



19-20-21 june 2026

**3 DAYS
O2LUX**

BULLETIN 2

Welcome to the **3-day 'O2LUX 2026'**

General Information and Registration

Email: orga2026@o2lux.org

Programme

Date	Race type	Start times	Venue
Friday 19 June - Day 1	Middle distance	6.00 pm – 7.20 pm	Anlier Forest
Saturday 20 June - Day 2	Long Distance	11.00 - 12.30	Anlier Forest
Sunday 21 June - Day 3	Long Distance	10.00 - 11.30	Anlier Forest

All three days will take place at the same location: Chemin de Fleury Champ, 6860 Vlessart (Municipality of Léglise, Belgium): [49.79187803311217, 5.657372622330029](https://www.google.com/maps/place/6860+Vlessart,+Belgium/@50.5737262,5.6573726,15z)

Maps

Map '*Vlessart - Nobipré – La Damselle - Haut de Stalon*'. Scale 1:10,000 or 1:7,500, contour interval 5m, in accordance with ISO ISM 2017-2 Revision 6.

Mapping and updating by Iwan Vis in spring 2025 and spring 2026 for the 'La Damselle – Haut de Stalon' section (new map!). A4, A3 or SRA3 format depending on the course.

The maps are printed on **waterproof paper**, without any plastic coating. For all courses, the **control descriptions** (using IOF standard symbols only) will also be printed separately.

Registration

Registration for all runners is via the **O'Punch** registration system: <https://www.opunch.org/in/event/3675>

- Payment of entry fees for members of **Luxembourgish and Belgian** clubs: fees are to be paid to your club treasurer.
- Payment of registration fees for participants **from other countries**: fees are payable at the time of registration by bank transfer to account BE84 0015 4163 6659 in the name of Sud O Lux asbl (6860 Leglise)
- Registration deadlines
 - **Reduced-rate registration until 1st May 2026 at 23:59.**
 - Registration closes on **10 June 2026 at 23:59.**
 - On-the-spot registration is available only for the following limited courses: easy short course/SE, difficult short course/SD, medium course/MM, difficult long course/LD.


Categories

H10-	D10-
H10-B (children accompanied)	D10-B (children accompanied)
H12-	D12-
H14-	D14-
H16-	D16-
H18-	D18-
H20-	D20-
H21	D21
HE (elite)	DE (elite)
H35	D35
H40	D40
H45	D45
H50	D50
H55	D55
H60	D60
H65	D65
H70	D70
H75	D75
H80	D80
H85	D85
H90	D90
MM Middle Medium H	MM Middle Medium D
SD Short Difficult H	SD Short Difficult D
SE Short Easy H	SE Short Easy D
LD Long Difficult H	LD Long Difficult D

Prices

		Adults (categories = M/W20+)	Children (categories = M/W18-)	SPORTident hire for adults	SPORTident hire Children
Until 1 May – ALL categories	Per stage	€10	€8.5	€2	€1
Until 10 June – ALL categories	Per stage	€15	€13	€2	€1
On-site - SE, SD, MM, LD only	Per stage	€15	€13	€2	€1

Timing system

The **SPORTident**  timing system will be used every day, with **SI Air+** mode **activated**.

Timing chip hire. If, as part of your entry fee, you have paid for the hire of a SPORTident timing chip, you must collect it from the secretariat before the first race you enter.

You will be asked to provide a €50 **deposit** or a form of ID. Please place this document in the brown envelope provided. Please write your name and mobile phone number on the outside of the envelope and seal it before handing it to the official.

You must return your rented SPORTident timing chip after **your final race** to the place where you collected it. The official will return your sealed brown envelope to you in exchange.

Timetable

Day	Secretariat opening hours	First start	Last start	Closing of the courses
Friday	16.00	6.00 pm	7.20 pm	8.50 pm
Saturday	09.00	11.00	12.30	15.00
Sunday	08.00	10.00	11.30	14.00

Start times

All pre-registered participants, with the exception of the **H/D10-, SE, SD, MM and LD** categories, will be allocated start times prior to the event.

