

I was delighted to be selected to go on the Stockholm JROS tour this summer, and it was 100 times better than I expected. The tour itself lasted 12 days, with 8 days of training and 4 days where we went to races. For the first couple of days getting used to the terrain was hard, with it being incredibly different to anywhere in the UK, so it was not just physically demanding but also mentally challenging. I quickly learnt to love the areas, with the bear rock, marshes and overall, incredibly runnable woods.

The first weekend there we did two races, a long and a middle. Saturday was the middle, where I got to see how I coped within the terrain in a race environment on the D21 course. I'm just going to say that it did not go well, with me spending 31 minutes on control 5 where I went off the map. However, I enjoyed the area a lot and it gave me learning experiences and things to target through the rest of the camp. The next day, Sunday, I was starting last out of every competitor on the long course, which was exciting because it meant it challenged my skills a lot more too. This event took place in the same area as the middle on the previous day, so I wanted to try and redeem myself from that performance. I set out on the D18 and was focused on my direction and compass skills which was what failed me the day before. As I had expected I ended up running the whole course with only seeing one other orienteer, this at times created some doubt in my mind but I ended the run with only two minor mistakes. This race was what I needed to show that I could do it in new terrain.

Going into the rest of the tour we trained every morning and then would train either in the afternoon or evening depending on the session. Most training we did was morning and afternoon, but on the OK Ravinen club training nights we joined them and did their sessions which was really fun. For club training we did terrain intervals on one of them and on another we did butterfly loops where I focused on compass bearings. The rest of the time we trained we were in some beautiful areas with open rock mounds, intricate contour detail and plenty of bilberries.

The last weekend we were there, we took part in the Stockholm champs, where we did the long and middle distance again. Saturday we did the long in a very intricate and complicated area, the 1:15000 scale was a shock to the system when I hadn't seen one since the JK long day. Overall, I really enjoyed the area, and especially enjoyed seeing my personal improvements since the previous weekend's races. The day was warm, and the area/ finish area was full of mosquitoes which was sort of annoying, but the area was beautiful. I had a couple errors which took me a while to sort out but overall, it was a lot better than the last long. The middle distance the next day was the last day on the tour, so we were running our race and then going straight to the airport. The course was good, it took place in the same area as the long had the previous day but felt entirely different for me. The light green vegetation was like swimming through trees which was funny.

Being away training with friends was very fun, spending all day with each other. During the time we were at the OK Ravinen hut we played football, volleyball and sometimes went swimming in the lake. On one of the rest afternoons, we went to the Vasa Museum (a museum about a big boat) which was interesting, and we had fun playing the games as well. We also went to Grona Lund where we spent the evening on all the rides which was a really good way to relax for a while. I fully appreciate the opportunity I have had to work with amazing coaches such as Toni O'Donovan, Nick B, Nick J, and some GB athletes Chloe Potter and Ralph Street. Overall, it was amazing to spend time with my friends for nearly two weeks and doing a sport I really enjoy. It was also an exhausting 12 days, with the intense training and the races, however if I had the chance to go back and do it all again I would.

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