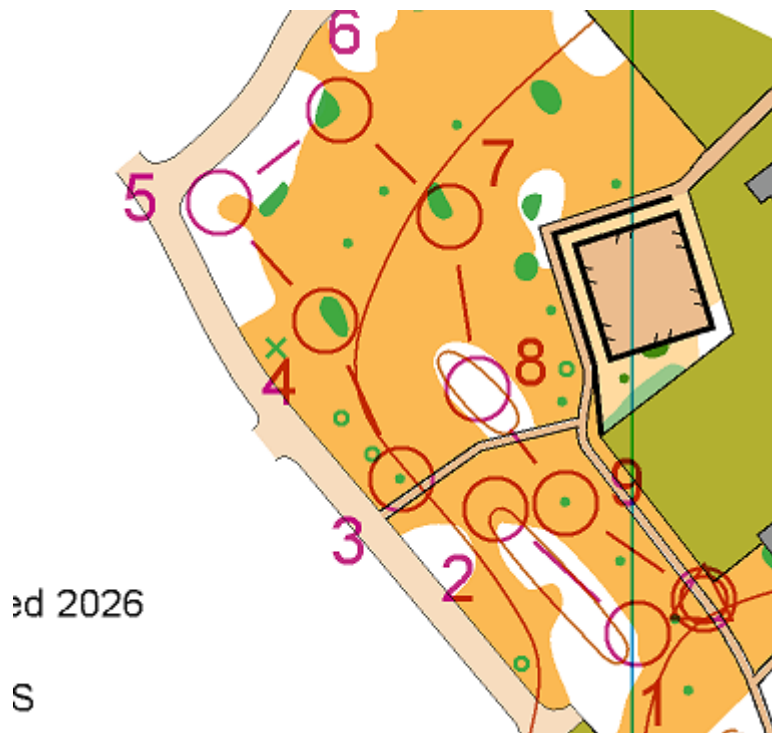


Acton Park Training

Star pupil this week was Edie Evans who completed the 'off the paths' Yellow challenge and then went on and aced the advanced line course too! And I learnt a lesson ... don't use white training cones in parks – they look too much like discarded rubbish!

Yellow Training Exercises – Confidence leaving paths

- Yellow courses should follow line features. You can save time by cutting corners but eventually you will want to leave paths behind and go more direct between controls. You can use your compass or simply use features on the ground to help navigate cross country.
- Can you navigate around this short course using the features on the ground? Some are linear, like vegetation boundaries and the low hills, but others are point features like trees and bushes.



- Did you find them all? Did you make any mistakes? What features did you use?
- Take home message ... Going direct will shorten your course and save you time. Paths are handy but have the confidence to leave them behind.

Advanced training exercise

- 600 m line course
- Navigate precisely along the line and find the controls along the way. Do it at a steady jog and try not to stop.

- How many controls did you find (there were 9)? Can you identify all the control sites? For mega-kudos points – can you remember what colour the cones were?!