The full list of **start times** will be published on helga-o.com/start on the evening of **Saturday 13 June**. Please check that your registration details are correct. If you have any problems or questions regarding the start list, please contact orga2026@o2lux.org as soon as possible. It will not be possible to change your start times over the weekend; please contact us in advance.

Start procedure

Bib numbers are not used.

For each of the three races, if you have pre-registered and are using the SPORTident timing chip provided at registration, you do not need to register at the Secretariat. Once ready to race, you may proceed directly to the start.

At the start, the procedure will be the same as that generally used for major events. Please 'clear' (CLEAR) and 'check' (CHECK) using the SportIdent terminals located in the pre-start area.

Control description sheets (IOF standard symbols only) for all courses will be available after the -2 minute line.

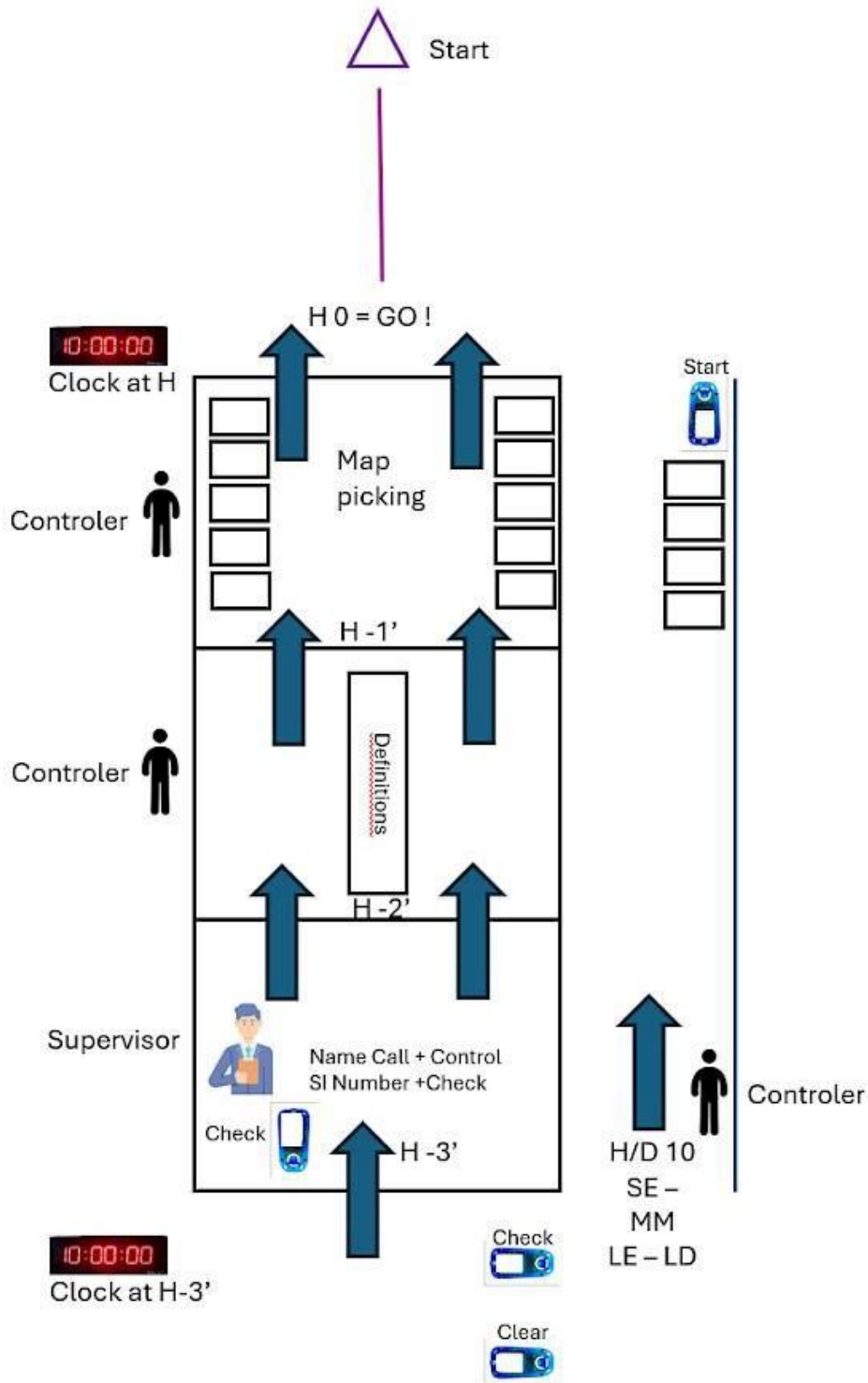
You will be asked to go to your map collection point after crossing the -1 minute line, but **you will not be able to collect your map** until you are invited to do so. You are solely responsible for ensuring that you have gone to the correct collection point and that you have collected the correct map for the category in which you have entered! Race timing begins as soon as the start signal is given; there is no timing control at the start point or at the start marker (i.e. no 'start at the START').

