



MOC CHAMPIONSHIP - 6th edition
26-28 February 2010

Bulletin No. 3

February 26 Friday – morning

Prologue

Prologue will take part in Vico Gargano. This competition will not evaluate to overall MOC results.

Place: Vico Gargano, main square in front of Municipality hall, square San Domenico 5
Terrain : historic town, more over flat, asphalt and pavement roads, no spike shoes,
Map: 1:3000, E-5m, A4 format, waterproof
First start: 10,00

February 26 Friday – afternoon

E 1 - sprint.

Place: Peschici, main square in front of Municipality hall, square Pertini 1
Terrain : historic town, partly hilly, asphalt and pavement roads, no spike shoes,
Map: 1:3000, E-5m, A4 format, waterproof
First start: 18,00

February 27 Saturday

E2 – middle

Place: Foresta Umbra National Park, military base
Terrain : mostly beach forest, plateau with many depressions, stones, rocks, very tricky terrain, spike shoes recommended
Map: 1:10000, E-5m, A4 format, waterproof
First start: 11,00

February 28 Sunday

Relay

Relay competition will be organized only for M,W 21-34 categories. For another participants will be individual courses (also for MW 21-34, who prefer individual race)

Place: Piano Impiombato
Terrain : mostly grasslands, with some depressions, stones, stone walls ,spike shoes recommended
Map: 1:7500, E-5m, A4 format, waterproof
First start: 10,00 for relay, 11.00 for the rest classes.

MOC – Categories, courses:

	Place, stage	Vico Gargano prolog		Peschici I.E		For. Umbra E II.		Impiombato E III.	
	Scale	1: 3000		1:3000		1:10000		1:7500	
	Classe	Km	CP	Km	CP	Km	CP	KM	CP
8	Beginners, school	1,0	8	1,0	8	1,7	5	1,6	6
7	Open, M 14, W14 (junior)					2,3	6	1,9	8
6	M75,W15-20,W60, W65, W70	1,1	11	1,3	11	3,5	9	2,5	11
5	M15-20, M70, W50, W55					4,1	10	3,7	12
4	M60, M65, W35-44	1,2	13	1,9	13	4,6	11	3,9	13
3	M50, W21-34, M55,					4,8	13	4,0	13
2	M35-44, M45	1,6	14	2,0	15	5,4	15	4,4	13
1	M21-34	2,1	18	2,5	17	6,1	17	4,7	13
	Relay Men							4,8	13
	Relay Women							3,5	10



Note

MOC event centre: Municipality hall in Vico del Gargano (Square San Domenico n°5)

Open:

February 24 - Wednesday - from 18.00 to 19.30 (only for preliminary info)

February 25 - Thursday - from 18.00 to 19.30

February 26 - Friday - from 9.00 to 13.00; from 16.30 at the race meeting point in Peschici

February 27 - Saturday - from 18.00 to 19.00; from 9.30 at the race meeting point in Foresta Umbra

February 28 - Sunday - from 18.00 to 19.00 from 9.00 at the race meeting point in Piano Impiombato

March 01 - Monday - from 9.30 to 11.00

February 26 - Friday (10.00) MOC school Championship of Foggia district in Vico del Gargano

**Saturday 27 evening “extra MOC stage” in Ischitella: the MOC banquet and prize ceremony!!
Live concert by Nick Manfredi. The banquet will be free for all Elite runners attending MOC
championship 2010. Meeting point in Ischitella – historical centre at 18.00, short tour in the
museum and then from 19.00 in hotel Belvedere- Ischitella for banquet.**

MOC 2010 winners will be get from the best time som of stage 1 and 2.

MOC Grand Prix sprint races confirmed:

3rd march: Castellaneta (Taranto) historical centre – Rodolfo Valentino Cup, first start 16.30

6 march: Monopoli (Bari) historical centre – Domenico Modugno Cup, first start 11.00.

The winner of MOC – Gold Album

2005 Ieva Sargautyte (Lit) - David Brickhill Jones (Aus)

2006 Dana Broscova (Cze) – Michal Smola (Cze)

2007 Simone Niggli Luder (Sui)– Alexey Bortnik (Rus)

2008 Marianne Riddevord (Nor) - Thierry Gueorgiou (Fra)

2009 Vendula Klechova (Cze) - Mats Haldin (Fin)