

Lagganlia Report 2018 – Herbie Ashworth

Lagganlia was an amazing experience and by far the best orienteering training I have ever done! The coaches all worked together to create an amazing week of orienteering on some of Scotland's best o-areas

After a slightly nerve-wracking 5-hour train journey to Aviemore I arrived and realised that I knew 2 people properly and barley knew anybody's names. Everyone was very friendly and we tried to get to know each other with the help of the "Athlete ID cards" pinned up on the wall however we also did a game which, as promised, ensured we all knew each other's names by the first day. After this everyone started talking to each other and things became a lot more social.



Although I am used to doing training weekends with my regional squad I was not sure what to expect about the first days training but in a briefing the night before it had been explained so we were clear as to what we were doing. The days' focus was in pacing and, after a very thorough warm up, we started on the activities. The courses were very well thought out and there were lots of coaches on hand to shadow and talk through your run. To end the day, we did a very fast paced clock relay which caused a fair amount of confusion but was a lot of fun.

Other coaching highlights of the week were the sprint race which includes a qualifying race for A and B finals and a lot of controls. The checkerboard was also one of the weirdest things I have ever orienteered on and the Classic Race is a very difficult way to end the week. Lots of Fun activities including many variations of relay made the training more enjoyable and the sketch map was a good challenge of your drawing skills.



By the end of the week everyone knew each other and I felt that my orienteering skills had improved and I was given a list of things to improve before Christmas.

Thanks to the coaches and cooks that made this happen. The CSOA, WCOC and NWOA as well as my parents for funding this! and the other athletes for making this an amazing experience.

Herbie Ashworth