

Lagganlia report 2019 – Issy Sunley

At the beginning of the summer holidays I went on a week long training camp at Lagganlia in Scotland. The camp was an amazing experience and I'm really glad I got to meet so many other orienteers and learn some new skills.

Unfortunately, I was not able to put a few of these skills into practise at the Scottish Six Days the following week because of an ankle injury I obtained near the end of the week. However, I hope to use them to my advantage at the upcoming JIRCS and JHI's.

When we first arrived at Lagganlia, we all sat down and got to know each other so that we were more comfortable with who we were staying with and by the end of the day I felt like I had known everyone for ages. The next day we started training and our first few exercises were all about pacing which was something I knew I needed to work on. At the end I felt very confident that I knew my pacing and would be able to use it in a proper race. For the rest of the week we kept focusing on different skills and always had a race or relay at the end of the day to put what we learnt into practise.

I think Lagganlia was a great experience to help learn more skills to improve my orienteering and I think it has helped me feel a lot more confident in my abilities. The camp is also a great way to make lots of new friends who share the same interest in orienteering.

Thank you to everyone who helped fund the trip and make Lagganlia such an amazing time.

Issy Sunley