



**LATEST NEWS 20/06/2025**

## **19th WORLD ROGAINING CHAMPIONSHIP**

**JULY 5-6, 2025**

[www.wrc2025.org](http://www.wrc2025.org)

### **Vetter's comments:**

We are very pleased to hold the World Championship in this region. You will enjoy the amazing landscapes and the friendly, strong local people. You'll need the same to get a good result. First, you must be able to learn and adapt to the terrain. Second, you must have enough energy to overcome the continuous slopes. But don't forget about the hot weather; be ready for it.

Our impressions of the terrain and map are as follows; the WRC area is about 90% forested, with good runability. Only a few areas will be difficult to progress through: the tops with transitions between forest and open areas, timber work zones, and areas with shrubs or small oaks.

Forest penetrability is shown as follows: white has good to very good penetrability, soft green which mainly affects visibility and the direction you want to take, medium and dark green indicate difficult to impossible progress, green vertical lines indicate areas where visibility and runability are affected, requiring you to walk.

The principal path and track network are important, but navigation is also important. The controls placing force you to navigate through contour lines, this is the most reliable map detail where focus on your eyes. Some rocky areas, with stunning cliffs and boulders, and open areas make the terrain more varied and beautiful.

Please don't forget to visit controls called "Necropolis," where graves are sculpted into the rock, as well as some peaks where you can put your eyes on the infinite horizon. Be careful of the very high cliffs and steep slopes at night.

Read the latest information slowly and take your time to evaluate your options, optimizing distance, climbing difficulty, and scoring. If you want to take a break, visit the All Night Café in Neila.

As we say now and advisors said in their visit: "It's an excellent area for rogaining." Enjoy it!



### WRC2025 Schedule:

Monday, June 30, 2025 to Wednesday, July 2, 2025:

- 11:00 AM - 1:00 PM and 5:00 PM - 7:00 PM Secretary's Office opens for Model Event collection.
- 11:00 AM Model Event opens in Canicosa de la Sierra and Regumiel de la Sierra.

Thursday, July 3, 2025:

- 10:00 AM Competition Center opens, including the campsite for racers and rented tents. Secretary's Office opens for accreditation and Model Event collection.
- 8:00 PM Secretary's Office closes.

Friday, July 4, 2025:

- 10:00 AM Secretary's Office opens for accreditation and Model Event collection.
- 2:00 PM IRF Meeting in Quintanar de la Sierra Town Hall.
- 10:00 PM Secretary's Office closes.

Saturday, July 5, 2025:

- 8:00 AM Accreditation Office Opens
- 9:00 AM WRC2025 Map Distribution
- 11:45 AM Official WRC Opening Ceremony
- 12:00 PM WRC2025 Departure
- 5:00 PM Hash House Opening
- 7:00 PM Half Hash House Neila Opening

Sunday, July 6, 2025:

- 7:00 AM Half Hash House Neila Closing
- 12:00 PM WRC2025 Arrival
- 1:00 PM Lunch at the Hash House
- 1:30 PM Pre-Awards Ceremony
- 2:00 PM Awards Ceremony

Monday, July 7, 2025:

- 10:00 AM Camping area and rental tents closing.



**19<sup>th</sup>**  
**World Rogaining**  
**Championship**  
**5-6 July, Spain**  
 Quintanar de la Sierra  
 Burgos

Map of the competition center:



Registration:

Secretary area for the runner's registration/welcome will be located at the Quintanar de la Sierra Campground, within the competition center (CC). All runners must go through this checkpoint to receive their runner bag containing information and details about our partners/sponsors, as well as race numbers and merchandise previously purchased online. To collect the runner bag, **each participant must present their identification (ID or passport).**



Rental SI cards will be provided to runners who have pre-reserved them during the registration process. To collect them, runners must leave a €70 deposit. This money will be refunded upon return of the card. A charge will be made in the event of a lost or damaged card. Please be careful.

Inside the bag, participants will find an official WRC unbreakable fabric wristband, which they must wear with the SI attached. This wristband will be used during the race. It will be checked at the start and finish, and the organizers will cut the wristband once the entire team has finished the race.

**Release forms will be available at the registration office. Any participant under the age of 18 must present a signed authorization form from their legal guardian to participate in the competition.**

#### Race:

The total number of markers is 87. The total possible score is 6.280 points. Markers range in number from 31 to 124. Most are two-digit, from 31 to 99. The first digit multiplied by ten indicates the score for that marker (from 30 to 90 points). There are also 20 three-digit markers. The score is indicated by the first two digits multiplied by ten (100, 110, or 120 points).

