



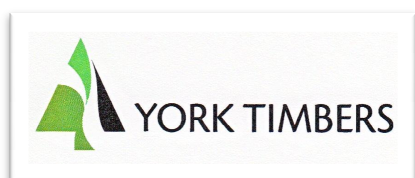
SA Orienteering Championships 2015

3 – 5 October 2015

Sabie, Mpumalanga

Final - Bulletin 3

and Start Lists



sport & recreation

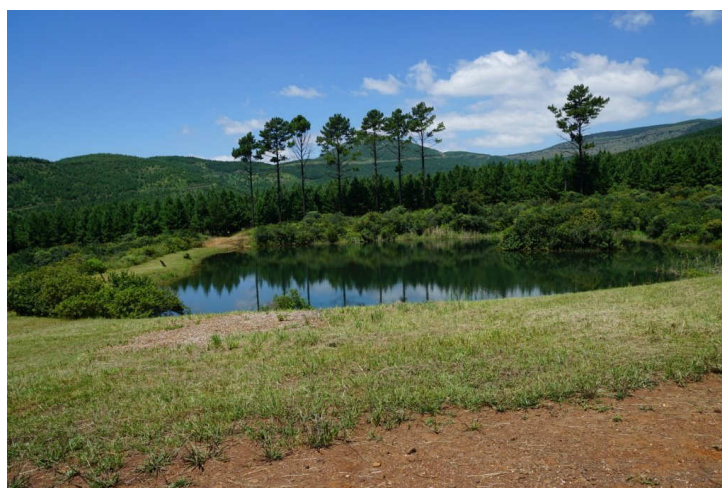
Department:
Sport and Recreation South Africa
REPUBLIC OF SOUTH AFRICA

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	
Website:	http://www.orienteering.co.za/event-calendar/sa-champs-2015/	



Final Programme:	<u>Saturday 3rd October:</u>	Middle distance event (WRE)
	(Olifantsgeraamte)	Registration from 10:30 – 11:30
		Starts from 12:00 (WRE First)
	<u>Sunday 4th October:</u>	Long distance event
	(Olifantsgeraamte)	Registration from 08:30 – 9:30
		Starts from 10:00
	15:00	Prize-Giving (Sabie Country Club)
	16:00	SAOF AGM (Sabie Country Club)
	18:00	Braai / Social (Sabie Country Club)
	<u>Monday 5th October:</u>	Relay
	(Klipkraal)	Start at 10:00
	12:00	Prize-Giving (in the forest)

DIRECTIONS TO EVENT CENTRES :

Directions from Johannesburg (Allow a comfortable 4 hours drive from Joburg to Sabie).

From Johannesburg/Pretoria take the N1 north and turn onto the N4 East.

After the Machadodorp Toll Plaza, the N4 highway splits. The recommended route is left through Schoemanskloof. After Schoemanskloof, turn left at the T-junction where you meet the other N4 route again. After approximately 4km, turn left onto the R539 signposted Sabie/Sudwala Caves. Drive another 7,4km and turn right following the R539 route. After 16km turn left at the T-junction onto the R37. After 20km turn right onto the Long Tom Pass road R532 and proceed 9km to the town of Sabie

Day 1 & 2 – Directions to the Event Centre

The **Olifantsgeraamte Event Centre** is situated about 7km 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".

From the Sabie Main Road R532, proceed in a northerly direction through Sabie town.

At the last 4 way stop, just before the bridge, turn left into (Old) Lydenburg Road.

Proceed 5,5km on the (Old) Lydenburg Road. Beware of the many potholes.

Turn left at the orienteering sign and follow signs along the forest road for 1,2km to the Event Centre

Day 2 – Directions from the Event Centre to Sabie Country Club

From the Olifantsgeraamte Event Centre, drive the 1,2km back to the tar road and turn right.

Follow the (Old) Lydenburg Road for 5,5km.

At the 4 way stop, turn right onto Main Road and proceed up the hill.

After 1,1km, where the sign points to Lydenburg, turn right and proceed along Main Road R532.

After 450m turn right into Sabie Country Club and Golf Course.

