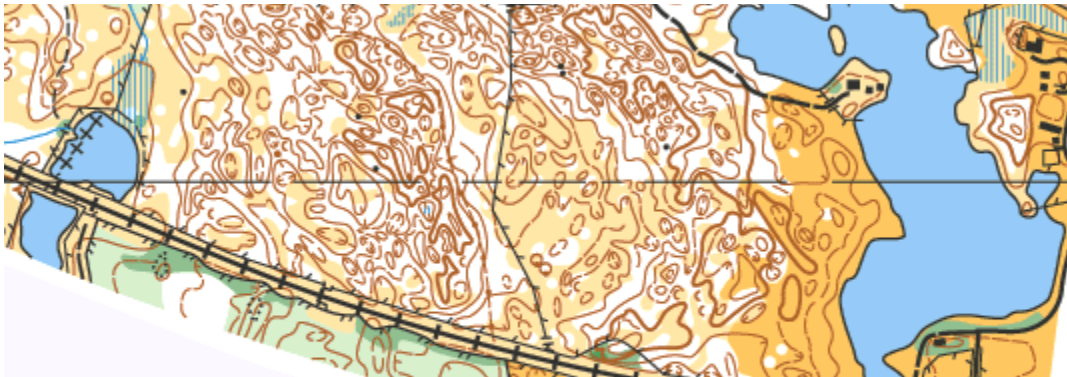


Duncan Currie

# Tour Report

## Lagganlia 2023

This year I went to Lagganlia with 23 other juniors from across GB for one week, improving my orienteering greatly. It was an enjoyable and enlightening experience as it introduced me to many new styles of orienteering, areas, and people. Although I experienced troubles with my foot nearer the end of the week, my training paid off on the ensuing Scottish 6 days.



### **The training**

We managed to orienteer on many great Scottish areas such as Darnaway, North Granish (shown above), Auchernack, and Breag Beag not to be limited by the embargo. The main takeaway from the training was orienteering on much more detailed terrain than I'm used to and knowing when and how to use the contours or when to stick to easier more linear routes: in short, always have a plan.

### **Races**

Although no great results due to injury they were still fun challenges to see how I improved

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## **Sprint race**

Although I had the 4th fastest qualifying time, being in the arguably more competitive heat, I didn't qualify for the final due to a last-second error of judgment, blundering 1st at the last control.

## **Tour Champs**

Even after a good set of first controls my foot eventually gave up reducing me to a walk and last place.



## **In conclusion...**

I have come out of Lagganlia a much more competent and well-rounded orienteer with many new friends. As my first JROS tour, I hope it not be the last as it has greatly improved my confidence and love of the sport.