



Big Five O-Week

Limpopo, South Africa

29th December 2017 – 3rd January 2018

Bulletin 3

Welcome

The Big 5 O-Week committee would like to welcome you to the fourth edition of the Big Five O-Week. This year we have a new venue, the town of 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 of the world famous Kruger National Park and other major tourist sights. During the five day, the event will also host two World Ranking Events for the Elite categories, which have attracted some notable international names in the orienteering world.

The organising committee continues to make improvements to the Big 5 O-Week every year and we would definitely like to improve on it again in the future. We encourage you to give us your feedback after the race, both positive and negative on how we can make the Big 5 a better event in two years time.

In the meantime, enjoy the Big 5 in 2017 / 2018!

The Big 5 Organising Committee



Supporting Sponsor

Total Number of Countries / Competitors / Classes

By Country

CAN	1
EST	5
FIN	4
GBR	47
GER	4
HUN	1
IRL	5
LAT	1
NOR	5
RSA	107
SUI	24
SWE	46
TUR	2
USA	3

By Class

M21E	37
W21E	28
M21L	2
W21L	4
M21S	6
W21S	2

Open S	6
Open M	22
Open L	0

Grand Total: 255

M12	7
W12	5
M16	7
W16	9
M20	9
W20	5

M35	1
W35	7
M40	7
W40	2
M45	6
W45	4

M50	18
W50	10
M55	7
W55	5
M60	5
W60	3
M65	7
W65	6
M70	9
W70	3
M75	4
W75	2



Programme

Thursday 28.12.2017 – Registration and Open Training		
14:00 – 17:00	Registration and Info for Big 5	Stanford Lake College, R71 Haenertsburg
14:00 –	Open Training	Map: "Ebenezer Dam (West)"
18:00 – 21:00	Welcome Dinner (Pre-bookings only)	Mountain Café, Blueberry Heights Farm, R71 Haenertsburg region
Friday 29.12.2017 – Day 1 : Turfloop Nature Reserve		
07:00 – 09:00	Registration and Info	Turfloop Nature Reserve Event Arena
08:30 – 10:00	Starts	Map: "Turfloop Nature Reserve"
20:00 – 21:00	Guest Talk and Presentation on "Mapping in South Africa from a British perspective" by Dave Peel (GBR) Guest Talk and Presentation on "Anti-Doping and Orienteering" by Dr Grégoire Schrago (SUI)	Stanford Lake College, R71 Haenertsburg
Saturday 30.12.2017 – Day 2 : Paardevlei / Wolkberg		
08:30 – 11:00	Registration and Info	Paardevlei Event Arena
10:00 – 12:00	Starts	Map: "Paardevlei / Wolkberg"
18:00 – 22:00	Traditional South African Braai (Pre-bookings only)	Cheerio Gardens, Haenertsburg region
Sunday 31.12.2017 – Day 3 : Iron Crown / Wolkberg		
08:30 – 11:00	Registration and Info	Iron Crown Event Arena
10:00 – 12:00	Starts	Map: "Iron Crown / Wolkberg"
Monday 01.01.2018 – Rest Day : Polokwane OC Development Fundraiser O' Event		
09:00 – 09:30	Registration	Ga-Rampheri Village Event Arena
09:30 – 10:00	Starts	Map: "Ga-Rampheri Village"
Tuesday 02.01.2017 – Day 4 : Woodbush Forest		
07:30 – 09:30	Registration and Info	Woodbush Event Arena
09:00 – 11:00	Starts	Map: "Woodbush Forest"
19:00 – 23:00	Final Dinner (Pre-bookings only)	Haenertsburg Village Hall
Wednesday 03.01.2017 – Day 5 : University Of Limpopo / Turfloop		
07:30 – 10:30	Registration and Info	University of Limpopo Event Arena
08:30 – 10:30	Starts	Map: "University of Limpopo / Turfloop"
11:30 –	Prize Giving for the Big 5 O-Week & Trail Run	University of Limpopo Event Arena

Event Centre & Registration Venue

The picturesque mountain village of **Haenertsburg**, about 60 km east of the city of Polokwane and 36km west of the town of Tzaneen is the centre of the Big 5 O-Week. It is approximately a 3.5 hrs drive from Johannesburg. Registration will be open on the afternoon of Thursday 28 December 2017 at **Stanford Lake College** (<http://slc.co.za/>), 6km north-east of Haenertsburg along the R71 towards Tzaneen. Registration will also take place at the **event arenas** prior to each day's competition.



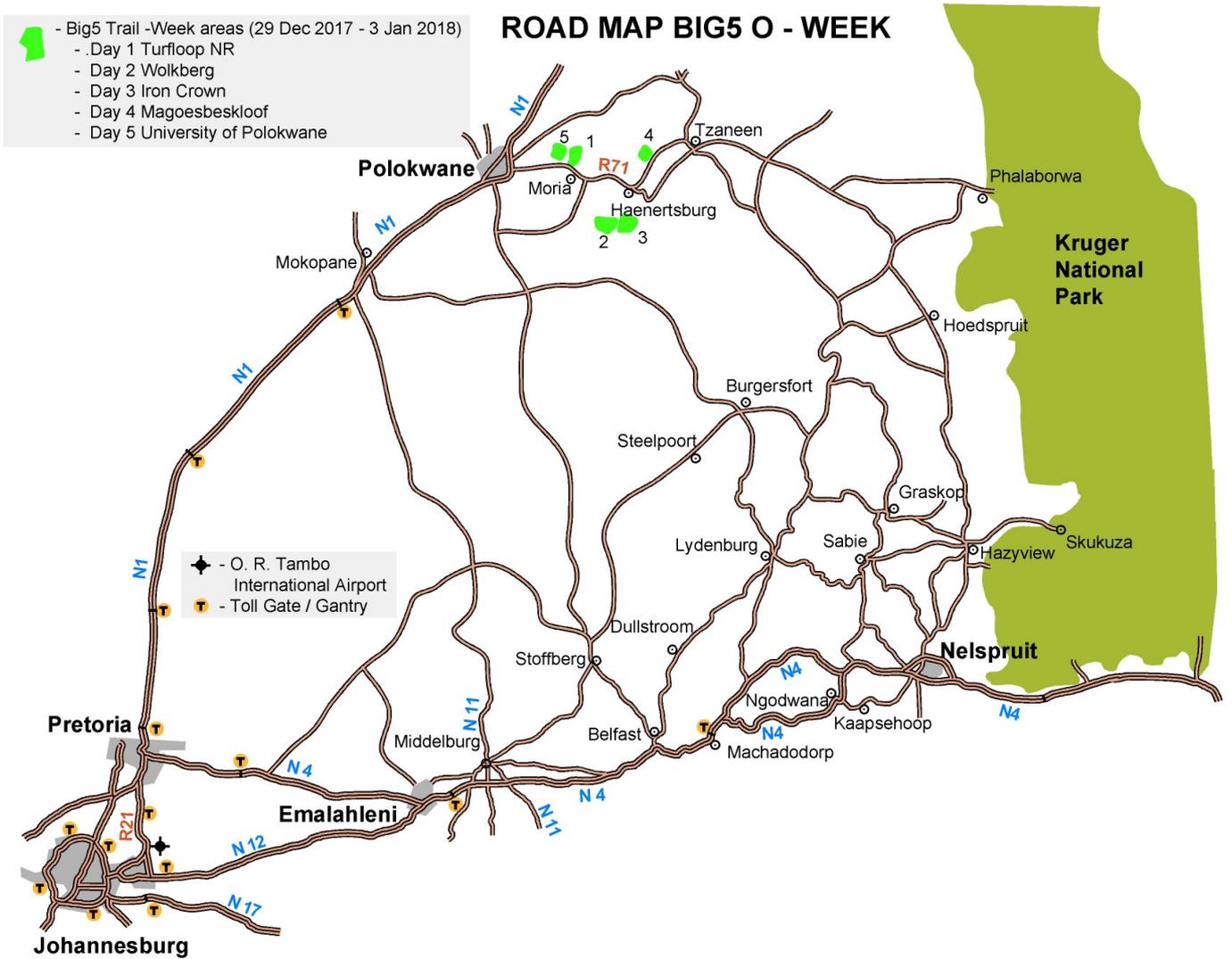
GPS Co-ordinates for Stanford Lake College:

23°54'36.4" S 29°58'31.7" E





Limpopo Regional Map



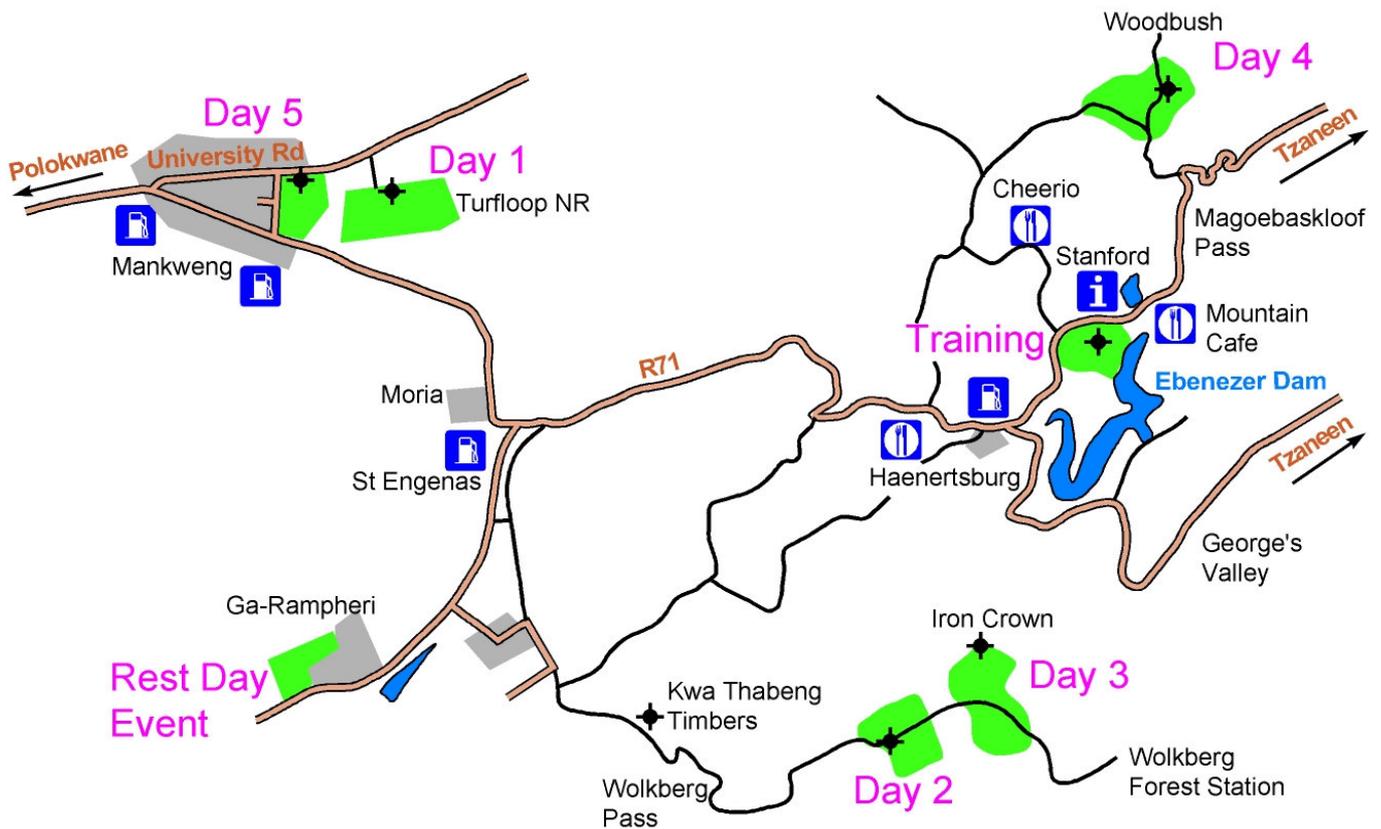
Note that there are 4 toll plazas on the N1 between Pretoria and Polokwane. Only local (South African) credit cards and cash are accepted. Some hire cars have automatic toll chips on the windscreen, with the hire car agency billing the driver upon return of the car. There are special e-toll lanes for cars with these chips.

Total fees for a sedan car in one direction are R153.00

Please also note that various traffic departments are very active along the N1 and the R71 (between Polokwane and Tzaneen) and speed traps are common occurrence on these routes. Please obey speeds limits of 120km/hr on highways and 80km/hr on certain parts of the R71.



Haenertsburg District Map



Registration

Upon Registration at Stanford Lake College or on the morning of the event, 5-day competitors will receive a **Registration Pack**. It will include:

- Your Big 5 Chido (Multi-functional performance head-wear), if entered all 5 days.
- Your race number and safety pins. This must be worn on the front of your shirt at all competitions. It is water resistant. It features your name, nationality, race category and start time for each day.
- Any hired Emit cards and 5 x back-up labels to be inserted into the emit card each day.
- A Big 5 T-shirt, if entered and paid for all 5 days by the first entry deadline (1 July 2017) or if purchased.
- Pre-purchased goods such as anti-tick spray and compasses.
- Any Pre-purchased tickets for the social events (Welcome Dinner, Traditional South African Braai and Final Dinner).



Registration and Info points will also handle the following sales:

Training Maps: will be on sale at Registration on Thursday 28 December for R30 each. There will be approx. 10 – 15 controls in the terrain, which is across the road from the registration venue. The controls will stay in the terrain until 31 December.

T-shirts: Excess units of our high quality '**Technical Tees**' will be on sale at registration from Saturday 30 December whilst stocks last. The Big 5 t-shirts are available in Mens and Womens styles. T-shirts cost R300.