The official competition time will be displayed on the truck's screen at the competition center. Runners must synchronize their watches with this time. **The penalty for arriving after the official finish time will be calculated according to Iberogaine rules and is counted from the official finish time (12:00 on Sunday, July 6):**

From 1" to 5'	-50 points
From 5'01" to 10'	-100 points
From 10'01" to 15'	-200 points
From 15'01" to 20'	-300 points
From 20'01" to 25'	-400 points
From 25'01" to 30'	-500 points

**Teams finishing 30 minutes after the official finish time will be classified as LATE, and will not be able to win.**

The shortest line connecting all the waypoints is 125 km long and has approximately 6,500 meters of elevation gain.

All controls will have reflective markings. If the SI system is not working (no sound or light), the reserve spaces on the map marked in red must be used. If a checkpoint has disappeared, a protest must be filed at the finish area at the end of the race. The organizers may use the GPS tracking system to assess the protest. Only when the disappearance of the beacon is confirmed can the teams that have protested be awarded points. The disappearance of a checkpoint is not a reason to unseal the mobile phone.

Note: Although SI Air cards can be used, they do not work in AIR mode. Runners must insert the card into the cradle. There will be a SIAC off at the start for those who wish to deactivate the clamp.



The layout and terrain allow for different route choices. It is the runners' responsibility to be aware of the nature of the terrain, where gradients will be much more decisive than distance when it comes to making a good course.

The Hash-house is located in the south-central part of the map, and the Half-hash-house is located in the north-central part of the map. They offer different route options to visit during the race to refresh or rest.

There are 13 water points on the course, marked on the map with a blue square and the acronym WP (water point). WP 1 is a water jug, WP 2-9 are natural springs, but they have a spout, tap, or tile for pouring water, and WP 10-13 are springs in the ground. At all points, except the first, the use of water purification tablets and your own water cup are recommended. All points will be marked on the course with a sign.



Spring

Natural spring with spout

Natural spring with tap

There are fences on the course that must be crossed. Along the fences, there are passages that must always be left as they were found, usually, closed. In the images, you can see two passages in the fence, the first open and the second closed.



Passing through the closed fence

Passing through the open fence.

It is strictly prohibited to leave any type of equipment or food behind during the race, or to leave equipment to be picked up mid-course. All equipment you choose to carry, in addition to the mandatory equipment, must be carried from the start to the finish.



**Smartwatches are NOT permitted during the race.** IOF Committee decided as follows:

"As IRF rule B7(b) say: Carrying of other navigational aids, including GPS devices, mobile phones, computer devices of any type, pedometers and altimeters on the course is prohibited."

"So, the use of GPS and Smart Watches during the World Rogaining Championships is Prohibited. All watches with GPS, tracking, altitude capabilities MUST be placed in a sealed bag by the organizers. The same process as the use of a cellphones. For example Garmin watches with Adventure Race mode still have the Altitude capability, this function is not allowed, so the watch must be carried in a sealed bag.

Only watches with basic functionality of Time and Stopwatch are allowed."

#### Control Descriptions:

Runners can download the control descriptions in Spanish and English from the website. They will also be printed on the map in English.

The map symbols can also be downloaded from the website.

#### Emergency Points and Emergency Phone Numbers:

In case of emergency, we first recommend calling the organizer's phone numbers printed on the map and, second, calling the emergency phone number in Spain: 112. If no emergency phone answers, or if there is no coverage, use the emergency button on your GPS.

In addition, there will be an emergency point at the Quintanar Race Track, where there will be an ambulance, a rescue team with all-terrain vehicles, and a Rescue and Rescue Dog Unit. A first-aid kit will be available at the Half Hash House in Neila for participants to use in case of need.

#### Map:

The map is printed on hard, water-resistant paper. An extra map will be provided per team to help plan their strategy. The exact map size is 50x70cm.

#### Cartographer's information:

The WRC 2025 map covers an area of 155 km<sup>2</sup> mapped at a scale of 1/25,000, extending between 1,050 m and 2,100 m above sea level. Much of this area belongs to the Neila Glaciers and Circuses Natural Park. The terrain's orographic morphology is highly uniform, with no notable features other than those caused by the glacial origins in the higher parts of the map. However, the elevation increases steadily except at the peaks, where the terrain becomes much steeper. The map's strong point is its highly detailed topographic model, with numerous 5 m auxiliary curves that capture features more typical of a larger scale.

Regarding road network, if we look at the network of paths, trails, and tracks, it cannot be said to be excessively dense, except where forestry work is being or has recently been carried out. The path network generally runs north-south, overcoming significant elevation differences and sometimes leaving no connection between valleys and large gullies. Attempts have been made to represent them at a certain size, between 1.5 and 2.0 m wide, to allow them to be represented



at the map scale. It should be noted that sometimes there is no clear distinction between the different types of passable roads, although none of them pose any inconvenience to navigation.

