

Bulletin 1



SA Sprint Champs 2010
15 May 2010

&

Gauteng Champs 2010
15 - 16 May 2010



Release date – 14 February 2010



The **Adventure Racing Club** invites you to participate in the **1st ever** South African Sprint Orienteering Championship and the Gauteng Orienteering Championships 2010.

Event Director

The SA Sprint Championship – Garry Morrison
The Gauteng Championships – Michele Botha

Information

Phone: +27 (0)82 330 2496 (SA Sprint)
+27 (0)82 456 5937 (Gauteng Champs)
Web: www.saorienteer.co.za/SA_Sprint2010

Course Planners

SA Sprint	Ian Bratt (Rand Orienteering Club)
GOC Middle	Michele Botha (AR Club)
GOC Long	Eugene Botha (AR Club)

Event Controllers

SA Sprint	Glen Terry (Peninsula Orienteering Club)
GOC Middle	Eugene Botha (AR Club)
GOC Long	Michele Botha (AR Club)

Event Maps

SA Sprint	Martin Terry & Glen Terry (Peninsula Orienteering Club)
GOC Champs	Dave Peel (Peel Land Surveys U.K.)

Venue

SA Sprint	Pretoria Boys High School
GOC Champs	Hennops River Valley

There will be Event Centres at each location.

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Preliminary Programme

Saturday May 15

7am

Event Centre at Pretoria Boys High School opens

12:30pm

Event Centre at Hennops River Valley opens

Saturday May 15

Morning – SA Sprint Championship – Pretoria Boys High School

Afternoon – Gauteng Middle Distance – Hennops River Valley

Afternoon – Prize giving for SA Sprint Championships

Sunday May 16

Morning – Gauteng Long Distance – Hennops River Valley

Afternoon – Prize giving for Gauteng Orienteering Championships

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Classes and Participation Restrictions

Competitors 20 years & under belong to the age group up to the end of the calendar year in which they reach the given age. Competitors 21 or over belong to the age group from the beginning of the calendar year in which they will reach the given age.

M12	12 and under	1998
M16	16 and under	1994
M20	20 and under	1990
M21A	Open	
M40	40 and over	1970
M50	50 and over	1960
M60	60 and over	1950
M70	70 and over	1940

W12	12 and under	1998
W16	16 and under	1994
W20	20 and under	1990
W21A	Open	
W35	35 and over	1975
W45	45 and over	1965
W55	55 and over	1955
W65	65 and over	1945

To be eligible for official Championship titles, participants must be paid-up members of an Orienteering club affiliated to the SAOF, hold an SA passport or have permanent resident status.

Training Opportunities

There is a colour-coded event in Gauteng on 2 May at Protea Ridge.

Various Gauteng Orienteering Clubs can be contacted to request training maps in similar terrain. More details to follow in Bulletin 2.

Climate

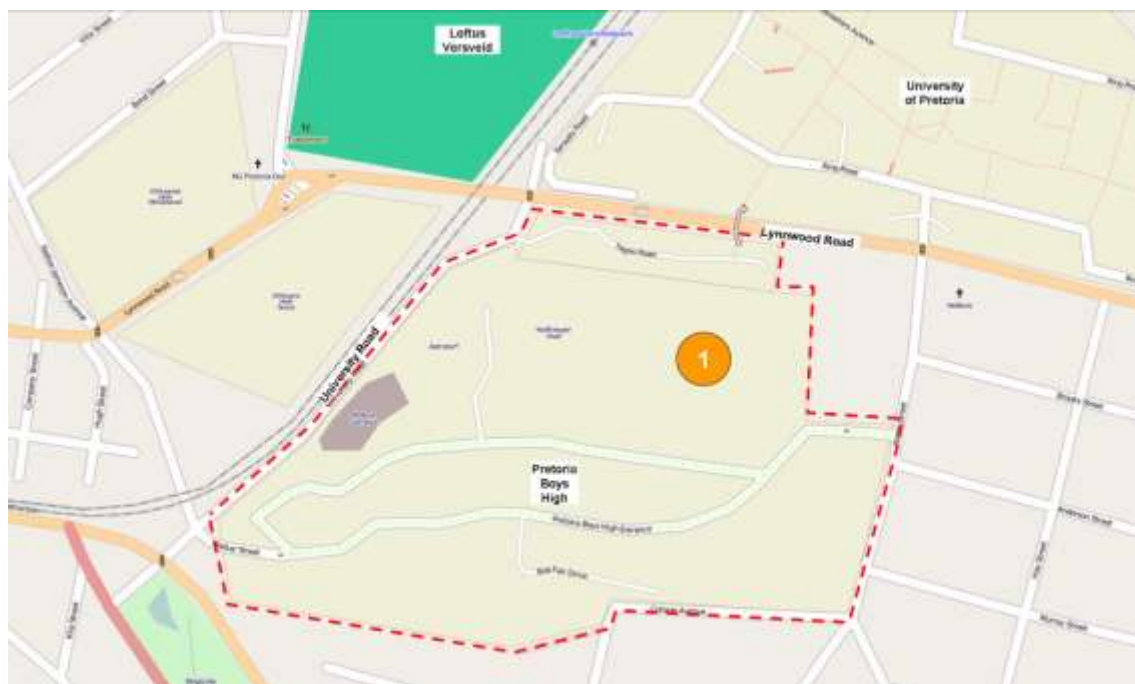
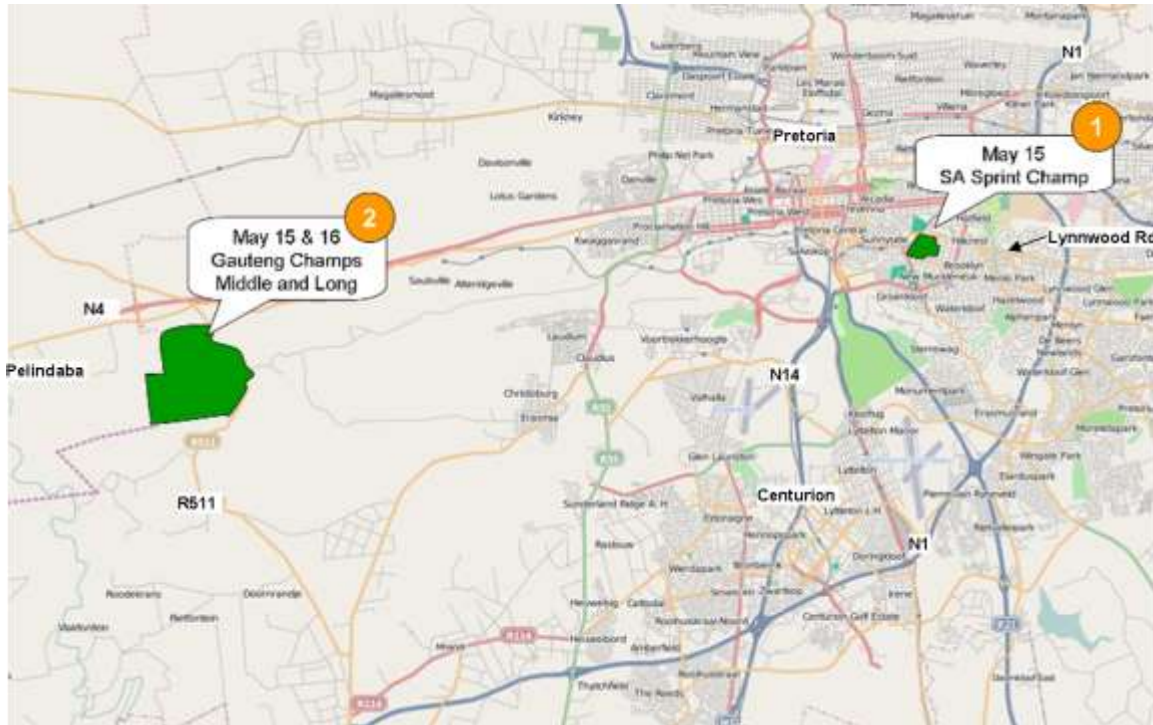
The climate during this time of year (autumn) is typically warm and dry during the day. Mornings are cool, whilst temperatures in the afternoon are moderately warm. Rain is rare during this period.

