

## Norway 2016

Laura Hindle (W18 – MDOC)

This year's North West squad Norway tour was completely different to my previous squad tours in Norway. Having the opportunity to go and spectate at the WOC in Sweden, was exciting and inspirational. Seeing world class orienteers in Scandinavian terrain was an incredible opportunity - which I'm sure none of us will forget!

For me, my favourite event was the sprint relays - our vantage point on top of the cliff above the arena was perfect and we enjoyed cheering on the British team together!

I really enjoyed the chance to run in the races alongside the WOC and felt my technique improved over the events. I was also glad to run more consistently over a series of races as I haven't achieved this consistency for a while. Back in Fredrikstad the training was challenging and valuable - thanks to all the coaches for all their hard work and dedication.

As always the swimming and marsh football provided fun entertainment on a different level. I feel extremely lucky to have been to Fredrikstad on three occasions and to have found each tour very different and each very special! Many, many thanks to all those behind the scenes for such great experiences and training!!

Lachlan Chavasse (M18 – DEE)

This year, the weather was definitely on our side, and it was fantastic to have the opportunity to attend WOC 2016 and take part in the spectator races in the same terrain. Although the races were tough and technical, I've come back much more experienced and ready to tackle JIRCs and then training ready for next season.

Katie Lowles (W18 – WCOC)

The trip to Norway this year was different to the trip two years ago. This year we mainly trained in the terrain around the Skihytt due to the opportunity we had to compete in the six WOC spectator events in Sweden. As well as the training and racing we also got to watch lots of the WOC races which was an inspiring and exciting experience. Thousands of orienteers watching the 'heroes' of their sport performing led to a fantastic atmosphere.

I enjoyed the races as there were 3 assemblies and we did two races from each.

The training from the hut was a chance to practice skills in a less formal environment meaning we could concentrate on trying to perfect bearing and compass work at our own pace. One of my favourite parts of the trip was a short course which FSK had put out on an island covered in bare rock. It involved a swim out and back to another island and was a fast and furious course. Overall Norway 2016 was a fantastic opportunity to train, race and spectate with NWJS.

Matthew Fellbaum (M18 – MDOC)

I really enjoyed the tour, it was an amazing experience being able to spectate the world championships and very inspiring! I have learnt a lot over the tour and have had brilliant fun!! Thank you to all the coaches for making the tour so fantastic!!