

Goomburra event and coaching

Saturday 25th May 2019 01:00 - 01:00 EST

Classification Club event

Discipline FootO

Classes Hard 1 6.7km 185m climb, Hard 2 4.8km 125m climb, Hard 3 3.0km 85m climb, Moderate 1 3.6km, Moderate 2 2.5km, Easy 1.6km, Very Easy 1.4km, Coaching only

Punching system SI

Event form Individual

Status Completed

Organiser Range Runners Orienteering Club

Come and have a run in this beautiful area, stay overnight and run the Sprint Champs at Gatton Sunday morning.

There are coaching exercises available as well. Choose the length of course to reflect whether you wish to do coaching also. Courses will be open from 11.30am to 3pm. Controls will be collected at 3pm. Just enter for the event, coaching maps will be available. If you wish to do coaching only, please use that option to enter.



<https://oq.orienteering.asn.au/events/8162> | Generated Wednesday 24th April 2024 04:13 pm