

Bendigo Bush Camp

23-25th February

Final Details (21st Feb)

Organisers contact details:

- Peter Hodkinson – pjhodkinson1@gmail.com – 0434853584
- William Gardner – william-gardner@hotmail.co.uk – 0434903199

During the weekend, we will be staying at Koolamurt Scout Camp.

Supervision

All children under 18 must be accompanied by a responsible parent or guardian. If the accompanying adult is not your parent, they must have a valid Working with Children card.

Logistics

The training is free for all. You are responsible for organising your own transport, accommodation and food for the weekend. There should be plenty of people with cars who can help out if you need a lift.

Training

Maps will be printed on regular paper - if wet weather looks likely, please bring a map bag.

Control sites will be marked with coloured tapes. We will try to hang these as high as possible, but they can sometimes be tricky to spot if you don't keep your head up!

For each session, we have planned a number of different exercises which are designed to isolate and test specific aspects of your orienteering technique. These will cover a range of ability levels and distances, so please decide carefully which exercises you choose to do. You are welcome to do as much or as little as you like. If you are worried that a particular exercise may be a challenge for you, please consider asking one of us or another experienced orienteer to shadow you for support and feedback.

Most importantly, make sure that you have a definite target or focus for each exercise you do. Have a quick chat to one of the coaches or more experienced orienteers *before and after* you run. Aimless practice does not make perfect!

Saturday groups

Due to access restrictions, we will split into two groups for Kooyoora on Saturday. Group A, which includes all beginners, will train at Bermuda Triangle in the northern part of the area in the morning followed by Melville Caves in the south in the afternoon. Group B will do the opposite. We will meet up for lunch in between.

Please check your group here carefully. If you're under 18 and your responsible adult has been placed in the other group from yourself, please get in touch ASAP.

| First name | Last name | Club | Class | Group |
|------------|------------------|-------------------------------------|-------------|-------|
| Bruce | Arthur | Melbourne Forest Racers | Experienced | A |
| Mason | Arthur | Melbourne Forest Racers | Experienced | A |
| Sophie | Arthur | Melbourne Forest Racers | Beginner | A |
| Torren | Arthur | Melbourne Forest Racers | Experienced | A |
| Stephen | Bird | Bayside Kangaroos Orienteers | Experienced | A |
| Jemima | Bradfield Smith | No club membership | Beginner | A |
| Max | Dalheim | Melbourne Forest Racers | Experienced | A |
| Nicola | Dalheim | Melbourne Forest Racers | Experienced | A |
| Margi | Freemantle | Yarra Valley Orienteering Club | Experienced | A |
| Victoria | Greenhan | No club membership | Beginner | A |
| Peter | Hodkinson | Orienteering Victoria | Experienced | A |
| Laura | Howie | Yarra Valley Orienteering Club | Beginner | A |
| David | Jaffe | Melbourne Forest Racers | Experienced | A |
| Jensen | Key | Melbourne Forest Racers | Experienced | A |
| Milla | Key | Melbourne Forest Racers | Experienced | A |
| Natasha | Key | Melbourne Forest Racers | Experienced | A |
| Warren | Key | Melbourne Forest Racers | Experienced | A |
| Michael | Loughnan | Bendigo Orienteers | Experienced | A |
| James | Love | Dandenong Ranges Orienteering Club | Experienced | A |
| Wayne | Love | Dandenong Ranges Orienteering Club | Experienced | A |
| Brodie | Nankervis | Esk Valley | Experienced | A |
| Archie | Neylon | Bendigo Orienteers | Experienced | A |
| Greg | Palmer | No club membership | Beginner | A |
| Miia | Salmi | Melbourne Forest Racers | Experienced | A |
| Sophie | Taverna | Central Highlands Orienteering Club | Experienced | A |
| Wendy | Taverna | Central Highlands Orienteering Club | Experienced | A |
| Ted | van Geldermalsen | Yarra Valley Orienteering Club | Experienced | A |
| Ashley | White | Yarra Valley Orienteering Club | Experienced | A |
| Callum | White | Yarra Valley Orienteering Club | Experienced | A |
| Glen | White | Yarra Valley Orienteering Club | Experienced | A |
| Anni | Berger | No club membership | Experienced | B |
| Clare | Brownridge | Bendigo Orienteers | Experienced | B |
| Don | Cherry | Bendigo Orienteers | Experienced | B |
| Lachlan | Cherry | Bendigo Orienteers | Experienced | B |
| Ian | Davies | Dandenong Ranges Orienteering Club | Experienced | B |
| Sarah | Davies | Dandenong Ranges Orienteering Club | Experienced | B |
| Michele | Dawson | Garingal Orienteers | Experienced | B |
| Zoe | Dowling | Tas Foresters | Experienced | B |
| Serryn | Eenjes | Bendigo Orienteers | Experienced | B |
| Lincoln | Erm | Nillumbik Emus Orienteering Club | Experienced | B |
| Melissa | Gangemi | Yarra Valley Orienteering Club | Experienced | B |
| William | Gardner | Orienteering Victoria | Experienced | B |
| David | Goddard | Yarra Valley Orienteering Club | Experienced | B |
| Ruth | Goddard | Yarra Valley Orienteering Club | Experienced | B |
| Patrick | Jaffe | Melbourne Forest Racers | Experienced | B |
| Mikkel | Kaae-Nielsen | Melbourne Forest Racers | Experienced | B |
| Aston | Key | Melbourne Forest Racers | Experienced | B |
| Belinda | Lawford | Abominable O-Men | Experienced | B |
| Brody | McCarthy | Yarra Valley Orienteering Club | Experienced | B |
| Cormac | McCarthy | Yarra Valley Orienteering Club | Experienced | B |

