Orienteering

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

Rand Orienteering Club
www.roc.org.za

Long O - Rosemary Hill
Sunday 28th July 2018

Directions: Travel east on the N4 towards Emalahleni (previously the Witbank highway). Pass the Solomon Mahlangu offramp (previously Hans Strydom) and take the next offramp (exit 18) towards Boschkop/Donkerhoek. There is a R12,00 toll gate here. Turn right and continue over the bridge, onto the dirt road (R964) for just over 1km. Rosemary Hill is on the right—you will see the big green sign!

| 25.790917 | -25° 47′ 27.3″ | 28.432383 | 28° 25′ 56.58″ |

Technical Info

Courses:	Distance
Open men (M21+/-) (Br)	15.0km
Open ladies (W21+/-) | Veteran men (M40+) |Junior men (M20-) (Bl)	10.0km
Veteran ladies (W35+) | Master men (M50+) |Junior ladies (W20-) (Gr)	7.5km
Master ladies (W50+) | Grand Master men (M65+) |	
Grand Master ladies (W65+) (LGr)	5.5km
Orange	3.5km
Kiddies/String	+-1km

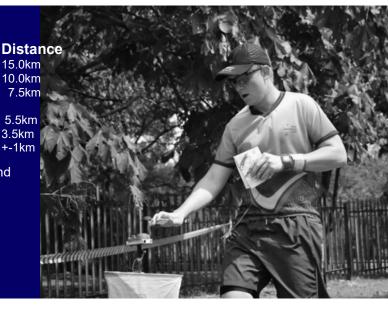**Terrain:** Mostly open farmland and pasture with cycling and running trails

Map: 5-colour map according to ISOM 2000
1:10 000 scale, 5m contours
Surveyed and drawn by Ian Bratt 2018

Timing: Electronic punching and timing system (EMIT)

Entry Fees

	Pre-entries		Entries
	SAOF Club Members	Non-Club Members	on the day
Individual	R110	R130	R150
Junior/Students	R 80	R100	R120
Groups (max 4)	R130	R150	R170
- 2nd Map included			Subject to availability of maps

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**

Or contact our organizer
Ian Bratt
082-887-6611 Email: ianbratt@global.co.za

Refreshments on sale at Rosemary Hill café at the finish www.rosemaryhill.co.za

Times

Registration: 8h30 to 9h30
Starts: 9h00 to 10h00
Prizegiving   +/- 12h30
Max running time: 3 hours

Pre-enter online for events at

www.orienter.co.za

Entries are closing at 23h59 on Thu 25th July