Compasses: Compasses, balanced for the southern Africa zone, are also still available for sale at R700 while stocks last.

Bayticol Tick Repellent Spray: Tins of Bayticol tick repellent clothing spray will be for sale at R150 while stocks last.

Social Event Tickets: No social event tickets will be available for sale at Registration as these have sold out.

On the Day Entries will be taken for the Open Short, Open Medium and Open Long courses at all registration venues. Entry fee per day is R150 including Emit hire. On-the-day entrants are not eligible for mementoes or category prizes.

Payment will only be accepted in cash (South African Rand) or credit card.

Embargoed Areas, Previous Maps

All competition areas are embargoed until the start of the event on each day. All 5 areas have never been used for Orienteering before and will make use of new maps surveyed in 2017.

Training

A training area will be open on Thursday 28 December on an area 5km outside of Haenertsburg village (1:10'000, 5m contours) and on the opposite side of the road from the Registration venue at Stanford Lake College. 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 and controls will stay in the terrain until 31 December. Maps can be bought from Registration for R30.

Social Events

The Big 5 O-Week prides itself on its social program, allowing interaction between orienteers from around the world. This year we have a selection of events taking place:

1) **Welcome Dinner:** Thursday 28th December at Mountain Café, Blueberry Heights Farm

Come join us after your registration for the Big Five at the Welcome Dinner. A harvest table (buffet) with a selection of salads, two meat dishes, a pasta dish and bread rolls with dips / spreads awaits you. See and greet your fellow competitors and start to explore the area



surrounding the little town of Haenertsburg. The Welcome Dinner starts at 18:00. A cash bar is available. Pre-booked tickets are needed.

MOUNTAIN
-Cafe-

2) **Guest Talk:** Friday 29th December at Stanford Lake College

Big 5 have invited two guest speakers to present on different topics at this year's Big 5. The presentations will start at 20:00 and are free of charge.

Dave Peel (GBR) will give a presentation on "Mapping in South Africa from the British perspective". Dave is an internationally renowned mapper and has been involved with map production for the Big 5 for the last 6 years.

Dr Grégoire Scrago (SUI) will give a presentation on "Anti-Doping and Orienteering". Grégoire is a doctor of internal medicine and has been collaborating with the Swiss Orienteering Federation on anti-doping matters.

3) **Traditional South African Braai (barbecue):** Saturday 30th December at Cheerio Gardens

Enjoy a true South African Braai under the starry sky. A variety of meats on the braai (T-bones, lamb chops, Boerewors, chicken wings and pork ribs), baby potatoes, Greek salad and fresh bread rolls with butter. The evening starts at 18:00. A cash bar is available. Pre-booked tickets are needed.



4) **New Years Eve:** Sunday 31st December

We don't have an official Big 5 party occurring on New Years Eve, but you are more than welcome to join the Haenertsburg locals at various locations in the area. The centre of celebrations will undoubtedly be the Iron Crown Pub in the centre of Haenertsburg.

5) **Polokwane OC Development Fundraiser O'Event:** Monday 1st January at Ga-Rampheri Village

GPS Co-ordinates: (24°01'04.5" S 29°44'56.9" E)

The Polokwane OC will be organizing a fun orienteering event on New Year's Day in Ga-Rampheri Village, close to the bottom of the Wolkberg pass to the west of Haenertsburg. The event will run through the streets and nearby hills of the village, a true African orienteering experience. Polokwane OC is a development club with limited resources and this will be a back-to-basics event. This event is a fundraising event for the club. Please support this worthy cause with entry fee of R50. Registration is from 08:00 and starts are from 09:30. Manual punching will be used. A choice of 3 different course lengths is on offer.

6) **Final Dinner:** Tuesday 2nd January at the Haenertsburg Village Hall

Come and feast on an ample three course menu catered by The Red Plate Restaurant as we say farewell to our fellow competitors and reminisce on the past week. The Final Dinner starts at 19:00. A cash bar is available. Pre-booked tickets are needed.





General Information

Contacts:

Big 5 General:	Nicholas Mulder	+27 82 898 7871	nicholas@bigfive-o.co.za
Big 5 Tourism:	Ian Bratt	+27 82 887 6611	ian@bigfive-o.co.za
Big 5 Registration, Info & Socials:	Stephanie Mulder	+27 82 905-2588	stephanie@bigfive-o.co.za
Standby Medics:	Johan	+27 71 509 3463	
	Isaac	+27 79 703 4880 or +27 84 632 8733	

Haenertsburg Village

Known as the capital of the Land of the Silver Mist, Haenertsburg lies between Polokwane and Tzaneen on the slopes of the Wolkberg. The village nestles under the granite massif of the Iron Crown, the highest mountain in the Limpopo province at 2126m. It is surrounded by lush plantations and indigenous forests that encourage the town's two main commercial activities; forestry and tourism. The region is also known for its fruit production of blueberries, avocados, kiwi fruit as well as oranges at lower altitudes. About 10km to the east is the Magoebaskloof pass, which plunges over the main escarpment to the Lowveld region and the town of Tzaneen. The escarpment forests have some of the wettest weather in South Africa and are host to an incredible variety of birdlife.

The town is accessible on an extremely good tar road, the R71, either from Polokwane or from Tzaneen.

Shops

There are several small shops in Haenertsburg. These include T-Mart Supermarket & Takeaways, Greenwoods Trading Post and Tanktrap Foodzone. There are numerous shops / supermarkets in Tzaneen and Polokwane. Polokwane also has numerous large shopping malls.

Restaurants

There are numerous restaurants in Haenertsburg and the surrounding area:

- Café Villa Trattoria
- Lekwar Restaurant and Sport Bar
- Minki's Coffee Shop
- Mountain Café
- The Iron Crown Pub & Bistro – famous for its burgers
- The Red Plate
- Pot and Plow Pub on the R71 to the east of the village – great pizza!



Petrol / Diesel

There is one petrol station in Haenertsburg. Note that they are closed at night. There is also a Shell petrol station west of Haenertsburg next to Moria at the turn-off for Ga-Rampheri village.

Banks and ATMs

The nearest banks are in Mankweng, in Polokwane and in Tzaneen. There is an ATM in Haenertsburg outside the Foodzone. However, Visa and Mastercard are readily accepted in almost all establishments.

Hospital

The nearest private hospitals are in Polokwane and Tzaneen.

Netcare Hospital Polokwane +27 15 296 6500

Tzaneen Medi-Clinic +27 15 306 8500

Medical Standby

We have a medical crew on stand by at the finish / event arena of every competition day.

Medical Standby: Johan +27 71 509 3463

Parking

Please follow the directions of the parking signs on where to park on all days. For Days 2, 3 and 4 you are parallel parking alongside a forest road. Please respect right of access on this road and only park on one side as directed by the marshals. Beware of forest vehicles, which may need to pass by at any time.

