



Big Five O-Week

Limpopo, South Africa

29th December 2017 – 3rd January 2018

Bulletin 1

Programme

Date	Area	Terrain	Event	WRE*
Thu 28 December 2017	Haenertsburg	Forest	Warm-up Training	
Fri 29 December 2017	Turfloop	Bush and Savannah	Day 1 - Normal	
Sat 30 December 2017	Wolkberg	Forest	Day 2 - Long	
Sun 31 December 2017	Iron Crown	Forest	Day 3 - Middle	WRE (Middle)
Mon 1 January 2018	Moria	Village / Rural	Local event	
Tue 2 January 2018	Magoebaskloof	Forest	Day 4 - Middle	
Wed 3 January 2018	Polokwane	Urban / Parkland	Day 5 - Sprint	WRE (Sprint)

* WRE – IOF World Ranking Event for M21E / W21E categories

Region

The Big 5 O-Week organising committee, together with the South African Orienteering Federation, invite you to South Africa's fourth international five-day orienteering competition. The 5 events will take place in the country's northern province of Limpopo, with each competition area taking place on a different map. There will be a rest day on 1 January, but the Polokwane Orienteering Club will still be organising an optional local event on a typical rural African village map. Registration and the focal point of the 5 day competition will be centred on Haenertsburg, an old historical trade post village famous for its picturesque mountain and forested landscape. Haenertsburg is just 60km east of the city of Polokwane and 150km away from the Phalaborwa Gate to the world famous Kruger National Park and other major tourist sights.



Organisation and Information

Event Director: Nicholas Mulder (nicholas@bigfive-o.co.za)

IOF WRE Event Advisor: Ian Bratt (RSA)

Event Office Address: Big 5 Event Office, P.O. Box 50601, Randjesfontein, 1683, South Africa

