

Orienteering

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



The Campus – 3 Feb 2019

Note the <u>later than normal start time!</u> The event is after the Discovery MyRun.

Directions: 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.

Technical Info

Courses:

Explorer/Novice +/-

+/- 2 km Fun Course

Distance:

Men 3 km
Women 3 km
Kiddies/String 500 m

Terrain: Office park with many paved paths, gardens,

open grassed areas and sports fields.

Map: Sprint symbols. Updated Jan 2019. Underground

section.

Timing: Electronic punching and timing system (EMIT)

Times

 Registration:
 9h15 to 10h00

 Starts:
 9h45 to 10h45

 Prize giving:
 +/- 11h30





Entry fees

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

SAOF Club Members Non-Club Member

 R90
 R110

 R50
 R70

 R100
 R120

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 - Alex Pope 078 344 8470 – popeaj@gmail.com

Pre-enter **online** for events at

www.orienter.co.za

Entries are **closing** at Midnight 30 January 2019