

NOUN

- a competitive sport in which the competitor, aided only by map and compass, locates a number of features, termed "controls", marked in the terrain and on the map. Participants compete against the clock

MODDERFONTEIN RESERVE | Long-O Champs | Bush Series #7



WHEN

Sunday 10 October 2021

Registration 08:30 – 09:30

Starts 09:00 – 10:30

Courses Close 12:30



WHERE

Modderfontein Reserve

What Three Words: REEF.QUANTITY.MESS

GPS: 26°05'08.43"S 28°08'55.01"E

Enter the reserve through the parkrun entrance and follow the signs to the parking.



CATEGORIES

	Club	Non-Club
Senior (21+)	R130	R150
Juniors/Students	R90	R110
Group (Max. 2)	R180	R200
Add group runners	+R50 each	
Emit Card Hire	R20	

ENTRY FEE INCLUDES CONSERVANCY LEVY



TECHNICAL STUFF

Courses:

Brown/Open Men: ±13km

Blue/Open Women/Veteran Men/Junior Men: ±10km

Green/Veteran Women/Master Men/Grand Master Men (65+)/Junior Women: ±7km

Light Green/Master Women/Grand Master Women (W65+0): ±5km

Orange: ±3.5km

Yellow: ±2.5km

Starts will be at 3 minute intervals per course.

Emit will be used.

Terrain: Open grassland, thick undergrowth, rocky outcrops and differentiating in climb.

Map: Scale 1:10000, 5m Contours map on A3/A4. Surveyed/Drawn by Pat de Klerk 2018/2019.

STRICTLY PRE-ENTRY ONLY

Entries close midnight

6 October

www.ORIENTER.CO.ZA

COVID 19 Procedures apply at Registration

- *No entries/payments on the day
- * Wrist bands – provided at Registration – **MUST BE WORN AT ALL TIMES !**
- *Face masks/buffs must be worn at all times – except when out running on the course
- *No water on the courses – please carry your own
- *No Prize-giving - Results will be electronically available
- *This is a commonly used area for hikers and cyclists, so give them right-of-way at all times.
- *There are also wild animals on the course so stay out of their way.
- ***THIS IS A MAJOR AREA FOR BLACKJACKS**



CONTACT ME FOR MORE INFO

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