

# Findhorn 2025 by Finley Goddard

The usual Deeside camp for bottom year M/W16s was based in Findhorn this year, due to many areas in Deeside being embargoed for the Scottish 6 days. I had the privilege to go to this camp, along with 14 other orienteers from across the UK.

We stayed in a hostel and were able to walk around the village with each other in our free time. We also had classroom sessions in the mornings and evenings talking about things like beacon features, speed control, route choice, running training, nutrition and more.

The rest of our time was spent training: we were able to train in many amazing forests along the Moray coast, including Lossie, Roseisle and Culbin. Each day we had many different training exercises to do, which helped to improve our compass bearings, contour reading, planning and more. There were also many amazing coaches who would be able to talk to you 1 on 1 about how the

training courses went, what you need to improve on and what you wanted to focus on. They could also shadow you and to talk-O as well. To finish, we had a Tour champs race on Culbin where we could demonstrate what we had learnt over the course of the week and where we could race each other competitively.

Thank you SWOA for helping me go on this tour and have an amazing experience,  
Finley.