

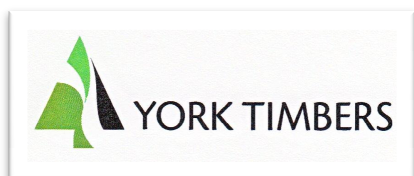


SA Orienteering Championships 2015

3 – 5 October 2015

Sabie, Mpumalanga

Bulletin 1



sport & recreation

Department:
Sport and Recreation South Africa
REPUBLIC OF SOUTH AFRICA

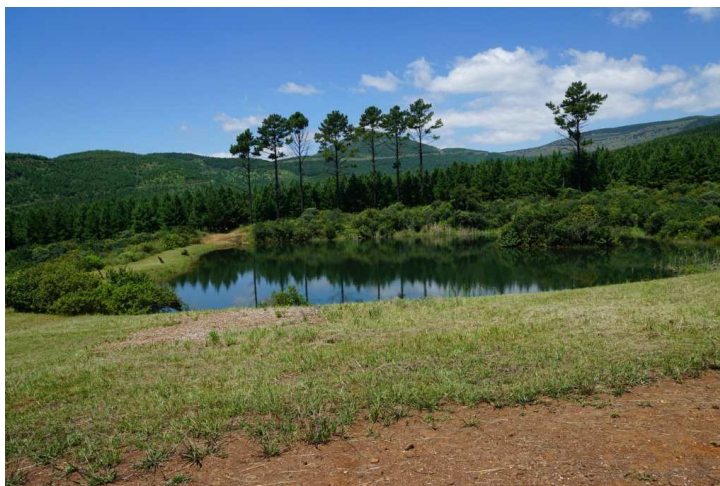
Organised by the Rand Athletic Club Orienteers (RACO)

On behalf of the SA Orienteering Federation and in partnership with the Department of Sport and Recreation of South Africa.

With kind permission York Timbers

Mapper/Planner:	Albert Epprecht	albert@alba.co.za
IOF Event Adviser:	Garry Morrison	president@orienteering.co.za
Controller:	Lionel Stander	lionel@alba.co.za
Event Director:	Pat de Klerk	patdeklerk@mweb.co.za
Phone:	+27-73-200-1969	
	+27-11-793-5380	

Website: <http://www.orienteering.co.za/2015/sa-champs-2015/>



Event Centre: The event centre is situated about 6km west/southwest of Sabie town, just off the old Lydenburg road. At the edge of the forest, next to a small dam called the "Cuddle Puddle". Only portable toilet facilities will be made available. The Relay and Prize-giving will be held in the Klipkraal forest.

Competition area: The competition area for the Medium and Long distance events is situated in a large valley called Olifantsgeraamte (Elephant's Skeleton). It lies about 6km West/Southwest of Sabie just off the old Lydenburg road. The map of the Klipkraal plantation, which was used for the 2009 SA Championships, will be updated and used for the Relay event. This area is situated about 10km North of Sabie town.

Proposed Programme:

Saturday 3rd October:	Middle distance event (WRE)
Starts from 12:00	
Sunday 4th October:	Long distance event
Starts from 10:00	
15:00	SAOF AGM (Venue TBA)
17:00	Braai / Social (Venue TBA)
Monday 5th October:	Relay
Start at 10:00	
12:00	Prize-Giving

Entries: **Entries open immediately and close on Monday 14 September 2015 at 12:00. No late entries can be accepted.**

[See page 4 for Entry Fees and Banking details](#)

Classes: M21E/W21E (World Ranking Event) – The organisers reserve the right to reallocate competitors to M/W21A should this class be oversubscribed or they feel that the entrant is not sufficiently qualified to compete in M/W21E.

M/W12, M/W16, M/W20, M40, M50, M60, M70, M80 W35, W45, W55, W65

M/W21A (non-championship)

Novices courses for non-SAOF members will be provided on both days.

Winning times:

Category	Long Distance Championships
M21E	80 – 90 minutes
M20, W21E, M40	60 – 70 minutes
W20, M21A, M50	50 – 60 minutes
M16, W21A, M60	40 – 50 minutes
W16, W35, W45	40 – 50 minutes
W55, W65, M70	35 – 45 minutes
M12, W12, SN	20 – 30 minutes
LN	40 – 50 minutes
Category	Middle Distance Championships
M/W21E; ALL other	30 – 35 minutes

Restrictions

Competitors on Championship courses must be members of a club affiliated to the SAOF or members of an Orienteering Club outside of 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).

SA Relay Championships

Club Relay Championship: teams of three competitors from the same SAOF affiliated or overseas club (with at least one non-M21A/E); 3 medium legs.