Latest Information

The latest information (news board) regarding the event or other issues will be displayed next to registration / info desk on each day.

Online Results

Results will be published on www.OriEnter.co.za as soon as possible after each day.

Big 5 Shop and Food & Drink at Event

We will be selling excess Big 5 T-shirts at the registration area in both mens and ladies styles. Exact sizing is dependent on remaining stock. Excess compasses and Bayticol tick repellent clothing spray will also be on sale while stocks last.

Cold drinks, snacks, fruit and hot / cold food items will be on sale in the arenas on all days.

Lost Property

Any lost items that have been found or misplaced will be kept at the info desk at each event.

Malaria

Haenertsburg, Polokwane and the Magoebaskloof regions are not in a Malaria area. Tzaneen is located on the edge of the Malaria area that extends further north and east. Further precautions should not be necessary unless travelling further north or east, for example into the Kruger National Park. More information about Malaria can be found [here](http://www.santhnet.co.za). (Malaria advice for Travellers - www.santhnet.co.za)



Weather

The Big 5 takes place during high summer in a mountain environment. The average temperatures in Haenertsburg in January are 25 °C during the day and 13 °C at night. However, the weather can change dramatically within hours and often the town experiences 4 seasons in one day. The average rainfall is very high as the town sits on the edge of the escarpment. Thunderstorms during the afternoons and night are very likely, whilst heavy mist is common in summer in the mornings. The event arenas on days 2, 3 and 4 are very likely to have poor weather conditions due to their location on the escarpment. We recommend that you always be prepared for a change in weather conditions and that you expect to orienteer in the mist or rain on at least one day. Please note that **temperatures drop rapidly during a thunderstorm and cold, wet weather is very likely.**

Polokwane and the Mankweng / Turfloop areas are at much lower altitude and conditions are likely to be hot and very dry for Days 1 and 5. The average min / max temperatures are 17 °C and 29 °C.

Weather forecasts will be posted at Registration desks.

Competition Information

Scoring System and Results

The results for each day are based on the competitor's running time.

The overall results of the Big 5 event are based on points calculated from the running time of each day, using the following formulae:

$$\text{Competitors Points} = \frac{\text{Winner's Time} \times 1000}{\text{Competitor's Time}}$$

Competitor's that exceed the time limit, are disqualified or retire receive 0 points.

For the overall Big 5 result, the best 4 of 5 races will count. If a race or a category has to be annulled or cancelled, then the best 3 of 4 races will count. We only have a small pool of organizers in South Africa and some of them have forgone a run to plan or control various days of the Big 5 events. If their duties result in them only having 3 official points scores for the final results calculation, a 4th score based on the average of the original 3 will be included to allow them to stay competitive in the overall classification.

Start Lists

Start lists will be available at <http://www.OriEnter.co.za/> from the 14th of December.

Start lists will be displayed at registration as well as at the start.

Race Number

The race number must be worn clearly on the front of your shirt and may not be altered in any way. The following is printed on your race number: Name, Club, Country, Category, Start Times, Emit Number. If you lose or destroy your race number, please contact the info desk at events to receive a new one.

Electronic Punching

The electronic punching system is EMIT. Emit cards can be hired from registration at R20 per day. Emit backup labels will be provided in your registration pack, one label per day. Hired Emit cards must be returned at the finish of your last competition. In the event of loss or non-return, R500 will have to be paid.



The Emit Card is used as follows:

- One minute before your start, hold your Emit card in the base block for about 3 seconds to clear all existing data.
- Ensure that your backup label is properly inserted in your card and that the plastic side of the paper label is facing outwards. Ensure that the pin mark on the base unit punches the backup label.
- At the control, place your Emit card on the base unit, ensuring that contact is made between the pin and the backup label. There will be a visible light flash on the base block, but no audible sound.
- At the finish, place your Emit card on the finish unit, which will be placed on the Finish line.
- Follow the channel or other directions to the download tent. At the tent place your Emit card on top of the download reader and keep it there until the finish official tells you to lift it.
- Receive your results / split time printout from the Finish official.

Control Descriptions

The control descriptions with the IOF symbols will be issued at the start assembly area. This will be self-service from a display board. Course 11 (M12, W12 and Open Short) will also have English descriptions available. An IOF control description symbol list will be on display at the start assembly area.

Drought / Fire Hazard

South Africa is currently experiencing a severe drought. Many parts of the country have water restrictions and the fire hazard in the forest is thus very high. Please note that smoking is forbidden in the competition terrains. Please also report any fires and fire hazards immediately to the organizers.

GPS

For the World Ranking Events (M21E and W21E classes only), IOF Foot Orienteering Competition rule 21.4 is applicable. "Competitors shall not use or carry telecommunication equipment between entering the pre-start area and reaching the finish in a race, unless the equipment is approved by the organiser. GPS-enabled devices (watches etc.) can be carried provided that they have no map display and are not used for navigation purposes."

For non-WRE courses, the Big 5 has decided that competitors may wear a GPS technology watch, but that competitors may not use it as a navigational aid. We ask competitors to abide by this in the spirit of fair play and sportsmanship.

Clothing restrictions

There are no clothing restrictions for orienteering in South Africa. However, leg protection is advised for Days 1, 2, 3 and 4. Burrs and similar plant seeds are frequent in the forest and we recommend leggings with a dense weave that do not allow such seeds to adhere. Ticks are very prevalent in the forested areas and it is highly recommended to make use of tick repellent spray. There are also significant patches of thorn bush on Day 1 and full leg cover as well as extra leg protection will be very important!

Footwear

Shoes with dobb spikes are allowed during the races, except on the sprint event on Day 5 as you will be competing in an urban area. Sharp pointed spikes are forbidden on all days. For Day 1, we recommend shoes with thicker cushioning and harder soles as the high number of thorns on the ground can penetrate thin orienteering shoes.



Hazards

Competitors may encounter various species of buck, jackal, baboons and other mammals in the competition areas. In the Turfloop Nature Reserve (Day 1), competitors may also encounter impala, giraffe, wildebeest and ostrich. Snakes (including venomous ones) are found in all areas but they will usually move out of a runner’s way. No snake bite incidents have taken place in over 30 years of South African orienteering! Please also check for ticks after each race and make use of a tick repellent spray.

Trail Runs

The Big 5 also host 5 days of trail running over two different distances each day. Although the trail runners make use of a map, on some occasions, white arrows may be drawn on the ground. Orienteers are advised to ignore these.

Assembly areas

Toilets, Results lists, Registration desk and space for club tents are available at all assembly areas.

Start

The route to the start will be marked with Red / White chevron tape. On all five days there is only one start location for all categories. It is the competitor’s responsibility to be at the start on time. No water is provided at the start unless otherwise indicated and there are no toilets available at the start.

Map Issue and Start Procedure

The courses and control descriptions are pre-marked on the maps. Maps are made from waterproof synthetic paper that is sweat and splash proof.

