

## Lagganlia 2022

I'm going to start off by saying that Lagganlia was one of the best weeks of my life. I learnt so much and met so many new people.

Our days at Lagganlia meant being ready for 9 a.m. sharp, training all morning and some fun race in the afternoon. For our training in the morning, we got booklets of different map exercises. Some examples of the exercises were simplifying, line courses, contouring and compass work. We would do 2-3 training exercises and on at least one we would be shadowed by a coach, who would then give us advice on what to work on next. My main focus for the week was to be able to run a course simply off contours, and after a few days I got the hang of it.



In the afternoon we would run a short race, usually in teams. We did a star relay, peg race, route choice, butterfly race and, on the last day, we did a relay around the Lagganlia camp itself. These races were supposedly a chance to practice what we had learnt in the morning, but we mostly ended up running madly as fast as we could to beat the other teams!

Not every day was the same though. On the Wednesday there was a sprint race organised with two heats like a real competition. The sprints only took the morning, so we spent the afternoon swimming in a lake and shopping in Aviemore.

Overall, I loved this week. There were tough competitions, like the tour champs on the last day, and the in-depth classroom meetings in the evenings when we were already very tired. The time not spent orienteering with the other Juniors was unforgettable.

Rebecca Mayes