

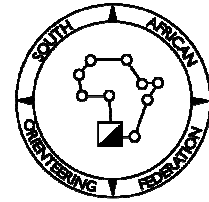


# Orienteering Event



at

## Pretoria National Botanical Gardens



### The Rand Orienteering Club presents the 20<sup>th</sup> Annual Sprint Cup Sunday 3<sup>rd</sup> December 2017

#### What is Orienteering

Orienteering is a competitive form of land navigation. It is for all ages and degrees of fitness and skill. It provides the suspense and excitement of a treasure hunt. The object of orienteering is to locate control points by using a map and compass to navigate through the area. Run, jog or walk, just make sure you enjoy it!

#### Directions to the Event Centre

**From the Johannesburg region:** From Johannesburg take the N1 north to Pretoria East. Proceed until the Lynnwood off-ramp. Cross back over the highway and turn first left into Meiring Naude. Follow until Cussonia Road, then turn left. The venue is well signposted. GPS : 25° 44' 23.01"S 28° 16' 24.00"E.

#### Courses Available

The Sprint Cup will consist of two legs, a Prologue, followed by a Final, with the results of the Prologue determining the chasing start order of the Final. Overall results will combine the times of the two courses for each participant. In addition, a single course for the less competitive will be available and will not have a second leg.

<b>Mens</b>	Technically moderate: 2.7km + 2.6km	<b>Novice (Orange)</b>	Technically easy, +/- 2.2km
<b>Ladies</b>	Technically moderate: 2.4km + 2.2km	<b>String Course</b>	For kids! +/- 600m (Free entry)

#### Technical Details

<b>Terrain</b>	This is a complex area comprising several different types of terrain including regularly mown lawns, rocky ridges and typical highveld bush. Many paths and walkways cross the area. Bring along your picnic baskets and lunch. There is a restaurant and kiosk in the gardens.
<b>Map</b>	1:5'000 5-colour map drawn to ISSOM (Sprint Specifications). Surveyed and drawn by Nicholas Mulder (ROC), 2006. Updated in 2013.
<b>Timing</b>	Our electronic punching and timing system (EMIT) will be used to provide for accurate split and finishing times and easy punching. <b>These can be hired at R15 per emit card.</b>

#### Times

Registration	08h00 to 09h00
Prologue Starts	1-minute intervals from 08h45 to 09h30
Final Starts	Chasing start from 10h30
Prize Giving/ Courses Close	12h00

#### Entries & Entry Fees

Enter online at [www.orienter.co.za](http://www.orienter.co.za)

Event entry fee does not include entry fee into the Gardens. Restaurant and café on the premises, so you are welcome to stay for brunch or lunch after the event or bring a picnic.

Category	Member of a SAOF Club		Non-Member		EMIT hire
	Pre-Pay	On the Day	Pre-Pay	On the Day	
Seniors (21+)	R100	R120	R110	R120	+ R15
Juniors (u21) and Full-Time Students	R80	R100	R90	R100	+ R15
Groups (Max 3) - 2 <sup>nd</sup> map incl. in entry	R130	R150	R140	R150	+ R15
Gate Entry Fee into Botanical Gardens	Adults R30 / Students R 20 / Children R15 / Under-6 Free				

#### Information / Contact Details

<b>www.roc.org.za</b>	<b>Newcomers will receive introductory explanation at registration For more information on orienteering and ROC, see website.</b>		
<b>Planner / Organiser</b>	Nicholas Mulder	<a href="mailto:nicholas@marquest.co.za">nicholas@marquest.co.za</a>	082-898-7871
<b>Controller</b>	Ian Bratt		