



Entries close **this Thursday evening** for the 3rd event in our winter series. On **Saturday afternoon** (17 August) you will need to bring your navigation A-game when we meet at [False Bay Nature Reserve](#). And don't forget that a free pair of socks awaits you if you enter all four winter events!

FALSE BAY NATURE RESERVE ORIENTEERING



DATE: Sat 17 Aug 2024

TIMES:

- Registration from 14:00
- Starts from 14:30 - 15:30
- Course closes strictly at 16:30

[Event Details + Registration](#)

REGISTRATION: Zeekoevlei Braai Area, [False Bay Nature Reserve](#), Flowerpecker Street, Pelikan Park.

COURSES:

- **Technical - Long:** (6.1km*, 70m climb) Technically difficult. Leg cover highly recommended.
- **Technical - Short:** (4.3km*, 50m climb) Technically difficult. Leg cover recommended.
- **Trail - Long:** (6.1km, 45m climb) Technically easier. The runners course.
- **Trail - Short:** (3.3km, 25m climb) Technically easier and shorter. Ideal for novices.

* Note that winning times are likely around 8-10 min/km.

MAP:

- 1:10000

COST:

Individual: Club Member	R120
Individual: Non-Member	R160
Group*: Club Member	R160
Group*: Non-Member	R200

* Group entries include an additional map.

NOTES:

- Emit Controls will be used

PLANNER & CONTROLLER: Richard Lange, Paul Macey & Steven Burnett

PRE-ENTRIES: Pre-entries close on **Thu 15 August** at midnight. *(This is a pre-entry only race.)*

[Entry Ninja - Register For Event](#)

2024 Event Calendar

- Sat 17 Aug – [False Bay Nature Reserve](#)
- Sat 07 Sep – Eden Forest
- 21-23 Sep – [SA Orienteering Championships, Plettenberg Bay](#)
- 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 still available at R200 (individual) and R300 (family). It pays for itself after 5 events and you get to belong to 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 Gear

Please note that we have a great selection of club gear available for sale. Softshell jackets @ R500. Running shirts @ R220. Versus socks @ R120. Come chat to us at our next race.



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



Peninsula
ORIENTEERING CLUB