| | | | | |
|---------|-----------|------------------------------------|-------------|---|
| Heather | O'Donnell | Yarra Valley Orienteering Club | Experienced | B |
| Alison | Radford | Bendigo Orienteers | Experienced | B |
| Tony | Radford | Bendigo Orienteers | Experienced | B |
| James | Robertson | Bendigo Orienteers | Experienced | B |
| Simon | Rouse | Dandenong Ranges Orienteering Club | Experienced | B |
| Jim | Russell | Bendigo Orienteers | Experienced | B |
| Matthew | Schepisi | Bendigo Orienteers | Experienced | B |
| Asha | Steer | Dandenong Ranges Orienteering Club | Experienced | B |
| Lanita | Steer | Dandenong Ranges Orienteering Club | Experienced | B |

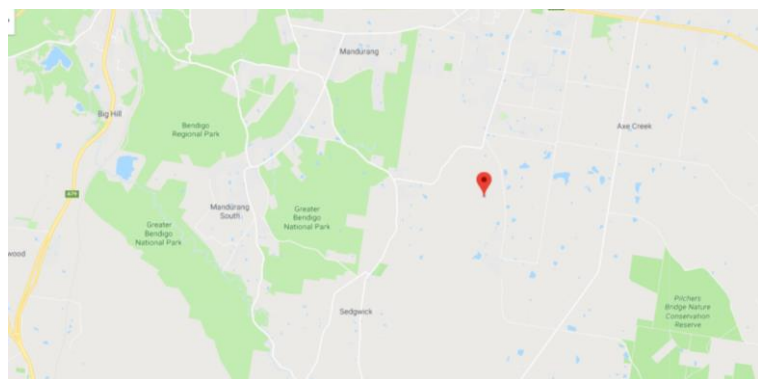
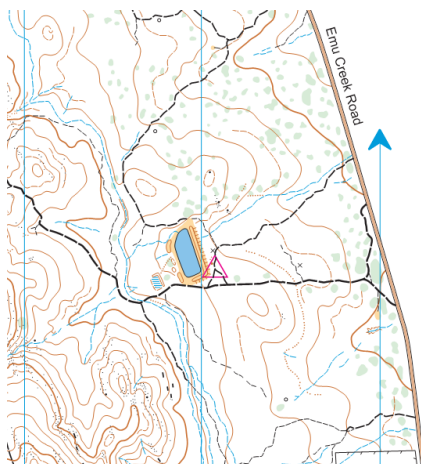
Programme

Friday PM – Sedgwick North

Easy training courses from 5pm onwards. You will be free to complete this training whenever you like – just collect a map from us when you arrive. Tapes will be in the forest from 5pm until dark (~8.30pm).

Parking/Start at the small lake off Emu Creek Road, opposite Capricorn Cottage Dairy and Goat Farm.

<https://goo.gl/maps/gyB5bGzgmmu> (-36.853298, 144.349579)



Saturday - Kooyoora

8am - **Bendigo Parkrun**. This is optional and primarily aimed at athletes hoping to represent Australia this year, but anyone is welcome.

