

# Orienteering

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



## Kloofendal Nature Reserve - 9 Dec 21<sup>st</sup> Annual Sprint Cup

Corner of Veronica St and Galena Ave. **From the East** follow Ontdekkers, turn right into Christian De Wet, left into Wilgerood, second left into Topaz, right into Galena which leads to the entrance. **From the North**, follow Hendrik Potgieter, left into Christiam De Wet, through Allen's Neck and right into Wilgerood. Signposted from Wilgerood.

### Technical Info

#### Courses:

Explorer/Novice  
Men  
Women  
Kiddies/String

#### Distance:

+/- 2.2km Fun Course  
2.4km + 2.2km  
2.2km + 2.0km  
500m

#### Terrain:

A complex area comprising of different types of terrain including mown lawns, quartzite ridges and highveld grass

#### Map:

5 colour map according to ISOM 2000  
Surveyed and drawn by Nicholas Mulder 2004

#### Timing:

Electronic punching and timing system (EMIT)  
Scale is 1:5'000

### Times

Registration:

08h00 to 09h00

Starts:

08h30 to 09h15 (final chasing at 10h15)

Prize giving:

+/- 11h30



### Entry fees

Individual  
Juniors/Students  
Groups (max 4)  
- 2nd Map included

#### SAOF Club Members

R100  
R80  
R130

#### Non-Club Member

R110  
R90  
R150

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

**EMIT Hire** is an additional R20

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](http://www.roc.org.za)

Or contact our organiser - **Nicholas Mulder**  
082 898 7871 – [nicholas@marquest.co.za](mailto:nicholas@marquest.co.za)

Pre-enter **online** for events at

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

Entries are **closing** at  
23h59 on 5 DECEMBER 2018

