

Orienteering

A competitive or noncompetitive **recreational activity** in which participants use a **map** and **compass** to navigate between **checkpoints** along an unfamiliar course.



The Coves - 11 March

From Jo'burg, travel north on the R512 (Malibongwe / Pelindaba Road) towards Broederstroom. At the T-Junction with the R102 at the Sasol Garage, turn left. Stay on the R512 for 13.2 km to the venue. Do not turn off the R512. Pass Oberon / Pecanwood Estate on the right and continue straight along the R560 towards Magaliesburg (do not follow R512 toward Sun City!). Signs for the venue will be on the right. GPS co-ordinates: S 25° 46' 51" and E 27° 47' 41".

A **community market** is planned at The Coves Clubhouse, which is the event arena on the day. The **Clubhouse Bistro** will be serving breakfast and boerewors rolls. Soft drinks and alcohol will be available from the bar. A **Snake Awareness** talk is planned for 12h00.

Technical Info

Courses:

Explorer/Novice	+/- 2.2 km Fun Course
Men	3.3 km
Women	2.9 km
Kiddies/String	450 m

Terrain:

Residential housing area with a mixture of bushveld, grassveld, wooded bushveld forest and developed residential stands

Map:

1:5000 (ISSOM2007) with 5m contour intervals
This map was used for SA Sprint Champs 2017

Timing:

Electronic punching and timing system (EMIT)

Full leg cover is recommended

Times

Registration:	08h30 to 09h30
Starts:	09h00 to 10h00
Prize giving:	+/- 11h30



Entry fees

	SAOF Club Members	Non-Club Member
Individual	R80	R100
Juniors/Students	R50	R70
Groups (max 4)	R100	R120

- 2nd Map included

Be sure to PRE-ENTER and PAY to receive a code for easy access. On the day entries will need to sign in.

All **on the day entries** will be R120 per person

EMIT Hire is an additional R15

Please **do not** pay directly into the ROC bank account

Contact us for more info

For more information about **orienteering** or about the **Rand Orienteering Club**, please visit our website www.roc.org.za

Or contact our organiser - **Brian Gardner**
083 564 9445 Email: info@seaton.co.za

Pre-enter **online** for events at
www.orienter.co.za

Entries are **closing** at
18h00 on Wednesday **7 March**