

The Campus – 18 February 2018

Note that the start time is **later than normal**.

The inaugural "My Run" 2.5/5km event is starting at 8h00 at The Campus. The orienteering starts are from 10h00, after the running event, giving you the chance to do both! Run details [here](#).

What is Orienteering?

Orienteering combines running/walking with navigation. It is a race, in which you use a highly detailed map to find checkpoints, as fast as possible. You don't need any experience with navigation to get started. Once you're into it, we have some challenging terrain, maps, and courses to keep you coming back!

Directions to the Event

This is the Dimension Data Campus, in Bryanston. From the N1 William Nicol exit, turn south on William Nicol. Take the next left (east) into Sloane Street. At the 3rd circle, turn right into The Campus office park. At the security gate, tell them you are going to the orienteering. Follow the signs to the parking for the orienteering.

GPS co-ordinates: S -26.040023, E 28.023350

[Google Link](#)

Courses available

Mens	Men with some navigation experience, winning time +/- 16 min, 2.8 km	Explorer	Easy navigation, suitable for everyone, +/- 2km. A fun course not too technically or physically challenging.
Ladies	Ladies with some navigation experience, winning time +/- 18 min, 2.5 km	Kiddies/String	Aimed at young children. Using the map, visit the cartoons and win a sucker, 300m long

Technical Details

Terrain	Office park with many paved paths, gardens, open grassed areas and sports fields.
Map	Sprint Symbols, updated Feb 2018
Timing	Electronic punching and timing system (EMIT) will be used to provide for accurate split and finishing times and easy punching.

Times

There is the inaugural "My Run" 2.5/5km run starting at 8h00. The orienteering will start later to accommodate the running event. You could do both events. Run details [here](#).

Registration	9h30 to 10h30
Starts	10h00 to 11h00
Prize Giving / Courses Close	+/- 12h00

Costs

Pre-entries: www.orienter.co.za

Entries close midnight Wednesday 5 February.

Category	Pre-Entry SAOF club members	Pre-Entry Non-SAOF club members	On the day Entry (no SAOF discount)
Individual	R 80	R 100	+R20
Juniors / Students	R 50	R 70	+R20
Groups (max 4) – 2nd map included	R 100	R 120	+R20
Emit Hire	R15		

Information / Contact Details visit - www.roc.org.za

Organiser	Alex Pope	078 344 8470 popeai@gmail.com
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