

Lagganlia 2022 Report by Seth

We arrived at Lagganlia on Saturday afternoon. The trip had been long, 10 hours in total, and I was relieved to end the arduous journey. The first fraction of a day was very simple, and I used my free time to explore the area that we were in and talk to new people, both coaches and other junior athletes. We had dinner and everyone gathered in a room to learn each other's names. We played a game involving throwing a toy to each other whilst calling the recipient's name. It was an enjoyable and useful way to spend the first evening. Then, everyone went to sleep, in preparation for the next day.

The second day was to be spent training in the Moor of Alvie. We woke up, had breakfast, prepared our lunch and kit, and left at around nine-thirty on the minibuses. The journey was not long, and afterward I learned that my coaching group was myself, Finlay, Olivia, and Anna. Our first activity was a Walk-O. We walked along a path with two coaches assigned to us, Ian and Chloe. We identified features that would normally be unseen in a race, which I found especially useful, as it gave me a chance to study a map in greater detail. We had a difficult relocation exercise, and then every coaching group returned to the minibus to complete some of the various exercises for the day. I completed four of the six exercises.

The first was a short pacing exercise, involving measuring the distance to each control and comparing this to a number each of our coaching group had calculated beforehand. I found it very useful and informative. Then I did another course on the other side of the map, which I found fairly easy. I tried using contours, and I believe that I was successful. Then, one of my coaches, Ian, wanted to follow me on a course, which I completed whilst trying to employ my newfound skill of pacing each leg. This course was longer and allowed me to explore a greater area of the Moor of Alvie, which was enjoyable. After this, I had my prepared lunch, and did one final exercise before the physically strenuous activity for the day was finished, and we travelled via minibus back to Lagganlia.

After everyone had a shower, we all headed to the main building to divide into coaching groups and discuss the area, our courses, our successes and our failures. It was an interesting and surprisingly useful activity, as it, once again, gave me a chance to study the map in even greater detail. After this, we had dinner, and then some free time, and after this, we had one final whole-group meeting to finish the day. The meeting was on a certain topic in orienteering, and it changed every day, from race preparation to fast decisions in sprints. Unfortunately, I cannot remember which talks occurred on which day. After the talk, we had another hour of free time, before going to sleep.

This was the cycle of activities for the next few days. We went to Roseisle, which was a forested sand-dune area; Creag Beag, which was an exposed mountainside covered in bracken and gorse bushes; and Culbin, which was an open and highly runnable forest. The exceptions to these were the sprint in Glenmore Lodge and Badaguish, and the final event in North Granish. Glenmore Lodge was an urban area with buildings on one side of the map, a forested slope on the other, and a wide, runnable open space between. It was a tough race, and I made a mistake on the first and last controls, causing me to do badly. We then went to Badaguish, a much more open area with a stream dividing the map into two sections. A small portion of the map was filled with buildings, but most of it was open grass with very few scattered trees. On the fringes of the map the terrain grew more difficult, with large, impassable bushes and high grass. I thought I ran well in that race, coming seventh overall for the boys. I unfortunately did not make it to the final, which was the top six boys and the

top six girls, but I was pleased with my run nonetheless. The main event at North Granish occurred on a different day, and the area was very different. It was a semi-forested undulating place that, without its many small hills and depressions, would have been quite flat. There was no general slope to the area. North Granish was divided into three sections by fences, with the upper sector being the starting area with one small ridge, the middle area having the most complexity with its contours, and the lower area being particularly simple. I used fence corners and junctions for the longer legs, and short bearings for the shorter ones. I enjoyed the course, despite not doing particularly well, and I finished ninth overall.

And after this, Lagganlia 2022 was over. We returned, had a celebration dinner, and at eleven pm everyone left the buildings and ran around in the forest for an hour while junior coaches hunted us down. It was very fun.

Overall, I enjoyed Lagganlia a lot, I made new friends, I learned new skills, and I felt like I succeeded in not making too many mistakes. It was definitely worth my time, and I would like to do it again.



Above: Roseisle runnable woodland



Me on various exercises



North Granish

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150 m

Note: The water level in this area varies widely, many ponds may disappear at some times of the year.

Magnetic North 2013

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 Ltd 07 755 545, 02 85 41 238
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Deeside Orienteering & Leisure Maps
 2 Cromar Drive, Tarland
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 e-mail: jon@big-jon.demon.co.uk

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Based on a photogram

Survey and c
 Orienteering
 Revision: vegetation
 North Granish area

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