



XIV Trofeo Quijotes



5 días de España 2021

SERRANÍA DE CUENCA • 25-29 AGOSTO

www.trofeoquijotes.es

En un lugar de Castilla-La Mancha..



BULLETIN 2



5 días de España 2021

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1 Presentation

After a very difficult year for all of us, we are looking forward to return to "ordinary life" in 2021. The Castilla - La Mancha Orienteering Federation wants to be part of the everyone's hope and meeting again in the forests.

The cancellation of the Trofeo Quijotes 2020 was a very tough decision that we had to take, likewise we are greatly convinced that it will go ahead this coming



25, 26, 27, 28 and 29th of August, and in the same locations in the Serranía Alta of Cuenca.

Orienteers are considered "tough people". We are used to handling and overcoming adversity to enjoy our sport strongly. All is worth it to get to that moment: beeps, map and everything else disappears, only you and the forest remain. We deserve these Cinco Días, we deserve to enjoy the forest, return to the map and nature strongly. For this reason, we are

going to enjoy the best places in Cuenca, which is one of the tops areas to practice orienteering in Spain.

"Serranía Alta of Cuenca" offers the satisfactory conditions to promote Orienteering races. We have six different locations set, six maps in total spread out in various scenes that go from the rocky grounds such as: 'La Cueva del Hierro y Carrascosa', 'Fresneda de la Sierra' mostly plenty of oak trees, 'Cañamares' and its slopes of Austrian pine, the incredible pine forest and the stones in 'La Muela de Marojales'.

We look forward to seeing you very soon.



Nacimiento del Guadiela

Montserrat Rodríguez Guixà
Trofeo Quijotes – 5 días de España
director



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2 Anti-covid protocol

The evolution of the pandemic caused by COVID-19 is being unpredictable and changing in the health aspect, which requires updating, correction and, if necessary, relaxation of the measures adopted by Public Health.

From the organization of the XIV Quijotes Trophy we are working in coordination with the Government of Castilla-La Mancha to offer a safe competition.

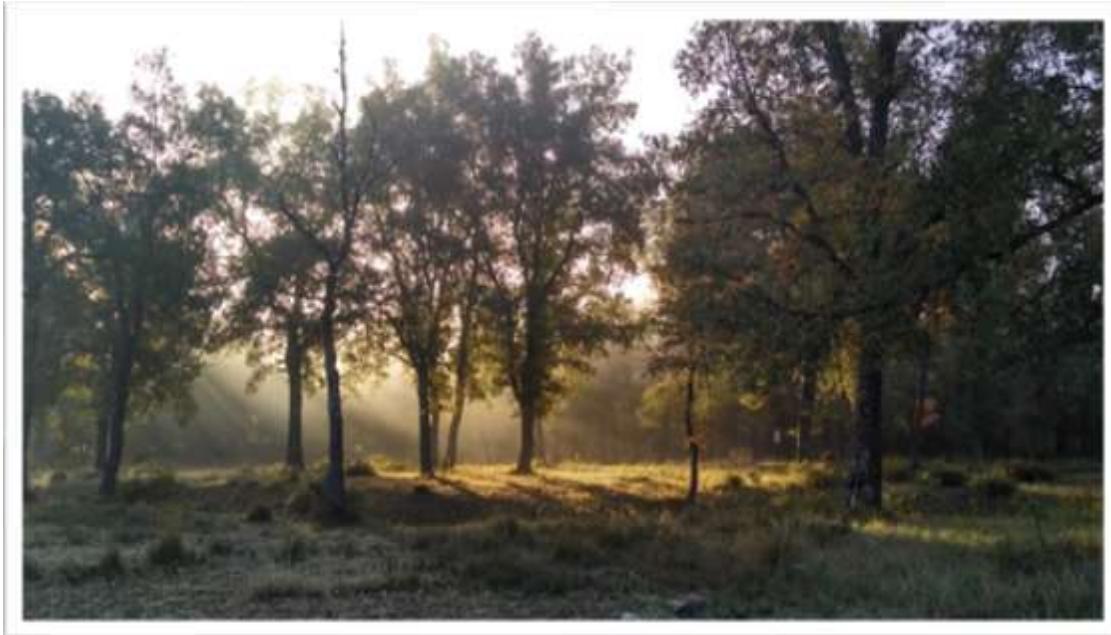
For all of them, we make the most up-to-date information on the COVID situation in Castilla-La Mancha available to all counselors, as well as the CSD protocol and the FEDO reinforcement protocol.

<https://fecamado.org/covid-19/>

<https://fecamado.org/wp-content/uploads/2020-PROTOCOLO-Y-REFUERZO-FEDO.pdf>

3 Programme

Fecha	Evento	Prueba	Lugar
August 25 th	E1	Middle distance	"La Hoz Somera"
August 26 th	E2	Long distance	Muela Marojales
August 27 th	E3	Sprint distance (forest)	Cañamares
August 27 th	E4	Sprint distance (forest)	Carrascosa de la Sierra
August 28 th	E5	Middle distance	Nacimiento Guadiela (WRE) 
August 29 th	E6	Long distance	Fresneda de la Sierra

