

# Lagganlia 2022 Tour Report

by Olivia Radcliffe - SUFFOC

## Day 1 – Journey

It was an early start as I made my way into London Kings Cross via the tube to catch the direct train to Aviemore. I had arranged to meet a couple of friends (Aiden and Charlotte) from Southern Navigators who were also heading up for the tour which put our parents at ease that we were travelling in company. Aiden was super generous with his picnic offering of ginger biscuits, in return we shared our hamper full of sweets which would see us through the seven hour journey - I expect much to the annoyance of other passengers. We were the last to arrive, so everyone had already eaten by the time we got there and were just starting to play some games to learn everybody's names. I wish I could say it was an early night, but everyone was either super excited or still on a sugar high from their journeys to this lovely part of the world; that was to be our home for the next week.

## Day 2 – Moor of Alvie

Ellie was on breakfast duty so we were all up early, but it gave us extra time to get ready. After breakfast there was a quick briefing about the area then we left to Moor of Alvie a short drive from Lagganlia. We started with a walk looking around and relating the map to the ground in our coaching groups, my coaches were Ian and Chloe (previously EAJS). After that we had a variety of training exercises which we could pick and choose from. It was a new terrain for me (hills!) so I struggled slightly but I managed to get round shadowed by Chloe. We then used a marked track to count our pacing over 100 metres but I kept losing count. Annoyingly my dad keeps going on about this, but like most teenagers I know better and up until now guessed the distance more! Once everyone had done enough training courses there was a star relay, I had never done one before, but I understood it pretty easily. Our team came last as Ellie got slightly confused about where to take the teddy but it didn't really matter.



## Day 3- Roseisle

It was a long drive to Roseisle and when we got there it was raining and everyone was cold. It was a long walk to where we set up the tent, but once we had somewhere to hide, we got straight on



with the training exercises. All the main features were removed so we just had contours to navigate off, but I quite enjoyed the challenge. I did ok on the first course and was shadowed by Chloe, I then went out again and made no mistakes. After a few more courses we moved back up to the other side of the railway line to the light green forested area. We did a line course where the controls were removed so you had to remain as close to the line as possible to find

them, unexpectedly I managed to find them all and found it quite good fun. We then did a choices race – like a peg race without the pegs, we had a map with a series of diversions, the girls had to pick 2 to collect the boys did 3 - I had a nightmare with map orientation on one of the controls heading in the wrong direction. Afterwards we drove back through Forres and stopped for ice cream courtesy of Tony. After dinner we had a briefing on contours and the different types of contours that are on the map (form lines, depressions, etc.).

### Day 4 – Creag Beag

It was a shorter drive to Creag Beag and when we got there, we started with a warm-up around the park led by Kirstin (coach); starting with a jog and ending with stretches, warming up is vital to



reducing injuries! We then moved up the hill for the time trials - 400m up the track, 400m back through terrain then again in reverse. Afterwards we moved up to the open fell to do some training exercises – the courses were quite easy but the terrain was difficult. Everyone was struggling to run through the heather but the courses were enjoyable. After a while we moved back to the forest to do an actual peg race. The course took us

through the forest out into the open fell and back down into the forest for the finish. I got 3 pegs. We went back to the camp to prepare for the sprint champs that everyone was excited about. After dinner we had an introduction to sprint orienteering by Ian and Kirstin it covered route choice and quick decision making.

### Day 5 – Glenmore lodge and Badaguish

We arrived at Glenmore lodge quite early for the heats – we had to stay in the car park which was the quarantine area but there was a designated warm up area. I was one of the first starts but I really enjoyed the course, there was butterfly loops which I enjoyed and the course was very quick. I felt that it flowed as the controls were fairly easy and obvious meaning you could just run. I placed 6 from 12 girls overall which I was very happy with. After everyone had ran, we drove up to Badaguish for the Semi-finals. We had a runner's choice and I picked course 1 but I was one of 3 people that picked that course, 19 people picked course 2 and 2 picked course 3. I was in the 2<sup>nd</sup> semi-finals which were selected by alternating the order that people finished in the heats. I ran most of the course well but I messed up right at the end by getting distracted at others in my heat already finishing! I came 6<sup>th</sup> but I didn't mind as sprint is not my favourite type of orienteering. After everyone had finished, we all attempted the rings across the pond but I only made it to the second one before I fell in. We went swimming in Loch Morlich to cool off



before we went shopping in Aviemore, we bought chips and sweets from the sweet shop. After dinner we drew our sketch map for Culbin which we would use the following day but I didn't get the right details in....

## Day 6 – Culbin

Culbin was another long drive but we got to pick the music, the orienteering song was obviously the favourite (Nicola Manfredi – You and Me).... It was quite a long walk to the central area where we set up and I wasn't a big fan of the area – I was getting bitten by all the midges. I ran a few of the training courses one of them shadowed by Ian and I did alright. After a few short courses I decided to run my sketch map but as I had messed up the scale when drawing it, I got lost on control 4. I kept trying to find it for ages but I eventually ended up making my way back to the start. Ian then helped me fix my map by using Anna's and I ran the sketch map managing to do ok this time. After lunch we did an odds and evens relay which I really enjoyed and our team didn't do too badly. We headed back quite early to prepare for the tour champs (stopping for ice cream on the way). Before bed we had a Q&A about the tour champs and the area, where we could ask any questions.



## Day 7 – North Granish

Everyone was up early excited for the tour champs – when we got there, we were all put into a quarantine area but I was one of the first starts so I did not have to stay there for very long. I quite enjoyed the course and got round with only a couple of mistakes as I really liked the area. I was the first one finished so I had to wait a while for everyone else to finish but I placed 6<sup>th</sup> overall. We went back after everyone had finished and we did an extra-long coaching session to discuss the area.



Later in the afternoon we did a fun relay around the camp – all the junior coaches were dressed up and throwing water balloons at us and we had to carry a balloon with us the whole time without popping it. Later we had a special dinner where all the coaches dressed up in fancy outfits and served us a 3-course meal. We then gave out the awards – everyone got one Charlotte was the stationary queen and I got an award for not being able to count my pace. On the last night it is traditional to try and sneak out without the coaches catching us.... Johnny (coach) was stood outside the door trying to block our escape but we

managed to get out when he went to the other side of the building. We went in the woods for a bit but when the coaches found us everyone ran, but Megan, Rebecca and I weren't quick enough.

### Day 8 – Going home

We had to be up early as we were on the first train back but even with train strikes, we managed to make it back on time. All in all, I had a really fun week learning lots about orienteering, but also and probably more importantly making lots of new friends most of whom I've met up with since. None of this would have happened without the support of both SUFFOC and EAJS for putting me forward in the first place and for helping with the cost of the tour, thank you.

