



2017 Ladies Camp

21-22 October

A weekend training camp on the Darling Downs to help you improve your orienteering skills and navigate more confidently

Open to all OQ ladies, but we would especially like to see our newer members come along

3 Levels:

Beginner – for those new to orienteering or completed some easy courses

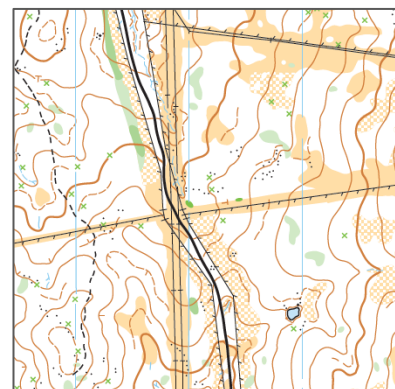
Intermediate – for those mostly attempting moderate courses

Hard – for those mostly attempting hard courses, but you'd love some more navigation skills



Expert coaching team – learn from the best!
Wendy Read, Anna Sheldon, Su Yan Tay, Krystal Neumann, Caroline Pigerre and Winnie Oakhill

Accommodation at Leslie Dam camp, Warwick.
Bring a sleeping bag, pillow and towel.
Breakfast and lunch Sunday provided.
BYO lunch Saturday
Bring plenty of drinking water (3L pp).
Dinner in Warwick Saturday night.
Training at Braeside from 12:00 to 16:30 Saturday
Charlies Paddock 9:00 to 13:00 Sunday
Further details to registered runners a week before the camp



Entry via eventor -

<https://eventor.orienteering.asn.au/Events/Show/5634>

Free for OQ members.

Non-members \$60, or take advantage of our discount introductory membership offer.

For further information contact Anna Sheldon – 0407 574 878 sheldonanna@hotmail.com