Phone: +27-82-898-7871

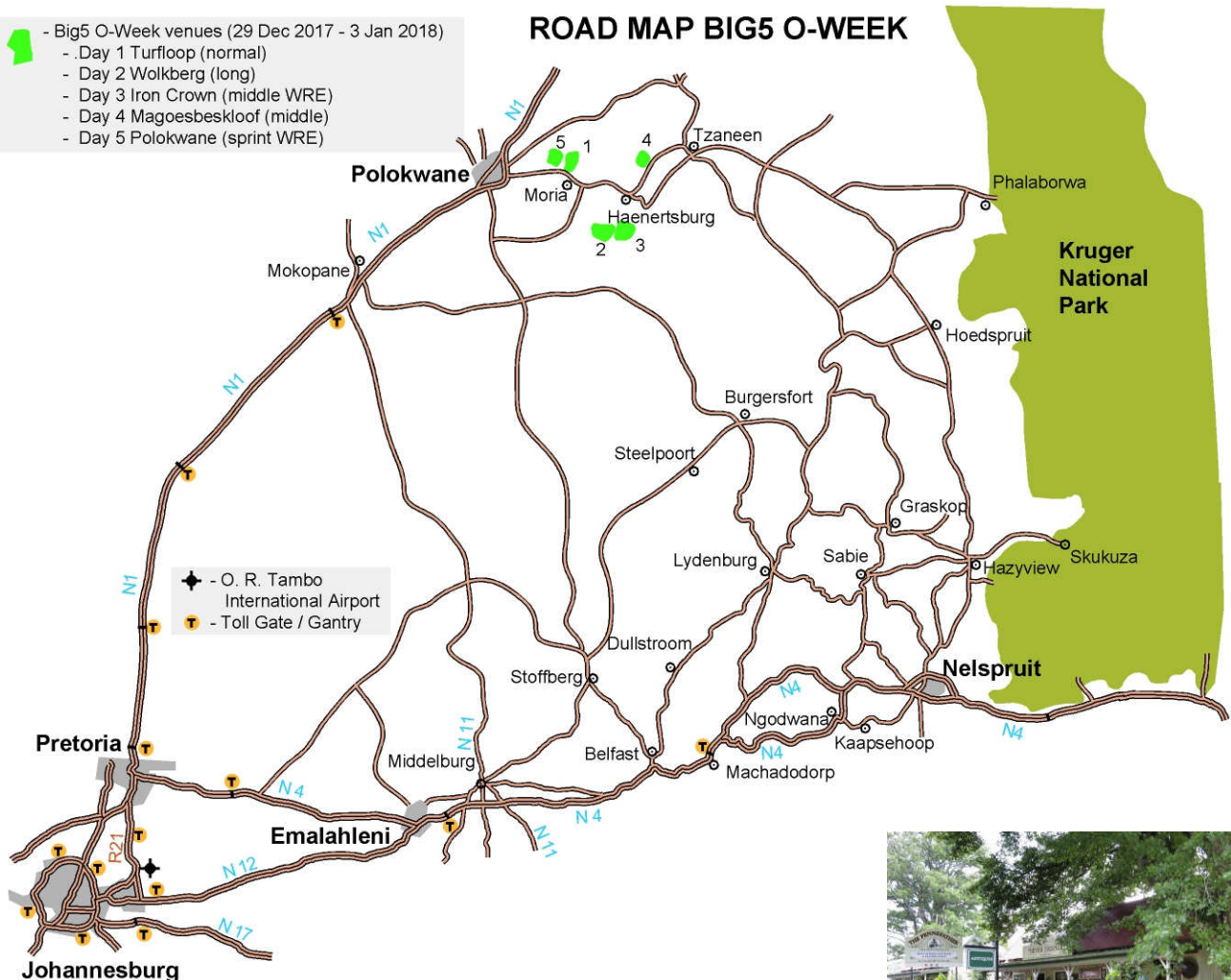
Website: www.bigfive-o.co.za



Registration, Event Centre and Accommodation

- Big5 O-Week venues (29 Dec 2017 - 3 Jan 2018)
- Day 1 Turfloop (normal)
- Day 2 Wolkberg (long)
- Day 3 Iron Crown (middle WRE)
- Day 4 Magoebaskloof (middle)
- Day 5 Polokwane (sprint WRE)

ROAD MAP BIG5 O-WEEK



The Event Centre for Registration will be the picturesque mountain village of Haenertsburg, about 60 km east of the city of Polokwane and 36km west of the town of Tzaneen. Registration will be open on Thursday before Day 1 and on the morning of Day 1. It is approx. a 3.5 hrs drive from Johannesburg. On Days 2 through to 5, registration will be at the competition venue during competition hours.

Participants are urged to organise accommodation early due to the holiday season. The event organisers recommend finding accommodation near Haenertsburg, Magoebaskloof, George's Valley or in the surrounding area.

For accommodation in the region:

<http://www.magoebasklooftourism.co.za/accommodation/>

The Big 5 website (www.bigfive-o.co.za) will also keep an updated list of available accommodation as we become aware of it.





Embargoed Areas and Maps

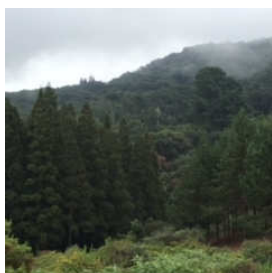
All areas that are used for the Big 5 O-Week are embargoed. No orienteers are allowed in the competition areas until the start of the day's event. All 5 areas have never been used for Orienteering before and will make use of new maps surveyed in 2017.



Day 1



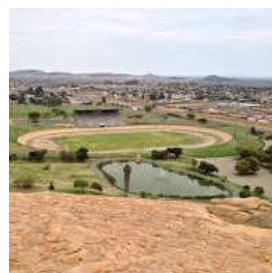
Day 2



Day 3



Day 4



Day 5

Training

There are numerous orienteering areas in Cape Town and in and around Johannesburg and Pretoria. Please see regular updates to www.bigfive-o.co.za for latest news and details concerning other races in South Africa in this period.

