

LAGGANLIA 2019

Last summer I went to Lagganlia, which is a 7-day long training camp for M/S 14's. Lagganlia is near Aviemore in Scotland. It is run in the last week of July just before the Scottish 6 Days. It is run by JROS (Junior Regional Orienteering Squads) and around 24 juniors – 12 male, 12 female – get the opportunity to improve and practice their orienteering skill set.

To qualify for this fun and very helpful week of orienteering you must get a championship time in at least 2 of the following events; Scottish championships, Midland championships, JK day 2 or 3 or the British middle or long-distance championships. A championship time is winning time + 25% Once you have the two necessary championship times you must approach the head of the junior squad for your region, so for myself the head of the North East Junior Squad (NEJS). They will then nominate you to the appointed tour selectors for confirmation of your place to attend Lagganlia as one of the 24 junior athletes.

Once you have been selected you are expected to arrange your own travel to Aviemore Station, the closest to Lagganlia. For me, a group of the selected trainees all arranged to travel on the same train getting on at various stations from London to Edinburgh. We then changed train at Edinburgh to the train going through Aviemore, where we were met by members of the training staff for transfer by minibus to the outdoor centre where we were based.

On the first evening of being at Lagganlia you meet all the other juniors and the coaches who will be helping you improve your orienteering. We also played several fun games to learn each other's names.

During the week, juniors are given tasks to help with the running of the camp. These include setting the tables to eat, dishwashing, preparing the evening meal or cleaning the minibuses. You had to review the list each evening to help plan you start times the next morning.

The typical day starts at 7:00 a.m. with breakfast, after which you make your lunch and assemble for the day's briefing at 8:00 a.m. Then you head out to an area by minibus to start the training. You eat your lunch out in the training area and return to the camp for evening meal.

I did many different types of training, including distance and direction, where you can only see inside the control circle and the rest of the map is blank. This exercise is to improve compass work and pacing. Another training exercise was distraction training where we had several people distracting you, such as following you whilst they played music and sang or trying to suggest alternate routes which were slower or more difficult.

I also did some training for low visibility terrain in amongst dense trees with low branches. On some of these exercises the coaches followed you to give tips and hints as well as feedback at the end of the exercise, on others you ran by yourself and gave feedback to the coaches at the end of the exercise. Other areas included sand dunes as well as forest.

During the week we also had several small races to help reinforce the skills we had learned over the week to improve our orienteering.

We also had one rest day midweek, when we did some obstacle courses, swam in a loch and did some sprint training followed by a race at the Scottish Orienteering Centre.

After 7 days had passed – 6 training and 1 rest/ fun day – we headed to the train station yet again to go to the Scottish 6 Days or head home. The good part of it being just before the Scottish 6 is that you can implement the different skills that you learned into races. My personal conclusion is that this is a brilliant opportunity and that it brought me from TD4 to TD5. This is clear when looking at my latest results from major competitions such as the October Odyssey, where I came second on the Blue course at Duke House Wood.

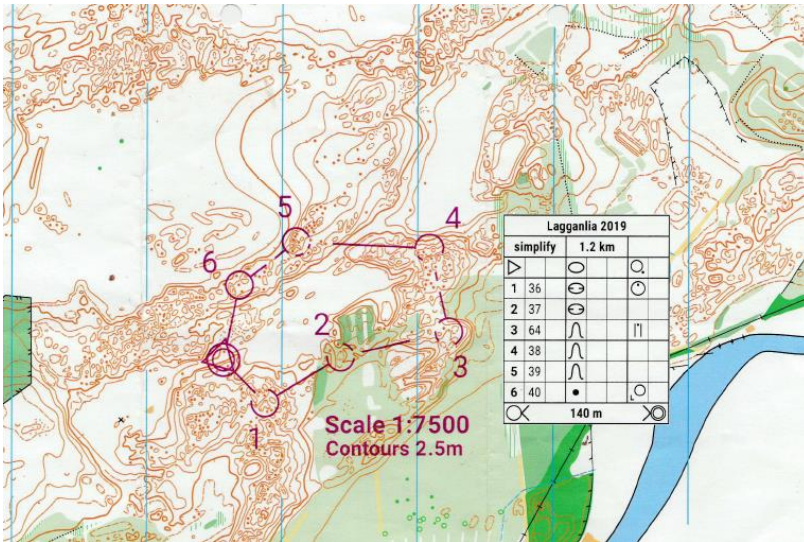
My next target is to qualify for the Deeside training camp for M/W 16's. I would recommend the JROS training camps to anyone who wants to improve their skills as well as get the opportunity to meet

orienteers from other regions who I now meet at major events. After all, orienteering can be a rather solitary activity.

