

**Rand Orienteering Club**



**Bush Series Event # 6**

**Wolwespruit Bike and Trail Park, Pretoria**

**6<sup>th</sup> October 2024**

-25.809, 28.263

**what 3 words:** ///fracture.campers.cried

**Wolwespruit is a mountain biking and trail running paradise in the eastern suburbs of Pretoria**



**What is Orienteering**

A competitive or non-competitive recreational activity in which participants use a map and compass to navigate between checkpoints along an unfamiliar route.

**Event details**

This is the 6th event in the Bush Series. Six different courses are on offer, ranging in technical and physical difficulty. Course distances are currently estimates and will change. Exact course details will be included in the final info email sent to competitors on Friday 4<sup>th</sup> October.

Registration and finish will be close to the FLTFRM and Boma Restaurants. There is a lovely childrens play park as well.

The Wolwespruit area consists of a wooded kloof with steep rocky slopes on either side. An intricate mountain biking and hiking / trail running path network winds its way through mixed wattle forests, grasslands and indigenous suikerbossie woodland.

There will be water points on the course, but we still encourage you to carry your own water as the terrain is quite arduous and it is also mid-summer.

**Entries**

Go to [Orienter.co.za](http://Orienter.co.za) (on PC or Mobile Device) to enter. Create a profile if you don't have one.

Entries Close	Thursday 3 October at 23h59 (midnight)
Start Times	Can be selected when you enter online.
Electronic Timing	A Compulsory Emit device can also be hired when you enter online if you don't have your own.

Course	Distance	Difficulty (out of 5)	Suitability
Brown	±8.0 km	Technical 5 / Physical 5	Experienced orienteers
Blue	±6.0 km	Technical 5 / Physical 4	Experienced orienteers
Green	±5.0 km	Technical 4 / Physical 3	Difficulty increasing
Light Green	±4.0 km	Technical 3 / Physical 2	Starting to get challenging
Orange	±2.5 km	Technical 2 / Physical 1	Looking for a fun, easy course?
Yellow	±1.5 km	Technical 1 / Physical 1	Ideal for young children

**Times**

Registration	from 08:15	3-minute intervals between start times on each course.
Starts	09:00-10:30	
Prizegiving	12h30	

<b>Costs</b>			
	<b>SAOF-Club Members</b>	<b>Non-Club Members</b>	<b>Emit Card Hire</b>
Individual	R160.00	R190.00	+R25
Juniors/Students & u25s	R120.00	R150.00	+R25
Groups (max 4 people)	R220.00	R250.00	+R25
Yellow Course	R20.00 per individual or group. Entry on the day only (no need to pre-enter)		

<b>General Information</b>	
For more information about Orienteering or the Rand Orienteering Club, find us on Facebook	
Event Organizer	Nicholas Mulder 082-898-7871 <a href="mailto:nicholas@marquest.co.za">nicholas@marquest.co.za</a>