A training map will be open on Thursday 28 December on an area 5km outside of Haenertsburg village (1:10'000, 5m contours). This area is a mix of terrain representative of days 2, 3 and 4. Maps will be provided with approximately 12-15 control flags in the terrain. Maps can be bought from the organisers at registration for R40.00.



Terrain

Day 1: A small nature reserve with granite hilltops and mixed bush and savannah grassland close to the city of Polokwane. Some of the bush can be quite thorny and good leg protection is recommended. The area is at a moderate altitude, from 1290m to 1330m above sea level.

Day 2: The terrain is mature open pine forest plantation on top of a plateau landscape. The area is hilly with regular changes of vegetation and undergrowth. There are sporadic rock outcrops on the surface and even a couple of dolomite sinkholes. The forest is moderately sloped at a very high altitude of 1860m to 2120m .

Day 3: Similar to Day 2.

Day 4: The terrain is mixed forest plantation, with pine, eucalyptus, redwood, yellowwood and other indigenous trees. The forest compartments are relatively small and thus vegetation will change regularly over the area. The forest is in a very high rainfall area close to an escarpment and thus the footing is quite wet in the valleys. There is very little rock visible on the surface. The forest is gradually sloped at a moderate altitude of 1500 – 1600m.





Day 5: This is a complex mixed parkland and urban area, with some sections of indigenous thorny bush. There are several different types of terrain including regularly cultivated gardens, streets, sports fields and parks as well as some rocky hills and thorny bush. Altitude is moderate, at 1300 – 1350m.

Climate

The competition takes place during high summer. Weather conditions will vary greatly across the 5 days, dependent on location and altitude. Haenertsburg and Magoesbaskloof are located in mountains on an escarpment that attracts significant amount of rainfall during the year. The events of Days 1 and 5 are located in a rain shadow area to the west which is significantly drier, as well as hotter due to the lower altitude (temperatures could get as high as 35°C here). Haenertsburg, the Magoesbaskloof and Days 2, 3 and 4 have a mountain environment, with rain and mist occurring at times. Temperatures can plummet as a result in such conditions and it is always advisable to have warm clothing on hand.



Competition Classes

M12, M16, M20, M21E (elite), M21L (long), M21S (short), M35, M40, M45, M50, M55, M60, M65, M70, M75, M80.

W12, W16, W20, W21E (elite), W21L (long), W21S (short), W35, W40, W45, W50, W55, W60, W65, W70, W75, W80.

Open Long, Open Middle, Open Short and Open Trail Run.

Single-day and on-the-day entries only on Open Courses.

Note: M/W21E (Elite) category has World Ranking Events for Days 3 and 5, with single-day entry possible on these days. The organisers reserve the right to move competitors to M/W21L should this class be oversubscribed or they feel that the entrant is not sufficiently qualified to compete in M/W21E.

Distances: Please see the Big 5 Website for distances for each class. These are approximate and are subject to change and revision upon course finalisation.

Prize Giving. Prizes and Mementoes

Prize Giving will take place at the finish after Day 5. All finishers of the full 5-Day competition will receive a commemorative memento. Prizes will also be awarded to the first three positions in each category after 5 days. A competitor's final 5-day placing will be determined as the best 4 events out of a possible 5 based on points scored each day. A competitor's daily score is based as a percentage of his or her time against the class winner's time, with the winner receiving 1000 points.

Punching System

The EMIT punching system will be used for all 5 days. EMIT cards can be hired when entering online.





Clothing Restrictions

There are no clothing restrictions for orienteering in South Africa. However, leg protection is strongly advised for Day 1 in the thorny bushveld area and moderately advised for the 3 events in forested terrain.

