

Pelindaba West Mountain Marathon

When?

Sunday 19th August 2012
 Registration 08:30 – 9:30
 Starts 09:00 – 10:30
 Prize-Giving **13:00** (courses close)



Directions?

From Johannesburg, take the Malibongwe R512 road past Lanseria to the T Junction at Broederstroom. Turn right R104, after 1.7Km turn right at NECSA Gate 1. (a)

From Pretoria, take the R104 west past Atteridgeville. When you get to NECSA, take the last Gate No1 to the left. (a)

(a) Just before the main gate take the right turn up to the green gate. Tell the guard you are doing orienteering and continue through gate. Keep on tar road until the event area.

GPS 25° 48' 32.0" S 27° 54' 49.5" E

Technical Stuff

Courses: This is a championship event and therefore the lengths and climb will be as per the GOC Technical Standards. Please attempt to run your category race and don't "run down".

Courses	Classes	Eligibility for Trophy	Expected Winning Time
Course 1 / Brown	Men Open M21+	M21+	100-120 minutes
Course 2 / Blue	Women Open W21+ Men Vets: M40	W21+M40+	80-100 minutes
Course 3 / Green	Veteran Women Masters – Men	W35+ M50+	65-75 minutes
Course 4 / Light Green	Masters – Women	W55+	55-65 minutes
Orange	Controls near junctions & line features		40-50 minutes
Yellow	Controls on paths & junctions		30-40 minutes

Deviation from the above winning times can be ± 20 min for all courses.

Starts will be at 3 minute intervals. Emit will be used for all courses.

Terrain : Highveld area with steep cliffs, grasslands, thick bush and mixture of dirt roads, Quad Bike Tracks and Hiking Paths

Map : Scale 1:10 000 drawn by Paul Wimberley to ISOM specifications 2005 partial update 2012.

Call me for more info

Planner Paul Wimberley 082 550 7793
 Controller Roger Blane
www.racorienteers.co.za
pwimb@telkomsa.net

How much will it cost?

Category	Club Member	Non member
Senior (21+)	R50	R60
Junior	R30	R40
Group	R65	R75
Group or individuals on Yellow Course	R5	R10
Emit Card Hire	R10	R10