

Training Opportunity

NEXT SATURDAY 9th May

Gates open 10.00am-10.15am

Self or assisted training 10.30-12.00

Control collection and pack up 12.00-12.30

Departure 12.30

Cost \$5 to cover road access cost – AOC will cover the rest

Everyone must arrive and depart together

You can

- redo your course, looking at what you could have done better
- try running legs using different routes (would I have been quicker to go round than over?)
- try part of a harder course
- pair up with someone to walk legs and talk through what you are doing, (excellent training)
- team up with a more experienced orienteer to do a map walk
- possibly some other training suggestions on the day

If you want to revisit controls on your course please bring your own map back