The procedure is different for the **H/D10-** and **SE, SD, MM, LD** categories. These participants may start **as soon as they are ready**, at any time before the start deadline indicated in the event schedule. They will be accompanied by an official to the start area and must then use their SPORTident timing chip at the START control to record the exact time of their start. (= "finger start")

Please **do not leave any rubbish** at the start. Please place your water bottles in the bin bags provided for this purpose in the pre-start area.

You **will not be able to change your start time if you are late** for the start. Regardless of your start time, your result will be calculated based on the start time indicated in the start list. The start officials will do their best to ensure you start as quickly as possible, but you will not be allowed to start at the same time as another runner on your course.

Start map



Map



(Former) Fault areas

ISOM 2017-2 symbol 115



Stump

ISOM 2017-2 symbol 419



Hunting lookouts

ISOM 2017-2 symbol 525



Hunting hides are not shown on the map

Stage 1 - 19 June 2026 – Middle Distance

Course setter: Iwan Vis / Course controller: Vivien Thiry

Distance from the Race Centre to the start: 100m

Arrival at the Race Centre.

	Course		Controls	Distance	ClimbFau ld arr	Scale	
HE		1	19	6.0 km	110 m	7,500	
FROM		2	17	5.3 km	125 m	7,500	
H20 H21 H35		3	15	5.1 km	130 m	7,500	
18:00							
16:40	D20 D21	4	12	4.9 km	95 m		
16:45						7,500	
H50 H55	D35 D40	LD	5	13	4.8 km	90 m	7,500
H60 H65	D45 D50		6	13	4.4 km	85 m	7,500
H70 H75	D55 D60	SD	7	11	3.2 km	60 m	7500
	D65 D70						
H80 H85	D75 D80 D85		8	12	2.8 km	70 m	5,000
H16	D18 D16		9	13	3.7 km	65 m	7,500
H14	D14	MM	10	13	3.0 km	70 m	5000
H12	D12	SE	11	11	2.6 km	45 m	5000
H10 H10B	D10 D10B		12	10	2.1 km	40 m	5000

A word from the course setter:



The start of the course will probably seem fairly straightforward in the private woods, mainly coniferous, bordering the village of Vlessart, but the scenery will change very quickly as you enter the deciduous woods typical of the Anlier Forest. Navigation becomes more subtle here, and you'll need to combine a good reading of the terrain, confidence in your compass, and an understanding of the vegetation. There will be numerous specific

details along your route; it will be a matter of separating the useful from the superfluous. With the exception of the courses for our younger competitors, all will end with a finely mapped marshy hell, requiring very careful map reading and a race full of power, much like the wild boars of the Ardennes, for those who still have the energy. If things go pear-shaped this Friday, you'll still have a chance to conquer this hellish terrain during the final leg...

Stage 2 – 20 June 2026 – Long Distance

Course Setter: Iwan Vis / Controller: Marc Depaue

The start and finish will be 1,800m from the Arena, with the option to drive our elders up to 200m. You can also leave personal belongings in a tent at this location. No parking, drop-off only!

The finish line is 1,500m from the Race Centre.

