

Dear SWOA/WSX

Please find below two reports on EYOC and Deeside. Thank you for your generous contributions to my travel grants to:

- European Youth Orienteering Championships in Hungary (July 2022)
- Deeside talent camp (July 2022):

EYOC

Finally, after a few weeks of waiting since the announcement of the squad, I was off to Hungary!! I was travelling from Heathrow with 3 others in my age group. It was quite a stressful journey as my hold bag didn't make it on the flight or the hotel, but we made it to the hotel in Salgotarjan at around 9-ish, which was early compared to the Edinburgh lot who arrived way gone midnight. We spent the next day at the forest and sprint training areas and I think it's fair to say we were all struggling in the heat, with it being around 35 degrees each day. Due to a party near the hotel in Hungary we were moved by the event organisers to a really nice hotel in Slovakia. I shared a room with the other W16s, and we had a whole apartment to ourselves!

The long race was really tough in the heat, and I struggled, but managed top half. The atmosphere was amazing and the thrill of being on the start line about to race for your country is amazing. In the evening the opening ceremony took place, we got to watch some dancing and see all the athletes who were competing. I picked a late start for the sprint the next day and my start time was around 4pm, and the 4th to last person left. I was more nervous for the sprint but was having a really good race. I caught the girls in front of me and as I came into the spectator control, I could hear some of the other GB athletes shouting top 10!! I was so excited as I heard that as I ran the final loop before finished in joint 9th position!! I was over the moon and after watching the presentation, we headed back to the hotel. The relay was the last race of the competition, and my team came back in 14th place. It was amazing running for GB and I'm very grateful to the support to help me fund the trip and to my Hungarian club mate who kindly travelled to Budapest to collect my bag from the airport so I could have it for the sprint race!! I hope I get the opportunity to do it again.

Deeside 2022

I was really excited for Deeside after last year's Lagganlia and looking forward to catching up with everyone again. I travelled up with three friends from the south across a 2-day journey so it was really fun. The training days consisted of a 1-hour morning session deciding what we will be focusing on today, followed by departing to amazing areas, like Culbin, Lossie and Darnaway at around 10 each day. Once we returned, we had a few hours to ourselves before dinner and a 1:30 hour debrief from the day. Afterwards we went crabbing down by the beach!! We spent the week building up to eventually using less features to help navigate and to help us practise this we did races like a Peg race (which is always great fun) and a middle distance around Culbin (thankfully no spiders this time!). In the evenings I was pretty tired, and we had a lot of fun watching the England women play Germany in the Euros. Thank you for all the help to get to Deeside, it was amazing technically to learn and practise in some fantastic areas, as well as the social aspect. Thank you to the coaches and for the support to get me there.

Best wishes and thanks

Lyra Medlock (WSX)