

Norway 2016 Report

This year the North West Junior Squad returned to Fredrikstad Skihytta for 10 days of training and racing in beautiful and technical Scandinavian terrain. This was my second tour with NWJS and it was a hugely beneficial orienteering experience.

The training that we did was mainly based in the forest around the club hut where we were staying, this is varied and challenging typical Norwegian terrain. On the first day we went out in pairs during the morning to get used to the different terrain and style of orienteering to England. Then in the afternoon after completing some shorter courses we went out on a more race styled exercise which involves chasing down people after they have had a set interval. This was fun but challenging and mimics the pressure of race pace.

Another training exercise we did was a compass course with 60 controls split up into sections of 10. Starting off walking then increasing the speed we completed each section focusing on very accurate compass then reviewing it once we'd completed the course. This was a great way to focus on one of the key components of orienteering – direction and compass.

As well as training the tour had been planned to run alongside the World Orienteering Champs which were being held nearby, just across the border in Sweden. This meant that we could watch the races and see some of the elite athletes of the sport performing. However, as well as this, the organisers had put on 6 spectator races alongside or as well as the WOC races. This meant that as well as training we had a chance to compete and practice some of the skills that we learned throughout the week in a race situation.

The spectator races consisted of a sprint, three middle distance races and two long or classic races. These were spread out throughout the length of the tour and were based around the town of Stromstad and the area Tanum. Although I had a mixture of results all the days were equally rewarding in terms of experience and racing in foreign terrain against international competition.

A big thank you to all the coaches who went and contributed to a brilliant tour, the whole trip was brilliantly planned and as well as being a great experience was fun as well. Also thank you to everybody who helped us to go on this fantastic trip, my orienteering has definitely improved and it was brilliant.

By Daniel Spencer (M16, WCOC)