

### **Lagganlia report by Rebecca O'Donovan**

I recently went on a week-long orienteering camp to Lagganlia in Scotland. I really enjoyed the trip and I have learnt many new things which I put into practice both at Peter Palmers and the event in Hurstwood on the previous day. I really noticed an improvement with my orienteering especially with my route choices and plans, which have always been a struggle for me. I tend to leave the control without a sturdy plan and am prone to making irrational decisions after not spending enough time to look at the map. But I have learnt to plan better and my lack of mistakes at the event on Hurstwood really boosted my confidence. On the first couple of days we worked on pacing and compass work which I thought was really helpful as I rarely use my compass in competitive situations,. I learnt that in have a tendency to go to the left of my bearing and now more prepared to find ways around this. Because I was focusing more on my compass bearings I did not manage to improve the consistency of my pacing as much as I would have liked however I am more prepared to work on this at home. Towards the end of the week, we moved onto more contour work which I am more confident in and we also did some map memory and low visibility courses throughout the week. On the first green course that I did I underestimated the difficulty of it as I have never done a green course before, however I got used to it by the end and on the second time I did much better.

I definitely think that the tour was very beneficial to me and my orienteering skills and I made lots of new friends. I am much more confident in my abilities and feel much more prepared to improve my orienteering.

Thank you very much for helping to fund my trip, I am very grateful that I could go on the trip.

Thanks again, *Rebecca*

