

## Australian Junior Development Camp (15<sup>th</sup> - 19<sup>th</sup> Dec) - Bulletin 3

### Detailed Program:

#### Friday 15th December:

Time	Location	Training	Course Setter
1030	Campbell Park	Intro training - middle distance	Krystal Neumann
1500	Isaacs Ridge	Downhill orienteering	Rob Bennet
1830	Canberra - Scout Hall	High Performance Training	Martin Dent

#### Saturday 16th December:

Time	Location	Training	Course Setter
0930 - 1100	Boboyan	"Follow me" terrain introduction	Brodie Nankervis
1200 - 1330		Long Distance - 1:15000	Brodie Nankervis
1700 - 1800	Buckendeera Holiday Park	Sprint Relay	Peter Hodgkinson
1900		Sprints and the future of WOC	Blair Trewin

#### Sunday 17th December:

Time	Location	Training	Course Setter
0900-1100	Glenbrook	Long distance training	Mark Purkis
1330-1500	Buckendeera	Prologue and Chasing Start	Simon Uphill and Bridget Anderson
1900	Buckendeera Holiday Park	Nutrition, hydration, strength and conditioning	Brodie Nankervis + Guest speakers

#### Monday 18th December:

Time	Location	Training	Course Setter
0900-1100	Buckendeera	Middle training	Charlotte Watson
1400-1530	Mt Gladstone	Forest Camp Champs	Tamsin Moran
1900	Canberra	Mental/race preparation	Charlotte Watson + Mark Purkis

## Tuesday 19th December:

Time	Location	Training	Course Setter
0900-1100	Parliamentary Triangle	Sprint Camp Champs	Will Gardner

## Assembly Locations:

### Mt Ainslie/Campbell Park

Meet at far north east end of the large Campbell Park offices building:

100 Northcott Dr, Australian Capital Territory 2609 GPS: -35.280440, 149.173642

If you arrive by car at the large office building hidden in the bush turn right and park as far to the north east as you can.

**Reminder** - Do not handle any suspicious objects that could be unexploded ordinance

### Issacs ridge

As this is a residential suburb with a strong Local Residents Association we need to keep a “low profile” amongst residents. Further information to come on where to park however:

- Please park on ONE SIDE OF STREET ONLY
- Please do not block driveways
- Please do not park in Briam Place

### Boboyan

Bobeyan Rd Shannons Flat NSW 2630. GPS: -35.893189, 148.978186

Drive via Tharwa and Boboyean Rd. Meet 200 m north of well signposted ACT / NSW border –inside the National Park on Grassy Creek Firetrail. **Please do not park at meeting point**

If ACT people could park at Brayshaws Hut and get a lift the last couple of km that will help. If everyone else parks in NSW (outside the National Park Boundary) on west side of road and walks 300m back

### Buckenderra

Buckenderra Holiday Vlge, 490 Buckenderra Rd, Buckenderra NSW 2630

Meet as per notice on paper posted at Caravan Park Office Window

### Glenbrook

Meet at 580 Rocky Plain Rd, NSW 2628

Drive through the gate marked with a Chiropractor sign. After 100 m turn right through a second gate and drive up to a dam and some trees (if you look carefully across the road you will see a zebra!).

### **Mt Gladstone**

Meet at Mt Gladstone summit car park, Mt Gladstone Rd Cooma 2630. To be confirmed.

### **Parliamentary Triangle:**

Meeting place to be confirmed - check with Will.

You will need cash or a card to pay for parking or better still arrive by bicycle.

### **Entries + Cost:**

If you are attending the camp and have not already done so please visit the eventor page to enter.

**LATE entries** are still open but they close on Dec 12<sup>th</sup> (a \$1 per day late penalty applies, with regular entries having closed on the 1<sup>st</sup> of December).

Participants may be asked for donations to cover any additional unforeseen costs.

### **Important Safety Information:**

#### **Snakes:**

It is snake season and you should bring a crepe bandage with you and preferably carry it on your person whilst running – so a small bum bag or at least a pocket will help. You should be familiar with snake bite first aid [http://stjohn.org.au/assets/uploads/fact%20sheets/english/FS\\_snakebite.pdf](http://stjohn.org.au/assets/uploads/fact%20sheets/english/FS_snakebite.pdf)

After the Glenbrook training on Monday snake handler Gary Clarke will be giving a talk. Please bring your crepe bandage along on this day!

#### **Unexploded Bombs**

On Mt Ainslie there may be unexploded bombs. Do not touch anything that is metal or looks like a bomb. Please read this brochure. [http://act.orienteeing.asn.au/wp-content/uploads/2017/06/MtAinslieSouth\\_UXO\\_Warning.pdf](http://act.orienteeing.asn.au/wp-content/uploads/2017/06/MtAinslieSouth_UXO_Warning.pdf)

#### **Weather**

Be prepared for snow and heat

It may be very hot so please ensure you bring a large water container/bottle, electrolyte solution,

hat and suncream. **There will be no water drops on the courses** so please be prepared to take a bottle in a bum bag or a camel pack with you.

At Buckendeera (altitude 1200m ) it could be very cold – although unlikely it could even snow ( it has in December in the past ) - so bring wet and cold weather gear as well !

### **Accommodation/Food/Transport:**

Please see bulletin for further information. Please contact the key contact person from your state if you have not organised this yet.

<b>State</b>	<b>Key Contact Person</b>	<b>Email</b>	<b>Phone</b>
<b>Tasmania</b>	Mark Purkis	<a href="mailto:markpurkis@btinternet.com">markpurkis@btinternet.com</a>	0467762376
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<b>New South Wales</b>	Robert Bennet	<a href="mailto:Bennett.robert06@gmail.com">Bennett.robert06@gmail.com</a>	0407622157
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<b>Western Australia</b>	Alison Martin	<a href="mailto:alisonmartin@aapt.net.au">alisonmartin@aapt.net.au</a>	0412815725

### **Stay Updated! Join the Facebook Event**

Any new and updated information will be uploaded to the Facebook Event. Please join the event now so that you can stay up to date with everything that is going on!

<https://www.facebook.com/events/1924865931111722/>

### **Contact:**

If you have any other queries please contact either Brodie or David.

Brodie Nankervis

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