

# Mid-Winter Moderate Level Training

## Nav Skills for Developing Orienteers

Training Activities to help achieve your wild running goals!

**Tues 29 June to Thurs 1 July**

[Register Here](#)

Day	Time	Location	Training Type	Notes
*Optional Additional Activities				
Mon 28 June	5.40pm	Lyneham Nth	Street Orienteering - Sprint style Start b/w 5.406.15pm	Self-Directed
<b>Mid-Winter Moderate Level Training</b>				
Tues 29 June	11-1pm	Remembrance Park	Essentials for Moderate Level Navigation Handrails/ Line Features	Introductions
Tues 29 June	2-4pm	Remembrance Park	Applied skills	
Wed 30 June	11-1pm	Gossan Hill	Aiming off for effective control taking	Includes OACT lunchtime event
Wed 30 June	2-4pm	The Pinnacle	Applied skills	
Thurs 1 July	10-12md	Coolamon Ridge	Route Choice and Attack Points	Earlier Start 10am
Thurs 1 July	2-4pm	Campbell Park	Applied skills	
Thurs 1 July	5-7pm	Campbell Parklands	Orienteering with Lights (OWLS) plus Pizza around backyard fire	Bring strong headlights.
*Optional Additional Activities				
Fri 2 July	10-12	Mt Ainslie North	Map Memory	Toni B/ Carys C
Sat 3 July	8am	Mt Ainslie <a href="#">Parkrun</a> (or other locations)	Fitness	Self-directed
Sunday 4 July	10am – 2pm	Mt Rob Roy Rogaine	Course planning/fitness	Self-directed

\*These are additional Orienteering/Rogaining activities starting from Monday evening, and extending right through to Sunday 4 July with a 4 Hour Rogaine to test your planning and fitness skills.

Nav Skills for Developing Orienteers  
Contact: Toni [totoni@iinet.net.au](mailto:totoni@iinet.net.au)  
0411 968 001

Street Orienteering  
Visit [Event information here.](#)

Rogaining  
Visit [Rogaining ACT](#)