The start procedure begins 3 minutes before your start time (T – 3) when an official will call you up from the waiting line. You will be asked to wait in the back most start block until 2 minutes before your start (T – 2). You can then move forward 1 block.

At T-1, you will be asked to clear your Emit card. Hold it down on the clearing unit for 5 to 10 seconds.

At your start time (T = 0), you can cross the start line. You can then pick up your map according to your race category from the correctly marked box. This is self-service. Please confirm that you have the correct map for your course and class.

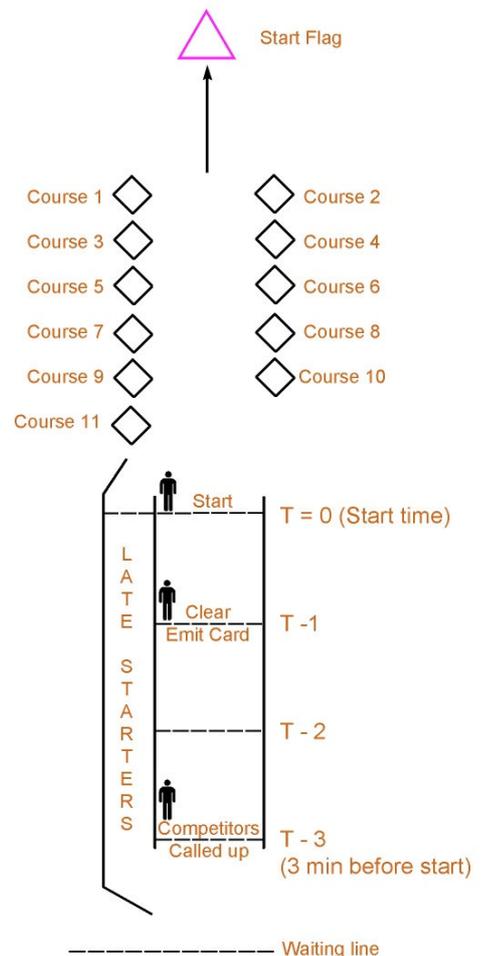
The marked route to the start flag must be followed, which is indicated on the map by a triangle.

Controls

An example control will be located near the Registration desk at the event arena that will also serve as a test unit. If an Emit brick is faulty, the backup label will be punched by the Emit base and will prove that you visited the control.

Out of bounds areas

Out of bounds areas (either Black or Purple stripes) and Private ground or Flower beds (Olive Green) may not be entered. Crossing of uncrossable features in Sprint orienteering (e.g. uncrossable walls and





fences) is also forbidden. Entering an out of bounds area or crossing these barriers will result in disqualification. All such features on the map will follow the latest IOF / ISOM2017 and ISSOM2007 conventions.

Special Map symbols used in Big 5

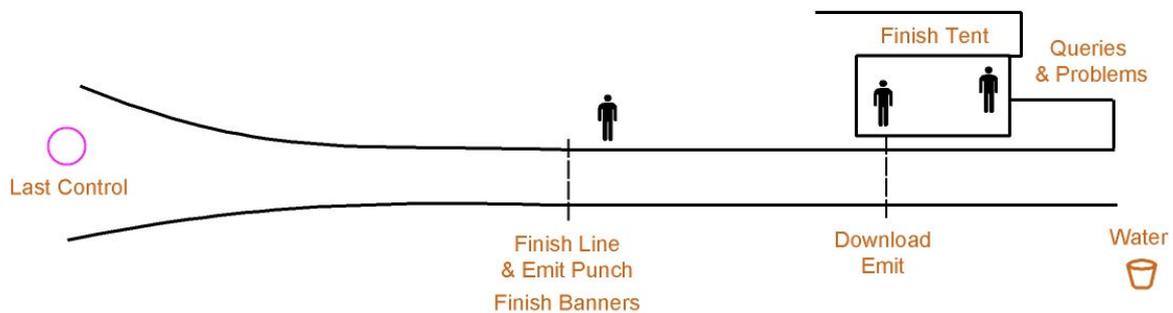
- | | |
|---|--|
| <ul style="list-style-type: none"> ★ Forestry water pump / tap ✕ Rootstock / Tree stump ○ Significant tree | <ul style="list-style-type: none"> □ ○ Water tank or reservoir (ISOM / ISSOM) ✕ Man-made features (notice board, etc.) ○ Man-made features (light post, etc.) |
|---|--|

Drinks in Terrain

Water points will be provided for on Days 1 and 2. Water points may either be located in the terrain (marked with the 'cup' symbol on the map), or at control points (marked on the control description). All water points will be self-service and may not be permanently manned. Please dispose of cups in the plastic rubbish bags provided.

Finish

Do not forget to punch the finish control on the finish line; otherwise you will not be classified.



Downloading

Follow the channel from the finish to the reading stations. You will receive a print out of your personal split times.

Problems and Queries at Download

If you have a problem or query following your download, please go around the side of the tent to the next computer where your query will be dealt with.

Drinks

Bottled water sponsored by aQuellé will be available at the end of the finish channel. Please only take 1 bottle of water per day.

Retirement

If you do not complete your course, **YOU MUST REPORT TO THE FINISH!!!** Not doing so may result in an unnecessary search and rescue exercise.



Shadowing

Shadowing of young orienteers may only take place on the M12 and W12 courses and may not be done by a family member. The young orienteer and shadower must not interfere or help other competitive orienteers on the course. Any help given to a competitor must be reported by the shadower at the finish and will result in the competitor being marked as non-competitive. If the shadower is also competing in a category, the shadower must first complete their race before shadowing the M/W12 orienteer.

Map Return

You may keep your competition map after finishing, except on Day 5 where the World Ranking Event participants start last (maps will be returned to you immediately after the last start). In the spirit of orienteering and fair play, do not show your map to any competitors who have yet to start.

Non-starters

Maps for non-starters can be collected at the registration desk the next day.

Results

Provisional results of each day for each class will be posted at the event arena. Results will also be uploaded to <http://www.OriEnter.co.za/> as soon as possible after the end of each day.

Memento

Entrants of all 5 days will receive a commemorative memento (a Big 5 Chido) at registration.

Prize Giving

Prize giving will take place at the end of Day 5 and will recognise those who finish 1st, 2nd and 3rd in each category in the overall results after five days. In the M12 and W12 categories, all competitors will receive a prize. Prizes will only be handed out to those present. There will also be lucky draw prizes. These will be drawn after the prize giving, with the lucky winners required to be present. To be eligible for the lucky draw, you need to place your race number in the hat just before prize giving. These will be used to make the draw and you can collect your race number again afterwards if you want to retain it.

Protests

Protests should be made to the registration / info desk at the event arena up to 1 hour after the closing of the finish.

Big 5 O-Week Jury Members

Any 3 of the following persons:

- Ian Bratt (WRE Advisor)
- Garry Morrison (WRE Advisor)
- Sarah Pope
- Craig Ogilvie
- Richard Lund
- Paul Wimberley (Day 4)

Damage or Special Incidents

Please report any damage to property (e.g. fences), problems with wildlife, or other incidents to the registration / info desk at the event arena so that we can effect repairs, etc.