			Course	Controls	Distance	Climb	Scale
HE			1	30	12.8 km	235 m	10,000
DE			2	26	10.5 km	180 m	10,000
20:00 21:00							
35:00			3	23	9.9 km	175 m	10,000
18:00 16:40							
16:45	D20 D21		4	25	9.3 km	180 m	10,000
H50 H55	D35 D40	LD	5	19	8.3 km	130 m	10,000
H60 H65	D45 D50		6	19	6.7 km	150 m	7,500
H70 H75	D55 D60	SD	7	18	5.3 km	110 m	7500
	D65 D70						
H80 H85	D75 D80		8	13	3.8 km	55 m	5000
	D85						
H16	D18 D16		9	20	6.3 km	125 m	7,500
H14	D14	MM	10	16	4.6 km	70 m	5000
H12	D12	SE	11	12	3.4 km	50 m	5000
H10 H10B	D10		12	11	2.8 km	45 m	5,000
	D10B						

A word from the route planner:



You're setting off on the longest stage of these three days, but also the fastest. Apart from the five longest courses, which will have the privilege of discovering (or rediscovering, for those who took part in the 2025 edition) the dense, spongy valley of Nobripré—which significantly slows down your average speed per kilometre—the others will enjoy a relatively comfortable orienteering course in a beech forest you're starting to get to

know. Very fast for those who are precise... The final section is an easy run through well-maintained private woodland... watch out for the fatigue trap!

Courses 1 to 7 and 9 will cross the same road open to traffic twice, at two separate points. Although traffic is light, some drivers do drive fast there. To minimise the risk of accidents, we are neutralizing the time between the two control points located on either side of this road. The neutralization is limited to 1 minute! So no time for a picnic! You cross the road entirely at your own risk.

Stage 3 – 21 June 2026 – Long Distance

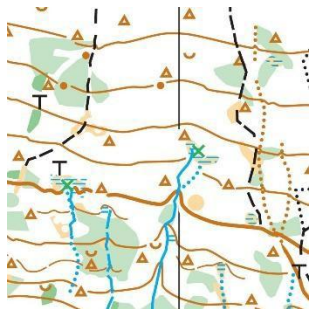
Route Setter: Iwan Vis / Controller: Jean-Noël Debehogne

The start will be 1,600m from the Arena, with the option to drive our seniors up to 200m. No parking, drop-off only!

The finish line is at the Race Centre.

Course			Controls	Distance	Climb	Scale	
HE			1	25	11.7 km	210 m	10,000
FROM			2	23	9.4 km	150 m	10,000
20:00							
21:00			3	21	8.9 km	155 m	10,000
35:00							
18:00							
16:40	D20 D21		4	21	8.1 km	155 m	
16:45							10,000
H50 H55	D35 D40	LD	5	15	7.1 km	140 m	10,000
H60 H65	D45 D50		6	13	6.1 km	100 m	7,500
H70 H75	D55 D60	SD	7	12	4.5 km	75 m	7500
	D65 D70						
H80 H85	D75 D80		8	10	3.4 km	70 m	
	D85						5000
H16	D18 D16		9	16	6.0 km	130 m	7,500
H14	D14	MM	10	14	4.2 km	95 m	5000
H12	D12	SE	11	12	3.2 km	80 m	5000
H10 H10B	D10 D10B		12	9	2.4 km	55 m	5000

A word from the course setter:



The most beautiful but also the trickiest stage of these three days. Our youngest riders will find very accessible terrain in the private woods around Vlessart, right up to the finish. Do be careful, though: the guide lines aren't always made up of paths. Very quickly, the most technical sections will be met with changes in vegetation, sometimes quite surprising. Although the distances are a little shorter, race times will likely be the same as

the previous day, due to the complexity of the terrain. So hang in there for this final stage, which could shake up the overall standings, and don't forget to save a bit of energy and mental clarity for the final swampy hell! Finally, whether to reminisce or to forget, a bar worthy of the name awaits you at the Arena. How I'd love to be in your shoes... Happy racing and, above all, enjoy yourselves!

On the longest courses, a restricted area (shown on the map) must be strictly avoided (nesting area for a rare animal). No runners are permitted in this area.

Refreshments

For the races on days 2 and 3, water stations will be available at certain points along the longer routes (Saturday: routes 1 to 7 / Sunday: routes 1 to 6).

