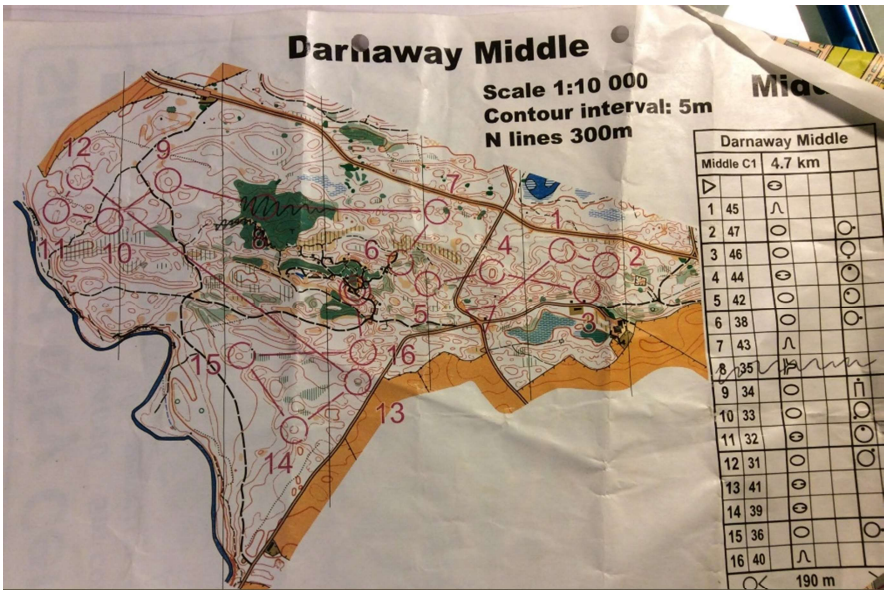
‘Not Stockholm’ Camp Report – Tom Perry

This summer, I was lucky enough to be selected for the ‘Not Stockholm’ camp which took place at the end of August on the Moray Coast. The camp ran from the 22nd August to the 29th August. Over the course of the week, we visited many high-quality areas, including some that were used for WOC 2015.

For the first day of training, we visited Roseisle and did a few short technical exercises in and around the dunes (and ran into many spiders’ webs!). On the second day, we took a short boat trip from the town we were staying in (Findhorn), over to Culbin (another classic Scottish dune area). Similarly, to the first day at Roseisle we did lots of short exercises in the dunes which focused on having a good plan and picture for the leg. The third day of the camp, was split into two halves. The first being a training at Keppernach, which was a small but very fun map where we focused on our direction. Then in the evening, all the athletes on the tour organized an event for the local clubs in the town of Findhorn (where we were staying) and dunes surrounding it. On the Thursday, we ventured over to Glen Affric, and ran a long legs exercise (which included legs from the Men’s and Women’s WOC 2015 long race). On the Friday, we joined up with some of the other JROS camps in the area and ran a middle distance in Darnaway, which was great fun. That evening, we went back to Roseisle, where we did a night peg relay with fancy dress controls instead of peg controls. The worst part of the course (or the best, if you were spectating) was the mandatory Iron Bru drinking and cracker eating control! The following afternoon, we did a challenging sprint race around the town of Forres. On the final day of the camp, we made the long journey down to Tentsmuir forest where we ran the Scottish Junior Cup race. This was a great opportunity to practise the skills we had learnt over the course of the week.

I would like to thank SWOA for their contribution towards me attending the camp. I would also like to thank the coaches, as without their time and effort the camp would never have gone ahead!



Map from the exercise at Glen Affric

Map from the Darnaway Middle Distance