



invites you to compete in a

CROSS COUNTRY ORIENTEERING EVENT

<u>ORIENTEERING</u>	- COMPETITIVE NAVIGATION ON FOOT
<u>CROSS COUNTRY EVENT</u>	- A FORM OF ORIENTEERING IN WHICH COMPETITORS VISIT A SERIES OF CHECKPOINTS IN A GIVEN ORDER
<u>COURSES</u>	- THREE COURSES WILL BE PROVIDED: LONG, MIDDLE AND SHORT OF APPROXIMATELY 8KM, 4KM AND 2KM RESPECTIVELY
<u>VENUE</u>	- DELTA PARK, NEAR BLAIRGOWRIE AND VICTORY PARK SUBURBS. MAP REFERENCE: 4 TH EDITION STREET GUIDE TO WITWATERSRAND, PAGE J36/J18. THE CAR PARK NEAR THE START AND FINISH IS ACCESSIBLE FROM THE JUNCTION OF PITCAIRN ROAD AND PENELOPE AVENUE AND WILL BE SIGNPOSTED FROM THE INTERSECTION OF PENELOPE AVENUE AND 1 ST AVENUE.
<u>MAP</u>	- SCALE 1:5000, 5 COLOURS, 5 METRE CONTOURS.
<u>TERRAIN</u>	- A MIXTURE OF OPEN AND WOODED PARKLAND
<u>STARTING TIMES</u>	- STAGGERED STARTS AT 3 MINUTE INTERVALS FROM 10.00 TILL 11.00 (Registration from 9.30)
<u>ENTRY FEES</u>	- R60 FOR COMPETITORS 18 YEARS AND OLDER R35 FOR COMPETITORS YOUNGER THAN 18 YEARS (sorry we couldn't keep the entry at 1982 prices !!)
<u>CLOTHING & EQUIPMENT</u>	- TYPICAL ATHLETIC/FITNESS/LEISURE APPAREL. I.E. SHORTS AND T SHIRTS, TRACK SUITS, RUNNING SHOES OR TAKKIES. SILVA COMPASS NOT REQUIRED. BRING A A PLASTIC BAG TO PROTECT YOUR MAP DURING THE COMPETITION.
<u>DRINKS</u>	- PEPSI COLA (and celebratory beer !!) AT THE FINISH FOR ALL ENTRANTS

THE RAND ORIENTEERING CLUB LOOKS FORWARD TO WELCOMING YOU ON **SUNDAY SEPTEMBER 11th.**
PLEASE ENTER VIA ORIENTER www.orienter.co.za

ORIENTEERING... THE SPORT WITH WIDE APPEAL... CUNNING RUNNING... THE THOUGHT SPORT
INQUIRIES: IAN BRATT 082-887-6611

Note: This will be the 40th anniversary re-run of the first event which was held in Johannesburg on 4th September 1982. The original map will be used as will the original control sites (as far as possible).

Master maps will be in use (long course has a second master map) and competitors will use conventional (pin) punching on control cards. PRIZEGIVING AT 12h30.

The current records stand at:

Long course	8.0km 190m	Dylan Hemer	43:21 (2007)
Middle course	3.8km 90m	Paul Wimberley	22:39 (2012)
Short course	1.8km 50m	Jessica Lund	11:15 (2012)