

Orienteering - Bush Series #8 of 2023

incorporating the Mountain Marathon Champs

Sunday 8th October 2023

Kloofendal Nature Reserve

Address: Veronica St, Kloofendal, Roodepoort

What3Words: //barmaid.signal.daunting

GPS coordinates : -26.1280, 27.8804



What is Orienteering?

A competitive or non-competitive recreational activity in which participants use a map and compass to navigate between checkpoints along an unfamiliar route.

Venue

- Located in a valley between rocky ridges, Kloofendal Nature Reserve is a mix of dense bush on steep slopes and in the valley, with open grassy areas on the rocky ridges. There is a dense path network.
- There is no restaurant or café at the venue, please bring your own food and drink.

The Event

Organization	The event is organized by Friends of Kloofendal (kloofendalfriends.org.za) in collaboration with the Rand Orienteering Club (www.roc.org.za).
Map	1:7'500 scale, 5m contour interval, A4 size. Map originally surveyed in 2004, but last updated and extended 2021 by Nicholas Mulder (ROC).
Water Points	There will be water points on the course, but we still encourage you to carry your own water as the courses are longer than usual as this is the Mountain Marathon champs and it is also mid-summer.
Mountain Marathon	The event incorporates the Mountain Marathon champs. You are welcome to compete on any course irrespective of your age category, but you can only win MM category prizes on the course as listed below.

Entries

Go to Orienter.co.za (on PC or Mobile Device) to enter. Create a profile if you don't have one.

Entries Close	Wednesday 4 October at 23h59 (midnight)
Start Times	Can be selected when you enter online. If you don't select one, one will be assigned to you.
Electronic Timing	A Compulsory Emit device can also be hired when you enter online if you don't have your own.

Course	Distance	Mountain Marathon Categories	Difficulty (out of 5)	Suitability
Brown	±9.7 km	M21 (Open Men)	Technical 5 / Physical 5	Experienced orienteers
Blue	±7.7 km	W21 (Open Women) M20- M40+	Technical 5 / Physical 4	Experienced orienteers
Green	±6.0 km	W20- W35+ M50+ M65+	Technical 4 / Physical 3	Difficulty increasing
Light Green	±4.3 km	W50+ W65+	Technical 3 / Physical 2	Starting to get challenging
Orange	±2.5 km		Technical 2 / Physical 1	Looking for a fun, easy course?
Yellow	±1.6 km		Technical 1 / Physical 1	Ideal for young children

Times

Starts	08:15-09:30	3-minute intervals between start times on each course.
Prize Giving	±12:00	Prizes to male / female winners on each course. Trophies to category winners. Spot prize lucky draw!

Costs

	SAOF-Club Members	Non-Club Members	Emit Card Hire
Individual	R150.00	R180.00	+R20
Juniors/Students & u25s	R120.00	R150.00	+R20
Groups (max 4 people)	R190.00	R220.00	+R20
Yellow Course	R20.00 per individual or group, entry on the day only (no need to pre-enter)		

General Info - For more information about Orienteering or the Rand Orienteering Club visit our website www.roc.org.za

Planner	Nicholas de Klerk - 072 359 6134 - thenjdk@gmail.com
Controller	Sarah Roffe - 084 253 3280 - sarahroffe1@gmail.com
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