

Jack Knight - Gothenburg JROS Camp 2025 Report

I was recently selected to participate in the Gothenburg 2025 JROS Camp held in Sweden at the end of August for 10 days. The camp is designed for top year M/W18s and bottom year M/W20s and this year 20 juniors were selected to attend. The camp is designed to be a 'self-help' with the juniors planning all their training, hanging controls, arranging public transport to and from events and preparing our own meals. We stayed at Sävedalens AIK's club hut, situated in an incredibly beautiful Swedish forest with some of the best terrain I've ever ran on just outside the door.



During the camp we all decided to plan a training exercise of our choice, which we would then hang controls for on the day of the training. Most days we would train in the morning, return to the hut for lunch and then train again in the afternoon. Some of the best exercises we did were: night orienteering, relay/mass start practice, long legs, a technical sprint, middle distance event and a control pick (planned by me!). On one of the days we also trained alongside the Sävedalens AIK on a relay/mass start exercise, there were probably about 40 Swedish orienteers at the training and it felt very exciting to be part of it.

On the last three days of the camp we competed in the Gothenburg O Meeting, a 3 day event consisting of a Middle, Sprint and Long distance race. The races were incredibly difficult both physically and technical, but I am extremely happy with my performance in both the middle and the sprint. On the long race we had a classic Swedish long leg: 1.5km with almost no path option, it was exhausting but absolutely great fun!



The races were an absolutely amazing way to round off the training. I had an amazing time in Sweden and I am so grateful to everyone who helped make it happen.

Jack Knight - KERNO