Fences and walls located outside the immediate vicinity of urban centers are not represented, and those that do exist only refer to very clear areas. There are also no power lines of sufficient size to be shown on the map at this scale. Urban centers have been generalized to emphasize the main avenues, and areas of crops and private land have been represented as private spaces.

Regarding rock masses and steep terrain, they are not represented according to a specific criterion, although those that arise along communication routes can be used as navigation references. Rocks and cliffs are grouped into zones, and there are large spaces where they are nonexistent, as well as other areas where they cover the entire space and are difficult to cross. In these environments, the sizes are prominent, with large rocks and cliffs reaching more than 20 m.

Vegetation cover covers most of the map outside the summit areas, where the absence of vegetation predominates. The dominant species are Scots pine and oak forests, with transition zones and the presence of abundant land where forestry work is constantly being carried out, represented as open or semi-open terrain, sometimes difficult to navigate. There are also well-defined areas corresponding to old logging sites that are currently very difficult or impossible to navigate due to the density of young pine trees. The worst mobility is generally found in the forests located midway between the lower part of the map and the peaks. Vegetation has been reduced to mostly low levels, making it possible to advance, although with resistance in the case of the most suitable level (green 30%).

In conclusion, the result is a very legible map, in which the symbolic specifications are close to those corresponding to a 1/15,000 scale model. An attempt has been made to simplify the content, emphasizing those that primarily affect navigation.

#### **Prohibited Areas and Safety:**

There are several roads on the course where driving is prohibited, including the CL-117 from Palacios de la Sierra to Regumiel. Driving on or crossing it will result in disqualification. However, it is never necessary to connect to markers. The other roads on the map have less traffic, so crossing them is permitted, although running on them is discouraged. This includes the BU-822 from Quintanar de la Sierra to Neila. There will be no road controllers; participants are trusted to exercise fair play.

Large cliffs are represented on the map. Exercise extreme caution when entering cliff areas, especially at night or during fog. There are other steep slopes that do not have cliffs represented but can be just as dangerous. These areas have very tight contour lines. Be careful.

#### **Weather Forecast:**

An accurate weather forecast will be posted on the notice board at the competition center on Friday. It is important to use it to prepare for the race.

#### **Model Event:**



The model event will be available from 11:00 a.m. on Monday, June 30th, until the start of the World Championship. The Canicosa de la Sierra map will be used for Model Event 1, and the Regumiel de la Sierra map will be used for Model Event 2, at a scale of 1:25,000. It uses the same map and terrain type as for WRC2025. The maps are adjacent to the World Championship, making them highly relevant.

The start, finish, and parking triangles for both model events will be located in the same town and indicated on the map. It is necessary to bring a plastic cover for the map. The model event maps are not waterproof. There will be no official transportation provided by the organizers. Traveling by car and/or carpooling is recommended. The entire Canicosa de la Sierra map is approximately 10 km long, and the Regumiel de la Sierra map is approximately 5 km long, including all checkpoints.

#### Map Distribution:

At 9:00 near the start area, different lines will be formed by race number. One of the team's runners with their race number clearly visible must go and collect the maps for the entire team. Maps will be provided on waterproof paper, one per participant, plus an extra (not waterproof) for planning purposes.

Along with the map distribution, a piece of cloth will be given to each participant to wear close to their body during the planning process. Upon entering the start area, this fabric will be collected and sealed in plastic bags. In case of emergency, this fabric will be used by the Canine Rescue Unit. This is an optional safety measure; if a team refuses to do so, it is at their own risk and there will be no penalty.

#### Planning/Quarantine Area:

Competitors may use the marked areas of the competition center to plan their route. This area includes the covered planning area, the tent and rental area, and the parking lot. Participants will not be allowed to leave this area until the start of the race. Organizers will ensure strict compliance with IRF regulations during the planning process.

During map collection, the organizers will give each team a piece of cardboard the size of the map they need to create their strategy. It is not necessary to return it after completing the strategy.

#### GPS Device Collection:

GPS devices will be collected on Saturday morning between 8:00 and 11:30, very close to the start area. All teams must pass through this point to attach the device to the backpack they will wear during the competition and identify themselves with their race number already attached to the backpack.

If the device is lost, a fee of 90 euros will be charged.

#### Mandatory and recommended equipment:





In accordance with the IRF Council, the 2025 Rogaining World Championships will require the following mandatory and recommended equipment:

**Mandatory Equipment:**

- Per team: One sealed, battery-powered mobile phone, one thermal blanket, and one GPS device (provided by the organization).
- Per person: One whistle, IF attached to the official lanyard, with the race number visible throughout the competition.

