



MOUNTAIN BIKE ORIENTEERING



SATURDAY 5th JUNE 2010

PROTEA RIDGE - KRUGERSDORP

Mountain Bike Orienteering is navigation with map and compass whilst on your mountain bike. Competitors start on a course at 2 minute intervals. Your detailed map of the terrain indicates certain control or check points that you have to visit in a specific and logical order. **Help will be available for novices.** The shorter course is well suited for children / beginners either in groups or solo.

Date: **SATURDAY 5th June 2010** (NOTE CHANGE OF DATE!!!)

Venue: **Bosvark Adventure Park (formerly Protea 4x4) – Robert Broom Road, Krugersdorp**

Times: Registration: 08h30 to 09h30
Starts (2-min intervals): **09h00 to 10h00**
Courses close & Prize giving: 12h30

Courses: Three different courses for varying physical and technical MTB abilities:

- **Long Course** (+/- 20km, 80 min winning time, very technical tracks)
- **Medium Course** (+/- 13km, 60 min winning time, moderate riding)
- **Short Course** (+/- 6km, 40 min winning time, easy roads and paths)

Equipment: Mountain Bike and Biking Helmet. NO HELMET NO RIDE!

Map: Scale 1:15 000, 5m contour intervals. Based on previous foot orienteering map. The road and path network will be resurveyed to International MTB-Orienteering specification.

Terrain: Detailed network of dirt roads, 4x4 vehicle tracks and some single track. Rocky in places.

Entry Fee: Seniors (21 +) R 60.00
Juniors (- 20) R 40.00

Punching: Manual punching with control / check point card. No electronic punching system.

Directions: **From Joburg:**

From N1 (Western Bypass of Johannesburg), take the 14th Avenue offramp and turn onto Hendrik Potgieter Road (M47), travelling in a NW direction towards Krugersdorp. After passing Hillfox Power Centre, turn left into Jim Fouche Road (M86) and proceed over the Constantia Ridge. Turn right into Christiaan De Wet Road and immediately first left into Wilgeroord Road (M86). Continue along Wilgeroord, which will become Robert Broom Road. The entrance to the the Bosvark Adventure Park (4x4 place) is on the right hand side just after the Noordheuwel shopping centre.

From Pretoria:

Take the R28 to Krugersdorp. Continue straight across Hendrik Potgieter at the traffic lights and go up the pass over the ridge. Take the offramp for Robert Broom Road. This will loop back, so you will be turning right (east) onto Robert Broom. Continue along the road for 2.5km. Bosvark Adventure Park (4x4) will be on your left opposite the Total petrol station.

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