



South African Orienteering Championships

Bulletin 1

21st -23rd September 2024

Bitou & Plettenberg Bay



Organised by the Rand Orienteering Club

Saturday 21st September: SA Middle Distance Champs Moss & Maple, The Craggs, Plettenberg Bay
Sunday 22nd September: SA Long Distance Champs Clarkson Plantation, Eastern Cape
Monday 23rd September: SA Club Relay Champs Royston Farms, The Craggs, Plettenberg Bay

Times:	Saturday	Registration / Info:	12h00 – 12h45	
		Starts:	12h45 – 14h00	Maximum Time Limit: 2h15
	Sunday	Registration / Info:	09h30 – 10h30	
		Starts:	10h00 – 11h30	Maximum Time Limit: 3h00
	Monday	Registration / Info:	08h30 – 08h45	
		Starts:	09h00	Maximum Time Limit: 3h00
		Prize Giving:	12h00 or earlier	

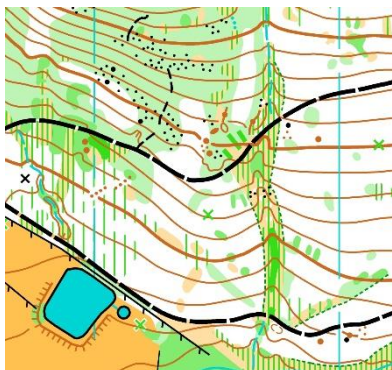
Bitou Region: The events are centred on the Bitou region of the Western Cape province (although we will be straying into the Eastern Cape and crossing the Bloukrans River Bridge for the Long Distance event). The Event Centre for registration on Saturday will be the Moss & Maple Restaurant and Farmstall, 12km on the N2 road to the east of the town of Plettenberg Bay, in a region called The Craggs.



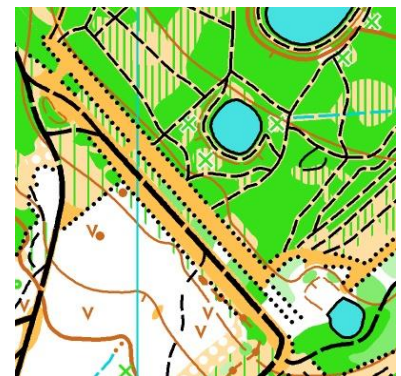
Participants are urged to organise accommodation in The Craggs or Kurland region as a first choice, alternatively Keurboomstrand, Natures Valley or Plettenberg Bay as alternative options, as these areas are closest to the events on Saturday and Monday. This will leave a 90km trip down the N2 toll road to reach the Sunday event.

Maps: **Moss & Maple:** Surveyed by Dave Peel (GBR) for the Big 5 O-Week 2023/2024. Printed on waterproof synthetic paper. A4 size. Scale 1:7'500 (all courses) with 5m contour interval.

Clarkson: Surveyed by Nicolas Kastner (AUT) for the Big 5 O-Week 2023/2024. Printed on waterproof synthetic paper. A4 size. Scale 1:10'000 with 5m contour interval for age groups



M20, W20, M21E, W21E, M40, W35. All other older and younger categories will use 1:7'500 with 5m contour interval.



Royston Farms: Surveyed by Dave Peel (GBR) and by Nicholas Mulder (ROC) 2023/2024. This is mostly a new map that has not been used before. Printed on waterproof synthetic paper. A4 size. Scale 1:7'500 with 5m contour interval.

Terrain: **Moss & Maple and Roystons Farm** are areas with mixed terrain, with some sections of pine and eucalyptus plantation and other sections of indigenous fynbos bush. The pine forest is generally runnable, but some branch cuttings are found in places. There are individual scattered bushes under the forest and many rootstocks from windfall. The fynbos ranges from 50cm high to over 2m in height and is shown on the map as light or dense undergrowth on the map and even fight. In the Heatherhill Nature Reserve on the Moss & Maple map, there are numerous path networks cut through the fynbos with lawnmowers. There is almost no rock detail in the area and slopes are mild or gradual.