Ad Hoc relay: teams of any three competitors regardless of age, affiliation or class; 3 short legs.

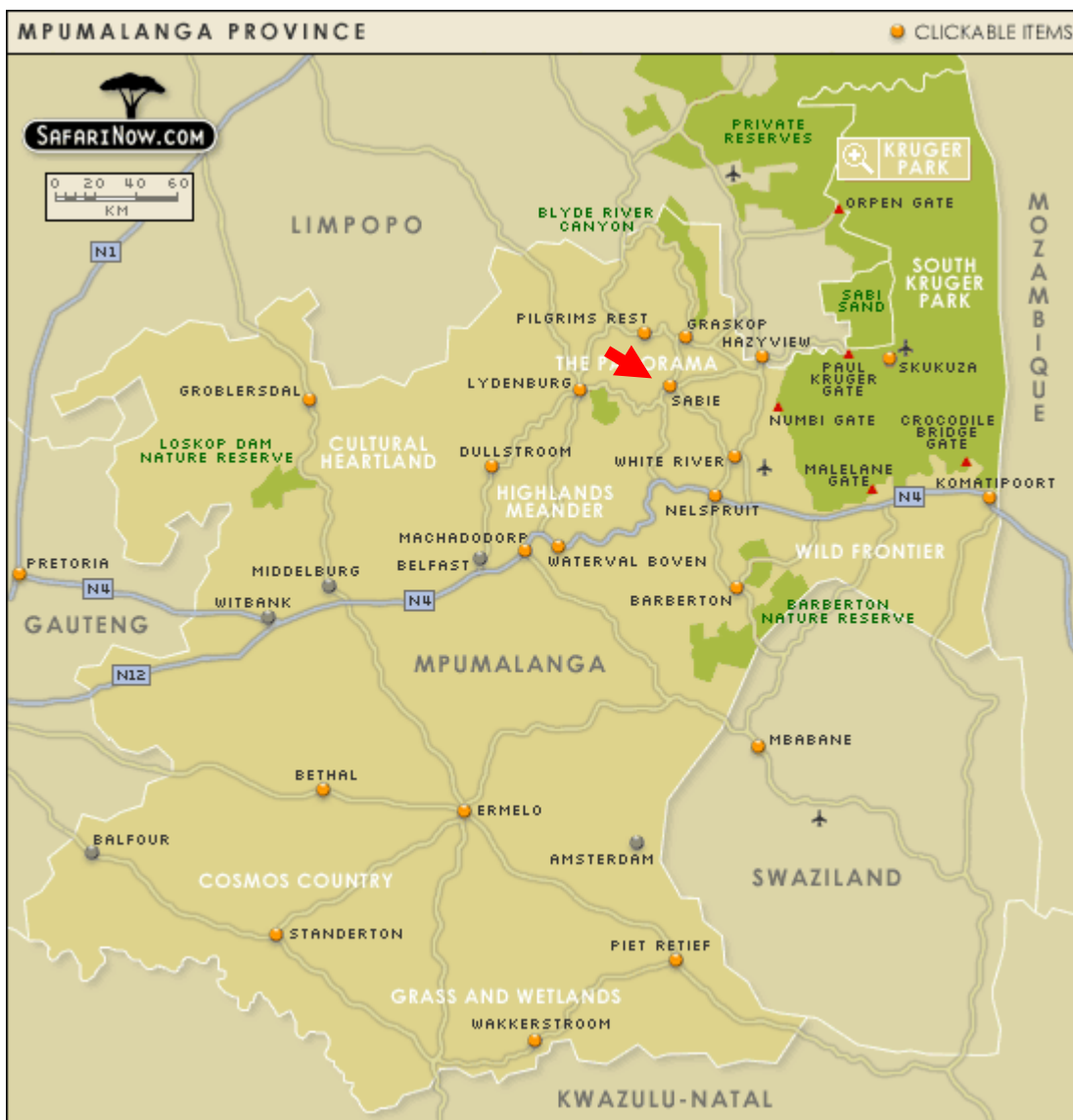
Terrain

The terrain at Olifantsgeraamte for the Medium and Long distance events consists of a forest that was completely burned in 2007 and then replanted. It is now a 5 – 8 year old pine forest, with generally good visibility. Expect some varying contours, but reasonably smooth forest running over pine-needle carpeted ground.



Klipkraal – for the Relay - consists of fairly mature pine forest and open sections interspersed with various sizes of boulders and boulder clusters.

General map of the area



Embargoed areas: With immediate effect all forest areas within a 15km radius of Sabie Town.

Climate: Early Spring, the climate is moderate at this time of the year, with average temperature ranging from 9°C at night to 23°C during the day. Average monthly rainfall for this early spring period is between 30 – 80 mm.

