

10 October 2021

Going to the QLD long-distance champs

Never run in mining terrain

Need to practice your mining terrain skills

Bulimba Creek Parklands, Mansfield

Rarely used map

4 Training exercises (2km each)

Do as many as you want

Experienced coaches

Focus on skills for mining terrain

Eventor Australia - Event information: Bulimba Creek Parklands Training Day (orienteering asn.au)