**Recommended Equipment:**

- Long-sleeved thermal shirt, waterproof jacket, water bottles with a minimum capacity of one liter, first aid kit (disinfectant, bandages, antihistamine, anti-inflammatory, pain reliever, water purification tablets).

**Start Area and Equipment Control:**

An equipment control will be conducted before entering the start area to ensure that all teams have their GPS attached to their backpack with their bibs and that each participant has the SI card attached to their wrist. The mandatory equipment control will then take place. No team will be allowed to enter the start area without these items. The SI card will then be cleaned and checked, and the Air system will be deactivated if necessary. It is the runner's responsibility to ensure their SI card has been properly cleaned and checked.

In addition, the organizers may check equipment at any time during the race, before or after, in the start or finish area.

Teams must enter this area together between 11:00 and 11:40 am. The start will be on Saturday, July 5th, at 12:00 p.m. The truck will sound its siren as the start signal.

**Arrivals:**

The final finish time without penalty will be Sunday, July 6, at 12:00 p.m. Once the finish line has been marked, only the organizers may remove the clip. Runners carrying a mobile phone during the race must present their sealed bag.

**Catering:**

Hash-house menu (Quintanar de la Sierra) starting at 5:00 PM on Saturday, July 5: coffee and tea, hot broth, isotonic drinks, nuts, fruit, cookies, rice, pasta, bowls with: lettuce, tomato, boiled eggs, olives, corn, carrots, chickpeas, etc., various sauces. In preparation for the closing meal, hot meals will not be served after 10:00 a.m. on Sunday. All other food will be available for takeout.

Half Hash-house (Neila) menu starting at 19:00 p.m. on Saturday, July 5: hot broth, nuts, and fruit.

Closing meal starting at 1:00 p.m. on Sunday, July 6: potatoes with chorizo and vegetables.



Special menus are available for vegetarians, vegans, and those with celiac disease upon prior request.

#### Showers:

Showers will be available in the same area of the Competition Center, open 24 hours a day. Showers will also be available at the Camping pool after the WRC event, by showing the pool pass each runner will have in their race bag.

#### Shops and Bar:

There will be some grocery stores, a bar, a food truck, and sports equipment stores (Hanker) and natural products stores (Ringana) at the Competition Center where participants can purchase any items they wish.

#### Results:

After the finish, each competitor will receive a printout of their preliminary results. These preliminary results will also be displayed on the screens in the Competition Center. The final results will be published on the World Championship website starting at 1:00 p.m. Complaints:

Any team may file a complaint or protest within 45 minutes of the finish time (until 12:45 p.m.). Complaints about preliminary results, about any team breaking the rules, or about actions by the organizers that they believe have rendered the event unfair must be submitted to the organization in writing and in English.

#### Technical Jury:

Any complaints will be considered by the technical jury, whose main members are Gil Fowler (AUS), Miroslav Seidl (CZE), and Ilze Lapina (LAT). Reserves: Janne Snellman (FIN), Julie Quinn (AUS), and Jaroslav Najman (CZE).

Any IRF advisor present in the competition area may act as an alternate jury member, should the complaint be submitted to a nominated jury member.

#### Prizes:

The team with the highest score in each category will receive the title of Rogaining World Champion and the Boot trophy. This trophy is perpetuated each year, so each winning team is responsible for safeguarding it and ensuring it is delivered to the next WRC organizers. The top three teams in each category will receive a prize provided by our sponsors.

#### IRF Meeting:



The IRF meeting will be held at 2:00 PM on Friday, July 4, at the Quintanar de la Sierra Town Hall, 1.6 km from the Competition Center. The meeting will be held in English.

#### Fun Rogaining 6h:

The 6-hour race will be held on Saturday, July 5, from 2:00 PM to 8:00 PM. Detailed information can be found in Bulletin 3 on the website. This race is primarily intended for local runners and companions of World Championship participants.

#### Organizers:

Competition Director: Teófilo Gil

Technical Director: Carlos Avilés

Logistics Manager: Jorge García

Security Manager: Javier Contreras

Secretary: Natalia Domingo

SportIdent Manager: Abel Otero

Web Development: Abel Herrero

Social Media Manager: Mar Serrallonga

Cartographer: Mario Vidal

Layouts: Eduardo Gil

Field Team Manager: Bárbara Domingo

IbeRogaine Supervisors: Roberto Pascual and Raquel Font Lladó

IRF Supervisors: Jean Douglass and Ron Simpson (Australia)

#### Contact:

<https://wrc2025.org>

Email: [wrcspain2025@gmail.com](mailto:wrcspain2025@gmail.com)

Instagram: @wrcspain2025