Day 3 - Directions to Klipkraal

The Relay and Relay Prize-giving will be held in the Klipkraal forest.

From the Sabie Main Road R532, proceed in a northerly direction on the road to Graskop/Pilgrimsrest.

From the outskirts of Sabie, drive approximately 11km on the R532, until you see orienteering signs directing you right onto a dirt forest road. Follow signs to the event area.

Registration

Report to the Event Centre on Day 1 or 2 to collect your Memento Competitor Pack containing Description Sheets, Emit Card (if hiring), Emit Backup cards and Start Lists. Registration is open from 10:30 – 11:30 (Day 1) and 08:30 – 9:30 (Day 2).

ENTRIES ARE NOW CLOSED :

However, Novices courses for enter-on-the-day competitors will be provided on both days 1 & 2.

SA Relay Championships:

Club Relay Championship: teams of three competitors from the same SAOF affiliated club (with at least one non-M21A/E); Long, Medium & Short legs.

Ad Hoc Relay: teams of any three competitors regardless of age, affiliation or class; Long, Medium, & Short legs.

THE ORGANISERS WILL ACCEPT RELAY TEAM SELECTIONS AND PAYMENT BY LATEST

SUNDAY 4 OCTOBER 16:00 !. Entry fee is ZAR 200 per team.

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

Day 1 : Cold drinks, sweets, chocolates, energy bars, crisps

Day 2 : As above plus Hot Dogs

Day 3 : As per Day 1

These refreshments for own account (cash only).

Water will be supplied at water points on the courses and these will be marked on the map or identified on the course description sheets.

Toilets: There will be toilet facilities at the Event Centre Day 1 & 2 only. Regret there are no facilities for the Relay.

Competition Clothing: Full leg cover is advised for all three days of competition. Short or Long sleeved tops may be worn during all the events. Head cover and sun protection is strongly advised

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).

Hazards: There are no dangerous animals in the competition area, although competitors may encounter various species of buck, jackals and other small animals. Ticks are prevalent in the area – the use of insect repellent is strongly advised .

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

Weather: Generally the weather pattern in the area for this time of year is mild and dry, with temperatures ranging from 11 – 23 Degrees Celcius and an average monthly rainfall of less than 50mm

Social:

A braai/social has been organised at the Sabie Country Club (#1 Main Street Sabie). The charge for the Social/Braai is R75 pp (under 12 years old R40 pp). **This is pre-payable into the RACO Club Account by latest 30 September :**

<p>Bank: First National Bank (South Africa) Branch Code: 2558055 Acc. Number: 62178608710 Reference: SAOC SOCIAL <your full name></p>

PLEASE NOTIFY THE ORGANISERS OF YOUR INTENTION TO JOIN THE SOCIAL BY LATEST 30 SEPTEMBER (E-mail to: patdeklerk@mweb.co.za). Fires, braai packs, pap, sauce and salads are included. Cash Bar available - drinks for own account. Note: Strictly no food or drinks may be brought onto the Sabie Country Club property !

COMPETITION NOTICES

Electronic Timing System: The EMIT timing system will be used. EMIT cards will be available for hire for the entire event.

Distance from Event Centre to Start Areas:

Day 1 – The Start is situated in the near vicinity of the Event Centre (Registration). The Finish is situated close to the Event Centre on both Days 1 & 2.

Day 2 – The Start is situated 1km from the Event Centre (allow a 20 minute walk !)

Day 3 – The Relay is concentrated entirely near the Event Centre at the Klipkraal venue

Start Procedure: Competitors to report to the Start Area at least 10 minutes before their allocated start time (see Start Lists). Due to your own fault you will be penalised for not starting at your allocated time (start list). Start times are calculated from the your allocated start time on the main computer – and not from Emit card 'lift' !

When Clock T – 3 indicates your Start Time, proceed to the Start Zone into T– 2 Enclosure. At T – 2 move forward into the next enclosure. At T – 1 proceed to the front enclosure or Start Box.

At 30 seconds to go, three 'beeps' will sound. At 10 seconds to go, two 'beeps' will sound and the Start Official will remind you to Clear your EMIT card. There will be an audible countdown ('beeps') from 5 seconds to your Start – which is indicated by a long 'beep' of the Start Clock.

Maps will be handed to competitors when they enter the T – 0 Start Box. YOU ARE NOT PERMITTED TO READ THE MAP PRIOR TO YOUR START TIME !.

Finish Procedure: The final checkpoint or Finish Control may be located some distance from the Finish Computer. Your Race Time is calculated from your allocated Start Time (Main Computer) to time of arrival at the Finish Control.

You will be directed to the Finish, where you are required to present your EMIT Card for Download.

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

Disputes Jury: A Jury to address any arising disputes will consist of the following officials: Garry Morrison (WRE Advisor); Albert Epprecht/Lionel Stander (Planner/Controller); Steve Mills (SAOF); Paul Wimberley (Organising Club Chairman).

Disputes: Any disputes/complaints shall be reported to one of the Jury Members – in the Event Centre area - not later than 30 minutes from the release of the results.

Start Lists: These are published here in the Final Bulletin and are on the official website

COURSE DETAILS

WRE Courses (M21E & W21E) take place in undulating, mostly open pine forest with a few sections of light undergrowth and/or cut tree branches. There is one (1) water point on each course. Maximum running time expected is 60 minutes.

MIDDLE DISTANCE (Day 1)				
COURSE	AGE CATEGORIES	DIST (km)	CLIMB (m)	CONTROLS
1	M21E, M21A	5,29	230	20
2	W21E, W21A, M20, M40	4,73	155	20
3	W35,W45,M50,M60	4,03	145	17
4	W20, W55, M16, M70	3,35	140	14
5	W16, W65, M80	2,86	120	14
6	W12, M12, Short Novice	2,34	70	9

LONG DISTANCE (Day 2)				
COURSE	AGE CATEGORIES	DIST (km)	CLIMB (m)	CONTROLS
1	M21E	10,20	430	29
2	W21E,M20,M40	8,60	340	26
3	W20,M21A,M50	6,95	240	20
4	W21A,M16,M60	5,40	180	17
5	W16,W35,W45	4,47	130	17
6	W55,W65,M70	3,67	120	14
7	W12,M12,M80, Short Novice	2,55	60	12
8	Long Novice	7,10	150	17

RELAY (Day 3)	
LEG	DIST (km)
Long	3,0
Medium	2,4
Short	1,8

START LISTS

Note: The WRE ranked competitors are required to start the Middle Distance race prior to all other competitors.

Start intervals for WRE Competitors shall be 2 minutes.

All other competitors start at 1 minute intervals

MIDDLE DISTANCE – DAY 1

WRE

Lane 1						Lane 2					
Start Time	Race No.	First name	Last name	Category	Course	Start Time	Race No.	First name	Last name	Category	Course
12:00	37	Jaco	Lingerfelder	M21E	1	12:00					
12:01						12:01	61	Sarah	Roffe	W21E	2
12:02	2	Dylan	Barry	M21E	1	12:02					
12:03						12:03	52	Stephanie	Mulder	W21E	2
12:04	81	Roark	Robinson	M21E	1	12:04					
12:05						12:05	1	Margaret	Archibald	W21E	2
12:06	11	Ephraim	Chuene	M21E	1	12:06					
12:07						12:07	73	Salome	Van Hoepen	W21E	2
12:08	43	Chi Kin	Man	M21E	1	12:08					
12:09						12:09	54	Pernilla	Olsson	W21E	2
12:10	67	Wing Chung	Tam	M21E	1	12:10					
12:11						12:11	18	Christie	Courtage	W21E	2
12:12	5	Eugene	Botha	M21E	1	12:12					
12:13						12:13	80	Tania	Wimberley	W21E	2
12:14	10	Timothy	Chambers	M21E	1	12:14					
12:15						12:15	55	Sarah	Pope	W21E	2
12:16	38	Bradley	Lund	M21E	1	12:16					
12:17						12:17	6	Michele	Botha	W21E	2
12:18	51	Nicholas	Mulder	M21E	1	12:18					

