

ITALIAN MIDDLE CHAMPIONSHIP

8th- 9th MAY 2010

WRE

PROGRAMME:

Friday, 7th May: model event

Saturday, 8th May: qualification races

Sunday, 9th May: FINAL races & WRE

WHERE:

Subiaco – Monte Livata, where World Cup Final 2005, Italian 5 Days 2006, Italian Long Championship 2007 were held.

Monte Livata is a wonderful beech-forest, mountain resort of the Central Appennino, in the section between Simbruini Mountains and Aniene river valley. Monte Livata is only 90 km est-far from Rome! and it's called "The Mountain of the Capital"

ORGANIZATION:

Team: Gruppo Orientisti Subiaco

FISO and WRE Advisor: Alexander Schuster

Event Director: Enrico Sbaraglia

Course planners: Luca Sbaraglia, Maria Novella Sbaraglia, Nicolò Ippolito, Paco Valente

Map setter: János Sötér

Sport Ident: Valerio Pfister

TECHNICAL INFO:

Map: last expansion: 2010

Scale: 1:10000

Eq: 5 m

Terrain: The terrain area is located 1300-1600 m a.s.l. Beech-forest with very good visibility and very fast running. Hills of different sizes and slopes, ridges and valleys with a lot of details and a lot of special landform feature (charcoal platform, depressions). Stony ground with typical limestone formations.

Embargoed areas: Monte Livata maps

CLASSES:

Beginners, W/M12, W/Myoung (→16), W/Mjunior (→20), W/M Senior, W/M 35, W/M 45, W/M 55, W/M 65, W/M B

ENTRIES:

Latest date: Sunday, 2th May

Entry fee: 8 € (4 € for beginners)

ACCOMMODATION:

There are different options in Subiaco, Monte Livata, Fiuggi and surroundings: for suggestion see web-site of competition.

INFO:

Mail: gosubiaco@alice.it

Tel/Fax: 0039 0774 84388 / 0039 329 7078398

Web of club: www.gosubiaco.org

Web of competition: <http://www.o-id.it/campionatiitaliani2010/>