Maps:

Middle:	1:10000; 5m contour interval drawn to ISOM2000 specifications
Long:	1:10000; 5m contour interval drawn to ISOM2000 specifications
Relay:	1:10000; 5m contour interval drawn to ISOM2000 specifications

All areas surveyed and cartography by Albert Epprecht in 2014/15.

Hazards: There are no dangerous animals in the competition area, although competitors may encounter various species of buck, jackals and other small animals.

Snakes (including venomous ones) are found in the area but they will usually get out of the runners way. No incidents have been reported due to snakes in similar areas used for Orienteering in South Africa.

Visa Requirements: Most visitors to South Africa are not required to obtain visas in advance. For further information visit : www.southafrica.info/travel/documents/visas.htm

Accommodation: Sabie has many guest houses and self-catering accommodation. See: <http://www.sabie.co.za/stay/index.html>

Camping and Chalets: <http://www.merrypebbles.co.za>

Social: A bring and braai/social will be organised at a venue still to be confirmed

Opportunities for training: There are no opportunities for training in Sabie. However, training opportunities can be made available to overseas competitors in Johannesburg / Pretoria in the weeks prior to the event. Please contact the organisers for further details.

Transport: No official transport will be offered. Overseas competitors are advised to hire a car from one of the recognised car hire companies:

www.avis.co.za www.tempestcarhire.co.za www.hertz.co.za www.budget.co.za

Competition clothing: There is no restriction on competition clothing. However, leg protection is advised for all three events.

Electronic Timing System: The EMIT timing system will be used. EMIT cards will be available for hire for the entire event. (Indicate requirement on Entry)

Start Lists: These will be published in the Final Bulletin and on the official website a week before the event

Results: Full results will be available at the Event Centre and on the official website as soon as practicable after each competition closes.

Refreshments: There will be limited catering at the Event Centre each day

Toilets: There will be limited toilet facilities at the Event Centre. Regret there are no shower facilities.

Medical: There will be First Aid available at the Event Centre, throughout the competition. The nearest fully equipped hospital is situated in Nelspruit (approximately 50km from the Event Centre)

Entries: Entries open immediately and close on **14 September 2015** (No late entries can be accepted)

Online at: <http://www.orienteingonline.net/>

or the SAOF website : <http://www.orienteing.co.za/2015/sa-champs-2015/>

or using the Form at the end of this Bulletin and **email to Jenny at saunders1@icon.co.za on or before Monday 14th September 2015.**

Entry Fees:

	Seniors:	Juniors (<21):	Groups:
Two Days (Mid & Long)	ZAR300.00	ZAR200.00	
Middle Distance Only	ZAR150.00	ZAR100.00	
Long Distance Only	ZAR150.00	ZAR100.00	
Novice (on the day)	ZAR70.00	ZAR30.00	ZAR100.00
Emit Card Hire (per day)	ZAR10.00		
Relay	ZAR200.00 per Team		

NOTE: Entries on the day can only compete on the Novice (LN and SN) Courses.

Payment to be directly into the Rand Athletics Club bank account :

Bank: First National Bank (South Africa)

Branch Code: 2558055

Acc. Number: 62178608710

Reference: SAOC <your full name>

South African Orienteering Championships 2015

Entry form (use separate form per person)

(Photocopy and email acceptable. This page only.)

Surname	
First name	
Address	
Cell / Home phone	
Date of Birth	DD / MM / CCYY
Email	
Club	
Emergency Contact #	
Emergency Contact	

Middle	Category	M		12	16	20	21	40	50	60	70
	Mark with X	W		12	16	20	21	35	45	55	65

Long	Category	M		12	16	20	21	40	50	60	70
	Mark with X	W		12	16	20	21	35	45	55	65

Do you need to hire an EMIT card? (R10 per event)	(Y/N)
NB: If not, what is your EMIT Card Number?	

Preferred Start Time	Tick Preferred Start Time		
Middle	Early	Middle	Late
Long	Early	Middle	Late

ENTRY FEE

Event	Entry	EMIT Hire	
Middle	R	R	
Long	R	R	
TOTAL			R

Payment: (before 14th September 2015)

EFT: payment to RACO Club's bank account Reference: <SAOC <i>yourFullname</i> >	Bank: First National Bank Branch Code: 2558055 Acc. Number: 62178608710
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E-mail entries to: Jennie on saunders1@icon.co.za by **14 September 2015**.

E-mail entries will not be accepted without a proof of payment.

Indemnity: I declare that I participate in these events at my own risk and indemnify the organisers, landowners and sponsors of this race against any claim that may result from my participation.

Signature _____

Parent/Guardian if under 21 _____