

adventure
racing club



SA Orienteering Championships 2012

22-24 September 2012

Haenertsburg, Limpopo

Bulletin 1/2



Organised by the Adventure Racing Club

On behalf of the SA Orienteering Federation and in partnership with the NLDTF.

With kind permission on Stevens Lumber Mills and Standford Lake College

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Phone: +27-83-602-6163 **Fax:** +27-11-887-6893

Website: <http://www.orienteering.co.za/event-calendar/sa-champs-2012/>

Event Centre: Stanford Lake College, Haenertsburg – approximately 380km, 4 hours by car north-east of OR Tambo International airport; 380km north-east of Johannesburg and approximately 65km from Polokwane.

Competition area: Various forest plantations around Haenertsburg.

Saturday 22 September: Middle distance event (WRE)

Sunday 23 September: Long distance event

Monday 24 September: Relay

Classes: M21E/W21E (World Ranking Event) – The organisers reserve the right to more competitors to M/W21A should this class be oversubscribed or they feel that the entrant is not sufficiently qualified to compete in M/W21E.

M/W12, M/W16, M/W20, M40, M50, M60, M70, W35, W45, W55, W65

M/W21A (non-championship)

Novices courses for non-SAOF members will be provided on both days.



STEVENS LUMBER MILLS

Winning times:

Category	Long Distance Championships
M21	80 – 90 minutes
M20, W21E, M40	60 – 70 minutes
W20, M21A, M50	50 – 60 minutes
M16, W21A, M60	40 – 50 minutes
W16, W35, W45	40 – 50 minutes
W55, W65, M70	35 – 45 minutes
M12, W12, SN	20 – 30 minutes
LN	40 – 50 minutes
Category	Middle Distance Championships (WRE)
M/W21E; ALL	30 – 35 minutes

Restrictions

Competitors on Championship courses must be members of a club affiliated to the SAOF or members of an Orienteering Club outside of South Africa.

Only members of a club affiliated to the SAOF and who have been resident in South Africa for six months will be eligible for Championship trophies/medals (as per SAOF competition rule 4.1).

SA Relay Championships

Club Relay Championship: teams of three competitors from the same SAOF affiliated or overseas club (with at least one non-M21A/E); 1 medium leg, 2 short legs.

Ad Hoc relay: teams of any three competitors regardless of affiliation or class; 3 short legs

Terrain

The terrain is mature open pine forest plantation, with interspersed areas of indigenous forest. The terrain has mostly gentle to moderate slopes covering most of the map. Runnability and visibility is very good in most places.

General map of the area

Embargoed areas:

20 km radius around Haenertsburg.

Climate: The average daytime/night time temperatures for September are 22°C / 9°C respectively and the average rainfall is 16mm. It is therefore likely to be cool and dry for the competitions with the possibility of light showers.

Warnings: September is a HIGH fire risk time so all participants are requested to take extreme care. There is the possibility of forestry vehicle movements in the plantations during the event.

Hazards: There are no dangerous animals in the competition area, although competitors may encounter various species of buck, jackals and other small animals.

Snakes (including venomous ones) are found in the area but they will usually get out of the runners way. No incidents have been reported due to snakes in similar areas used for Orienteering in South Africa.

Maps: Middle: 1:10000; 5m contour interval drawn to ISOM2000 specifications
Long: 1:10000; 5m contour interval drawn to ISOM2000 specifications
Relay: 1:10000; 5m contour interval drawn to ISOM2000 specifications

All areas surveyed and cartography by Nicholas Mulder in 2012.

Entries: Online at the SAOF website (<http://www.orienteeing.co.za/event-calendar/sa-champs-2012/>) or using the form at the back of this bulletin, via email to fred@polarair.co.za, via fax to +27 11 887 6893 or by hand to any AR club committee member **on or before Sunday 9th September 2012**.

Payment to be directly into the Adventure Racing Club bank account or by cheque / cash with entry.

