



Coaching at Perseverance, 21/7/19

Map: Perseverance Dam Scale - 1:10000. Undulating to steep spur gully.

Starts: Mass start at 11am. This will be a hagaby event, aimed at practice for the Qld School Championships, but all are welcome.

Facilities: Toilets, playground, BBQ if you wish to have a picnic lunch.

Courses:

Hagaby (one person relay) – there is a mass start for everyone, but there are several forks on the course. You don't know which version of the course you are on, so don't follow! It is really important to be able to ignore other people and run your own race.

As a guide for Darling Downs team members, the standard for Qld Schools competition is:

Boys/Girls 11 yrs – Very Easy Boys/Girls 13 yrs – Easy

Junior Boys/Girls – Moderate Senior Boys/Girls – Hard

However, you are welcome to step up or down a level depending on your experience.

Directions:

From **Toowoomba**, take the New England Highway towards Crows Nest. At Pechey, turn right to Lake Perseverance and Lake Cressbrook. The assembly area is at the Picnic grounds.

Entry fees:

OQ members – \$6 individual/\$20 family

Non-members \$9 individual/\$30 family

SI sticks and compasses can be borrowed (no fee)

Notes: The day is open to everyone, including newcomers. Register online or email Felicity rroc@oq.asn.au .

Phone contact on the day – 0427523541, otherwise 46981538