



Wednesday Evening Training Winter 2019



Become a better orienteer by practising in the dark!

Time: Map hand out at 6 pm. Course closure at 7.30 pm.

Courses: Hard (6 km) and Moderate (4 km) with shortening options. No results. No SI.

Park sessions: Roughly monthly as indicated. Shorter courses, higher speed.

Equipment: Orienteering gear. Head lamp. Compass.

Cost: Gold coin donation to cover map printing costs.

Program:

Date	Map	Meeting point
May 1	King Edward Park	Top of the grassy slope, cnr The Terrace & York Drive
May 8	The Range	Along Killingworth Rd. Turn N into The Boulevard in Killingworth
May 15	<i>World Orienteering Day</i>	<i>See club website for details</i>
May 22	Barnsley	Parking at Holmesville Skatepark, Appletree Rd, Holmesville
May 29	Brush Creek (east)	N end of Frederick St opp. Glendale TAFE, Glendale
June 5	Jesmond Park	Jesmond Park Playground, off Robinson Ave, Jesmond
June 12	Tank Paddock	E side of Lenaghans Dr, north of Stockrington Rd junction
June 19	Brush Creek West	E end of Transfield Ave, Edgeworth
June 26	Blue Gum Hills	Turning circle on NW side of Woodford St, ~1km from A15 junction
July 3	The Range	Along Killingworth Rd. Turn N into The Boulevard in Killingworth
July 10	Speers Point Park	Opposite entrance to the pool, Park Rd, Speers Point
July 17	Fassifern Ridge	Lake Macquarie Cl, off Harrington St, Fennell Bay
July 24	Barnsley	Parking at Holmesville Skatepark, Appletree Rd, Holmesville
July 31	Brush Creek (east)	N end of Frederick St opp. Glendale TAFE, Glendale
Aug 7	Braye Park	Gravel parking area, end of Platt St, Waratah
Aug 14	Heart Rate Hills	Parking, SW side of Cessnock Rd, opp. The Lakes Motorcycle Club
Aug 21	Brush Creek West	E end of Transfield Ave, Edgeworth
Aug 28	Tank Paddock	E side of Lenaghans Dr, north of Stockrington Rd junction
Sept 4	Fassifern Ridge	Lake Macquarie Cl, off Harrington St, Fennell Bay
Sept 11	Blue Gum Hills	Turning circle on NW side of Woodford St, ~1km from A15 junction
Sept 18	Heart Rate Hills	Parking, SW side of Cessnock Rd, opp. The Lakes Motorcycle Club
Sept 25	Gregson Park	NW of tennis courts, cnr Lindsay St & Samdon St, Hamilton

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