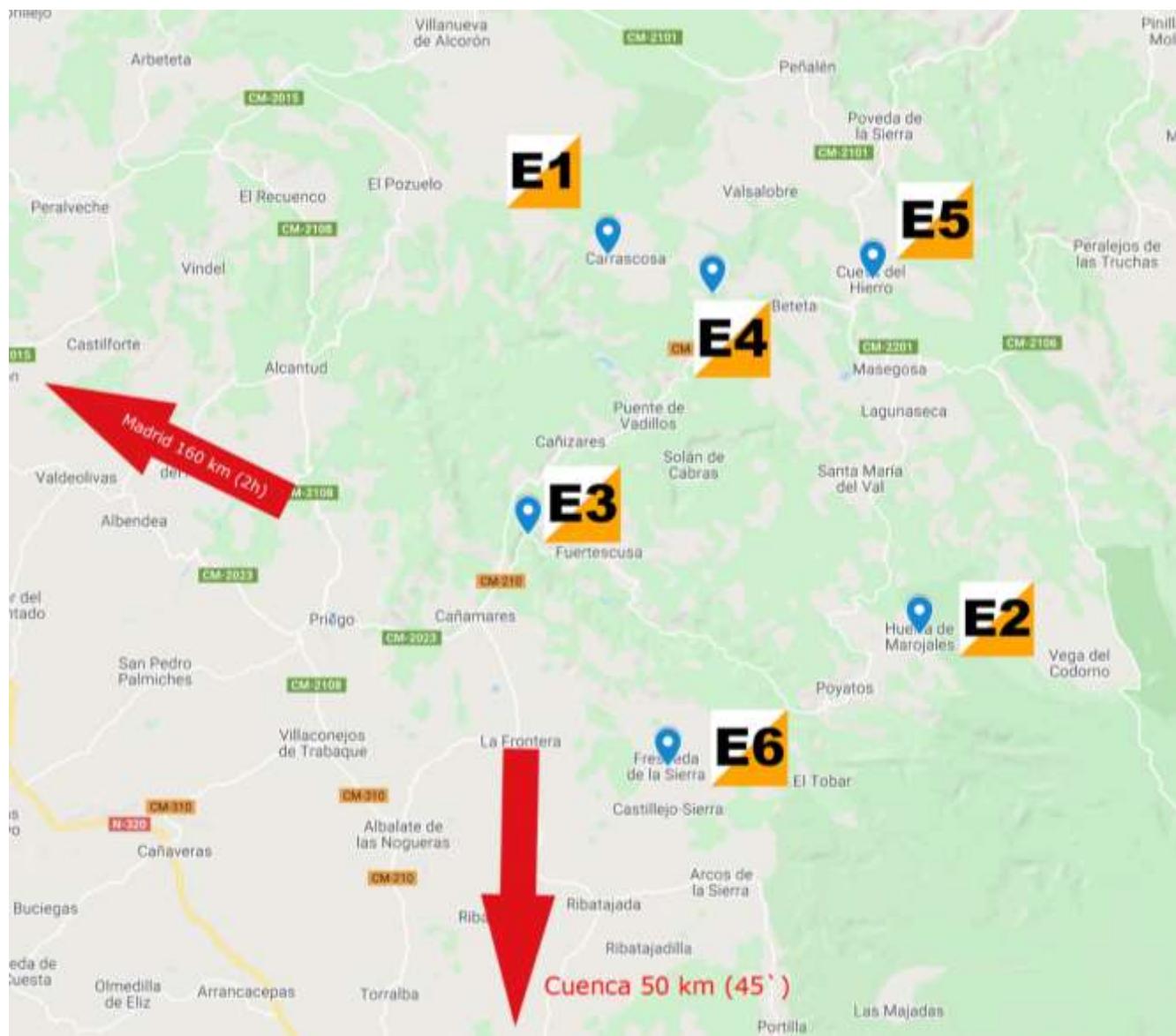


Stage 6: Fresneda de la Sierra

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4 Locations



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5 Stages

5.1 E-1 La Hoz Somera E1

Map	"La Hoz Somera"
Village	Carrascosa de la Sierra
Distance	Media
Extension	2 km ²
Mapmakers	Jaime Montero Ricardo García Dengra Diego Rodríguez Corrochano (2013) Juan Francisco Sánchez (review in 2019 autumn)
Altitude	1200-1250 m.
Course Setter	Blas López Descalzo (GODIH) Latest courses: XII Trofeo Quijotes (Middle distance, Villalgordo del Júcar); Sierra Alcaraz Trophy. CLM League and Southeast.
Location	[GOOGLE MAPS LINK]

5.1.1 Mapmaker comments: E1

The map already exists. I have focused the review work on vegetation and paths, in addition to mapping a small piece to the south (east of the canyon), despite those things that I have seen rare and out of the norm, I have redrawn them such as rocky elements, contour details, etc.



5.1.2 Course setter comments (Blas López) E1

Very technical, beautiful and fun map. In my opinion, it is one of the best places where I have been able to practice our sport in Spain.

Overall, the average speed is high due to the soft slopes and the lack of low vegetation. But in order to keep that speed you have to be very accurate in reading rocks,

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cliffs and grooves, which are very well represented and widespread in the cartography. The compass will help us navigate in the right direction through the rocky elements.

The categories with longer routes will have the opportunity to run through the area of the map that gives it its name, a canyon of impressive beauty, with more unevenness which is a little more difficult, technically speaking.

There is also a small flat area for navigation on green 1, which contrasts with the tonic overview of rocky features from the rest of the map.

5.1.3 Competition center



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5.1.4 Length and climbing E1

Class	Length	Climb	Control.	Start	Scale	Class	Length	Climb	Control.	Start	Scale
F12	2300	50	11	S2	7.500	M12	2300	50	10	S2	7.500
F14	2300	70	12	S1	10.000	M14	2600	80	13	S1	10.000
F16/18	2600	75	13	S1	10.000	M16/18	2800	90	15	S1	10.000
F16E	2600	90	14	S1	10.000	M16E	3300	120	15	S1	10.000
F18E	3100	120	14	S1	10.000	M18E	3600	185	15	S1	10.000
F20E	3200	160	13	S1	10.000	M20E	3900	190	18	S1	10.000
F21	2900	130	13	S1	10.000	M21	3500	190	15	S1	10.000
F21B	2300	70	13	S1	10.000	M21B	2800	75	12	S1	10.000
F35	2900	105	14	S1	10.000	M35	3600	180	16	S1	10.000
F35B	2400	75	12	S1	10.000	M35B	2800	95	12	S1	10.000
F40	2700	85	12	S1	10.000	M40	3500	170	15	S1	10.000
F45	2500	70	11	S1	10.000	M45	3400	115	15	S1	10.000
F50	2100	75	11	S1	10.000	M50	3100	110	15	S1	10.000
F55	1900	60	10	S1	7.500	M55	2900	105	13	S1	7.500
F60	1600	40	9	S1	7.500	M60	2600	75	13	S1	7.500
F65	1500	40	9	S1	7.500	M65	2400	60	14	S1	7.500
F70	1200	35	8	S1	7.500	M70	1900	45	11	S1	7.500
F75	1200	35	8	S1	7.500	M75	1900	45	11	S1	7.500
FE	3900	190	16	S1	10.000	ME	4700	215	21	S1	10.000
YELLOW	1600	25	8	S2	7.500	BLACK	2700	85	12	S2	10.000
ORANGE	2400	50	12	S2	7.500	U10	1600	25	8	S2	7.500
RED	2300	55	12	S2	10.000						

Remember!! Bottled water will not be delivered. You have to bring your own containers (latex glasses or bottles).



