



14th Annual Foot Rogaine

Thabela Thabeng (Northwest Province)

Saturday 4th November 2017

All competitive and recreational orienteers, adventure racers and walkers/hikers are invited by the Rand Orienteering Club to participate in the 2017 Foot Rogaine, to be staged at Thabela Thabeng. Regrettably, the Mountain Bike Rogaine will not be held this year.

The competition centre is at Thabela Thabeng, 25km northwest of Parys. Travelling time from Johannesburg is approximately 100 minutes. All competitors will be provided with a burger and a cool drink at the finish after completing the. Drinks and other snacks will also be on sale.

Directions to the venue will be sent with the final instructions. Accommodation is available at Thabela Thabeng and there is plenty of other accommodation in the area. info@thabelathabeng.co.za
www.thabelathabeng.co.za

WHAT IS A ROGAINE ?

Rogaining is a close relative of orienteering. It is defined as an athletic or recreational long distance cross-country navigation sport. Using a standard topographical or (in this instance) a specially prepared map, rogaining involves map interpretation, navigation and route planning, tracking down control points in any order that you choose, within a set time.

You do not have to be an accomplished orienteer or highly competitive athlete to participate in this event. Provided that you have the legs and some stamina, you run, walk or jog at your own pace, decide on your own time limit and enjoy the navigational challenge and the scenery.

People compete in teams of two, which can be all male, all female or mixed. See below for the various team categories.

At the start, each team member will receive a pre-marked map showing all the controls (orange and white flag markers) on the ground. The controls that are farthest from the start/finish and those that are more difficult to locate yield a higher point score than those controls that are closer to the start/finish and easier to find. Teams that exceed their time limit will incur time penalties.

Participants are invited to enter the 6 or 3 hours Foot Rogaine.

SCHEDULE OF EVENTS

Entries: Please enter and pay using Orienter www.orienter.co.za no later than Tuesday 31st October. If you do not have a profile on Orienter you will need to create one. Enter using the Team Captains Profile on OriEnter and Add the 2nd Team Members Name in the text box provided

Registration: Collect your final instructions (these will also be sent by e-mail), EMIT card and control descriptions on Saturday 4th November from 8h00 to 9h30 (6 hour event) or from 8h00 to 11h30 (3 hour event) at the competition centre.

Briefings: The briefing for the 6 hour event will be at 9h45 followed by a mass start at 10:00. The briefing for the 3 hour event will be at 11h45 followed by a mass start at 12h00.

Prizegiving: 16h30 at the competition centre.

TERRAIN AND MAPS

The area used for the Rogaine comprises open bushveld with grassland and open rocky terrain. There are limited vehicle tracks but many animal tracks in the area making for route choice with a mixture of easy and challenging conditions.

The map scale will be **1: 30` 000 with a contour interval of 10 metres**. All accessible roads, tracks, paths as well as contours and most significant topographical features are shown on the map.

EQUIPMENT DETAILS

The organisers recommend that competitors wear full leg cover, carry a reliable watch, a compass **and a whistle**, protection against the sun (or wind and rain !), as well as adequate liquids and other sustenance as there will only be limited access to water on the course.

TEAM CATEGORIES

Trophies will be presented for the 6 hour Foot Rogaine. Floating trophies are awarded to the winning male, female, mixed, female veteran and male veteran teams in the following categories:

- mixed male/female, any age.
- open men, any age.
- open women, any age.
- veteran men, minimum 40 years of age on the day of competition.
- veteran women, minimum 35 years of age.

There will be prizes for the winning teams and a lucky draw at the prize-giving.

For further information, visit www.roc.org.za or contact Ian Bratt 082-887-6611 ianbratt@global.co.za

ENTRY FEES:	6 hours Foot	- R 740.00 per team
	3 hours Foot	- R 460.00 per team

CLOSING DATE FOR ENTRIES IS 31st October 2017