Clarkson - The terrain is mature open pine forest plantation with good to moderate runnability. There is scattered vegetation under the forest canopy and some undergrowth due to trimmings and young bush. The whole area is on the south-facing slopes of the Tsitsikamma Mountains, so there are some steep slopes in the area with rock detail coming to the surface as boulders and cliffs. The area is also bisected by a valley with extremely dense indigenous fern and undergrowth that is essentially impossible to cross except at existing paths.



Timing: The Emit timing and punching system will be used. Emit cards are available for hire at R25 per day for those who do not own a card.

Clothing: There is no restriction on competitor clothing.

Travel: All events are alongside the N2 national road, with only the Sunday Long Distance event at Clarkson involving a drive of about 60 minutes. There is a toll plaza n route, fee is R67.50.

Embargo: The venue / competition areas at Clarkson plantation, Heather Hill Estate, Moss & Maple plantation and Royston Farms are fully embargoed until after the championships. The exception is the marked mountain bike trail running through the plantation area at Roystons Farm (you may utilize this trail but may not leave the path) and the drive way, parking lot and Moss & Maple restaurant.

Previous maps: There are existing maps for both Moss & Maple and Clarkson from the Big-5 in 2023/2024. These will be on display at registration before the event and can also be downloaded via these links:

[Clarkson map \(2023\) 1.8Mb](#)

[Moss & Maple Map \(2023\) 1.2Mb](#)

Eligibility: Competitors on Championship courses must be members of a club affiliated to the SAOF or members of an Orienteering Club outside South Africa. Only members of a club affiliated to the SAOF and who have been resident in South Africa for six months will be eligible for Championship trophies/medals (as per SAOF competition rule 4.1). Non-club members are welcome to participate on any of the four Open Courses.

Classes: The following classes are available on the Middle and Long Distance Events for Men (M) and Women (W).

- Juniors: M/W12, M/W16, M/W20
- Senior: M/W21E
- Veteran: W35, M40, W45, M50, W55, M60, W65, M70, W75, M80
- Open Courses:
 - Long Technical, Medium Technical
 - Long Trail, Short Trail (with easier technicality)



Age classes are determined by the participant's year of birth. E.g. M/W20 is 2004 or later, etc. for junior classes, whilst M40 is 1984 or earlier, etc. for veteran classes.

Relays: The Relay event will be a mass start relay with 3 legs. There will be 2 categories, the Club Champs Category and the Ad-Hoc Category. Non-club / Mixed club teams and other teams wanting a shorter course are welcome on the Ad-Hoc event.

- Club Champs category: 2.4km / 2.4km / 3.0km Technically difficulty
- Ad-Hoc category: 2.1km / 2.1km / 2.1km Medium difficulty

Please can Club captains indicate to the organizers in advance how many teams they will field in each category. Final entry forms to nominate runners for these teams will be available from Registration and club payments can be made via EFT.

Entries: Enter at www.OriEnter.co.za for both individual events – please ensure your profile date of birth and club are correct.



Entries **close on Wednesday 11th September at 23h59** as we need to print the maps in advance.

Entry Fees:	<u>Long and Middle Distance Events:</u>	<u>Per Event</u>
	Senior / Veteran Championship Courses:	R 220.00
	Junior Championship Courses:	R 170.00
	Individuals on Open Courses:	R 150.00
	Groups on Open Courses (2 maps):	R 220.00 + R80 per add. person
	Emit timing chip hire	R 25.00
	Relay Event (Club or Ad-hoc) – per team	R 360.00

Event Officials:	<u>Event</u>	<u>Planner</u>	<u>Controller</u>
	Middle	Eugene Botha	Michele Botha
	Long	Nicholas Mulder	Michele Botha
	Relay	Nicholas Mulder	Liz Mulder

Event Director: Nicholas Mulder 082-898-7871 and nicholas@marquest.co.za

Regional Map:

