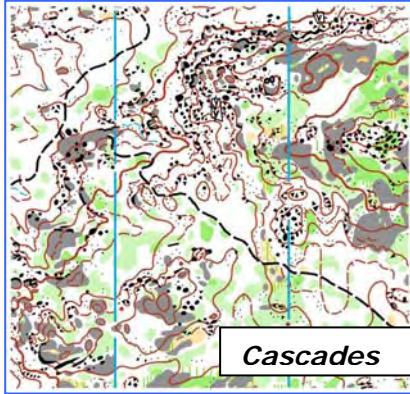


JWOC 2007 – ADDITIONAL TRAINING CAMP

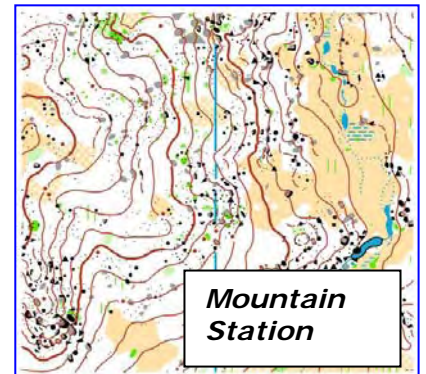
Orienteering Queensland (OQ) is pleased to announce another training opportunity for prospective JWOC 2007 competitors. This will be in conjunction with OQ's annual junior training camp, held in the famous 'granite belt' SW of Brisbane. The main features of the camp are:



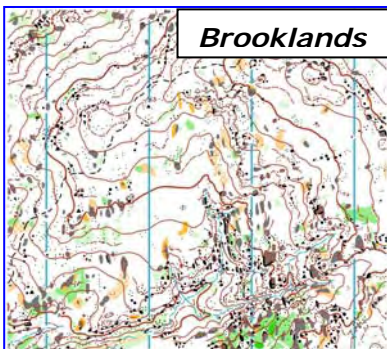
- **Dates:** Sat 23 June to Thurs 28 June (ie immediately before the official JWOC camp in Orange)
- **Venue:** Warwick, 2 hours SW of Brisbane, Queensland
- **Terrain:** Detailed rock and contours, very similar to JWOC
- **Maps:** All mapped by Eric Andrews, one of the two JWOC mappers

- **Training:** A full range of skills training exercises, coach assisted, including: map walk in Cascades with expert JWOC mapper, Eric Andrews

specific skills coaching and shadowing from experienced elite competitors, with GPS tracking available



- **Competition:** Optional selection/rehearsal races 23/24 June, Cascades (venue of 2005 Australian middle distance championships)
- **Accommodation:** Dormitory, with full facilities
- **Transport:** self car hire, or \$15 per person per day



- **Costs:** Accommodation + food \$35 per person per day, plus optional transport (above)
- **Deadline:** Places are VERY limited and are FIRST COME FIRST SERVED
(final deadline is 1 March 2007)

- **Contact:** Geoff Peck (OQ Coach)
130 Ainsworth Street
Brisbane, QLD 4107, Australia

+61 7 3275 3375
joffhk@yahoo.com.au

