

Classification	Club event
Discipline	MTBO
Classes	Training
Punching system	manual
Event form	Individual
Status	Entries opened
Organiser	Sunshine Orienteers Club

A one day course for riders who have mastered the MTBO basics and want to improve their preparation, navigation and physical performance.
Course pre-requisites are... a rider must be competent in map reading skills, know the Australian MTBO rules and have successfully completed at least 6 MTBO events. We won't be teaching the 'basics' in this session.