MIDDLE DISTANCE – DAY 1

Lane 1						Lane 2						Lane 3					
Start Time	Race No.	First name	Last name	Category	Course	Start Time	Race No.	First name	Last name	Category	Course	Start Time	Race No.	First name	Last	Category	Course
12:00	37	Jaco	Lingerfelder	M21E	1	12:00						12:00					
12:01						12:01	61	Sarah	Roffe	W21E	2	12:01					
12:02	2	Dylan	Barry	M21E	1	12:02						12:02					
12:03						12:03	52	Stephanie	Mulder	W21E	2	12:03					
12:04	81	Roark	Robinson	M21E	1	12:04						12:04					
12:05						12:05	1	Margaret	Archibald	W21E	2	12:05					
12:06	11	Ephraim	Chuene	M21E	1	12:06						12:06					
12:07						12:07	73	Salome	Van Hoepen	W21E	2	12:07					
12:08	43	Chi Kin	Man	M21E	1	12:08						12:08					
12:09						12:09	54	Pernilla	Olsson	W21E	2	12:09					
12:10	67	Wing Chung	Tam	M21E	1	12:10						12:10					
12:11						12:11	18	Christie	Courtage	W21E	2	12:11					
12:12	5	Eugene	Botha	M21E	1	12:12						12:12					
12:13						12:13	80	Tania	Wimberley	W21E	2	12:13					
12:14	10	Timothy	Chambers	M21E	1	12:14						12:14					
12:15						12:15	55	Sarah	Pope	W21E	2	12:15					
12:16	38	Bradley	Lund	M21E	1	12:16						12:16					
12:17						12:17	6	Michele	Botha	W21E	2	12:17					
12:18	51	Nicholas	Mulder	M21E	1	12:18						12:18					
12:19						12:19						12:19					
12:20	47	Matlhoa Clinton	Molepo	M21A	1	12:20						12:20					
12:21	40	Richard	Lund	M50	3	12:21						12:21					
12:22	64	Andries	Swart	M16	4	12:22	16	Nick	Cooper	M40	2	12:22					
12:23						12:23	75	Jordan	Van Huyssteen	M12	6	12:23					
12:24	8	Karen	Chambers	W45	3	12:24						12:24					
12:25	9	Kirsten	Chambers	W20	4	12:25	30	Carl	Holmes	M20	2	12:25					
12:26						12:26						12:26	34	Jean-luc	Lanz	Short Novice	6
12:27	14	Glen	Comins	M60	3	12:27						12:27					
12:28	74	Willemien	Van Hoepen	W55	4	12:28	66	Feridun	Takis	M40	2	12:28					
12:29						12:29	25	Shelby	Dos Santos	W12	6	12:29					
12:30	70	Lynette	Terry	W35	3	12:30	36	Charles	Lautenbach	M80	5	12:30					

