



**Presents the 2010 Mountain Marathon**

**SUNDAY 5<sup>th</sup> SEPTEMBER 2010**

## **Kumbagana, Hamerkop & Grootkloof**

**Directions:** From Johannesburg, travel North along the R512 from Malibongwe Drive over the Hartebeestpoort Dam and over Commando Nek. Turn left at the 4-way stop and travel  $\pm 36$  km, turn left past the Buffelspoort dam and turn left into Kumbagana after  $\pm 11$  km. From Pretoria, travel West on the N4, turn left at the Buffelspoort turnoff, right at the T-junction and then first left past the Buffelspoort dam.

**Times:** Registration: 08h30 to 9h30. Starts: 09h00 to 10h00.  
Prize giving: 12h00.

**Courses:** Five courses catering for all levels of orienteering ability and fitness. The registration and easier courses will be in a fenced game park (<http://www.kumbagana.co.za/>) with the Brown course involving more climb, including ascending the Magaliesberg.

<b>Category</b>	<b>Entry Fee</b>	<b>Emit Hire</b>
<b>Seniors (21 +)</b>	R 40.00+Resort Entry Fee	R 10.00
<b>Juniors (- 20)</b>	R 25.00+Resort Entry Fee	R 10.00
<b>Groups (max. 3)</b>	R 80.00+Resort Entry Fee	R 10.00

Additional maps R10.00 each.

Resort entry fee R30.00per person payable at registration

**EMIT:** The EMIT electronic punching and timing system will be used.

**Terrain:** This map was surveyed and drawn by Steve Spottiswoode July 2010. Scale 1:15 000. The lower section is flat and runnable, ascending to the top of the Magaliesberg and cut by several kloofs and gullies.

**Newcomers:** Will receive assistance from experienced orienteers.

**Organization:** Planner: Steve Spottiswoode (ROC); Controller: Craig Ogilvie (ROC)

**Information:** Steve Spottiswoode tel. (011) 674-2980 or (082) 558-3158

visit the Rand Orienteering Club website at:-

<http://www.roc.org.za>