Visa Requirements: Most visitors to South Africa are not required to obtain visas in advance. For further information visit http://www.learn4good.com/travel/south_africa Visa.htm

Accommodation: Haenertsburg has plenty of guest houses and self-catering accommodation. See: <http://www.wheretostay.co.za/np/cn/accommodation/haenertsburg.php>
<http://www.safarinow.com/destinations/haenertsburg/hub.aspx>
www.mountaingetaways.co.za

Social: A bring and braai/social will be organised at Stanford Lake College at approximately 18h00 after the SAOF AGM on the Sunday afternoon.

Opportunities for training: There are no opportunities for training in Haenertsburg. However, training opportunities can be made available to overseas competitors in Johannesburg / Pretoria in the week prior to the event. Please contact the organisers for further details.

Transport: No official transport will be offered. Overseas competitors are advised to hire a car from one of the recognised car hire companies:

www.avis.co.za

www.tempestcarhire.co.za

www.hertz.co.za

www.budget.co.za

Competition clothing: There is no restriction on competition clothing. However, leg protection is advised for all three events.

Event programme:

Sunday 9 Sep		Entries close
Saturday 22 Sep	09h00 – 13h00 14h00 – 15h00	Registration Starts Maximum running time 2 hours!
Sunday 23 Sep	9h00 – 10h00 9h30 – 10h30	Registration Starts Maximum running time 3 hours!
Sunday 23 Sep	15h00	SAOF AGM
Sunday 23 Sep	17h00	Social
Monday 24 Sep	8h30 – 9h00 9h15 9h30 12h00	Registration Briefing Relay mass start (max 2.5 hours) Prize giving

NOTE: Entries on the day can only compete on the Novice (LN and SN) Courses.

Entry Fees:

Whole event:	Seniors R250.00 ;	Juniors R150.00 (includes relay)
Middle/Long:	Seniors R125.00;	Juniors R 75.00
Novice courses (on the day):	Individual R75;	Groups R100
Emit Hire:	Per day R 10.00	

See entry form on the last page, or enter online at:

<http://www.orienteering.co.za/event-calendar/sa-champs-2012/>

2012 South African Sprint Orienteering Championships

Entry form (use separate form per person)

(Photocopy, fax and email acceptable. This page only.)

Surname	
First name	
Address	
Cell / Home phone	
Date of Birth	DD / MM / CCYY
Email	
Club	
Emergency Contact #	
Emergency Contact	

Middle	Category	M		12	16	20	21	40	50	60	70
	Mark with X	W		12	16	20	21	35	45	55	65

Long	Category	M		12	16	20	21	40	50	60	70
	Mark with X	W		12	16	20	21	35	45	55	65

Do you need to hire an EMIT card? (R10 per event)	(Y/N)
NB: If not, what is your EMIT Card Number?	

Preferred Start Time	Tick Preferred Start Time		
Middle	Early	Middle	Late
Long	Early	Middle	Late

ENTRY FEE

Event	Entry	EMIT Hire	
Middle	R	R	
Long	R	R	
TOTAL			R

Payment: (before 9th September 2012)

Cheque: to Adventure Racing Club	Name: Adventure Racing Club
EFT: payment to AR Club's bank account	Bank: Standard Bank
Reference: <SAOC your Surname>	Branch: Bedford Gardens
	Branch Code: 01-83-05
	Acc. Number: 42 61 90 203

Fax entries to: 011 887 6893 by **9 September 2012**.

Email entries to: fred@polarair.co.za by **9 September 2012**.

Entries will not be accepted without a proof of payment.

Confirmation will be sent to you via email. If you have not had confirmation within a week or by the closing date, please contact Fred on fred@polarair.co.za.

Indemnity: I declare that I participate in these events at my own risk and indemnify the organisers, landowners and sponsors of this race against any claim that may result from my participation.

Signature

Parent/Guardian if under 21