



Big Five O-Week

Graskop, Mpumalanga

South Africa

29th December 2019 – 3rd January 2020

Bulletin 1

Programme

Date	Region	Terrain	Event	WRE*
Sat 28 December 2019	Sabie	Forest	Warm-up Training	
Sun 29 December 2019	Graskop	Rocky Grassland	Day 1 - Long	
Mon 30 December 2019	Graskop	Forest and Grassland	Day 2 - Middle	WRE (Middle)
Tue 31 December 2019	Graskop	Forest and Grassland	Day 3 - Long	
Thu 2 January 2020	Graskop	Forest	Day 4 - Long	
Fri 3 January 2020	Hazyview	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 fifth international five-day orienteering competition. The 5 events will take place in the country's eastern province of Mpumalanga, with each competition area taking place on a different map. There will be a rest day on 1 January. Registration and the focal point of the 5 day competition will be centred on Graskop, an old historical trade post village famous for its picturesque mountain, stunning waterfalls and forested landscape. Graskop, located at an altitude of 1400m above sea level, is located on the touristic 'Panorama Route' that follows the Drakensberg Escarpment. The town is only 45 minutes from the Phabeni Gate of the Kruger National Park.



Organisation and Information

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

IOF WRE Event Advisors: Ian Bratt (RSA) and Garry Morrison (RSA)

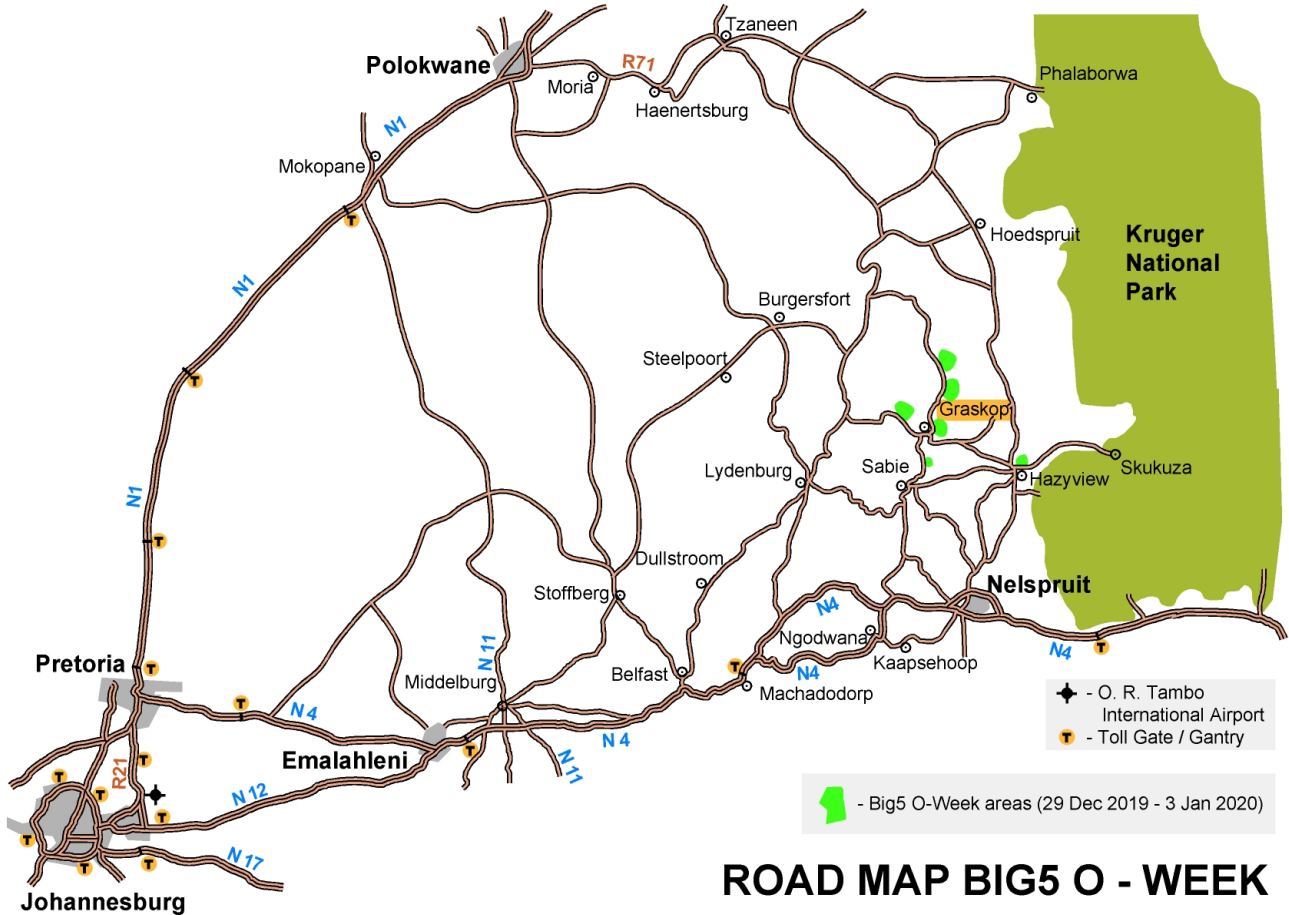
Event Office Address: Big 5 Event Office, P.O. Box 50601, Randjesfontein, 1683, South Africa