MIDDLE DISTANCE / Continued

Lane 1						Lane 2						Lane 3					
Start Time	Race No.	First name	Last name	Category	Course	Start Time	Race No.	First name	Last name	Category	Course	Start Time	Race No.	First name	Last	Category	Course
12:31	65	Luan	Swart	M 16	4	12:31	63	Matthew	Siepman	M20	2	12:31					
12:32						12:32	49	Connor	Morrison	M 12	6	12:32					
12:33	41	Rune	Lundgren	M50	3	12:33						12:33					
12:34						12:34	23	Charles	Dos Santos	M40	2	12:34					
12:35						12:35						12:35	22	Barbara	Morrison	Short Novice	6
12:36	46	Stephen	Mills	M60	3	12:36	13	Delphine	Comins	W65	5	12:36					
12:37	20	Joan	De Klerk	W55	4	12:37	3	Matthew	Bell	M20	2	12:37					
12:38						12:38						12:38					
12:39	32	Pat	Howell	W35	3	12:39						12:39					
12:40	4	Ryan	Bell	M 16	4	12:40	31	Evan	Howell	M40	2	12:40					
12:41						12:41	24	Matthew	Dos Santos	M 12	6	12:41					
12:42	44	Bruce	Meier	M50	3	12:42	77	Heather	Wimberley	W16	5	12:42					
12:43	72	Nico	van Hoepen	Novice Group	4	12:43	12	Lesedi	Chuene	M20	2	12:43					
12:44						12:44						12:44	69	Kiera	Terry	Short Novice	6
12:45	35	Monique	Lanz	W35	3	12:45						12:45					
12:46	62	Jenny	Saunders	W55	4	12:46	45	David	Mercer	M40	2	12:46					
12:47						12:47	79	Sarah	Wimberley	W12	6	12:47					
12:48	68	Glen	Terry	M60	3	12:48	71	Sheila	Terry	W65	5	12:48					
12:49	29	James	Hancock	M 16	4	12:49	26	Rory	Ellis	M20	2	12:49					
12:50						12:50	76	Keagan	Van Huyssteen	M 12	6	12:50					
12:51	56	Trevor	Pope	M50	3	12:51						12:51					
12:52	33	Peter	King	M70	4	12:52	53	Craig	Ogilvie	M40	2	12:52					
12:53						12:53						12:53					
12:54	60	Ken	Robinson	M60	3	12:54	27	Sarah	Everett	W16	5	12:54					
12:55						12:55	42	Boitumelo	Maja	M20	2	12:55					
12:56						12:56	48	Cameron	Morrison	M 12	6	12:56					
12:57	57	Richard	Raine	M50	3	12:57						12:57					
12:58						12:58	78	Paul	Wimberley	M40	2	12:58					
12:59						12:59						12:59					
13:00	7	David	Chambers	M50	3	13:00						13:00					

MIDDLE DISTANCE / Continued.....

Lane 1						Lane 2						Lane 3					
Start Time	Race No.	First name	Last name	Category	Course	Start Time	Race No.	First name	Last name	Category	Course	Start Time	Race No.	First name	Last	Category	Course
13:01						13:01	58	Tebatso	Ramodike	M20	2	13:01					
13:02						13:02						13:02					
13:03	15	Kerry	Cooper	W35	3	13:03						13:03					
13:04						13:04	59	Dave	Roberts	M40	2	13:04					
13:05						13:05						13:05					
13:06	17	Brian	Courtnage	M50	3	13:06						13:06					
13:07						13:07	19	Glynn	De Klerk	M40	2	13:07					
13:08						13:08						13:08					
13:09						13:09						13:09					
13:10	21	Pat	De Klerk	M60	3	13:10						13:10					