All information at <http://www.parkrun.com.au/bendigo>

10.30am

(Group A) Training at **Kooyoora – Bermuda Triangle**

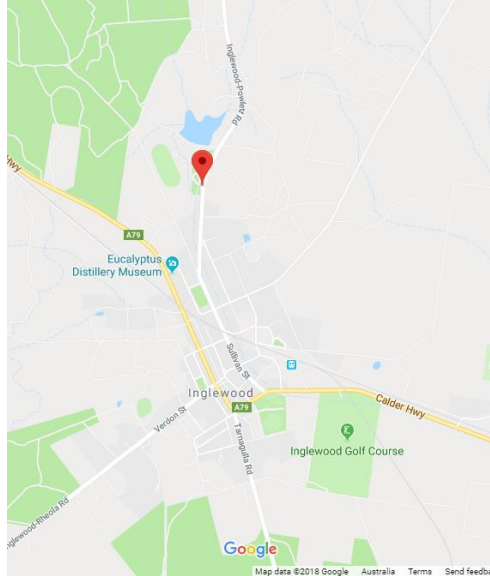
(Group B) Training at **Kooyoora – Melville Caves**

Bermuda Triangle is a complex area with very few paths. For beginners and less confident orienteers, training will begin with a group map-walk.

1.00pm

Meet for lunch at **Inglewood Botanical Gardens**

<https://goo.gl/maps/nDrM6BZRHH52> (-36.562695, 143.867321)



2.30pm

(Group A) Training at **Kooyoora – Melville Caves**

(Group B) Training at **Kooyoora – Bermuda Triangle**

Melville Caves has more paths and line features, which should allow beginners to orienteer on their own if they feel ready.

Kooyoora Parking

This is a very sensitive area and we have been asked to reduce the impact of our presence as much as possible. **Please arrange to car share within your group**, so we have the minimum number of cars possible.

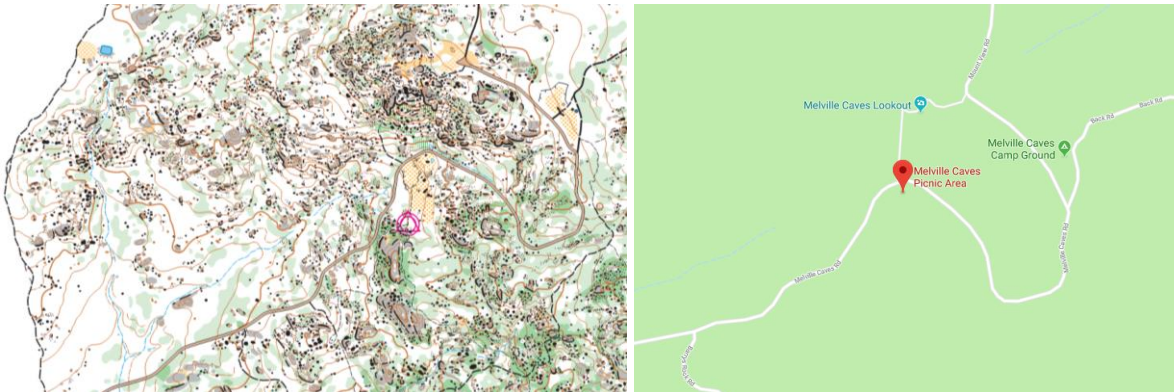
Bermuda Triangle – We will meet for training on Kingower-Wedderburn Road. Park on the east side of the road, to the north of the meeting point (outside the Kooyoora State Park boundary).

<https://goo.gl/maps/peBR7zqmmsS2> (-36.565783, 143.708918)



Melville Caves – We will meet and park at the lower carpark at the Melville Caves Picnic Area. **Please do not park anywhere else.**

<https://goo.gl/maps/bnWd9t5irQz> (-36.601956, 143.693317)

