

Norway report

This was my 2nd and final visit to Norway with the North West Junior Orienteering Squad. I first went 2 years ago and had a really enjoyable time as it was a great experience. This time round I was more looking forward to improve my own personal orienteering skills and develop myself as an athlete.

Day 1- we spent this day training from the hut where we were staying, we walked for about 30 minutes to this boulder in the forest where we would take part in several different training activities. I found the area quite tricky to begin with and it took me a while to get into it, this is because it's very different to anything I have run on in the UK.



Day 2- on this day we drove for about 2 hours to just outside of Oslo for a long distance event.



As I set off out of the start gate towards number 1 I was instantly worried as the leg to number 1 was over 1km long, I managed to calm my mind and just take it steady, I jogged at a reasonable pace keeping in contact with the map and found it no worries, I messed up number 2 as when I got to right area I just couldn't find the control. For the rest of this event my navigation was going well I just felt as if I was lacking the pace to put together a good performance.

For the next few days we did more training on different types of areas focusing on different skills for example compass work and keeping in contact with the map. We also got the opportunity to train with members from the local orienteering club, it was really good to see how they train and compete in a completely different terrain to what I'm used to. After all of this technical training I really wanted to test myself and see how I would perform on Scandinavian terrain.

I got this opportunity taking part in the tour champs, this event was put on by our coaches. The idea is that you go head to head against your fellow squad members in your category. I set off with a clear mind knowing there were good runners setting off after me and I knew if I made a mistake they would catch me. The first third of the course was going really well, my navigation was clean and I even ran past a family of moose. I made a small mistake at 6 costing me a minute. I kept calm and focused on nailing the rest of the controls. For the rest of the course I

was running really well over the terrain and my nav was clean for every control. I managed to finish 3rd out of the M18s which I was really happy about.

To finish the tour off we did a few more local events in which I had two more strong performances in.

All in all I had a very fun time on the tour and felt like I really improved my skills and mindset as an orienteer.



Many thanks to everyone who made the Norway Tour possible and who helped to fundraise for it, including all the NWJS coaches and cooks, our parents, WCOC and CSOA.

Louis Morris – Septmeber 2018