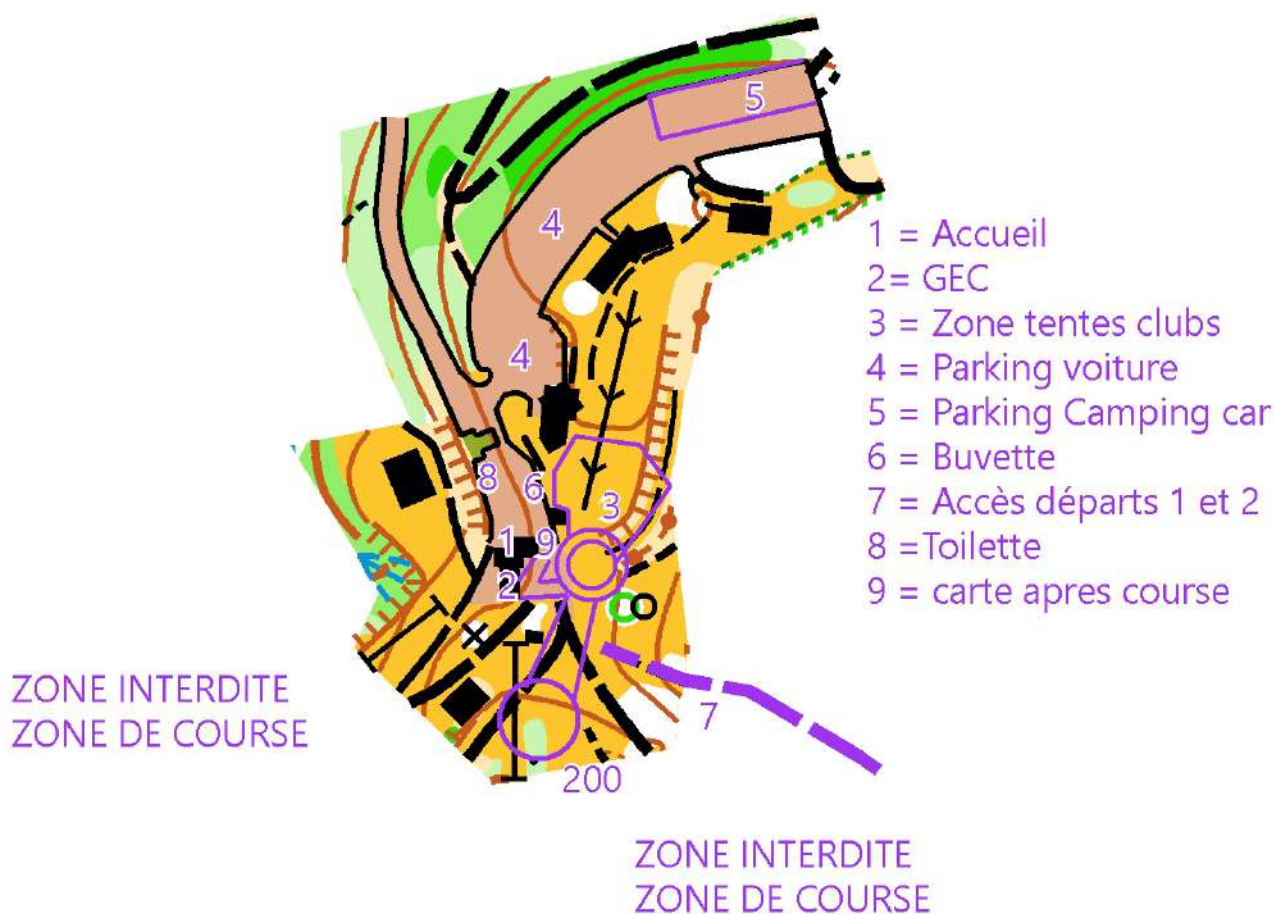
Welcome: from 8.15 a.m., Starts: from 9.30 a.m., Closing of the circuits: 2 hours after the last start,

Awards ceremony: at the end of the race.

Distances:

car park - welcome: 0 to 500m, welcome - start: 650m and 75m D+, finish - welcome: on site

Map of the arena:



Nationale Sud-Est Longue Distance

Catégorie	Circuit	Distance	D+	Nb of Posts	Water	Scale	Size	Def on map
Compétition Start								
H21	A1	13,360	475	21	1	15 000	A3	IOF
H20	Abis	9,830	435	14	1	15 000	A3	IOF
D21	B	8,300	285	13	1	15 000	A3	IOF
D20	Bbis	7,410	250	13	1	15 000	A3	IOF
H50	Bbis	7,410	250	13	1	10 000	A3	IOF
H45	B2	8,390	285	12	1	10 000	A3	IOF
H35	C	8,240	285	15	1	10 000	A3	IOF
H18	D	8,850	280	16	1	15 000	A3	IOF
H40	D	8,850	280	16	1	10 000	A3	IOF
D18	E1	6,110	180	11	1	15 000	A3	IOF
D35	E1	6,110	180	11	1	10 000	A3	IOF
H55	E2	6,180	180	11	1	10 000	A3	IOF
D40, D45	F	5,680	135	11	1	10 000	SRA4	IOF
D50, D55	G1	4,880	100	12	1	10 000	SRA4	IOF
H60, H65	G2	5,070	100	11	1	7 500	A3	IOF
D60and+, H70and+	H	3,290	75	11	0	7 500	SRA4	IOF
H16	I	6,850	155	14	1	10 000	SRA4	IOF
D16	K	4,800	110	13	1	10 000	SRA4	IOF
H14	L	5,420	105	14	1	10 000	SRA4	IOF
D14	L bis	3,890	75	11	1	10 000	SRA4	IOF
D12, H12	M	3,430	55	12	0	10 000	SRA4	IOF
Color Leisure Start								
D10, H10 – Vert	N	2,55	60	11	0	7 500	SRA4	literal
Jalonné	IJ	3,20	75	10	0	7 500	SRA4	literal
Bleu		3,41	100	11	0	7 500	SRA4	literal
Jaune		5,38	150	14	1	10 000	SRA4	literal
Orange		6,65	155	13	1	10 000	SRA4	literal
Violet		8,54	285	14	1	10 000	A3	literal
Warm Up						15 000	A7	

Camper van parking

Areas reserved for motorhomes will be marked out in the car parks of La Chavade and La Croix de Bauzon. Please respect them.

Services

Refreshment bar and snack bar sweet on Saturday, sweet and savoury on Sunday.

Dry toilets on the 2 mountain sites.