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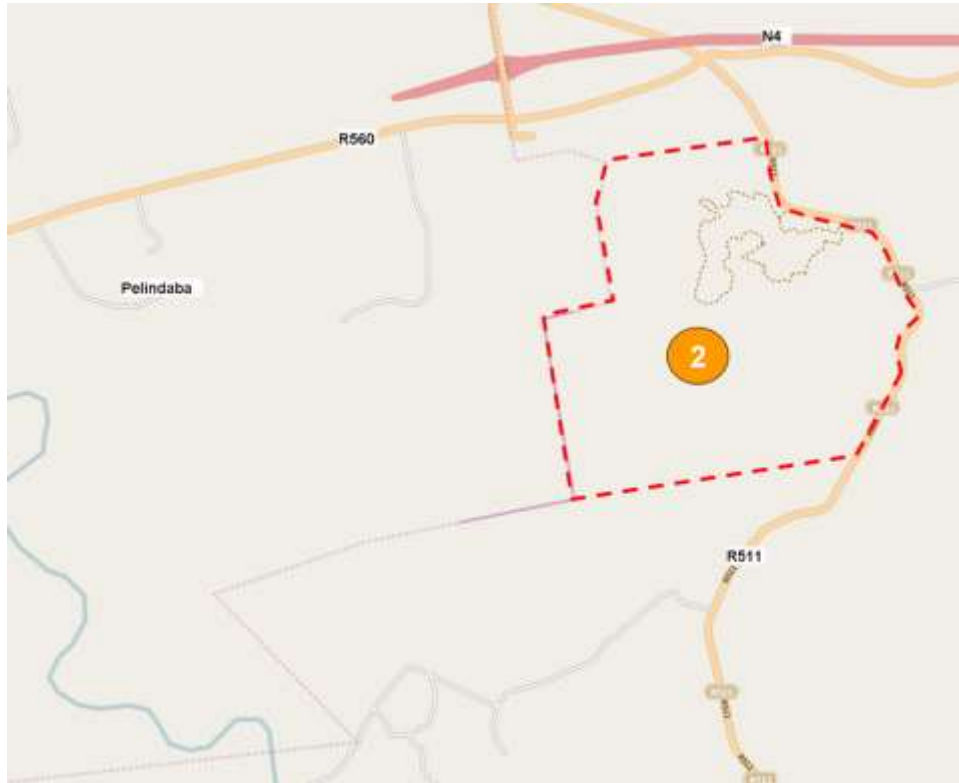
Embargoed Areas

1. Pretoria Boys High School
2. Hennops River Valley

The geographic locations of the embargoed areas are shown in the maps below.



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Description of the Terrain

1) The Sprint Championship will be held at Pretoria Boys High School. The grounds consist of a complex of buildings and sports fields, interspersed with areas of forest. The map will be 1:5000 scale with 2m contours drawn according to the ISSOM 2007 standard.

2) The Middle distance area

Hennops River Valley is an undulating area consisting of mixed grassland, dense bush and rocky outcrops.

3) The Long distance area

Hennops River Valley is an undulating area consisting of mixed grassland, dense bush and rocky outcrops.

Entries

Entry forms and further detail will be available in Bulletin 2, which will be published two months before the Championship weekend.