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5.2 E-2 Muela Marojales E2

Map	"Muela Marojales"
Village	Huerta de Marojales
Distance	Larga
Extension	5,6 km ²
Mapmaker	Juan Francisco Sánchez (summer 2019)
Altitude	1.350-1.520 m
Course Setter	Diego Rodríguez Corrochano (Manzanares-O) Latest courses: 5 days of Spain (Soria). LEO (Distancia Media. Molinos de Duero).
Location	[GOOGLE MAPS LINK]

5.2.1 Mapmaker comments E2

Pine woods mostly of Pino Negro and Piñonero; regarding the low vegetation we can find the "boxwood" as a bush, using the symbol 407-409 (green striped) to represent it. Vegetation in general allows good runability.

Most of the mapped area is located on the plateaus which there are 2 differentiated areas. In the west, we can find a steepness of the mountains; in the east we can find all kind of rocky elements with a moderate slope.



5.2.2 Course setter comments (Diego Rodríguez) E2

In the first technical part of the race, we will find a big amount of rocks with a moderate unevenness where will be almost all the unevenness of the race.

The second part with long sections and navigation through a «muela» (plateau) which is flat with abundant shallow "torcas" (small depressions) of little depth; even though there is a lot of low vegetation that reduces visibility, the running speed will be high.

The final part of the race is proposed to run at the maximum speed that the runners can run at this stage of the race.

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5.2.3 Special symbol. E2

There are a number of holes (holes that have been marked on the map with a magenta circle (nothing to do with the controls) and on the ground with marking tape in these areas.

5.2.4 Competition center E2

Perhaps the furthest race of the forests that make up the XIV Quijotes Trophy – 5 días de España. The access is recommended by the CUV - 9031 which is a provincial road. The traffic should be slow. Access from Masegosa or Fuertescusa is recommended.

Moreover, be aware that the starts are located in a significant distance from the Competition centre. Come with spare time.



Remember!! Bottled water will not be delivered. You have to bring your own containers (latex glasses or bottles).



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Length and climbing **E2**

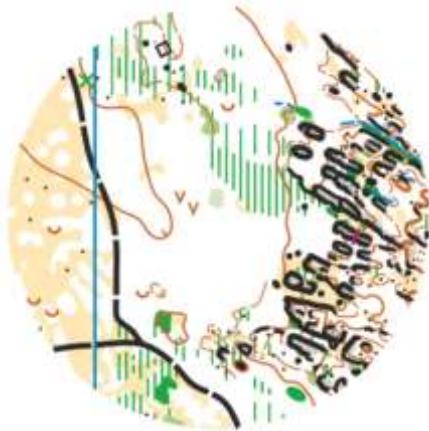
Class	Length	Climb	Control.	Start	Scale
F12	2200	25	10	S2	7.500
F14	3800	35	11	S2	10.000
F16/18	4300	70	13	S1	10.000
F16E	4800	100	10	S1	10.000
F18E	6300	120	17	S1	15.000
F20E	8000	190	21	S1	15.000
F21	7000	140	18	S1	15.000
F21B	4300	70	14	S1	10.000
F35	5800	150	18	S1	15.000
F35B	4200	65	12	S1	10.000
F40	5100	90	14	S1	10.000
F45	4900	85	14	S1	10.000
F50	3900	65	13	S1	10.000
F55	3800	70	12	S1	7.500
F60	3400	65	11	S1	7.500
F65	3300	55	9	S1	7.500
F70	3000	40	10	S1	7.500
F75	3000	40	10	S1	7.500
FE	10500	250	27	S1	15.000
YELLOW	2200	25	9	S2	7.500
ORANGE	3700	35	14	S2	10.000
RED	5600	80	16	S2	10.000

Class	Length	Climb	Control.	Start	Scale
M12	2600	25	11	S2	7.500
M14	5000	60	13	S2	10.000
M16/18	5400	110	17	S1	10.000
M16E	6900	170	18	S1	10.000
M18E	8200	190	19	S1	15.000
M20E	10200	220	28	S1	15.000
M21	8600	225	24	S1	15.000
M21B	5800	85	17	S1	10.000
M35	10300	215	30	S1	15.000
M35B	5800	130	18	S1	10.000
M40	8400	185	22	S1	10.000
M45	7700	165	21	S1	10.000
M50	6300	130	21	S1	10.000
M55	5700	110	16	S1	7.500
M60	5400	95	15	S1	7.500
M65	4200	80	14	S1	7.500
M70	3900	65	12	S1	7.500
M75	3900	65	12	S1	7.500
ME	12500	290	30	S1	10.000
BLACK	7300	130	20	S2	10.000
U10	2200	20	8	S2	7.500



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5.3 E-3 Cañamares

Map	"Cañamares"
Village	Cañamares
Distance	Forest Sprint
Extension	2 km ²
Mapmaker	Juan Francisco Sánchez (summer 2019)
Altitude	880-960 m.
Course Setter	Maria Rodríguez Corrochano (Manzanares-O) Latest courses: Middle Distance in CLM League 2019 Manzanares-O Trophy in Hinojosa de Calatrava. Serranía Orienteering Camp 2018 y 2019 Director SOC 2018
Location	[Google Maps link]

5.3.1 Mapmaker comments:

White pine for the most part. We can find denser vegetation in the east. The relief is moderate being some steep slopes. There are not a lot of details like stones or cliffs although there are some. Some of the trees drawn may be somewhat forced by the lack of detail.



5.3.2 Course setter comments (María Rodríguez)

It's a forest sprint, with a fast and fun course. It is a clean forest, but it has some patches of vegetation.

There are two starts. One start will be for the lower categories and open. The rest of the categories will be in another start and will have a pre-start.

The race has two parts. The first has a simple map reading and high navigation speed. The second part has more detail and the runners will have to slow down. Almost the entire race will be downhill.

