

Last week I attended the Lagganlia JROS tour, as one of 24 athletes selected. Out of the group two were members of WCOC, including myself. Whilst on the tour we trained in various locations, these being set out below.

Day 1: Moor of Alvie - Runnable forest with much contour detail. We began with a map walk, followed by exercises such as control picks, long legs and compass work. In the afternoon we did a Star relay.

Day 2: Roseisle - Forested sand dunes. Due to some Scottish rain we started by pitching a tent and tarpaulin, after which we began the training. A variety of exercises allowed development in skill and a build up of confidence in an area unlike anything I had experienced before - the extreme openness of the forest coupled with small knolls, depressions, re-entrants and more scattered everywhere.

Day 3: Creag Bheag - Heathery open fell and woodland. We started off with a time trial of terrain against path, both uphill and down. Being the day most similar to a West Cumbrian fellside, this was the day I felt most at home. It was possibly a more south lakes style fell, but contrary to Martin Bagness's mapping, the crags were actually on the map. In the afternoon, we did a peg race in which the entire tour was left confused at the top of a bracken-filled re-entrant whilst I, possibly due to my lack of height, ran under the bracken and straight through the control.



Day 4: Glenmore Lodge and Badaguish - Buildings, grass, and small areas of forest. The day of the Sprint Champs. The heats were at Glenmore Lodge, followed by the selection of a runner's choice for the Semi-Finals at Badaguish. The vast majority of the tour chose variation 2, however didn't see the uncrossable fence, making the leg worse than anticipated. The finals were also at Badaguish, followed by a coach's race. After that, we attempted the hoops, and got very wet (at least some of us did), followed by a swim in a Scottish loch and a couple of hours in Aviemore.



Day 5: Culbin - Forested sand dunes. Culbin has a variety of wildlife, ranging from spiders to midges. I came away from the forest with a lot of bites from unknown insects that refused to be put off by midge repellent. Other than that, the training and the area were very enjoyable. We tried out the sketch maps that we made on day 3, and mine worked a lot better than expected, except in a few areas where my map wasn't quite detailed enough.

Day 6: North Granish - Partially forested with open patches, complex contour detail. The last day, and the day of the Tour Champs. North Granish is a very high quality area, providing a technical course to use all the excellent training we had received earlier in the week.



The last night featured a posh dinner, with the coaches serving as excellent waiters and some good food provided by the chefs. The food featured a starter of Bruschettas, followed by Salmon, boiled potatoes and peas.



Overall, the tour provided great training, experience in technical areas and was incredibly fun, with some great coaches.