Water is available at the finish line

Results and prizes

Live results will be available during each race, and afterwards, at <https://helga-o.com/webres/>

Livelox will be available after each race.

The **final results** for each day relate to a separate race. The results of the three races will be combined to produce the overall weekend rankings.

Prizes will be awarded to competitors in each category who achieve **the three best overall results of the weekend**.

Prize-giving: **Sunday at 14.30**

Key event officials

Race directors	Valérie Vis
Start list, timing and results	Michael Hock (LuxO) and HELGA
Course setter	Iwan Vis
Checkpoint officials	Jean-Noël DEBEHOGNE, Marc DEPAUE, Vivien THIRY

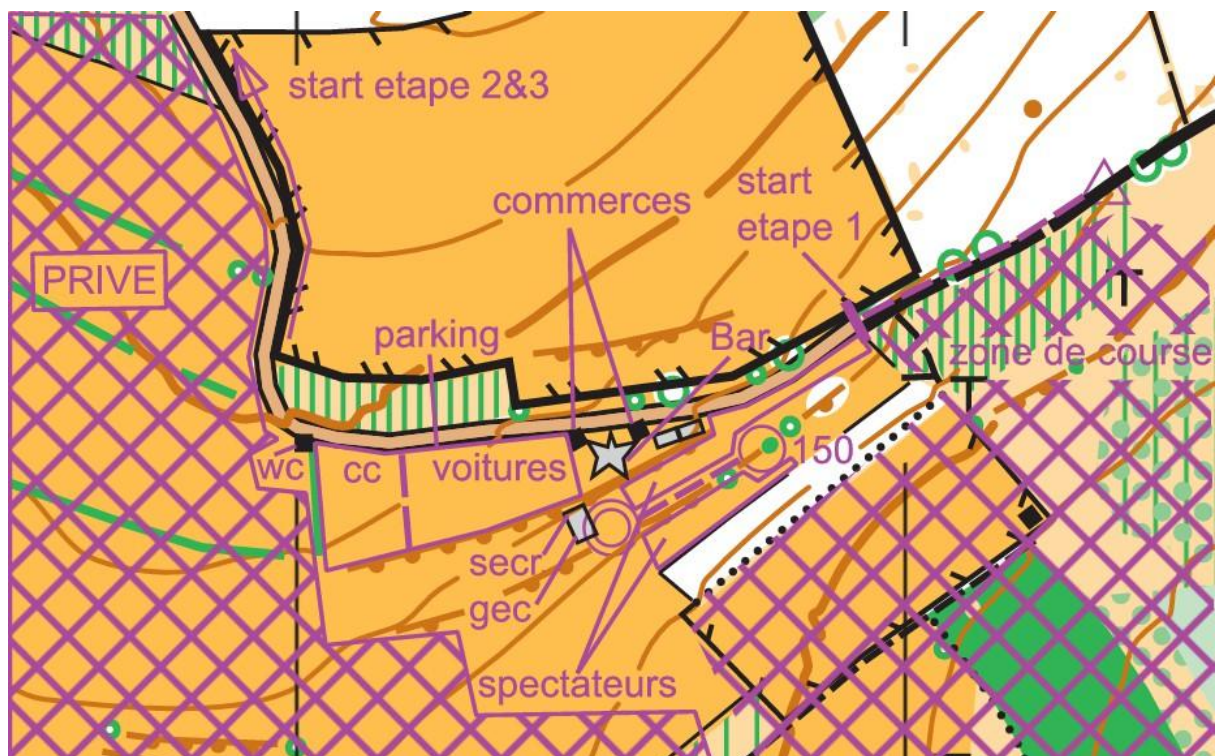
All participants take part at their own risk throughout their time at each stage of this event.

Campervans may park near the Arena from the evening of Thursday 18 June until after the end of the race on the third day. There will be no water or electricity.

The following facilities will be available on site:

- Registration for competitors wishing to register on site.
- Collection and return of rented SPORTident timing chips.
- Information point

- Toilets
- GEC
- Bar/refreshment stand, barbecue
- **New!** Credit/debit card payments accepted
- There will be no crèche or nursery.
- Exhibitors



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