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5.3.3 Length and climbing E3

Class	Length	Climb	Control.	Start	Scale	Class	Length	Climb	Control.	Start	Scale
F12	1300	25	14	S2	4.000	M12	1300	25	14	S2	4.000
F14	1500	15	14	S	4.000	M14	1600	20	14	S	4.000
F16/18	1500	20	13	S	4.000	M16/18	2000	45	16	S	4.000
F16E	1700	30	16	S	4.000	M16E	2300	50	20	S	4.000
F18E	2100	45	16	S	4.000	M18E	2600	65	20	S	4.000
F20E	2300	55	17	S	4.000	M20E	2800	65	20	S	4.000
F21	2000	45	16	S	4.000	M21	2400	55	18	S	4.000
F21B	1700	25	14	S	4.000	M21B	2000	50	18	S	4.000
F35	2000	50	18	S	4.000	M35	2500	55	16	S	4.000
F35B	1600	25	14	S	4.000	M35B	2000	50	18	S	4.000
F40	1800	40	17	S	4.000	M40	2300	55	17	S	4.000
F45	1700	30	15	S	4.000	M45	2100	45	19	S	4.000
F50	1600	20	15	S	4.000	M50	1800	35	18	S	4.000
F55	1500	20	13	S	4.000	M55	1700	35	15	S	4.000
F60	1300	15	12	S	4.000	M60	1600	25	13	S	4.000
F65	1300	15	12	S	4.000	M65	1500	15	12	S	4.000
F70	1200	15	10	S	4.000	M70	1400	15	12	S	4.000
F75	1200	15	10	S	4.000	M75	1400	15	12	S	4.000
FE	2600	60	21	S	4.000	ME	3200	75	24	S	4.000
AMARILLO	1000	20	11	S2	4.000	NEGRO	2000	95	17	S2	4.000
NARANJA	1500	30	15	S2	4.000	U10	1000	15	11	S2	4.000
ROJO	1700	80	16	S2	4.000						

Remember!! Bottled water will not be delivered. You have to bring your own containers (latex glasses or bottles).



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5.4 E-4 Dehesa de Carrascosa (Sprint) **E4**

Map	Dehesa de Carrascosa
Village	Carrascosa de la Sierra
Distance	Sprint forest
Extension	1,0 km ²
Mapmaker	Juan Francisco Sánchez
Altitude	1200 m.
Course Setter	Maite Torres Romano (C.O. Guadalajara) Latest courses: Middle distance CLM League 2018 in Molina de Aragón (Regional School Championship)
Location	[Google maps link]

5.4.1 Mapmaker comments: **E4**

Dehesa above 1.200 meters of altitude with excellent elements to organize a Sprint. Open areas predominate where vegetation elements such as trees or shrubs are abundant (Symbol 417/418: Characteristic tree or shrub).



5.4.2 Course setter comments (Maite Torres) **E4**

The main characteristic of this course is the use of vegetation elements that are repeated throughout the map. There are two kinds of different areas, one faster where the vegetation elements are more easily identifiable and another where the vegetation is thicker and requires a more detailed reading.

It will be a fun race, with many changes of direction and fast running, as required by a forest sprint.

Remember!! Bottled water will not be delivered. You have to bring your own containers (latex glasses or bottles).



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5.4.3 Competition center E4



5.4.4 Length and climbing E4

Class	Length	Climb	Control.	Start	Scale	Class	Length	Climb	Control.	Start	Scale
F12	1200	35	10	S2	4.000	M12	1300	35	9	S2	4.000
F14	1400	40	13	S1	4.000	M14	1600	45	13	S1	4.000
F16/18	1600	45	14	S1	4.000	M16/18	1900	55	17	S1	4.000
F16E	1800	55	15	S1	4.000	M16E	2200	55	18	S1	4.000
F18E	2200	60	16	S1	4.000	M18E	2700	60	18	S1	4.000
F20E	2500	60	17	S1	4.000	M20E	2900	70	20	S1	4.000
F21	2200	55	14	S1	4.000	M21	2400	60	18	S1	4.000
F21B	1700	40	15	S1	4.000	M21B	2000	55	18	S1	4.000
F35	2300	60	16	S1	4.000	M35	2700	60	21	S1	4.000
F35B	1600	45	15	S1	4.000	M35B	1800	50	16	S1	4.000
F40	1900	60	14	S1	4.000	M40	2400	55	18	S1	4.000
F45	1700	50	14	S1	4.000	M45	2300	55	16	S1	4.000
F50	1600	45	13	S1	4.000	M50	2100	50	15	S1	4.000
F55	1400	40	11	S1	4.000	M55	1900	50	17	S1	4.000
F60	1300	35	13	S1	4.000	M60	1700	45	15	S1	4.000
F65	1300	35	13	S1	4.000	M65	1600	45	14	S1	4.000
F70	1100	35	11	S1	4.000	M70	1400	40	13	S1	4.000
F75	1100	35	11	S1	4.000	M75	1400	40	13	S1	4.000
FE	2700	70	23	S1	4.000	ME	3200	80	26	S1	4.000
YELLOW	1000	30	9	S2	4.000	BLACK	2300	65	15	S2	4.000
ORANGE	1400	45	12	S2	4.000	U10	1000	30	9	S2	4.000
RED	1900	50	14	S2	4.000						



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5.5 E-5 Nacimiento del Guadiela

Map	"Nacimiento del Guadiela"
Village	Cueva del Hierro
Distance	Middle
Extension	2,3 km ²
Mapmaker	Juan Francisco Sánchez (July 2019)
Altitude	1.450-1.620
Course Setter	Jose Luis Muñoz Martínez (Comcu) Latest courses: X Trofeo Quijotes (Ciudad Encantada); VIII Trofeo Serranía. CLM Trophy. (Nacimiento del Río Cuervo).
Location	[Google Maps link]

5.5.1 Mapmaker comments:

Placed between 1.450-1.620 m. altitude, this forest, mostly Pino Negral, allows high runability.

There are two different areas: the western part, with moderate slopes and less rocky detail, and the eastern part, a karst relief with hundreds of rocky shapes and cliffs. This part has less slope than the eastern area. All this features create a spectacular landscape, being one of my "orienteering paradise".



