

Please note: this is not organised by or affiliated with the Orienteering Foundation

Amber O-Week training and competition days, Riga, Latvia 15-21st April

<https://amberoweeek.lv/en/>

If you would be interested in an informal training group opportunity on some delightfully challenging technical terrain, read on!

Amber O-week consists of self-guided training (you order maps and do at your leisure), plus some fun evening events and finishing with 2 terrain (coastal dune) international competition days and a WRE knock-out sprint over the Easter weekend.

Previously I have done the training by myself, however I thought this year it would be nice to get a group together who could meet up over the week. It is not formal coaching, but all peer/self-guided and you would just need to order and pay a small fee for your training maps (collect from the O-shop in town). I would suggest some times and venues to meet up. Travel is generally very straightforward to all areas on public transport.

If you would like to join a Whatsapp group to keep in touch, please message Julia Preston (SROC) on 07490 483 538. (Assistant coach on recent OF day at Colonel's Drive)

