



Peninsula Orienteering Club presents

**The 2022
Western Cape
Orienteering Festival**

including the

**South African Sprint Orienteering
Championships**

**30 April - 02 May 2022
Stellenbosch / Somerset West**

BULLETIN 3

2022 Western Cape Orienteering Festival

Event Details

Program

Date	Time	Event	Venue
Saturday 30 April	11:00	WC Middle Distance Championships	Eden Forest, Stellenbosch
Sunday 01 May	10:00	WC Long Distance Championships	Coetzenburg, Stellenbosch
Monday 02 May	10:00	SA Sprint Championships	Helderberg Farm, Somerset West
	12:30	Prize-giving	Helderberg Farm, Somerset West

Who's Who

Date	Planner	Controller
Saturday 30 April	Helen Kleynhans	Richard Lange
Sunday 01 May	Ricky Raine	Eben Uys
Monday 02 May	Tim Chambers	Richard Lange

Event Coordinator: Richard Lange / chairman@penoc.org.za / 072 1007727

Championship Categories

Competitors aged 20 or younger belong to each class up to the end of the calendar year in which they reach the given age. Competitors aged 21 or older belong to each class from the beginning of the calendar year in which they reach the given age.

M12	12 and under	2010
M16	16 and under	2006
M20	20 and under	2002
M21	Open	2003
M40	40 and over	1982
M50	50 and over	1972
M60	60 and over	1962
M70	70 and over	1952
M80	80 and over	1942

W12	12 and under	2010
W16	16 and under	2006
W20	20 and under	2002
W21	Open	2003
W35	35 and over	1987
W45	45 and over	1977
W55	55 and over	1967
W65	65 and over	1957
W75	75 and over	1947

Newcomers & Festival Courses

Beginners, novices and children are encouraged to take part. There will be both novice and technical courses available on each day and the fact that there are championship courses should not discourage anybody wanting to try the sport.

Eligibility

Participation in these events is open to paid-up members of a SAOF Member Club and paid up members of other IOF Member organisations.

All competitors who are South African citizens or residents competing in the championship courses at these events are eligible for trophies and medals.

Visiting (overseas) orienteers or recent arrivals in South Africa (less than 3 months) may compete on championship courses, but are not eligible for trophies/medals.

Entries

Entries strictly via EntryNinja:

<https://www.entryninja.com/events?search=orienteering>

<https://www.entryninja.com/events/77730-orienteering-festival-day-1>

<https://www.entryninja.com/events/77743-orienteering-festival-day-2>

<https://www.entryninja.com/events/77756-sa-sprint-orienteering-champs>

Entries close strictly on Sunday 24 April!

Fees

All rates include land access fee, SAOF levy as well as EMIT hire.

MIDDLE & LONG DISTANCE

Championship course – Seniors: **R160**

Championship course – Juniors: **R120**

Festival courses – Club Members: **R120**

Festival courses – Non-Club Members: **R160**

Festival courses – Teams: **R200**

SPRINT CHAMPIONSHIPS

Championship course – Seniors: **R120**

Championship course – Juniors: **R100**

Festival courses – Club Members: **R100**

Festival courses – Non-Club Members: **R130**

Festival courses – Teams: **R160**

Timing

EMIT timing will be used on all courses each day.

Courses

<i>Cat.</i>	<i>Middle Distance</i>	<i>Long Distance</i>
M12	2.1km / 50m climb	2.8km / 80m climb
M16	3.5km / 115m climb	5.7km / 230m climb
M20	4.6km / 145m climb	7.4km / 360m climb
M21	5.1km / 160m climb	9.1km / 435m climb
M40	4.6km / 145m climb	7.4km / 360m climb
M50	4.1km / 130m climb	6.3km / 280m climb
M60	3.5km / 115m climb	5.7km / 230m climb
M70	3.2km / 100m climb	4.4km / 140m climb
M80	2.7km / 70m climb	3.3km / 105m climb
W12	2.1km / 50m climb	2.8km / 80m climb
W16	3.2km / 100m climb	4.4km / 140m climb
W20	4.1km / 130m climb	6.3km / 280m climb
W21	4.6km / 145m climb	7.4km / 360m climb
W35	4.1km / 130m climb	6.3km / 280m climb
W45	3.5km / 115m climb	5.7km / 230m climb
W55	3.5km / 115m climb	5.7km / 230m climb
W65	3.2km / 100m climb	4.4km / 140m climb
W75	2.7km / 70m climb	3.3km / 105m climb
Festival Technical	4.1km / 130m climb	5.7km / 230m climb
Short Novice	2.1km / 50m climb	2.8km / 80m climb
Long Novice		4.8km / 155m climb

Terrain

MIDDLE DISTANCE

Mostly open, pine forest on a moderately steep hillside. A network of mountain-bike tracks and trails cover most of the area with a few vegetation features. The surrounding area includes some areas of thick fynbos.

LONG DISTANCE

Steep hillside covered in fynbos with some areas of forest. A network of mountain-bike tracks and trails cover most of the area.

SPRINT RACE

A small farm, consisting of areas of feature-rich forest with various degrees of runability, as well as some open areas. A network of trails cover most of the farm.

Leg protection is advised on all days.

Maps

MIDDLE DISTANCE

Eden Forest, scale 1:10 000, contour interval 5m. Surveyed and drawn by Viktor Dobretcov, February 2022.

For M12, M70, M80, W12, W16, W65, W75, SN the map will be printed at 1:7500.

LONG DISTANCE

Coetzenburg, scale 1:10 000, contour interval 5m. Surveyed and drawn by Viktor Dobretcov, February 2022.

SPRINT CHAMPIONSHIPS

Helderberg Farm, scale 1:4000, contour interval 2.5m. Surveyed and drawn by Viktor Dobretcov, March 2022.

Previous Maps

An old map of Coetzenburg exists. Originally drawn in 1991, the area was last used for orienteering in 2007. Since then the area has changed fairly significantly due to fires in the area. The new map is a complete re-survey of the area. Copies of the old map are available on request.

Embargo

Note that the Coetzenburg area south of the Eerste River all the way to Mont Marie is embargoed as of 01 March until after the event. This includes all the mountain bike tracks of Coetzenburg, GSpot and Eden. Helderberg Farm is also embargoed with the exception of the tea garden.

Accommodation

Limited accommodation for the Saturday and Sunday nights has been arranged with Christian Brothers Center on Paradyskloof Rd, Stellenbosch. This area is around 400m from the middle distance event at Eden Forest. Most of the units are 2 bed limited self-catering but there are some other options. An informal braai will be arranged for the Sunday evening after the long-distance event.

Accommodation will be on a first-come first-served basis, and should be arranged directly with CBC. You can contact Joan Armstrong on 082 9403137 / cbcstel@gmail.com. Please mention that it is for the orienteering.

Navigational aids

The only permitted navigational aids are a map, control descriptions and a magnetic compass.

Clothing restrictions

There are no clothing restrictions for orienteering in South Africa. Full body cover and leg protection is, however, advised for all events.

Hazards

The Cape mountains are home to a number of snake species. However snakes are most active during summer. No incidents caused by snakes have been reported in similar areas used for Orienteering in South Africa in the last 30 years.

Indemnity

Competitors indemnify the National, Provincial and Regional orienteering bodies, sponsors, land owners and organisers of the event, against all and any actions of whatsoever nature wherever same may arise out of their participation in the event.

Further Enquiries

info@penoc.org.za

www.penoc.org.za