

Deeside 2018

This year I was lucky enough to be selected for the Junior Regional orienteering Squad Deeside training camp near Aberdeen along with 16 other M/W16 athletes.

Deeside was amazing. I met up with friends that I made at Lagganlia last year and also made some new friends. The atmosphere was really productive and friendly with the coaches being fun, informative and helpful while training and back at the camp.

The three main focuses of the camp was **plan, picture, direction** while also working on weaker aspects of our orienteering. We trained in some lovely (and some not so lovely) terrains. It was so difficult to while moving through the terrible terrain.

I learnt to make a simple but efficient plans to reach each control and to be more confident in my orienteering. To trust myself and relocate faster in order to minimise lost time to a control.

I hope to carry on these key skills to help improve my performances at upcoming major events and The La Sportiva Lake District mountain trail, which I have never done before.

Huge thankyou to Lakeland Orienteering Club, North West Orienteering Association and Cumbria Schools Orienteering for providing some financial support for me to attend this camp.

The biggest thanks must go to Iain Embrey, all the coaches, helpers, organisers, other participants. I would strongly recommend that any eligible juniors attend these camps, it's not really possible to explain how useful and enjoyable they are... just try and get selected for them and you will see.

Ellie Simmonds
Lakeland Orienteering Club

