

## Stockholm Report 2019 - Rosie Spencer

The JROS Stockholm tour 2019 was an absolutely amazing 13 days. Four WCOC juniors visited the tour this year; Joe Hudd, Joe Sunley, Caitlin Irving and myself. On the 13th August we were dropped off at Edinburgh airport, where we met up with the majority of the group and flew to Arlanda airport before making our way to the OK Ravinen club hut, our accommodation for the week. Nick Barrable, the main coach on tour, set the tone of the tour that very first evening by taking us on a "reflex bana", a night terrain run in the forest surrounding the club hut marked by small pieces of reflective tape. We arrived back at the hut tired from our long day of travel, but mainly hungry!

For the next couple of days we just trained around and near to the club hut, as well as organising a small event and running old courses from a large night relay. We also attended a small event on the island of Rånö in the nearby archipelago, which was probably one of my favourite days - we took the ferry to get there and swam at the beach on the island.

We then did 2 races at the weekend which we had to travel a bit of a way to - the area was right outside Arlanda airport which was also a weird experience. The terrain was pretty nice, but very vague - 2.5m contours painted small, almost unrecognisable hills on the maps. I would've had a really good run the first day, which was a middle distance, except the control descriptions for the maps were wrong, leading me to believe I had the wrong map and run back to the start (the age classes weren't printed on the maps so there was no way to check). After that I enjoyed the course though, and the Sunday race was also fun. I'd gone over my ankle earlier in the week so I had to take it pretty slow through the terrain, but the technical side of scandy terrain made up for that.

Monday was probably my favourite day - after training near the hut in the morning, we took the bus into Stockholm before a short ferry ride to take us to Gröna Lund, a theme park in the centre of Stockholm. We then spent the afternoon and evening riding rollercoasters, and attending the Bastille gig that the theme park hosted.



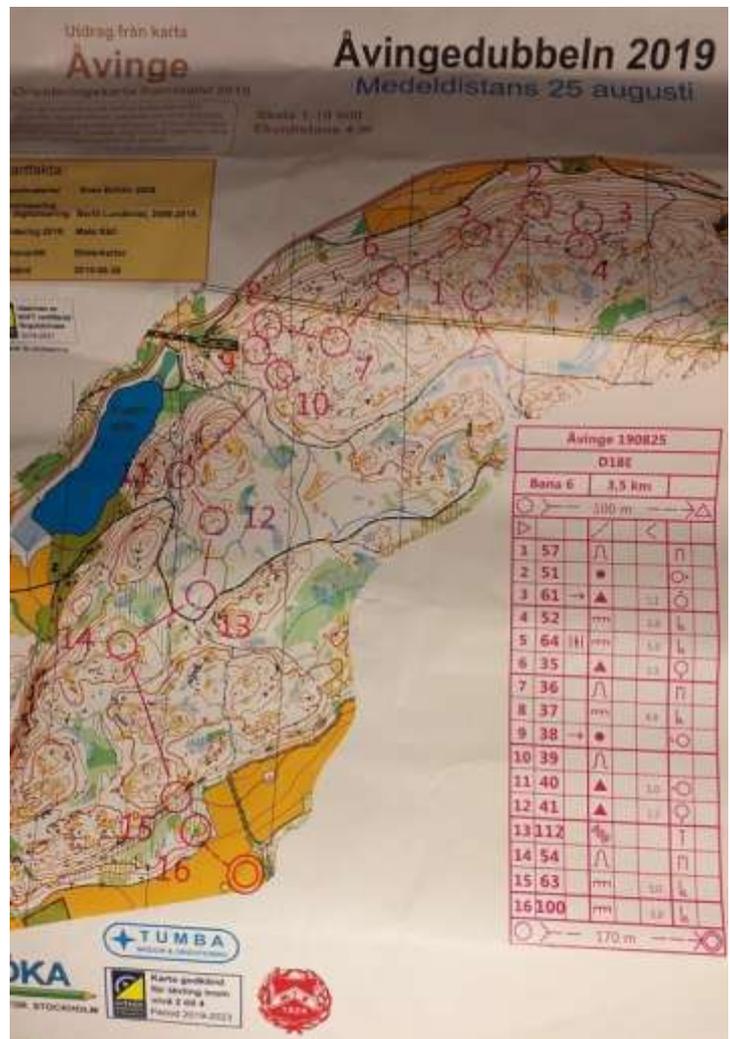
Joe Hudd, Lizzie Stansfield and Jim Bailey  
exploring Stockholm old town

Tuesday involved some short orienteering intervals followed by a power training session in Stockholm where we then had the opportunity to visit the old town in the centre afterwards to get ice cream. The group then went to practise run a big event that OK Ravinen are hosting next year, but a few of us were injured and so went back to the hut. Wednesday was another small event followed by a 6 leg sprint relay consisting of two people in the evening - the area was really small as each of the loops was only around 1k, and there were so many people sprinting around! Thursday we trained and then did the OK Ravinen club intervals, and then on Friday morning we did a peg relay in the pouring rain.

By the afternoon it had brightened up for the Swedish MTBO champs! It was my first time mountain bike orienteering, and I really enjoyed myself - this was definitely my second favourite day, helped by the takeaway pizza we got after returning the hire bikes. The weekend then consisted of 2 more races, and we left straight from the event on Sunday, making our way to the airport by hitching lifts to public transport stops and re-

joining most of the group at the airport and flying back to Edinburgh airport. After spending two weeks of training and adventures with each other we said our goodbyes and made our way home to sleep in a real bed at last!

Thank you very much for the funding from CSOA that helped to make this trip possible; as well as a great chance to improve and work on my orienteering, this was a wonderful way to reconnect with friends from all over Britain.



The D18E map for the last day