

Lagganlia Report by Ben Perry (Devon M14)

Over the October half-term I was lucky enough to be selected for the Lagganlia training camp. Due to the camp being delayed from the summer it was actually held at Badaquish this year. I arrived in the middle of Saturday afternoon at Badaquish outdoor centre where we would be staying for the week. Many people were delayed arriving due to the closure of Edinburgh station, and most of the camp didn't arrive until around 8 pm. It was therefore quite rushed getting to know each other on the first day.

On our first full day of Lagganlia we went to Moor of Alvie. We learnt about pacing and just did work on getting used to the Scottish terrain. To end the day we did a clock relay in teams of three.

On our second day we went to Lock Vaa, where we started off by doing a 500m time trial on a track and 500m on terrain. This was very interesting in order to figure out whether or not it was worth doing longer routes going round a path or shorter through terrain. After this I did some work on bearings and reading the map while running.

On our third day we went to Roseisle. I was working on using contours to navigate instead of line features. Then, in the afternoon, we did a line course and a peg relay. In the evening we had a meeting about the sprints which were taking place the next day and had a talk from GB athlete Kirsten Maxwell.

On the fourth day, we had a knockout sprint. We had the heats at Badaquish outdoor centre, where we had butterfly courses. We then had the semi finals and finals at Glenmore Lodge. I came 2nd in the heats, semi-final and final.

On the fifth day we went to Culbin. Here I tried to put all of the skills I had learnt during the week together. This went really well on the long legs course. It was also helpful in the odds and evens relay which my team won.

On the final day we had the tour championships at North Granish. This was a very technical area and the running was not helped by the heavy rain. Even though I didn't have my best run I was able to put all I had learnt together on most of the controls.

I had a great week at Lagganlia and want to thank SWOA for their contribution to the trip.