5.5.2 Course setter comments (Jose Luis Muñoz)

This map has two areas. The eastern part is a characteristic "muela" of the Serranía de Cuenca with numerous rocky elements: stones, cliffs and massifs; the forest is a clean pine

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forest. The western part has two valleys in a north-south direction with steep slopes. The forest is dirtier and there are some areas with gorse (which is spiky)

In the part of the "muela" there are technical sections where the mountain allows high speed in the race, although there are many rocky elements, it will be necessary to read with precision. In the second part of the map there are sections downhill where there are elements of relief and vegetation.

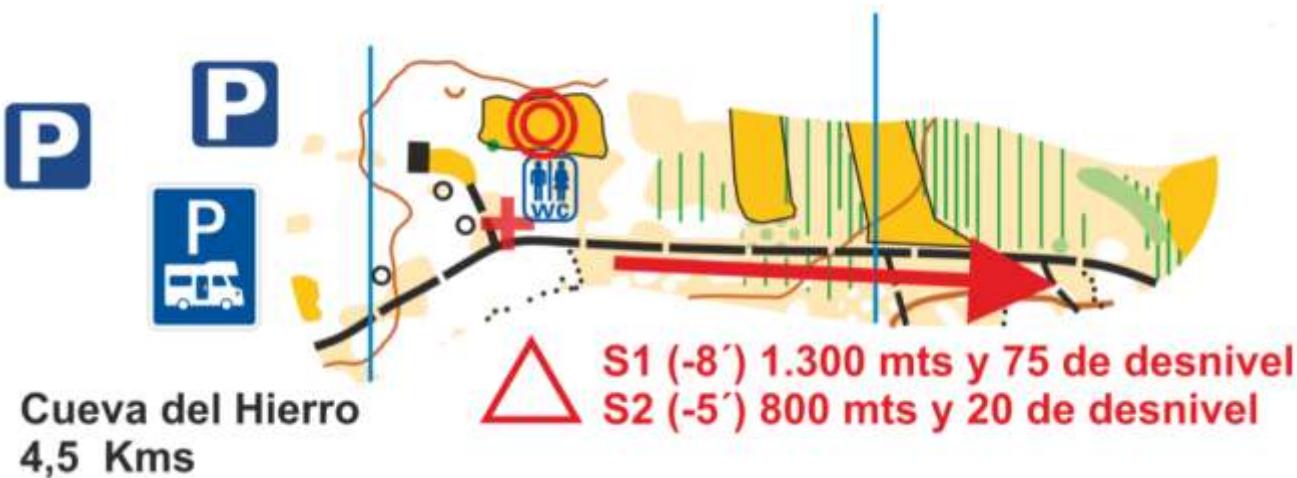
The start is in the higher area of the map to avoid the climbing in the race.

The Open Yellow and U-10 classes have a section marked with tapes.

5.5.3 Competition center E5

From "Cueva del Hierro" the access from the CM-210 (Km 58) following a forest track for about 4.5 kms. In some sections, especially at the beginning of the itinerary, the track is narrow, making it difficult for two vehicles to pass in the opposite direction.

Come with spare time.



5.5.4 Metal studded shoes is not allowed

Stage 5 is held in an area that has abundant rocky areas. It is our responsibility not to leave any trace. For this reason, running with metal studded shoes is not allowed at the "Nacimiento del Guadiela".

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5.5.5 Length and climbing E5

Class	Length	Climb	Control.	Start	Scale	Class	Length	Climb	Control.	Start	Scale
F12	1900	85	12	S2	7.500	M12	2100	90	11	S2	7.500
F14	2400	90	11	S1	10.000	M14	2700	100	13	S1	10.000
F16/18	3100	85	14	S1	10.000	M16/18	3500	100	14	S1	10.000
F16E	3400	115	14	S1	10.000	M16E	3700	135	17	S1	10.000
F18E	3700	145	16	S1	10.000	M18E	4100	150	16	S1	10.000
F20E	4100	160	14	S1	10.000	M20E	5100	175	21	S1	10.000
F21	3600	140	17	S1	10.000	M21	4700	165	19	S1	10.000
F21B	3100	90	13	S1	10.000	M21B	3600	125	16	S1	10.000
F35	3800	140	17	S1	10.000	M35	4900	175	19	S1	10.000
F35B	2800	85	13	S1	10.000	M35B	3500	120	15	S1	10.000
F40	3400	135	16	S1	10.000	M40	4600	170	17	S1	10.000
F45	3200	115	15	S1	10.000	M45	4100	155	16	S1	10.000
F50	2900	105	13	S1	10.000	M50	3900	145	16	S1	10.000
F55	2600	95	13	S1	7.500	M55	3700	130	15	S1	7.500
F60	2600	90	13	S1	7.500	M60	3300	115	14	S1	7.500
F65	2300	65	10	S1	7.500	M65	2800	100	13	S1	7.500
F70	2200	65	10	S1	7.500	M70	2300	85	11	S1	7.500
F75	2200	65	10	S1	7.500	M75	2300	85	11	S1	7.500
FE	4700	165	20	S1	10.000	ME	5600	205	21	S1	10.000
YELLOW	1800	80	8	S2	7.500	BLACK	3600	170	17	S2	10.000
ORANGE	2500	125	11	S2	7.500	U10	1800	80	9	S2	7.500
RED	3300	155	16	S2	10.000						

Remember!! Bottled water will not be delivered. You have to bring your own containers (latex glasses or bottles).



5 días de España 2021

SERRANÍA DE CUENCA • 25-29 AGOSTO

5.6 E-6 Fresneda de la Sierra **E6**

Map	"Fresneda de la Sierra"
Village	Fresneda de la Sierra
Distance	Larga
Extension	4,67 km ²
Mapmaker	Juan Virginio Carrilero (summer 2019)
Altitude	1010-1170 m.
Course Setter	Javier Montero Fernández (GODIH) Latest courses XII Trofeo Quijotes (Long distance, Villalgordo del Júcar); Sierra de Alcaraz Trophy (Long distance, Peñascosa)
Location	[Google Maps Link]

5.6.1 Mapmaker comments:

Place called "Dehesa Boyal", located just 1 km from the town of Fresneda de la Sierra. We find an exceptional terrain for the practice of orienteering. It is a forest composed in two thirds of quejigos, with hardly any presence of creeping vegetation. The penetrability is excellent, except for small areas due to the thickness of the young quarry.