Phone: +27-82-898-7871

Website: www.bigfive-o.co.za



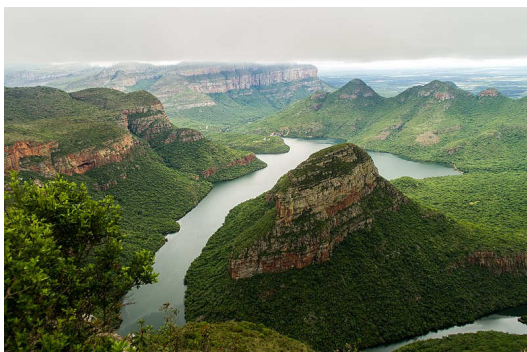
Registration, Event Centre and Accommodation



ROAD MAP BIG5 O - WEEK

The Event Centre for Registration will be the picturesque mountain village of Graskop. Registration will be open on Saturday 28 December and on the morning of Day 1. It is approx. a 4.5 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 as December is South Africa's primary holiday season. The event organisers recommend finding accommodation in Graskop or in the surrounding area. The next nearest towns are Sabie, Pilgrims Rest and Hazyview, but they are not as central to the competition areas.



For accommodation in the region:

<https://www.graskop.co.za/stay/index.html>



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 in the Big 5 O-Week have never been used for Orienteering before and will make use of new maps surveyed in 2019. Information on the exact location of areas will be released in mid-2019.



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 Saturday 28 December in an area between Graskop and the neighbouring town of Sabie (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 R50.00.



Terrain



Days 1, 2, 3 and 4 will take place in areas above the main escarpment, on a plateau landscape. These areas are a mixture of grassland, rocky outcrop and pine plantation forests. In some areas, rock detail can become quite intricate, with stone pillars, boulders and cliffs dotting the landscape. Pine plantations and grassland areas are generally very runnable. Altitudes for these areas range from 1300 to 1500m above sea level.

Day 5 is a complex mixed parkland and urban area, with some sections of indigenous bush. There are several different types of terrain including regularly cultivated gardens and golf course, streets, as well as some rocky outcrops and thorny bush. Runnability is very good. Altitude is low at about 530m above sea level.



Climate

The competition takes place during high summer. Weather conditions will vary greatly across the 5 days, dependent on location and altitude. Graskop is located in mountains on an escarpment that attracts significant amount of rainfall during the year. The events of days 1, 2, 3 and 4 are in this mountain environment, with rain and mist occurring at times. Competitors need to be prepared for notable temperature changes within a few hours. Temperatures can plummet and it is always advisable to have warm clothing on hand. Day 5 is held in the Lowveld below the escarpment, at much lower altitude. Temperature and humidity can be extremely high here, even with the early start times on Day 5.



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 ScatterRun (score).

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

Note: M/W21E (Elite) category has World Ranking Events for Days 2 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 in mid-2019.

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. Leg protection is advised for the days in forested areas due to cut branches lying on the ground.



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. Graskop is not in a Malaria area as it is at high altitude. Hazyview is located on the edge of the Malaria area that extends further to the east below the escarpment.

Shop

High quality branded T-Shirts and other memorabilia will be on sale, featuring the Big 5 logo 'South Africa 2019/20'. Various types of compasses balanced for the southern Hemisphere will also be on sale. Online sales will be taken from mid-2019 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-2019, but the activities will include:

- A social braai (barbecue) on one of the evenings
- A final festive dinner evening on the Thursday night
- Other special talks and athlete feedback presentations in Graskop town in the evenings.

Entries

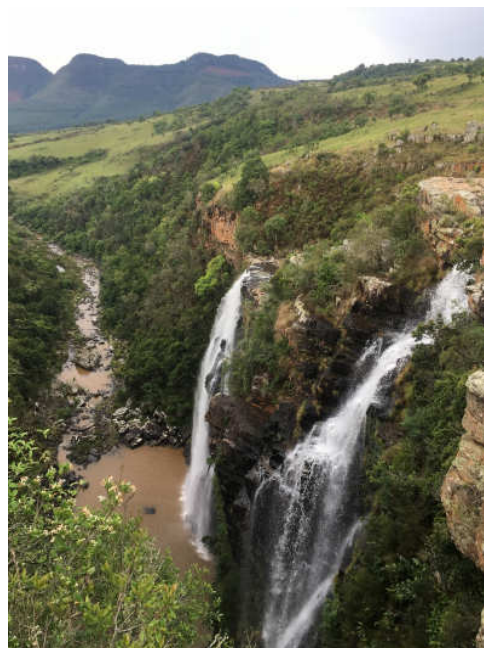
Entries and payment will be taken online via the OriEnter system (www.orienter.co.za). This can also be accessed via the Big 5 event website (www.bigfive-o.co.za). A receipt will be issued if requested.

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: 31 May 2019
- 2nd entry deadline: 30 September 2019 (including any orders for compasses, extra t-shirts)
- Final entry deadline: 1 December 2019

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 4.5 hour drive from Johannesburg (O.R. Tambo) International Airport to Graskop. There is also a smaller regional airport in Nelspruit.

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. See www.travelstart.co.za for a nice comparison website.

Tourism

Together with Cape Town and the South Coast, Mpumalanga is one of the premier tourism regions in South Africa. The Mpumalanga regions host a vast array of landscape, cultural and natural attractions, including the southern part of the world famous Kruger National Park. The final event of the Big 5 is only a 45-minute drive from the Kruger Park's nearest gate, Phabeni.

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.home-affairs.gov.za/index.php/countries-exempt-from-sa-visas>

Final Details

Final race information will be sent via email to entered competitors in the first week of December 2019.

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/Big5OWeek

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

