

Lagganlia 2017

Day 1

We went to Uath Lochans. Lecky showed us a warm up, I already have my own so I'm not sure I'll use it. We then did pacing on track and terrain 32 and 35 for me. After this we split into training groups, my training group was me, Ellis, Alex E, and Hannah, the coaches being Jenny, Nick and Karen. We did bearings Nick shadowed me, I felt comfortable. Then we went to another area and did a course, again felt comfortable. After this we did a relay. My team was Amber, Harry and me. After a mistake from one team we got lucky and came in 2nd.

We then went to Inshriach near Lagganlia. We did a checkerboard which I tried to pace count on as I thought it would be a good way to practice skills we had learnt earlier in the day. Unfortunately I thought the scale on the map wasn't correct so I got it all very wrong. Then, on control three, I met Richard Tiley complained to him how I was doing terribly and he informed that the scale was 1 to 5 not 1 to 2.5 after this everything was fine. That was day one.

Day 2

We started with a map walk, getting in to the mapping and contours after this we were set courses to go and run. The contours were very vague but I found my way around without too many difficulties.

In the afternoon we went to North Granish where we ran on maps we had drawn. I Had two errors but felt on the ones I didn't make mistakes on the point of the exercise, simplification showed how you don't need a lot of detail to do well. We then did some courses on normal maps and a head to head which I one, whoop whoop.

Day 3

We went to Roseisle and did a 1k run on track my time 3:24 then did a 1k through terrain that I did at O pace misunderstanding that we were meant to do it so we could get a bearing of which would be better in a race longer but on track or shorter but through terrain. We then did some work on sand dunes and looking up. After this we did a peg relay which went terribly for me and I fell down the largest ditch I've ever seen, complete with nettles and muddy stream.

Day 4

We did the sprint races in the qualifier I came 6th that put me in the A final after a pretty slow run that I made few silly errors on. I was quite surprised. We then did the rings which I managed to get across after a few attempts. Then we went and did the Final which I made two big errors on and consequently came way down the order.

Day 5

We did talk-of first me pairing up with Alex E. After this there was a selection of maps e.g compass long legs simplification, of which I did all. Throughout the day I was feeling really in the groove and doing well. After the maps we went and did a course through the green which I missed out control 4 on. Oops. Maybe not so in the groove. After this we did an odds and evens relay.

Day 6

Last day of Lagganlia was the classic which I didn't take too seriously and jogged/walked round which I came 4th in. Bit surprised but nevertheless pleased. The course was techy but at a jog very manageable I made one small error and another 6 minute, very stupid compass error. So was overall happy with my run.



I enjoyed my time at Lagganlia immensely. On the run up to Lagganlia people who'd been on Lagganlia were telling me I'd make friends for life. At the time I thought this was just the cliché of come to this adventure thing make great friends but I can honestly say I did.