

The Paddocks – Bush sprint training



General info:

Come to The Paddocks and run 2 different bush sprint trainings. First one a normal linear course and the second one a linear course but without tracks, creeks and contours (only vegetation).

This map is going to be used for the SA School Champs so it is an embargo area for those who want to attend to the SA School Champs. And for those who are coming, it is also forbidden to upload the map on Internet (Strava, Facebook, Instagram, etc) or share with juniors who will compete in the schools Championhips.

Trainings set by Manu Jurado (Coach and mapper in residence)

Date:

Saturday 3rd March 2018

Location:

The Paddocks (Para Hills Soccer Club car park)

Coordinates Google Maps (Car park): **-34.810918, 138.645042**

<https://www.google.es/maps/@-34.8108948,138.6446594,18.75z>

Program:

10.00 am: Linear course training

11.00 am: Vegetation training

Technical information:

The Paddocks ISSOM 2007 1:5.000 / 2m (Map made in Jan 2018)

The terrain is 70% bush and 30 % urban. Gaiters recommended. First training will be with SportIdent.



Entries:

\$5 (2x trainings/maps)

Please confirm assistance before Thursday 1st March to Manu Jurado (atoja92@gmail.com)