In the northern zone, the 'albar' pine wins the game to the gall oak, the creeping vegetation composed of jaras and tickles appearing, decreasing the penetrability and that together with a greater unevenness, will make the running speed slower; Even so, the "strongest ones" can demonstrate their physical preparation.

Significant is the absence of rock elements.

And being in the Serranía de Cuenca, and how could it be otherwise, we will meet the odd "Torca".



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5.6.2 Course setter comments (Javier Montero)

The competition area has a very clean and fast floor with the absence of stones, branches, fences and walls. The relief is sinuous. There are numerous singular trees.

Seasonal streams are dry and inconspicuous on the map. But be carefull, we use them for improving the relief reading.

You will run mainly in the shade, but it is recommended to hydrate without waiting for the finish. One of the refreshment points will be in the area next to the finish line.

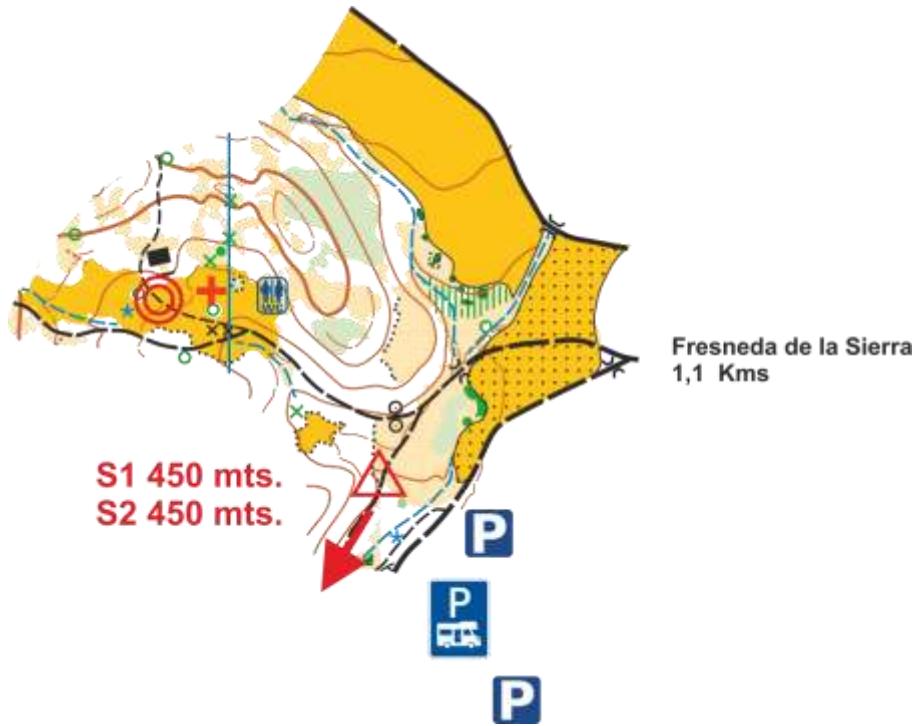
Please, be aware of that on longer courses (F/M-E, M20E, M21A, M35A, y M40A) runners will have to cross a local road with very little traffic.

We hope you enjoy the race.

Remember!! Bottled water will not be delivered. You have to bring your own containers (latex glasses or bottles).



5.6.3 Competition center



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5.6.4 Length and climbing

Class	Length	Climb	Control.	Start	Scale	Class	Length	Climb	Control.	Start	Scale
F12	2600	75	10	S2	7.500	M12	3300	100	13	S2	7.500
F14	4300	125	11	S1	10.000	M14	4500	130	9	S1	10.000
F16/18	4500	135	12	S1	10.000	M16/18	5700	160	14	S1	10.000
F16E	5200	145	13	S1	10.000	M16E	6600	170	14	S1	10.000
F18E	6200	160	16	S1	15.000	M18E	7600	190	16	S1	15.000
F20E	6800	155	18	S1	15.000	M20E	8900	210	21	S1	15.000
F21	6400	195	15	S1	15.000	M21	8700	225	18	S1	15.000
F21B	4900	135	13	S1	10.000	M21B	5500	185	11	S1	10.000
F35	6000	200	16	S1	15.000	M35	8700	190	16	S1	15.000
F35B	4000	95	12	S1	10.000	M35B	5600	150	12	S1	10.000
F40	5300	165	14	S1	10.000	M40	8200	185	16	S1	10.000
F45	4400	105	11	S1	10.000	M45	7000	165	16	S1	10.000
F50	4100	105	11	S1	10.000	M50	6100	160	15	S1	10.000
F55	3600	70	12	S1	7.500	M55	5900	160	17	S1	7.500
F60	3400	70	12	S1	7.500	M60	4500	130	11	S1	7.500
F65	3000	65	11	S1	7.500	M65	3800	125	13	S1	7.500
F70	3000	65	10	S1	7.500	M70	3400	75	12	S1	7.500
F75	2800	65	12	S1	7.500	M75	2800	70	12	S1	7.500
FE	9100	220	19	S1	15.000	ME	12500	325	28	S1	15.000
YELLOW	2400	75	10	S2	7.500	BLACK	5200	115	14	S2	10.000
ORANGE	3400	110	9	S2	10.000	U10	2500	75	10	S2	7.500
RED	4300	125	12	S2	10.000						



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6 Categorías

Oficial Classes	Edad
U10	≤ 10 years old in 2021
F12-M12	≤ 12 years old in 2021
F14-M14	≤ 14 years old in 2021
F16/18-M16/18	≤ 18 years old in 2021
F16E-M16E	≤ 16 years old in 2021
F18E-M18E	≤ 18 years old in 2021
F20E-M20E	≤ 20 years old in 2021
F21A-M21A	Open
F21B-M21B	Open
F21E-M21E	Open
F35-M35	≥ 35 years old in 2021
F35B-M35B	≥ 35 years old in 2021
F40-M40	≥ 40 years old in 2021
F45-M45	≥ 45 years old in 2021
F50-M50	≥ 50 years old in 2021
F55-M55	≥ 55 years old in 2021
F60-M60	≥ 60 years old in 2021
F65-M65	≥ 65 years old in 2021
F70-M70	≥ 70 years old in 2021
F75-M75	≥ 75 years old in 2021
Open yellow	Open
Open orange	Open
Open red	Open
Open black	Open