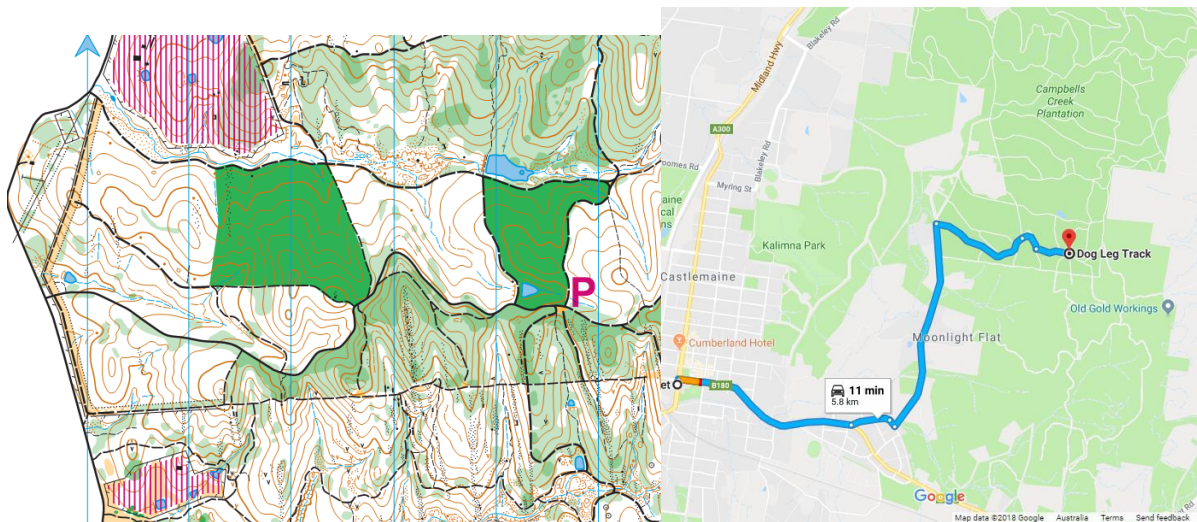


Sunday AM – Chewton Diggings North

9.00am - Short pairs training course.

10.30am - Middle distance prologue race.

Meet and Park at <https://goo.gl/maps/pifikfNSBAo> (-37.056280, 144.257535). It is best to approach from the west – Turn off Colles Road onto Clarks Road opposite the Castlemaine Clay Target Club.



After the prologue we will head into Castlemaine for lunch, and possibly meet for a swim at Expedition Pass Reservoir. <https://goo.gl/maps/rQ481J5AjoR2> (-37.051912, 144.275124).



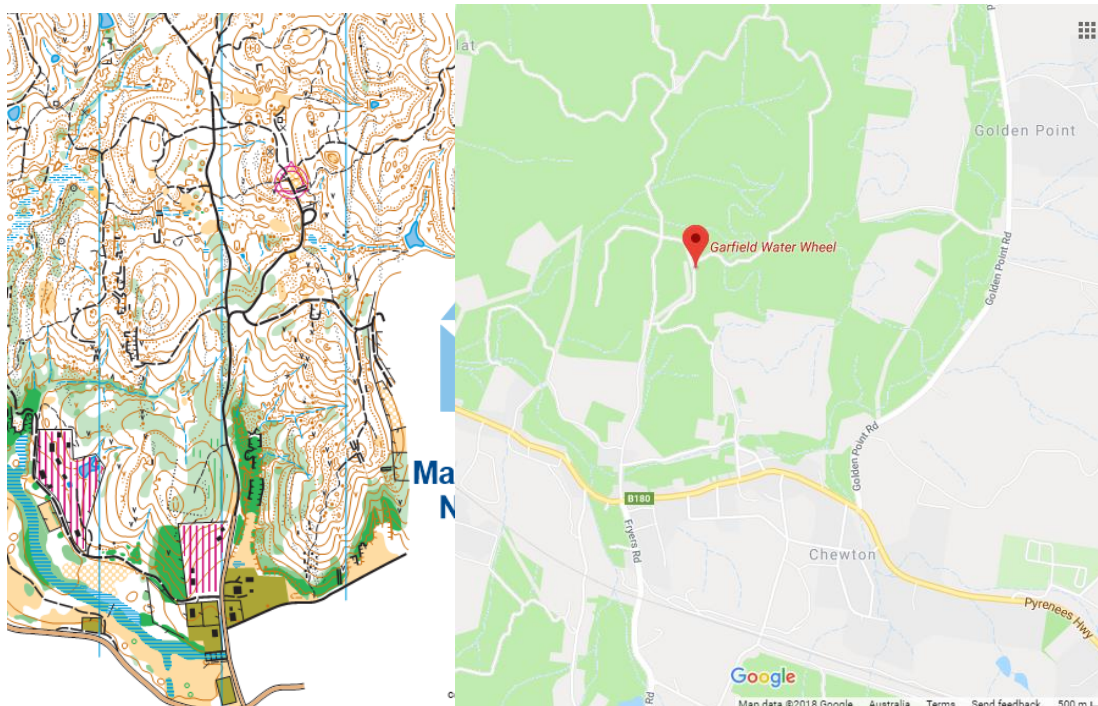
Sunday PM – Chewton Diggings South

2.00pm – Reverse chasing start race

First start will be at 2.00pm, so please arrive with plenty of time to warm up.

Meet and park at Garfield Water Wheel.

<https://goo.gl/maps/NQxAsheedj12> (-37.072151, 144.259264)



Thank you to Bendigo Orienteers, Yarra Valley Orienteering Club, Melbourne Forest Racers and the Orienteering Victoria Board for their help and for allowing us to use their maps this weekend.