



A wet and rainy week gave way to a glorious day out in Stellenbosch. A huge thank-you to **Ilse** and **Ricky** for planning the courses - always tricky given the steep terrain, but from what I heard at the end, I think they did a great job.

The full results are below as well as on [our website](#) and on [AttackPoint](#) - where you can see on which legs you did well and at which controls you came unstuck.

A big thanks also to those who helped out on the day
- **Oliver, Lyn, Eben, Jacori, Gerard & Ben** - we couldn't put on races like this without your help. As always, if you have any comments, please feel free to drop us a mail.

Finally, please keep an eye out for details of our next event which is planned for **Coetzenburg** on **July 07**.

DELHEIM WINE ESTATE - RESULTS



Technical - Long

Class	Name	Result
1	Lance Kime	00:51:41
2	Gerard Van Weele	00:57:56
3	Roark Robinson	00:59:00
4	Michaela Šrámková	01:03:11
5	Ben Bohm	01:04:27
6	Robyn Owen	01:09:05
7	Thomas Ashworth	01:09:21
8	Rory Ellis	01:13:07
9	Gustao De Freitas	01:21:32
10	Jacori Uys	01:24:06
11	Team: Mortorre	01:24:45
12	Andrew Burger	01:27:01
13	Heather Wimberley	01:28:49
14	Oliver James	01:31:14
15	Team: Rad Bag	01:32:06
16	Eddie Vienings	01:37:24
17	Rob Nieuwveld	01:45:27
18	Sam Troost	01:48:17
19	Peter Ashworth	01:50:33
20	Paul Macey	01:57:31

21	Team: Parowtroopers	02:07:55
	Stephen Mills	DISQ
	Team: Die Wilde Eende	DISQ
	Team: The Verdons	DISQ

[Click here for full split-times on AttackPoint.](#)

Technical - Short

Class	Name	Result
2	Eben Uys	00:46:02
3	Kathy Kitchin	01:08:23
4	Team: Lost cause	01:08:25
5	Heinrich Coetzee	01:13:44
6	Drew Roos	01:17:45
7	Peter Macfarlane	01:19:51
8	Lyn Terry	01:23:45
9	Bruce Merry	01:24:24
10	Bruce Macfarlane	01:27:01
11	Team: Bee and Honey	01:27:33
12	Team: Chromi	01:28:08
13	Kathie Troost	01:28:17
14	Helen Kleynhans	01:34:26
15	Team: Father&son	01:37:25
16	Phil Wright	01:51:00
17	Team: Wine Finders	01:54:53
18	Team: The Meerkats	02:17:50
19	Team: The Fowlner's	02:17:55
20	Team: Newbies	02:19:34
	Team: Happy Feet	DISQ
	Team: Macey family	DISQ
	Team: Smit	DISQ

[Click here for full split-times on AttackPoint.](#)

Trail - Long

Class	Name	Result
1	Sean Ingram	01:05:37

2	Team: Dupdroids	01:07:25
3	Cathie Ellis	01:16:08
4	Team: Lost and Found	01:19:52
5	Team: Lost and found	01:25:51
6	Team: Miss fits	01:41:58
7	Team: Team NCD	01:51:06
	Team: Pumas	DISQ

[Click here for full split-times on AttackPoint.](#)

Trail - Short

Class	Name	Result
1	Team: DeurMekaarSpul	00:30:45
2	Team: Lost and Found	00:32:02
3	Team: The Pace Makers	00:38:53
4	Team: Beauty and the beast	00:40:55
5	Team: Grills	00:41:46
6	Team: Muddy buddies	00:52:32
7	Team: Savages	00:52:33
8	Team: Frog Legs	00:53:22
9	Team: Blackest Pigs	00:59:50
10	Team: Team Densem 1	01:01:49
11	Team: Team Densem 2	01:02:00
12	Team: A&K	01:02:30
13	Team: Oosties	01:04:11
14	Team: Team Owen	01:05:43
15	Team: Batman & Robin	01:10:04
16	Team: De Wit Family	01:21:32
	Team: The Navigators	DISQ

[Click here for full split-times on AttackPoint.](#)



2024 Event Calendar

- Sun 07 Jul – Coetzenberg
- Sun 04 Aug – False Bay Nature Reserve (provisional)
- Sat 07 Sep – Eden Forest
- Sun 29 Sep – Greenpoint Park
- Sat 12 Oct – Clovelly Night Event
- Sat 26 Oct – Doordekraal Dam
- Sun 17 Nov – Keurboom Park
- Sun 08 Dec – SA Astronomical Observatory

Club Membership 2024

2024 club membership is now open. And in the world of ever increasing costs we are pleased to announce that our prices are unchanged!

For just R200 (individual) / R300 (family), how can you not join your favourite orienteering club?

Benefits of PenOC club membership:

- Reduced event fees.
- Eligibility to enter championship events.
- Lots of other cool stuff

Now that we've convinced you, be sure to click the link below to take out a membership.

[Signup for 2024 PenOC club membership](#)

Club Jacket

The new club jackets are here! We're making them available for just R500 and stock is limited, so make sure to come and chat to us at the next event.

It's a 100% polyester softshell jacket manufactured by BoldGear. At 325g, it has a soft outer shell with great breathability, but it is not waterproof.



Whatsapp Group

We have launched a Whatsapp group for those who want to make sure that they don't miss any event notifications. The group will only be used for posts regarding upcoming events.

To join the group, please follow the below link or scan the QR code.

[Join WhatsApp Group](#)



PenOC Events

WhatsApp group



Scan or upload this QR code using the
WhatsApp camera to join this group