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7 Entries

7.1 Entries

Spanish and portuguese license
Spanish without license

SICO
www.sico.fedo.org

Foreigns (With license and without license)

www.orienteeringonline.net

ENTRIES DEADLINE: 9st of August 2021

7.2 Entries fees (in €)

Spanish and Portuguese license	E1	E2	E3	E4	E5	E6
MF21 and older	10	10	7	7	10	10
MF20 and younger	7	7	7	7	7	7
Open Yellow	7	7	7	7	7	7
Open Orange, Red, Black	10	10	7	7	10	10

Foreigns	E1	E2	E3	E4	E5	E6
MF21 and older	13	13	10	10	13	13
MF20 and younger	10	10	10	10	10	10
Open Yellow	9	9	9	9	9	9
Open Orange, Red, Black	12	12	9	9	12	12

Spanish without license	E1	E2	E3	E4	E5	E6
MF21 and older	18	18	15	15	18	18
MF20 and younger	15	15	15	15	15	15
Open Yellow	9	9	9	9	9	9
Open Orange, Red, Black	12	12	9	9	12	12

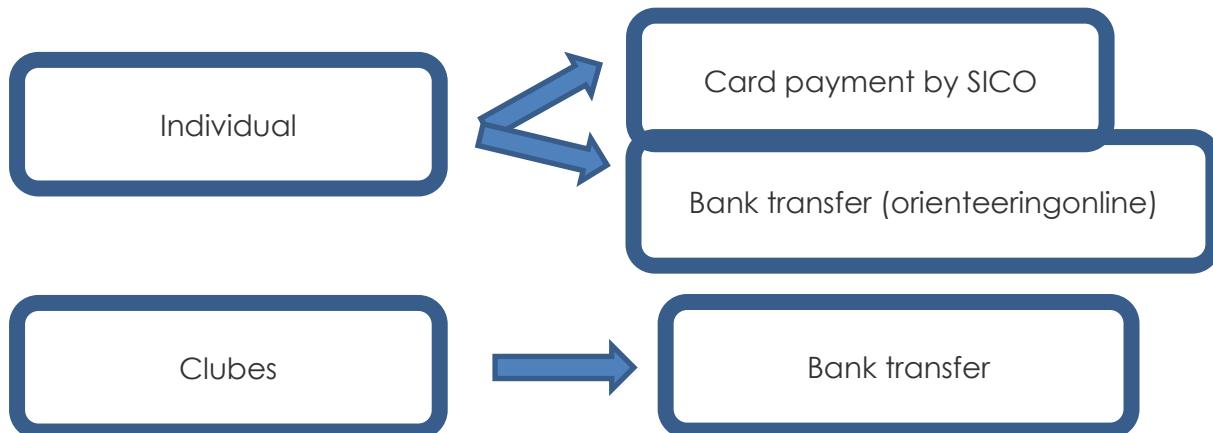
Other	Fee
Sportident rental (one day)	3€
Sportident rental (five days)	10€
Change sportident number (Before race)	3€
Change sportident number (After race)	5€



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7.3 Payment



Bank: Banco Santander

Account number: ES70 0075 0486 33 0600149777

SWIFT/BIC: BSCHESMMXXX

Beneficiary: Federación de Orientación de Castilla-La Mancha



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8 Accommodation

One of the challenges in any competition is the accommodation, but to plan it for the Trofeo Quijotes - 5 Días de España a proactive planning is needed. The reason is especially the depopulation in the zones near the competition, which is great considering from a sporty point of view but there is a low supply of hotels and rented accommodation. So if you book the accommodation ahead you will be able to find more offers closer to the competition centre.

The organization encourages you to find your accommodation as soon as possible, although do not panic because the capital city of Cuenca always will be an option. Cuenca is a UNESCO world heritage city situated in the province of the same name, of which it is the capital. There you can find many cultural alternatives, culinary food, and leisure. Luckily the Trofeo Quijotes - 5 Días de España coincides with the Ferias de San Julian where you can find a variety of cultural attractions as live music, funfair, horse races, and craft fair, among others.

Please, check on the website the already advance guidelines about accommodation
<http://trofeoquijotes.es/alojamiento/>

8.1 Hard Floor

This type of accommodation is not possible.

8.2 Motor home parking

We are in a natural park and there are parking limitations for motor homes. We are working to offer places where we can spend the night without being fined. You must be attentive to the latest updates.



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9 Updates

9.1 Services

[\[DOCUMENT LINK\]](#)

In this link you can find all the services in the area (swimming pools, shops, gas stations ...). It is very interesting so take a look!

9.2 Gift t-shirt

Gift t-shirt for those registered for the 6 stages and who have paid the registration fee before August 10th. For the others, pay attention for the latest updates.

This top quality t-shirt is valued at € 20

XIV Trofeo
Quijotes

5 días de España 2021

SERRANÍA DE CUENCA • 25-29 AGOSTO

KIDS

TALLA	4	6	8	10	12	14
ALTURA	110	120	130	140	152	164
CONTORNO DE PECHO	59	64	69	74	79	84
CONTORNO DE CINTURA	54	58	62	65	68	71
CONTORNO DE CADERA	61	66	71	76	81	86
CONTORNO DE CUELLO	32,5	33	33,5	34	34,75	35,5
ENTREPIerna	45	52	59	66	71	76
BRAZO	51	55	55	57	59	60

XY MEN

TALLA	XXS	XS	S	M	L	XL	XXL	3XL	4XL
ALTURA	165	170	175	180	185	190	195	195	195
CONTORNO DE PECHO	84	88	92	96	100	104	108	112	116
CONTORNO DE CINTURA	72	76	80	84	88	92	96	100	104
CONTORNO DE CADERA	86	90	94	98	102	106	110	114	118
CONTORNO DE CUELLO	37	38	39	40	41	42	43	44	45
ENTREPIerna	74	77	80	83	86	89	92	93	92
BRAZO	62	62,5	63	63,5	64	64,5	65	65	65

XX WOMAN

TALLA	XXS	XS	S	M	L	XL	XXL	3XL
ALTURA	155	160	165	170	175	180	180	180
CONTORNO DE BUSTO	75	80	85	90	95	100	105	105
CONTORNO DE CINTURA	55	60	65	70	75	80	85	90
CONTORNO DE CADERA	85	90	95	100	105	110	115	120
CONTORNO DE CUELLO	34,75	35,5	36,25	37	37,75	38,5	39,25	40
ENTREPIerna	68	71	74	77	80	83	83	83
BRAZO	59	60	61	62	63	64	64	64



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9.3 Data Collect.

