

Orienteering Event Victoria Lake

How does Orienteering work?

Bring shoes for walking or running. Enter on your own or as a group. You will receive a full-colour A4 map of the park at Victoria Lake on which checkpoints are marked. You use the map to find your way to each of the checkpoints.

The map is a special map showing all the main features such as contour lines, buildings, paths and flowerbeds. Only basic navigation is needed to find checkpoints. Compass skills are not required. You can race around or take it easy and just walk around the park.

Where will it be held?

Victoria Lake parkrun start area.



Contact us for more info
Simon Treston
Victoria Lake Athletic Club
(082) 415 6340

Richard Lund
O-Ventures
(082) 521-0802

When?

Saturday 27th July 2019

You can come any time between 9:30 and 11:00. You will start when we have explained what to do and when you are ready.

How much will it cost?

Category	Entry
Adults	R50
Groups	R100

Technical Stuff

Courses: Long 3.5 km (20 - 40 min)
Short 2 km (15 -30 min)

Starts will be at 1 minute intervals. Manual punching.

Terrain : Mix of open fields, trees, buildings and paved areas. Very runnable
All flowerbeds are out of bounds



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