Delay / Postponement / Cancellation of Race

Please note that the organisers reserve the right to delay, postpone or cancel any of the race days due to logistical or safety issues. The cancellation of a race is an option of last resort and this worst case scenario will only be enacted if there is notable danger to competitors. Where possible, we will prefer to delay start times until any situation has been corrected. We will try to communicate any event changes as soon as possible.

Insurance and Liability

All participants at the Big 5 O-week take part at their own risk. The organisers accept no liability. Participants are responsible for their own insurance, both medical and personal equipment. Foreign participants should ensure that their insurance is valid in South Africa. Please ensure that you have personal identification and insurance details on you for all hospital and doctor visits.

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. We strongly recommend you make the Big 5 an 'Orienteering Holiday' and that you visit the numerous tourist sites in the region to make the most of it. Please see the published Big 5 Tourism Brochure for many suggestions.



Thank you

The Big 5 organising committee would like to thank the following persons and organisations:

- The Limpopo Provincial Government: Department of Economic Development, Environment and Tourism, Kwa Thabeng Timbers, Stevens Lumber Mills, Komatiland Forests, and the University of Limpopo for allowing us access to their areas for orienteering.
- Stanford Lake College for allowing us permission to use their school for registration and other functions.
- Stanford Lake Lodge and Cottages for permission to use their land for the training event.
- The department of Sport and Recreation and the South African Orienteering Federation for the funding of the map production.
- aQuellé for sponsorship of bottled water.



sport & recreation
 Department:
 Sport and Recreation South Africa
 REPUBLIC OF SOUTH AFRICA

Organisation

O' Committee: Michele Botha, Ian Bratt, Nicholas Mulder, Stephanie Mulder, Craig Ogilvie, Sarah Roffe

Trail Runs: Eugene Botha

Support: We have to thank the many persons who are also involved as volunteers in the organization of the Big 5, either as planners, controllers, start and finish, water point and parking officials as well as control collectors. The volunteers come from almost every South African orienteering club, including:

Peninsula Orienteering Club (PENOC)

Polokwane Orienteering Club (POC)

Rand Athletics Club Orienteers (RACO)

Rand Orienteering Club (ROC)

University of the Witwatersrand Orienteering Club (WITSOC)

We would also like to thank our international volunteers.



Day 1 – Turfloop Nature Reserve

General	This is the first of two events in and around the town of Mankweng on the road between Polokwane and Haenertsburg. The reserve is managed by the Provincial parks department and the event arena is at the picnic area near the entrance of the nature reserve.
Competition Type	'Normal' distance (i.e. a shortened long)
Map	<p>Turfloop Nature Reserve (altitude 1290 – 1330m)</p> <p>Scale 1:10'000, 5m contours, size 30 x 21cm</p> <p>Surveyed by Nicholas Mulder 2017</p>
Course Planning	Nicholas Mulder
Assistant Planner	Ephraim Chuene
Controlling	Stephanie Mulder
Driving Directions	<p>From Haenertsburg head along the R71 towards Polokwane, passing Moria. When you get to Mankweng and see the University golf course, turn right into Mankweng, Pass Gate 3 of the University and continue straight. Turn right onto University Rd and pass the north side of the University (Gate 1). From the gate, continue driving for 2.8km, crossing the Pou River and turning right onto a small dirt track about 200m beyond the suburb signs "Makeketela" and "Ga-Kama". Look out for the Orienteering markers at this turn-off as there are no other sign boards. Follow the dirt track through a residential area for 1.5km, avoiding the mud puddles, until you get to the 2nd gate into the reserve fence. Driving time is about 35 mins and distance is 35km.</p> <p>From Polokwane, take the R71 to Tzaneen. When you get to Mankweng, turn left into University Rd (signboarded to University of Limpopo), pass the Mankweng Hospital and pass the University Gate 1. Then follow instructions as above.</p>
Parking	At the entrance to the nature reserve
Event Arena	<p>At the picnic area near the entrance of the nature reserve</p> <p>23°52'55.7" S 29°46'10.8" E</p>
Clothing and Bags	Can be left in the event arena at your own risk.
Terrain	Turfloop Nature Reserve is 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 strongly recommended. The area is at a moderate altitude, from 1290m to 1330m above sea level.
Start	All categories use the same start location.
Start Interval	3 minutes
Maximum Time	180 minutes
Water Points	There two waterpoints at central points in the terrain on track crossings.





Toilets

Portable toilets at the assembly area near the car park.

Special Notes

Please note that there are wild animals including wildebeest, giraffe, ostrich and impala in the terrain. They will run away from you.



The Big 5 makes use of the new ISOM2017 map symbols and the new symbol "Rough Open Land with Scattered Bush" is heavily used on the map. This is shown on the map as an area of 50% yellow with 50% green dot screen.

There are many large termite mounds in the reserve. They are shown with a knoll symbol and in exceptional circumstances, also a small hill symbol.



The area is currently experiencing a severe drought and the dam in the reserve is almost dry, although the map depicts it at an intermediate level. The dam bottom of is still extremely muddy and uncrossable. Any rain in the days just before the event may result in marshes, depressions and ditches being flooded as the soils are poorly drained.

Course 11 (M12, W12 and Open Short) have a marked route on the course. This is from the start flag to their first control. The route will be marked in the terrain with red flagging tape. All other courses are please to ignore this tape.

Warm up area

A small area with a warm-up map is available just to the east of the picnic area arena. The map extract will be in your registration pack. Please do not enter the reed beds or go onto the mudflats as this will disturb the wildlife / birdlife.

Parking – Arena

0 – 300m depending on arrival time.

Arena – Start

800m on a flat track. Approx. 8 min walk.

Finish – Arena

0m – finish in the arena

Acknowledgement

We wish to thank the Limpopo Provincial Government: Department of Economic Development, Environment and Tourism for the kind use of the area.

Day 2 – Paardevlei / Wolkberg

General

Day 2 takes place on at Paardevlei in the Wolkberg Mountains. Wolkberg means 'Cloud Mountain'. There is a strong potential for wet and cold weather and even the highlight of trying to orienteer in thick cloud. Be prepared!

Competition Type

Long distance

Map

Paardevlei / Wolkberg (altitude 1825 – 2010m)

Scale 1:10'000, 5m contours, size 30 x 21cm

Surveyed by Viktor Dobretsov (RUS) 2017



Course Planning Nicholas Mulder

Assistant Planner Michael Crone

Controlling Brian Courtnage

Driving Directions There are 4 roads going to the Wolkberg from the R71, but we recommend the paved road past St Engenas and Ga-Rampheri, as the other 3 are rutted dirt roads, muddy in places and slower driving. Please note that estimated driving time to the event arena from Haenertsburg is 1h10 to 1h20 and it is about 42km distance.

