

Lagganlia 2023 – Kate Jarrett

Saturday

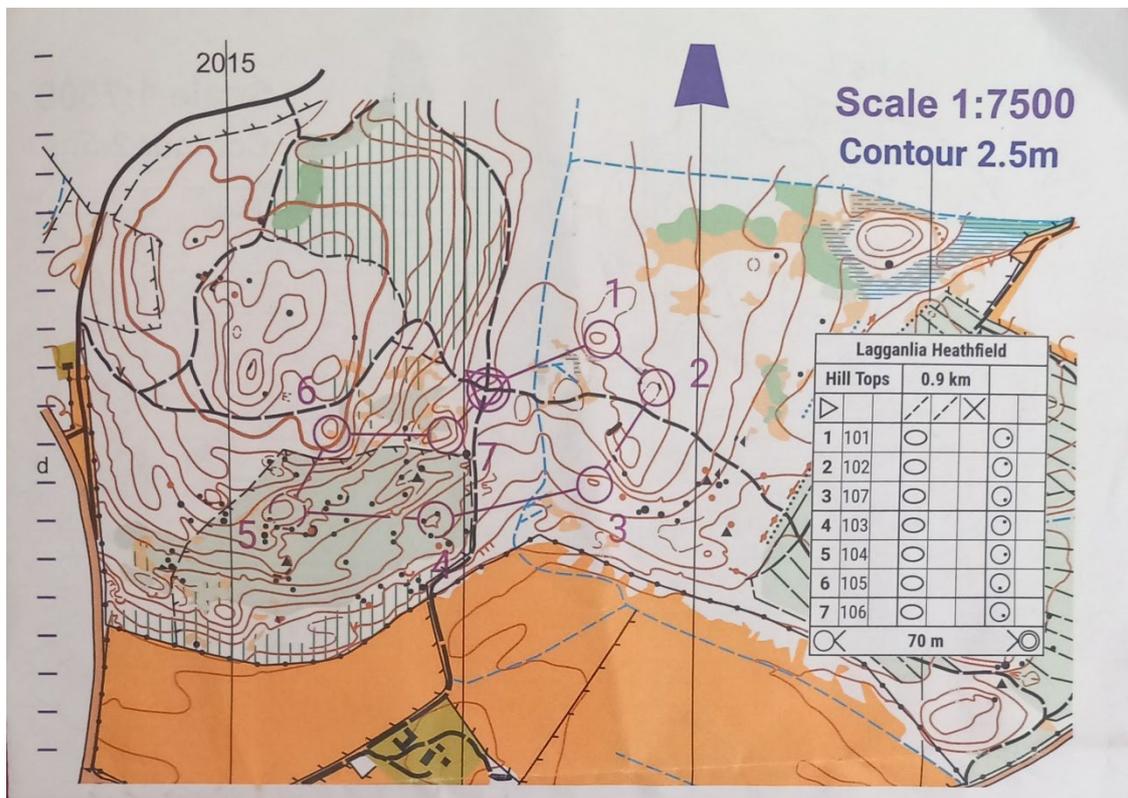
The train journey up on Saturday was fairly uneventful, if a very long trip. My mother drove me and my relatively heavy suitcase to Peterborough station to take a direct train to Edinburgh and I caught the 9.18 train. The train was very busy, especially



around Newcastle, but I found my allocated seat and the only worry was the changeover at Edinburgh. I was joined by Charlotte Chapman and Alice Pieters about an hour and a half before Edinburgh, so we were able to navigate Edinburgh station together. The boards were wrong originally and we ended up on a different platform to the one we expected, but we met a few more people on the last stretch to Aviemore. Once we arrived

at Lagganlia we did a few introductory games to get to know each other, then we all put on our Lagganlia tops and took group photos.

Heathfield

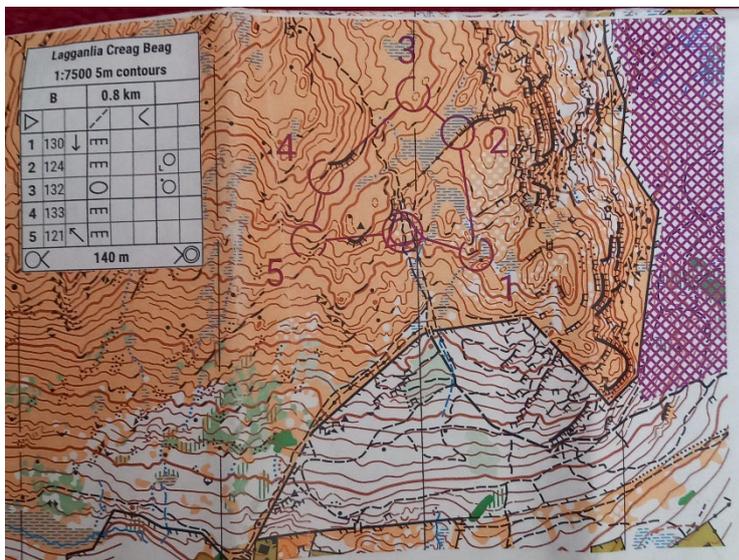


When we arrived at Heathfield pretty early Sunday morning we split into coaching groups and decided which of the mini courses we would do. After a quick warm-up led by Sarah we did a quick 100 metre pacing test on a path and terrain, then we went out on our first course. I went out on the hilltop course, shadowed by Sarah. Controls 1, 2, 4 and 5 went well, but I was off on my compass bearings for 3, 6, and 7. I did a few more courses then we had lunch. After lunch we did a star relay, and I was with Esme and Robin. My navigation was good for the relay, and it was really fun.