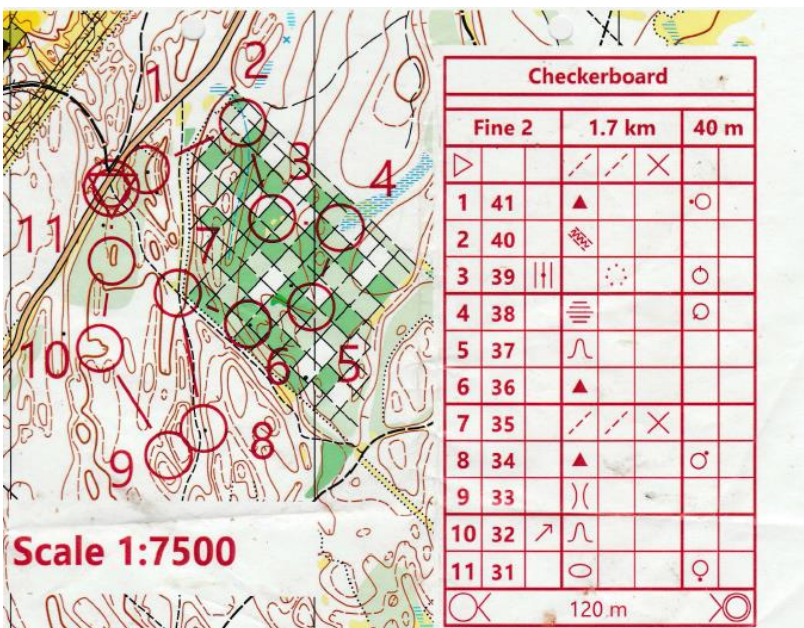
Further details on the 2020 camps and selection policy can be found at <https://www.jros.org.uk/>.

Liam Green

Example maps and exercises



Here the exercise was to only look at any major contour features. This leads to an easier experience finding the control and spending less time looking at the map.



Here was a simple exercise to practice our navigation skill through the complex maze of different tree thicknesses which becomes very disorientating if you get lost. We also did the distraction training here with several of the coaches trying to distract



This is one of the distance and direction training exercises which makes you focus harder on your compass bearings and pacing than what is between the two controls. This helps as often the features between two controls that are close to each other aren't necessary so slow you down.

North Granish

Scale = 1:7500
Contour Interval 5m
0 metres 500

sportscotland
Map production funded by sportscotland

scottish orienteering

All enquiries regarding the printing of this map should be made to: National Orienteering Centre, Glenmore Lodge, Aviemore, PH22 1QU
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Note: The water level in this area varies widely, many ponds may disappear at some times of the year.

Boys A Magnetic North 2013

Lag 2019 - North Granish

Boys A		4.5 km	
▷		○	↑
1	31	→	○
2	32	←	○
3	37	○	
4	34	↓	∪
5	35	↗	○
6	36	○	○
7	33	▲	
8	37	○	
9	38	∩	
10	39	∩	
11	37	○	
12	40	↗	∪
13	41	∪	
14	42	↓	∩
15	43	○	○
16	44	∩	
17	48	∩	
18	45	∩	
19	46	∩	∪
20	48	∩	
21	47	↓	○
22	49	↖	○
23	48	∩	
24	50	∩	∩
		220 m	

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Revision: vegetation survey summer 2002.
North Granish area updated April 2013 by Stirling Surveys.
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This was our end of week major race. It incorporated lots of the techniques that we had just learned such as simplification and compass bearings.



Photo from the end of Lagganlia with all the juniors



1K speed run



One of the photos taken from the checker board exercise.



Sprint training at a small outdoor center which includes both woodland and around buildings,





A fun activity from the rest day of Laganlia.



Group photo of all the juniors attending Laganlia at the end of the week