From Haenertsburg, take the R71 towards Polokwane. After 17km you see a road sign for Wolkberg to the left. This is the best dirt road, but it can still be muddy and we therefore recommend driving for another 1.5km and turning left at the sign St Engenas ZCC. Follow this paved road for 5.5km and turn left at the Wolkberg sign. This paved road crosses the river and then enters the village on the other side of the valley. Follow the paved road through a left-turn and then a t-junction, where you turn right to the Wolkberg and Kwa-Thabeng Timbers. Follow this road straight until it becomes a dirt road and heads towards the mountains. You will soon pass the Kwa-Thabeng sawmill and start climbing the pass up to the Wolkberg. Keep on the main dirt road all the way into the forest plantations.

Parking Alongside the Wolkberg pass dirt road. Please follow marshals' instructions and only park on one side of the road. Beware of other traffic on the dirt road.

Event Arena At the corner of the forest and the meadow

24°01'29.0" S 29°55'02.0" E

Clothing and Bags Can be left in the event arena.

Terrain 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.

Start All categories use the same start location.

Start Interval 3 minutes

Maximum Time 180 minutes

Water Points There are 3 water points in the terrain at track crossings, indicated with a cup symbol on the map.

Toilets Portable toilets at the assembly area near the car park.

Special Note There is one special symbol on the map: **X** Wooden A-frame

There is no cell phone coverage in most of the area, including arena and car park.

Courses 1 (M21E), 2 (W21E) and 3 (M35, M40, M45) will have a map flip. The first map with the first part of your course will be printed on the one side. The second





part of the course will be printed on the back, with a 2nd start triangle on the map located at the control where the map flip takes place.

- Warm Up Area** The forested areas are out of bounds. Competitors can warm up on the dirt road they drove in on and the open meadow next to the arena.
- Parking – Arena** 100 – 300m depending on arrival time.
- Arena – Start** 400m flat walk along the dirt road you drove in on to the start, a 5 mins walk.
- Finish – Arena** 0m – finish in the arena
- Acknowledgement** We wish to thank the Kwa Thabeng Timbers and Ryder McGaffin as well as Stevens Lumber Mills and Trevor Phillips for the kind use of the area.

Day 3 – Iron Crown / Wolkberg

- General** We are up in the Wolkberg again for a 2nd day of competition and today features the highest point of the Limpopo province, the Iron Crown at 2126m. The event will be the highest ever altitude for an orienteering event in South Africa. This area is 3km further east of the Day 2 area along the Wolkberg pass dirt road.
- Competition Type** Middle Distance (WRE for elite courses)
- Map** **Iron Crown / Wolkberg** (altitude 1875 – 2126m)
Scale 1:10'000, 5m contours, 30 x 21cm
Surveyed by Viktor Dobretsov (RUS) 2017
- Course Planning** Nicholas Mulder
- Assistant Planner** Nicholas Cooper
- Controlling** Ian Bratt
- WRE Advisor** Garry Morrison
- Driving Directions** As per Day 2, but then continue along the Wolkberg Pass dirt road for another 3km.
- Parking** Alongside the Wolkberg pass dirt road. Please follow marshals' instructions and only park on one side of the road. Beware of other traffic on the dirt road.
- Event Arena** At a small clearing in the forest about 100m away from the main Wolkberg pass dirt road.

24°00'43.0" S 29°56'47.0" E
- Clothing and Bags** Can be left in the event arena.
- Terrain** The terrain is similar to Day 2.
- Start** All categories use the same start location.
- Start Interval** 3 minutes
- Maximum Time** 150 minutes





Water Points	None
Toilets	Portable toilets at the assembly area near the car park.
Special Notes	There is no cell phone coverage in most of the area, including arena and car park. The highest peak in Limpopo, the Iron Crown (2126m) is on the map and you are welcome to take the 1800m walk (one-way) to the top after your race.
Warm up area	The forested areas around the arena are out of bounds. Competitors can warm up on the dirt road they drove in on and the forests to the south of the dirt road.
Parking – Arena	100 – 300m depending on arrival time.
Arena – Start	400m uphill walk along a forest track. Approx. 5 mins walk. The forests on either side of the walk to the start are strictly out of bounds.
Finish – Arena	0m – finish in the arena
Acknowledgement	We wish to thank Stevens Lumber Mills and Trevor Phillips for the kind use of the area.

Day 4 – Woodbush Forest

General	After a rest day break on the 1st of January (to recover from the New Years parties), the Big 5 returns to the area around Haenertsburg.
Competition Type	Middle distance
Map	Woodbush Forest (altitude 1500 – 1600m) Scale 1:10'000, 5m contours, size 30 x 21cm Surveyed by Nicholas Mulder 2017
Course Planning	Nicholas Mulder
Assistant Planner	Sarah Pope
Controlling	Alex Pope
Driving Directions	From Haenertsburg, follow the R71 east towards Tzaneen. Just before the top of the Magoebaskloof Pass, turn left towards Houtbosdorp. Follow the dirt road, passing Kuhestan Organic Farm and then taking the right fork into the Komatiland Woodbush plantation. Follow the main forest track uphill to the Woodbush Hut. Driving time is about 20 mins and distance is 16km.
Parking	Alongside the Woodbush dirt road. Please follow marshals' instructions and only park on one side of the road. Beware of other traffic on the dirt road.
Event Arena	At the Woodbush hut in the middle of the plantation. 23°50'32.0" S 29°59'15.0" E
Clothing and Bags	Can be left in the event arena.
Terrain	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.

Start	All categories use the same start location.
Start Interval	3 minutes
Maximum Time	150 minutes
Water Points	None
Toilets	Portable toilets at the assembly area near the car park.
Special Notes	There is no cell phone coverage in most of the area, including arena and car park. The Woodbush plantation plays host to the tallest trees in Africa and you are welcome to take a walk to them after your race. They are indicated on your map.
Warm up area	The forested areas around the arena are out of bounds. Competitors can warm up on the dirt road they drove in on en route to the start.
Parking – Arena	100 – 300m depending on arrival time.
Arena – Start	400m flat walk back along the dirt road you drove in on to the start. Approx. 5 mins walk.
Finish – Arena	0m – finish in the arena
Acknowledgement	We wish to thank Komatiland Forests and Paul Mostert for the kind use of the area.

Day 5 – University of Limpopo / Turfloop

General	The final day, a Sprint event, takes place at the Turfloop Campus of the University of Limpopo. This is a very technical urban area with lots of buildings, passageways and a few granite outcrops.	
Competition Type	Sprint distance (WRE for elite courses)	
Map	University of Limpopo / Turfloop	(altitude 1300 – 1350m)
	Scale 1:4'000, 2.5m contours, size 30 x 21cm (Map drawn to ISSOM specification)	
	Surveyed by Dave Peel (GBR) 2017	
Course Planning	Nicholas Mulder	
Assistant Planner	Nico van Hoepen	
Controlling	Richard Lund	
WRE Advisor	Ian Bratt	
Driving Directions	From Haenertsburg head along the R71 towards Polokwane, passing Moria. When you get to Mankweng and see the University golf course, turn right into Mankweng, Pass Gate 3 of the University and continue straight. Turn right onto	





University Rd, pass the sports fields and then first right into Gate 1 on the north side of the University. Driving time is about 30 mins and distance is 26km.

