

# Bush Event # 7 Middle Distance

## Moreleta Kloof - Sunday 20 August 2017

### What is Orienteering?

Orienteering is a sport combining running or walking with navigation. Use a colour map with marked checkpoints to find your way around the course. Competitors aim to complete the course as quickly as possible. Orienteering provides a mental and physical challenge for all ages and levels of skill.

### Directions to the Event

From the N1 Rigel Avenue off ramp, turn east along Delmas road. Take the second left into Solomon Mahlangu Drive. Take the next right into Rubenstein Drive. Drive down the hill and across the stream, take the next left into Helios st. Moreleta kloof is the fenced off area to the left. Follow Helios street for 1.3km then turn left into the reserve. Immediately at the gate turn right into the gravel parking

### Courses available (difficulty rating out of 5)

New orienteers will receive introductory explanations

Course	Difficulty	Length
<b>Brown</b>	Technical 5 and Physical 5	5.6km
<b>Blue</b>	Technical 5 and Physical 4	4.5km
<b>Green</b>	Technical 4 and Physical 3	3.5km
<b>Light Green</b>	Technical 3 and Physical 2	3.0km
<b>Red</b>	Technical 2 and Physical 3	5.3km
<b>Orange</b>	Technical 2 and Physical 1	2.7km
<b>White (YOC course, free)</b>	Technical 1 and Physical 1	1.6km

### Technical Details

Terrain	Nature Reserve. Mixture of bushveld, Protea forest, thicker forest. Good path network and many minor game paths not marked on the map. Many Buck, Zebra, Ostriches in the reserve. <b>No Dogs</b>	
Map	1:7500, updated July 2017 by N Cooper	
Timing	An electronic punching and timing system (EMIT) will be used to provide for accurate split and finishing times and easy punching.	
Officials	Planner – Nick Cooper	Controller – Mark Vernon

### Times

Registration	08h30 to 09h30
Starts	9:00 – 10:00
Prize Giving	12:00 (or sooner if everyone finishes earlier)

### Entries

Please pre-enter and pre-pay at [www.OriEnter.co.za](http://www.OriEnter.co.za) by 15 August. Entries on the day too (but R20 more). Please DO NOT EFT to the ROC Bank Account. Follow the instructions on the PayFast System through OriEnter.

Category	Pre-Payment by 15 August	On-The-Day Payment
<b>Seniors (per person)</b>	R90	R110
<b>Juniors / Students (per person)</b>	R60	R80
<b>Groups (2 maps incl.)</b>	R120	R140
<b>Electronic Timing (EMIT) hire</b>	+R15	+R15
<b>Non-SAOF member</b>	+R10	+R10
<b>White course</b>	free	free

### Information /Contact Details

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