

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

Stirrup Glen | Mountain Marathon | Bush Event #4



WHEN

Sunday 30th June 2019
 Registration 08:30 – 09:30
 Starts 09:00 – 10:00
 Course close 13:00
 Prize-Giving ±13:00

Drinks & snacks will be on sale

PLEASE NOTE: STRICTLY NO DOGS ALLOWED ON SITE DUE TO WILDLIFE ON RESERVE



WHERE

Follow the M1 South past Southgate onto R82 Vereeniging road. After 7,8km at Lido turn left onto the R550 Kliprivier rd. Turn right after 100m (Eye of Africa Golf) and right again after 0,8km onto Cayman rd. Proceed 2,3km then turn right onto Hibiscus rd (gravel). Follow O signs for 2,8km to the Stirrup Glen Horse and Game farm.
GPS: 26°36'37.86"S 28°00'95.77"E



CATEGORIES

	<u>Club</u>	<u>Non-Club</u>
Senior (21+)	R110	R120
Juniors/Students	R80	R90
Kids under 12	R30	R40
Group (Max. 4)	R130	R140
Emit Hire	+R15	+R15

Yellow (kids course) will be on the day entry at **R20** for map and Emit.

All on the day registration and payments additional **+R20**



CONTACT ME FOR MORE INFO

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TECHNICAL STUFF

Courses:	Distance	Climb
Brown (Tech 5; Phys 5) <i>Open Men (M21+)</i>	±10km	±700m
Blue (Tech 5; Phys 4) <i>Open Women (W21+), Vet Men (M40+), Junior Men (M20)</i>	±8km	±600m
Green (Tech 4; Phys 3) <i>Master Men (M50+), Vet Women (W35+), Grandmaster Men (M65+), Junior Women (W20)</i>	±5km	±400m
Light Green (Tech 3; Phys 2,5) <i>Master Women (W50+), Grandmaster Women (W65+)</i>	±4km	±200m
Orange (Tech 2; Phys 1)	±3km	±100m
Yellow (kids) (Tech 1; Phys 1)	±2km	±60m

Please note there is NO string course.

Starts will be at 3 minute intervals.

Emit will be used.

Terrain: Mix of open land, rocky rough hills, scattered trees, bush and wooded areas.

Leg covering recommended.

Map: Scale 1:10000 / 5m Contours map on A4.

PLEASE PRE-ENTER AT

www.orienter.co.za

It helps with map printing and catering numbers

Entries close midnight 27 June 2019

Pre-Payment by 27 June 2019

On the day entries will also be accepted.

PLEASE NOTE: Payment on the day will be with the SNAPSCAN app only.

No cash will be accepted.

NB: You will need to download and activate the SNAPSCAN app in advance.