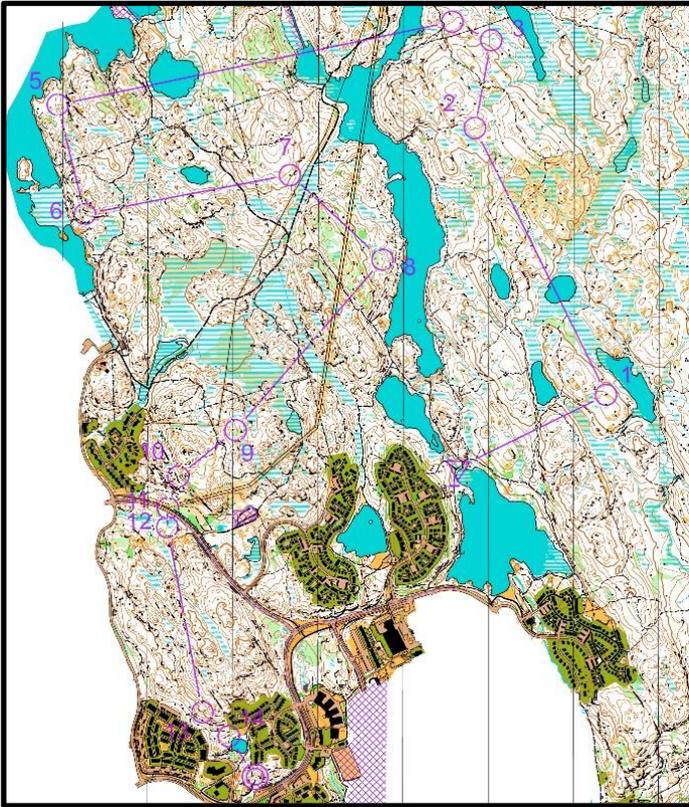


Gothenburg Camp 2022

Every year the Junior Regional Orienteering Squads (JROS www.jros.org.uk) organise a selection of training camps for juniors of various age categories, in Lagganlia, Deeside, Stockholm and Gothenburg. In summer 2022 I was selected to go to the Gothenburg Camp, which is for second-year 18s and first-year 20s.

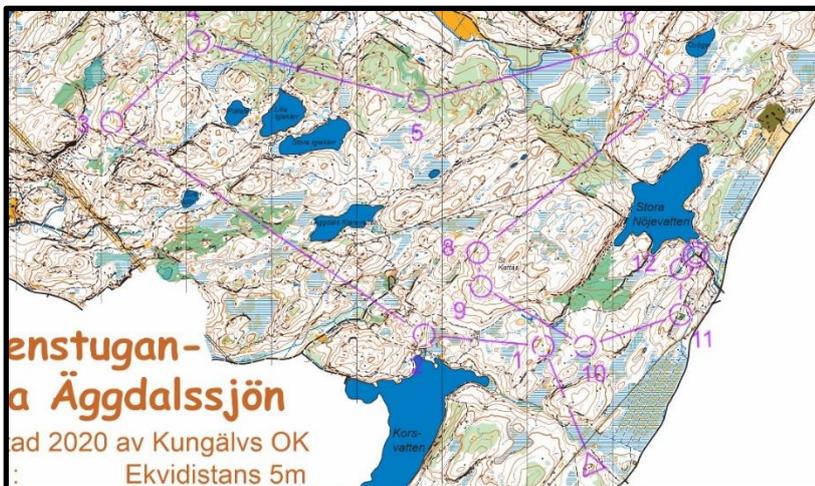


The first race of the camp

The Gothenburg training camp is designed as a 'self-help' tour. Athletes attending are expected to plan their own training. They are also expected to be generally well organised, capable of preparing their own meals and self-sufficient whilst being supervised by an experienced coach. The camp ran from 20th - 29th August 2022. You can find a full report from the organisers at www.jros.org.uk/gothenburg-2022.

The aim of the camp is to help juniors transition to being senior competitors, where support for training is much more sparse, so the participants have to plan their own training, set out all the controls and see how to run a similar camp once they exit the junior regional squads. Thus, the camp has 'light touch' supervision and a much less structured format. The 2022 camp was organised by Mark Saunders and Alice Bedwell (yes, that's Eileen's daughter). The meeting point was the Savedalens AIK club hut on the east side of Gothenburg, and participants had to organise their own travel to and from Gothenburg. During the camp itself, public transport is used.

My experience in Gothenburg began with training on the areas adjacent to the club hut in which we were staying. Things started off surprisingly well, despite this being the first time I'd been orienteering in Sweden. The terrain was surprisingly distinct when I properly concentrated on what was going on around me, and there were plenty of bilberries to snack on when I started to get hungry. The initial day's training was followed up by a race on the second day, to give us an idea of



The second race of the week

how fast we were compared to the Swedes – as it turns out, they were significantly faster than us. Other highlights of the week included going along to one of the weekly training events organised by the local elites who live in and around Gothenburg, orienteering on an auto-generated map on a couple of the islands just off Gothenburg and an event at the end of the week in an area that had previously been used for the Swedish champs.

Of course, with the athletes being left to organise the camp, the

food situation was of slight concern, as none of us had ever cooked for 20 before. Surprisingly though, everyone managed to eat well every night, with no known cases of food poisoning capping off what I'd call a culinary success.

I'd highly recommend any junior to try and get onto the Gothenburg camp, even if only to experience the terrain. Areas such as Errington or Cod Beck will suddenly look surprisingly simple in comparison. It is by far the least competitive of all the camps to try and get onto, so even if you don't see yourself as someone who would normally qualify for the JROS camps, give it a go and you'll probably get to experience one of the best weeks of O you can.

Dominic Green