Data will be collected for T-shirt sizes, Motorhome parking and catering service. These data will be collected through this Google form, which will be available until Monday, August 16th.

- Data collect Google form (catering, caravan and t-shirt): [\[LINK\]](#)
- Data collect google form clubs (only t-shirt): [\[LINK\]](#)

9.4 No plastic

To avoid the use of plastic it is necessary that you bring a container where you can transport water during the races. We take care of filling them out. Thank you very much for your understanding.

9.5 Risk of fire

We are in summer in a Natural Park and the risk of fires is high. We ask you to be very careful, especially in the parking and competition areas.

9.6 Metal studded shoes is not allowed

Stage 1, and 5 is held in an area that has abundant rocky. It is our responsibility not to leave any trace. For this reason, running with metal studded shoes is not allowed at this stages.



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10 Others

10.1 Timing system

The SPORTident Air + system will be used in every single event. In order to enjoy this system, it is necessary to use the SIAC1 card. If you do not have one, you can compete with another sportident card.



10.2 Scoring system

There are two competitions in "XIV Trofeo Quijotes – 5 days of Spain"

- XIV Trofeo Quijotes – 5 días de España: Total points of stages (**E1+E2+E3+E4+E5+E6**)
- WRE Competition: Only elite classes in the stage 5 (**E5**)

10.3 Bib number

It will not be Bib number

10.4 Live Results

Live results will be published as long as the telephone coverage is provided



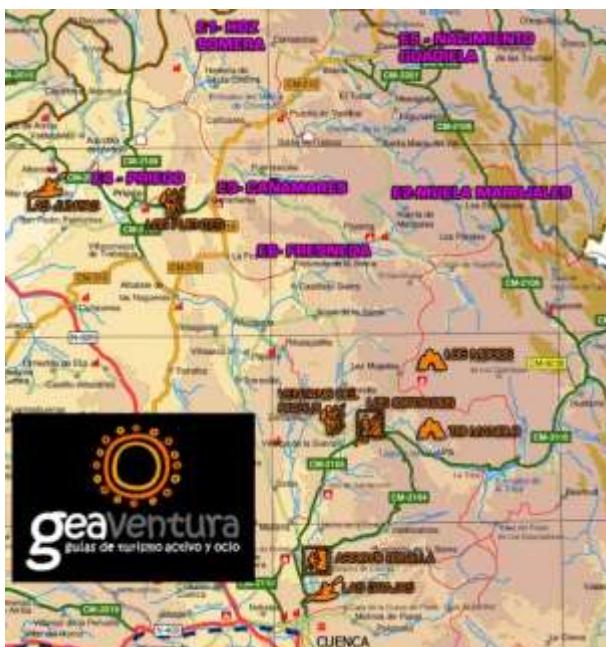
5 días de España 2021

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11 Leisure and free time activities

11.1 Geaventura

The company GEAVVENTURA offers the following activities for those registered users in the XIV Quijotes Trophy - 5 Días de España. You will be able to buy a lot of activities at reduced prices. Please, get in touch with multiadventure and leisure companies to specify these possibilities. Offers will be available from 26th to 30th August. You must indicate that you are going to participate in our competition and 15 days before the activity, you must send your bib number.



CONTACTO:

Álvaro Alfaro de la Hoz
- GEAvventura - Guías de Turismo Activo y Ocio

<http://www.geaventura.com> / info@geaventura.com

608 312 737

[Facebook](#) / [Instagram](#) / [Twitter](#) / [Tri pAdvisor](#)

- Piraguas tranquilas en "Las Grajas". 15€ pax
<http://www.geaventura.com/rutas/piraguas-en-las-grajas-Cuenca>
- Piraguas Bravas en "Las Juntas". 35€ pax
<http://www.geaventura.com/rutas/Piraguas-las-juntas-Guadiela-Cuenca>
- Barranco de "Los Cortados". 30€ pax
<http://www.geaventura.com/rutas/barranco-cortados-villalba-de-la-sierra-Cuenca>
- Vía Ferrata de "Los Puentes". 35€ pax
<http://www.geaventura.com/rutas/via-ferrata-los-puentes-Priego>
- Vía Ferrata del "Ventano". 35€ pax
<http://www.geaventura.com/rutas/Via-ferrata-ventano-del-diablo>
- Cueva de "Los Moros" 30€ pax
<http://www.geaventura.com/rutas/cueva-de-los-moros-Cuenca>
- Cueva del "Tío Manolo" 25€ pax
<http://www.geaventura.com/rutas/cueva-tio-Manolo-Cuenca>
- Escalada en "Arroyo Bonilla" 35€ pax"
<http://www.geaventura.com/rutas/escalada-arroyo-bonilla>



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11.2 Cueva del Hierro

The Roman Mine of "Cueva del Hierro" ("Birth of the Guadiela") has been exploited for some 2,600 years until the middle of last century.

Those orienteers interested in making a guided tour will get a 20% discount by presenting the bib number and an extra 10% of discount for their companions.

www.cuevadelhierro.com



MINA ROMANA
CUEVA DEL HIERRO



5 días de España 2021

SERRANÍA DE CUENCA • 25-29 AGOSTO

12 Instituciones

Organizan:



Ayuntamientos:



Ayuntamiento de Priego



Ayuntamiento de Cañamares



Ayuntamiento de Cueva del Hierro



Ayuntamiento de Fresnedilla de la Sierra



Ayuntamiento de Huerta de Maroñales



Ayuntamiento de Carrascosa de la Sierra

Patrocinadores:



www.kyx.es



Colaboradores:



Abadía de



www.trofeoquijotes.es