LONG DISTANCE – DAY 2

Lane 1						Lane 2						Lane 3					
Start Time	Race No.	First name	Last name	Category	Course	Start Time	Race No.	First name	Last name	Category	Course	Start Time	Race No.	First name	Last name	Category	Course
10:00	6	Michele	Botha	W21E	2	10:00	40	Richard	Lund	M50	3	10:00					
10:01	2	Dylan	Barry	M21E	1	10:01	65	Luan	Swart	M16	4	10:01					
10:02	3	Matthew	Bell	M20	2	10:02	80	Tania	Wimberley	W35	5	10:02					
10:03	76	Keagan	Van Huyssteen	M12	7	10:03	37	Jaco	Lingerfelder	M21A	3	10:03					
10:04	78	Paul	Wimberley	M40	2	10:04	74	Willemien	Van Hoepen	W55	6	10:04					
10:05	36	Charles	Lautenbach	M80	7	10:05	27	Sarah	Everett	W16	5	10:05	34	Jean-luc	Lanz	Long Novice	8
10:06	73	Salome	Van Hoepen	W21E	2	10:06	9	Kirsten	Chambers	W20	3	10:06					
10:07	11	Ephraim	Chuene	M21E	1	10:07	71	Sheila	Terry	W65	6	10:07					
10:08	26	Rory	Ellis	M20	2	10:08	32	Pat	Howell	W35	5	10:08					
10:09						10:09	56	Trevor	Pope	M50	3	10:09	69	Kiera	Terry	Short Novice	7
10:10	66	Feridun	Takis	M40	2	10:10	68	Glen	Terry	M60	4	10:10					
10:11	48	Cameron	Morrison	M12	7	10:11	8	Karen	Chambers	W45	5	10:11					
10:12	54	Pernilla	Olsson	W21E	2	10:12						10:12					
10:13	43	Chi Kin	Man	M21E	1	10:13	4	Ryan	Bell	M16	4	10:13					
10:14	30	Carl	Holmes	M20	2	10:14	70	Lynette	Terry	W35	5	10:14					
10:15						10:15						10:15	28	Brendan	Gilpin	Short Novice	7
10:16	31	Evan	Howell	M40	2	10:16	52	Stephanie	Mulder	W21A	4	10:16					
10:17	25	Shelby	Dos Santos	W12	7	10:17	13	Delphine	Comins	W65	6	10:17					
10:18						10:18	7	David	Chambers	M50	3	10:18					
10:19	81	Roark	Robinson	M21E	1	10:19	77	Heather	Wimberley	W16	5	10:19					
10:20	63	Matthew	Siepman	M20	2	10:20	20	Joan	De Klerk	W55	6	10:20					
10:21	24	Matthew	Dos Santos	M12	7	10:21	47	Matlhoa Clinton	Molepo	M21A	3	10:21					
10:22	53	Craig	Ogilvie	M40	2	10:22	14	Glen	Comins	M60	4	10:22					
10:23						10:23	35	Monique	Lanz	W35	5	10:23	22	Barbara	Morrison	Short Novice	7
10:24	55	Sarah	Pope	W21E	2	10:24	62	Jenny	Saunders	W55	6	10:24					
10:25	67	Wing Chung	Tam	M21E	1	10:25	29	James	Hancock	M16	4	10:25					
10:26	12	Lesedi	Chuene	M20	2	10:26						10:26					
10:27	79	Sarah	Wimberley	W12	7	10:27	17	Brian	Courtage	M50	3	10:27					
10:28	50	Garry	Morrison	M40	2	10:28	46	Stephen	Mills	M60	4	10:28					
10:29						10:29						10:29	15	Kerry	Cooper	Short Novice	7
10:30	61	Sarah	Roffe	W21E	2	10:30	72	Nico	van Hoepen	Novice Group	6	10:30					

LONG DISTANCE / Continued...

Lane 1						Lane 2						Lane 3					
Start Time	Race No.	First name	Last name	Category	Course	Start Time	Race No.	First name	Last name	Category	Course	Start Time	Race No.	First name	Last name	Category	Course
10:31	38	Bradley	Lund	M21E	1	10:31	64	Andries	Swart	M16	4	10:31					
10:32	42	Boitumelo	Maja	M20	2	10:32						10:32					
10:33	75	Jordan	Van Huyssteen	M12	7	10:33	57	Richard	Raine	M50	3	10:33					
10:34	23	Charles	Dos Santos	M40	2	10:34	60	Ken	Robinson	M60	4	10:34					
10:35						10:35	1	Margaret	Archibald	W35	5	10:35					
10:36						10:36						10:36					
10:37	51	Nicholas	Mulder	M21E	1	10:37	33	Peter	King	M70	6	10:37					
10:38	58	Tebatso	Ramodike	M20	2	10:38						10:38					
10:39	49	Connor	Morrison	M12	7	10:39	41	Rune	Lundgren	M50	3	10:39					
10:40	45	David	Mercer	M40	2	10:40						10:40					
10:41						10:41						10:41					
10:42	18	Christie	Courtage	W21E	2	10:42						10:42					
10:43	10	Timothy	Chambers	M21E	1	10:43						10:43					
10:44						10:44						10:44					
10:45						10:45	44	Bruce	Meier	M50	3	10:45					
10:46	16	Nick	Cooper	M40	2	10:46						10:46					
10:47						10:47						10:47					
10:48						10:48	59	Dave	Roberts	M21A	3	10:48					
10:49	5	Eugene	Botha	M21E	1	10:49						10:49					
10:50						10:50						10:50					
10:51						10:51						10:51					
10:52	19	Glynn	De Klerk	M40	2	10:52						10:52					
10:53						10:53						10:53					
10:54						10:54						10:54					
10:55						10:55						10:55					
10:56						10:56						10:56					
10:57						10:57						10:57					
10:58						10:58						10:58					
10:59						10:59						10:59					
11:00						11:00	21	Pat	De Klerk	M60	4	11:00					