

# 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 3**      *March 2022*

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

*We had to consider a change of site and format for the race on Sunday 03 April.  
Indeed, the snow did not melt sufficiently at La Croix de Bauzon making the site  
unsuitable for running.*

*It will therefore be a second Middle Distance race that will be organised on the same  
site as the day before, La Chavade-Bel Air.*

*The FFCO and the IOF have renewed their confidence in the CDCO07 so that this race  
offers all the technical characteristics to appear in the national and international  
runners' ranking.*

***Good races to everyone.***

# Organizers

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With the participation of the Ardèche clubs



**RAIDLINK'S 07**



## Contacts

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Committee website : <http://cdco07.fr>  
Race direction : Jocelyne Roupioz and Thomas Pardoën  
E-mail : [nationaleSE2022@cdco07.fr](mailto:nationaleSE2022@cdco07.fr)  
Phone : +33 6 07 96 64 86  
National delegate : Hervé Bodelet e-mail: [hervebodelet@gmail.com](mailto:hervebodelet@gmail.com)  
Tel: +33 6 28 51 66 14

IOF Advisor : Philippe Pogu e-mail: [p.pogu@free.fr](mailto:p.pogu@free.fr)  
Tel: +33 6 12 94 14 12

## Program

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Date	Races <i>national and word rankings</i>	Open Races	Map
Friday 1 <sup>st</sup> April 5:00 pm		Urban Sprint Scale : 1/4000–Equi: 2.5m	Vals les Bains 2022 update
Sat. 2 April 1:00 pm	Nationale MD1 CN & WRE Scale : 1/10 000, 1/7 500 Equi: 5m	Middle Distance	La Chavade 2021
Sunday 3 April 9:30 am	Nationale MD2 CN & WRE Scale : 1/10 000, 1/7 500 Equi: 5m	Middle Distance	La Chavade 2021

## Training maps

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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

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 accommodation, town hall of Jaujac : [labastide@jaujac.fr](mailto:labastide@jaujac.fr)

## ***Other informations***

**Foreign competitors** shall enquire about the formalities requested to enter the French territory, in particular regarding the COVID 19 pandemic. 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 -

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**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

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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 -

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**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:

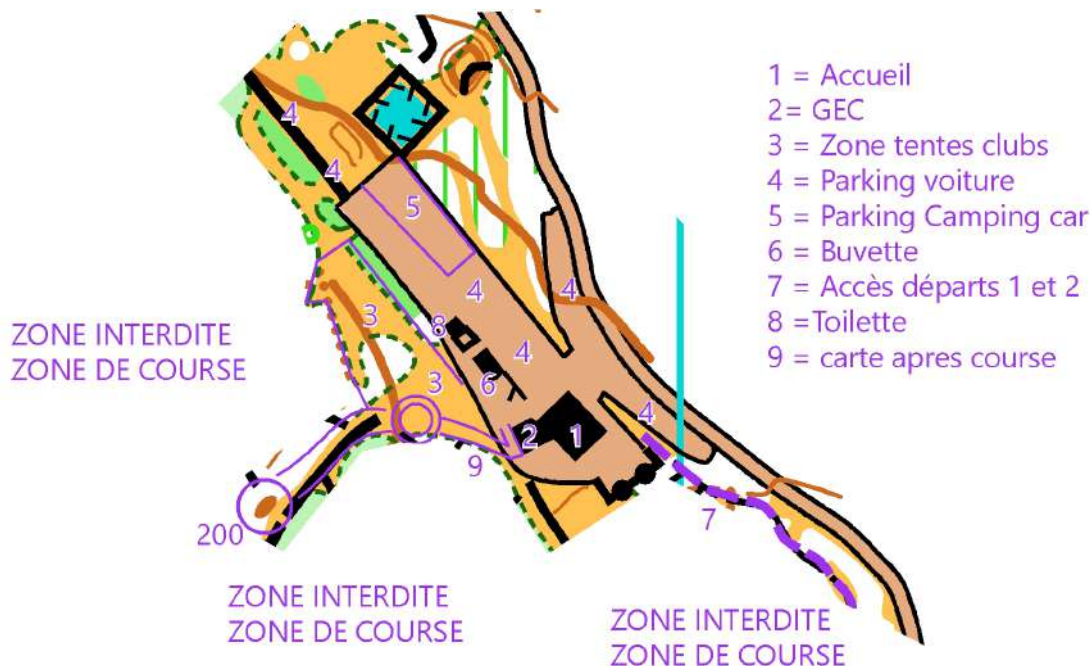
Welcome: from 11am, Starts: from 1pm, Closing of the circuits: 1h30 after the last start,

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 MD1

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

# ***Nationale Sud-Est MD2 - La Chavade -***

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

**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 event site: <http://nse2022.cdco07.fr/index.php>

**Tickets definition**: maximum length 15.6 cm

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

## **Timetable:**

Welcome: from 8.15 a.m., Starts: from 9.30 a.m., Closing of the circuits: 1 hour30 after the last start, Awards ceremony: at the end of the race.

## **Distances:**

car park - welcome: 0 to 500m, welcome - start: ....., finish - welcome: on site

## **Map of the arena:**

Same arena except for markers 200 and finish.  
The route to the start will be given the day before.

## **Table of circuits to come**

Distances and levels according to  
to the rules of the national middle distance races

## ***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 site.