Darnaway, Creag Beag and North Granish

Darnaway was rainy and cold when we got there. We navigated up to our base in our groups, using the contours. I went out on a few courses, working on my fine navigation skills and compass directions. Roger shadowed me on a course detailing contours, which was a great help in learning to read them correctly. After lunch we had another relay, this time an odds-and-evens race. Most of the controls I went to were good, but I was a little off on my last control, and I got mildly disorientated trying to find my way back to the rest of the team!



North Granish was very technical, and the distraction race was very distracting! It was good practice to have lots of different people rushing around and following you with cameras and having to try to stay focused through it all. The map turn-over was informative as I hadn't done one of them before, but I did get muddled and wasn't sure how it worked!

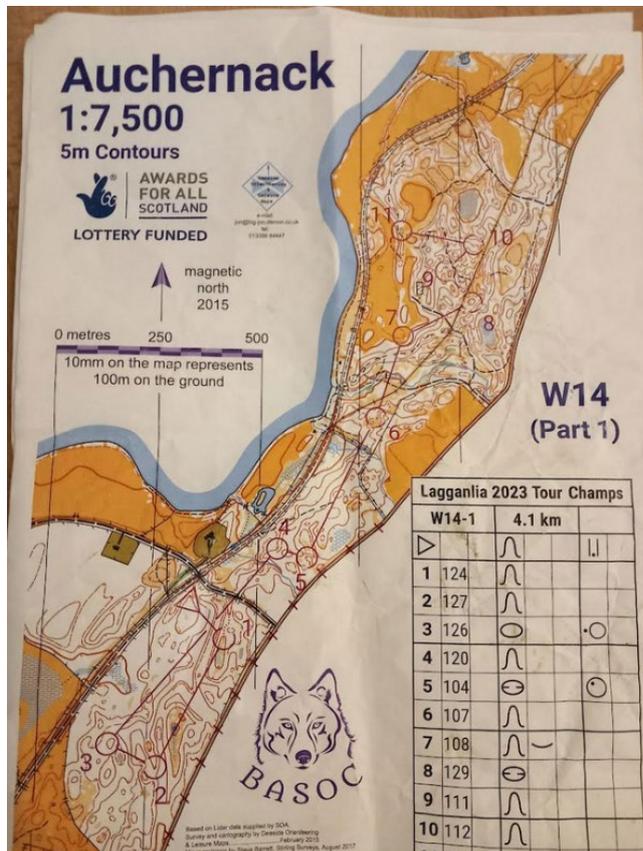
At Creag Beag we climbed to the top of the hill and put our bags down under a shelter of a tree. It was misting very

atmospherically when we started on the courses, but the very rough terrain of rocky heather didn't help with the rapidly deteriorating weather. I found course B quite interesting because visibility was not very good so I needed to use features and attack points to bounce off of to find the controls. The rain and wind got quite harsh, and we found a dead rabbit by one of the controls, but overall the morning was pretty

enjoyable. In the afternoon we went down into the forest which was a lot more sheltered and completed a peg race. I was very tired by that point, and ended up not doing very well, but I found it quite fun nonetheless.

Rest Day and Sprints

On Wednesday we headed to Glenmore Lodge for the first of the three sprint races. The scale of 1:2000 really confused me and I found myself overshooting most of the controls. After we had all finished the course we were all led into a room individually to have 20 seconds to pick a gaffel for the semi-finals. When everyone had picked we went to Badaguish for the semi-finals and finals. I really enjoyed the semi-finals but my knee was playing up slightly so I didn't run that fast. Then we did the rings (I got quite soggy), went to the loch for a swim and had free time in Aviemore. That evening we had the night practice, which was very useful.



Tour Champs

On Friday, the last day of the tour, we travelled to Auchernack to compete in the tour champs. I found the start of the course (controls 1-6) pretty good and I thought I was running well, but my navigation started deteriorating after leg 7-8. At control 11, which was the map exchange, I got lost because I wasn't sure which end of the open I was in and after control 12 I was so tired I just wanted to go to the finish! I finished the course very close to the bottom of the table, but I enjoyed it anyway.

For the last little relay we did a monster-hunt and had several water fights with the coaches' water guns, which was really fun as it was very warm that day. We then had the prize-giving, and I was given the fashion and function award - while being dressed in sweatpants and a hoodie!

Saturday

Esk and I woke up fairly early to pack, as our room had become pretty messy over the week. After breakfast I had to leave quickly to get the minibus to Aviemore Station, where I caught the train to Perth with Ben Chapman. After I helped Ben get his bags onto the train to Edinburgh (he had unfortunately broken his arm a few months before), I walked around Perth Station trying to find the exit, where I was met by my mother and some friends in NOR we were car-sharing with to take me north to the Scottish 6 Days.