Hazards

There are no dangerous animals in the competition areas, although competitors may encounter various species of buck, jackals and other small and large mammals. Snakes (including venomous ones) are found in the areas but they will usually move out of a runner's way. No incidents have been reported due to snakes in similar areas used for Orienteering in South Africa in the last 30 years. Haenertsburg and the Magoebaskloof are not in a Malaria area. Tzaneen is located on the edge of the Malaria area that extends further north and east.



Shop

High quality branded T-Shirts and other memorabilia will be on sale, featuring the Big 5 logo 'South Africa 2017/8'. Various types of compasses balanced for the southern Hemisphere will also be on sale. Online sales will be taken from mid-2017 on www.bigfive-o.co.za.



Social Evenings

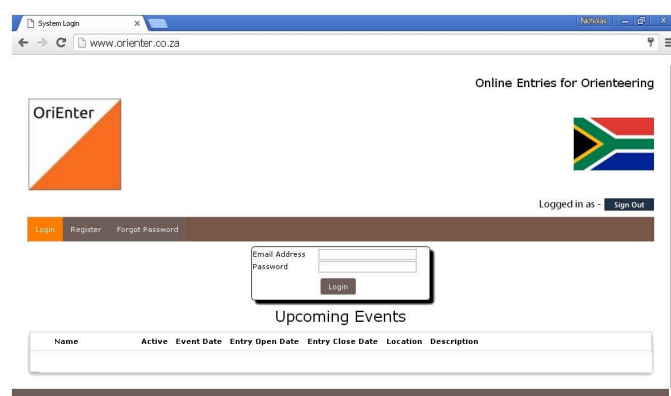
Various social evenings will be included in the event programme and feature a range of entertainment and activities. Further details will be announced in mid-2017, but the activities will include:

- A social braai (barbecue) on one of the evenings
- A final festive dinner evening on the Tuesday night
- Other special talks and athlete feedback presentations in Haenertsburg village in the evenings.
- A fun Orienteering event on New Years Day organised by one of the local clubs, Polokwane Orienteering Club.

Entries

Entries and payment will be taken online via the OriEnter system (www.orienter.co.za). This can also be accessed via the Big 5 event website (www.bigfive-o.co.za). A receipt will be issued if requested.

There are 3 entry deadlines, with discounted entry fees for earlier entry. Juniors (M/W20 and younger) also receive lower entry fee levels. Entry costs are shown on the website and applicable for the date of payment.





Competitors entering by the 1st entry deadline for the full 5-day event will receive a FREE Big5 technical t-shirt.

- 1st entry deadline: 1 July 2017
- 2nd entry deadline: 1 October 2017 (including any orders for compasses, extra t-shirts)
- Final entry deadline: 1 December 2017

Late entries will be taken at registration on all event days, but will be limited to the Open classes only.

Transport

No official transport will be offered. International competitors are advised to hire a car from a recognised car hire company. It is an easy 3.5 hour drive from Johannesburg (O.R. Tambo) International Airport to Haenertsburg. There is also a smaller regional airport in Polokwane.

Numerous low-cost airlines fly between the major cities of Johannesburg, Cape Town, Durban, Nelspruit and George. See www.kulula.com, www.flysafair.com and www.flymango.co.za. South African (www.flysaa.com) and British Airways (www.ba.com) also operate flights between these destinations.

Tourism

Together with Cape Town and the South Coast, Limpopo is one of the premier tourism areas in South Africa. The Limpopo regions host a vast array of landscape, cultural and natural attractions, including the northern part of the world famous Kruger National Park. The final event of the Big 5 is just more than a 1.5 hour drive from the Kruger Park.



Recommended places to see and things to do near the event locations will be listed with links on the Big 5 website: www.bigfive-o.co.za

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

Final Details

Final race information will be sent via email to entered competitors in the first week of December 2017.

For any further enquiries, please visit www.bigfive-o.co.za

Or, contact the Event Director, Nicholas Mulder at nicholas@bigfive-o.co.za.

www.facebook.com/Big50Week

All the latest news, updates, photos and links to
Results, Bulletins and Online Entry.