Parking

In the car park just inside the entrance gate (Gate 1).

Event Arena

In the park next to the campus pond just inside the entrance gate (Gate 1).

23°52'53.0" S 29°44'16.0" E

Terrain

The terrain 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.

Start

All categories use the same start location.

Start Interval

2 minutes

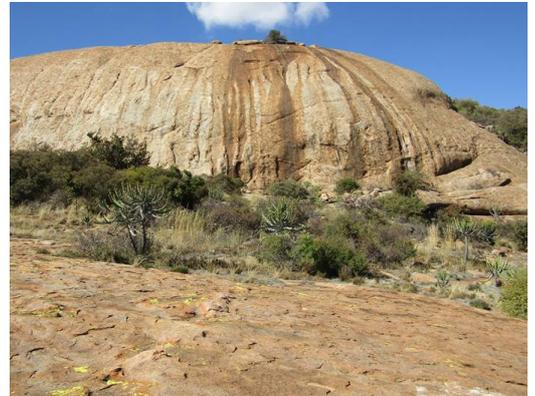
Maximum Time

90 minutes

Special Notes

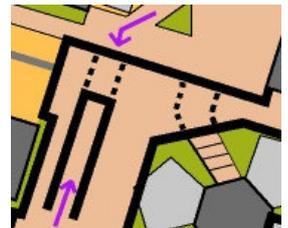
There are numerous man-made objects shown on the map.

- X** Notice board
- O** Tower / Light pole
- o** Water tank



Only the Tower / Light pole has been used for a control site and will be shown with an **O** on the control description.

Underpasses / tunnels occur on the map. Where competitors can go through these, they are shown with the black dotted IOF symbol that indicates it as such. See map example and purple arrows showing direction in which it is possible to run through such underpasses.



Out of Bounds

Flower beds and other cultivated garden plants are forbidden to cross (marked in olive green, or dark green / black on the map). Crossing these will lead to disqualification. Additionally, uncrossable walls and fences (thicker line black line) are also forbidden to cross as per IOF Sprint rules and will lead to disqualification.

Warm up area

There is limited area for warm-up. Competitors must stay on or next to the road between the arena and start.

Toilets

Portable toilets at the assembly area near the car park.

Parking – Arena

50 – 100m depending on arrival time.

Arena – Start

600m gentle uphill along a paved road.

Finish – Arena

0m – finish in the arena

Prize Giving

Prize Giving for the 5 day event will take place as soon as results have been calculated for the M21E and W21E categories, who start last.

Acknowledgement We wish to thank the University of Limpopo for the kind use of the area.



Course Lengths

Distance, climb and number of controls per category, per day. Small changes are possible.

Cat.	Day 1			Day 2			Day 3			Day 4			Day 5		
	Turfloop Nature Reserve			Paardevelei (Wolkberg)			Iron Crown (Wolkberg)			Woodbush Forest			University of Limpopo		
	km	m	C	km	m	C	km	m	C	km	m	C	km	m	C
M21E	9.5	100	26	11.3	465	30	5.6	240	23	5.9	240	24	3.3	40	22
W21E	7.8	80	21	9.0	400	27	4.6	190	19	5.1	195	21	3.2	40	21
M21L	5.9	70	20	6.9	310	19	3.7	170	19	4.3	180	17	2.7	20	17
W21L	5.6	70	15	6.3	255	21	3.5	130	16	4.1	160	17	2.4	30	15
M21S	4.4	50	14	4.0	155	15	3.1	120	13	3.5	125	15	2.4	20	18
W21S	4.2	50	14	3.7	115	14	3.1	120	14	3.3	120	13	2.3	20	18
M12	3.1	50	11	3.1	100	11	2.7	80	11	2.4	50	9	1.8	20	16
W12	3.1	50	11	3.1	100	11	2.7	80	11	2.4	50	9	1.8	20	16
M16	4.4	50	14	4.0	155	15	3.1	120	13	3.5	125	15	2.4	20	18
W16	4.2	50	14	3.7	115	14	3.1	120	14	3.3	120	13	2.3	20	18
M20	5.9	70	20	6.9	310	19	3.7	170	19	4.3	180	17	2.7	20	17
W20	5.2	60	15	5.6	285	18	3.5	120	17	3.7	145	17	2.4	20	20
M35	6.9	85	22	8.1	385	20	4.3	160	16	4.4	175	19	2.7	25	20
W35	5.9	70	20	6.9	310	19	3.7	170	19	4.3	180	17	2.7	20	17
M40	6.9	85	22	8.1	385	20	4.3	160	16	4.4	175	19	2.7	25	20
W40	5.6	70	15	6.3	255	21	3.5	130	16	4.1	160	17	2.4	30	15
M45	6.9	85	22	8.1	385	20	4.3	160	16	4.4	175	19	2.7	25	20
W45	5.6	70	15	6.3	255	21	3.5	130	16	4.1	160	17	2.4	30	15
M50	5.9	70	20	6.9	310	19	3.7	170	19	4.3	180	17	2.7	20	17
W50	5.2	60	15	5.6	285	18	3.5	120	17	3.7	145	17	2.4	20	20
M55	5.6	70	15	6.3	255	21	3.5	130	16	4.1	160	17	2.4	30	15
W55	5.2	60	15	5.6	285	18	3.5	120	17	3.7	145	17	2.4	20	20
M60	5.2	60	15	5.6	285	18	3.5	120	17	3.7	145	17	2.4	20	20
W60	4.5	55	12	4.2	165	16	3.1	90	12	3.3	110	15	2.2	20	17
M65	5.2	60	15	5.6	285	18	3.5	120	17	3.7	145	17	2.4	20	20
W65	4.5	55	12	4.2	165	16	3.1	90	12	3.3	110	15	2.2	20	17
M70	4.5	55	12	4.2	165	16	3.1	90	12	3.3	110	15	2.2	20	17
W70	4.0	50	13	3.5	145	16	3.1	80	11	2.9	85	13	2.1	20	16
M75	4.0	50	13	3.5	145	16	3.1	80	11	2.9	85	13	2.1	20	16
W75	4.0	50	13	3.5	145	16	3.1	80	11	2.9	85	13	2.1	20	16
Open L	5.6	70	15	6.3	255	21	3.5	130	16	4.1	160	17	2.4	30	15
Open M	4.2	50	14	3.7	115	14	3.1	120	14	3.3	120	13	2.3	20	18
Open S	3.1	50	11	3.1	100	11	2.7	80	11	2.4	50	9	1.8	20	16



Notes