

Lagganlia 2013

I was selected to go to Lagganlia 2013. Before I was selected I knew all about Lagganlia because of my older brother, Tom, went in 2009. Due to him achieving this I wanted to follow in his footsteps, so I then looked for any selection events I needed to attend. The British Midland Championships was near to me so I went to it. At this race I was lucky enough to be able to become W14 Midland Champion 2013. This then put me in a good position to be selected. Before any of this I had been orienteering most of life. I really enjoy orienteering. I was always quite a good runner so was able to do quite well on runnable courses but I needed to improve a lot of my navigational skills.



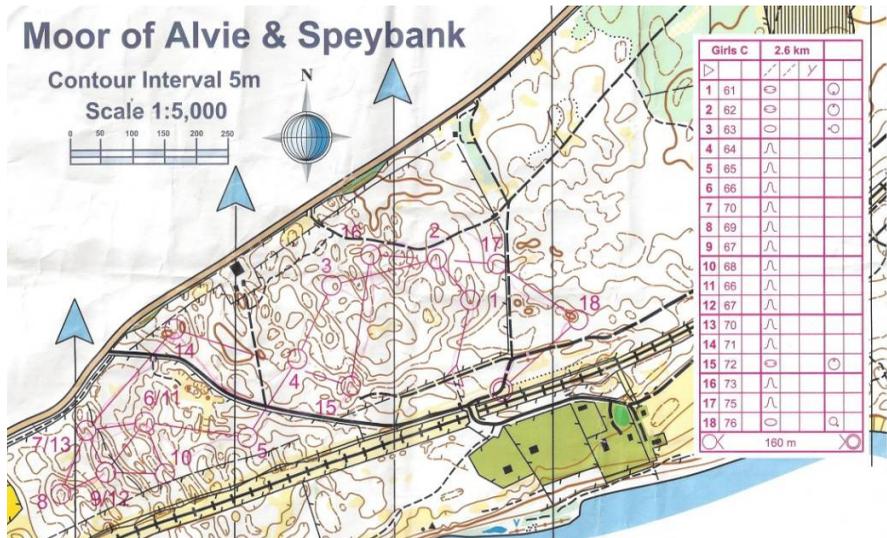
After I got selected I was extremely happy and excited. I couldn't wait to go to Lagganlia.

The journey up was very boring because I had forgotten my headphones but the scenery was beautiful. I arrived, everyone was really quiet. But after our first dinner we played games to get to know people. Everyone was lovely. The first day was very productive. Firstly we did pacing to find how many paces we take for 100m on track, on terrain up hill and down. After that we did a compass exercise where I was able to try a different compass to mine, then we did aiming off and to finish the morning, we did a fun relay which my team won. In the afternoon we did some time trials and a distraction exercise. So we were all tired after the first day.

For the second day we were able to experience what it is like drawing our own map. This made me realise simplification is very important and that each person picks out different features. On this sketch map exercise I decided to take it slowly so I could get it correct. Also on that day we did the "walk O". This is where you walk around with a map and describe the different features that you see.

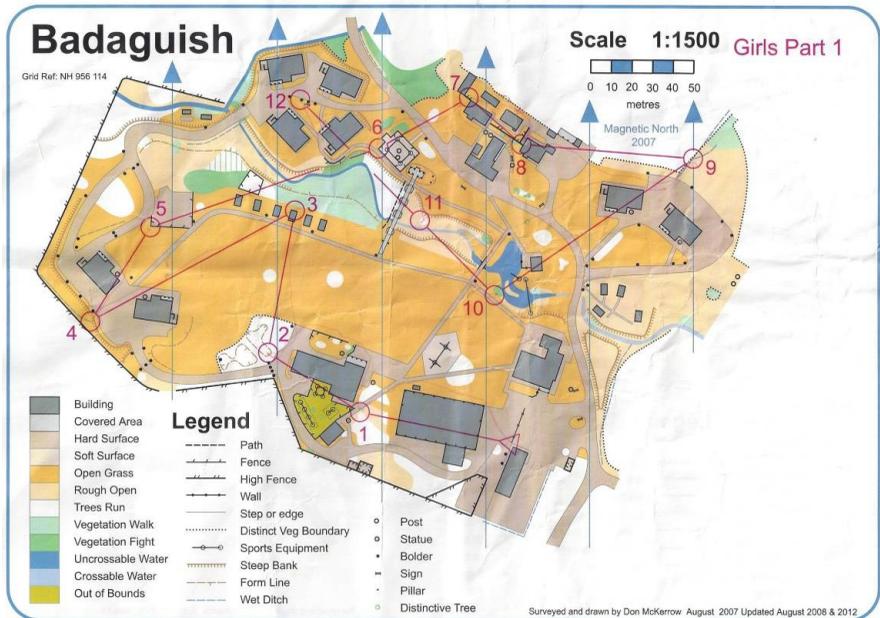
On the third day we went to Littlemill. On this day I was able to try out three different types of skills, longer legs, simplify and green stuff. This was very useful. Then we did a relay so I was able to try out all the new techniques and skills.

On the fourth day we did some races. The first one was at Moor of Alvie, where I was able to experience what a silent start was like, which I definitely need to work on. Also on the courses we all did a loop. This is a contour complex area shown on this map.



After that we went to Badaguish which was a standard open area of parkland that I think is a holiday camp type complex. The Badaguish map shows the first twelve of the thirty controls – it being a double sided map that we were given.

That's where we did a sprint race and I got very confused on some of the controls. After all the races we had a go on the hanging loops across a stream, which is where you have to swing yourself across rings (very near control ten). Your aim is to get to the other side without falling in. I really didn't like the first time but I got better at it as we went along. After that we went to a loch for a swim which I wasn't scared of at all and just ran in it was brilliant. Then we were able to walk around Aviemore, and buy some food.



The next day we did a “Talk O” at Dallaschylle. This is where you are in partners and one person has a map and the other doesn’t. The person with the map has to explain how they are going to get to the next control, what they should be able to see, and what they can see, also what their catching feature is and what their attack point is. This proved very useful to me. After that we did a peg relay. This is where you have a course and at the controls there are pegs and whoever comes back with the most pegs wins. On this relay I realised how slow I am compared to the other girls at Lagganlia. But I was third back with three pegs.

For the last day of orienteering, we were at Lagganlia. This is where we did a classic race. I found the classic course extremely hard by getting completely lost on number one and not doing very well after that. But I enjoyed it. After the classic race we did a balloon relay this is like a normal orienteering relay but you have to carry a balloon with you and then a maze exercise.

On the last night we had a special dinner and then had an award ceremony. I won the “famous last words” award. I won this because it was my group’s turn to tidy up and I said I was a brilliant waitress and straight after that smashed a glass, sorry to Christine and Arthur for that. But all the coaches found it hilarious.

While I was at Lagganlia I was able to visit many gorgeous places such as Uath Lochan, Inshriach, Loch Vaa, North Granish, Littlemill, Moor of Alvie, Badaguish and Dallaschyle. Many that I still can't pronounce. Overall I really enjoyed the whole time at Lagganlia; I made many new friends, learnt lots of new skills and now feel I am a better orienteer. I look forward to trying to get a place on the Deeside 2014 training.

