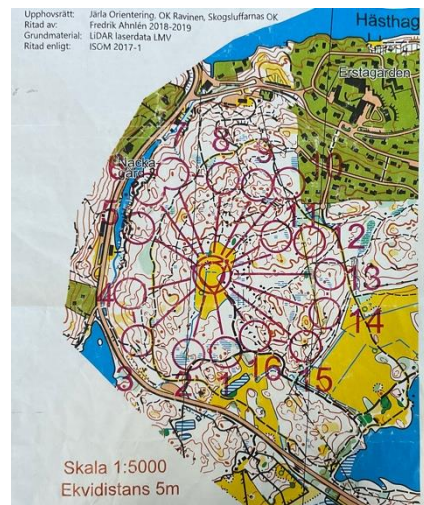


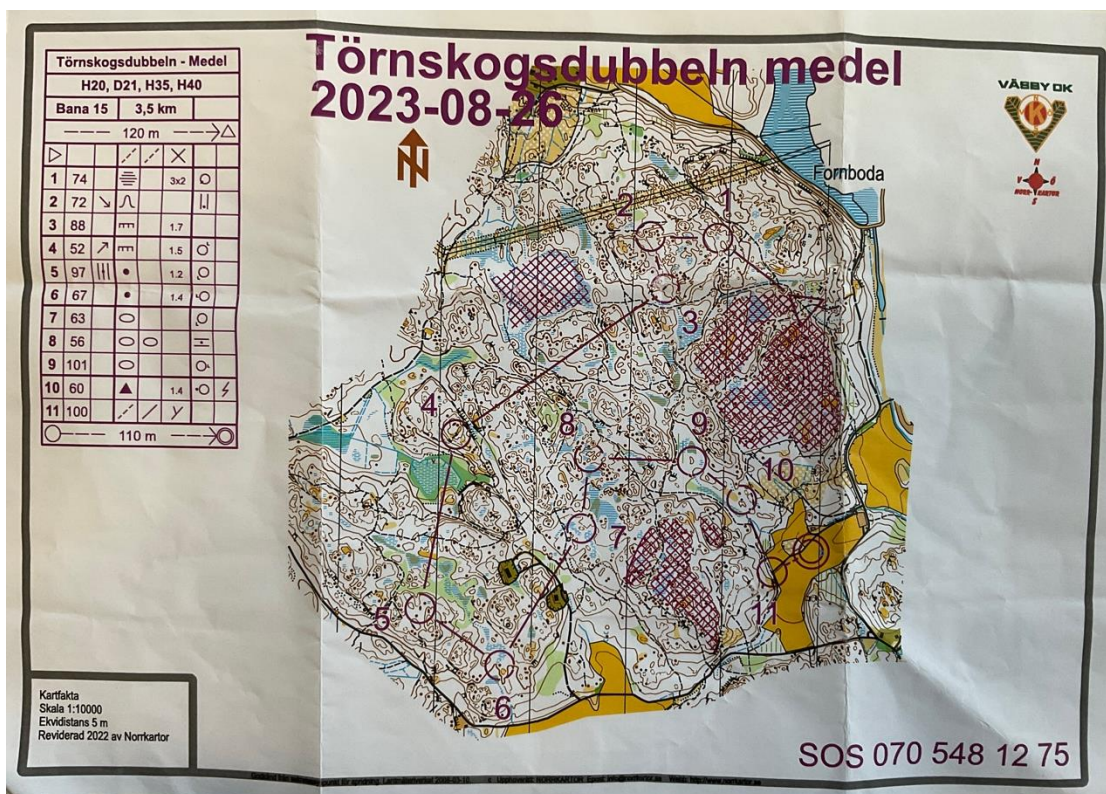
## JROS M/W17 Tour to Stockholm

I was very lucky to be selected to be a part of the JROS tour to Stockholm along with 18 other M and W18 juniors. It was a chance for me to experience some amazing and technical Swedish terrain which was new to me. I flew from London to Stockholm with a few other people and the first challenge was getting to the OK Ravinen hut all by ourselves, which included many trains and buses. It all worked out well as the transport system is amazing in Stockholm.

The accommodation had everything we needed (except beds!) but we soon got used to that. Everyone helped out with their job assignments every day to make it easier for everyone and the food was amazing. Shout out to Natasha for this.



Every day we would have the chance to train on two different areas, giving us more experience. We practiced lots of different techniques including running straight which everyone does there.



Middle race  
Törnskogsdubbeln

The first race we did on Saturday was the middle race at Törnskogsdubbeln. It didn't go very well as I messed up almost every control. I started off by running up the wrong path to number 1 however this wasn't too bad as I put it right as soon as I realised. 4 – 7 consisted of minor mistakes which wasted a lot of time. By the time I was on the way to number 8 I had lost my focus so wasn't concentrating on the features I was passing and ended up closer to number 9 than 8. I managed to finish the race but it couldn't have gone much worse!



The race on Sunday was a lot better as I had gone over all my mistakes and looked at how to improve after the middle. It was not perfect however I was pleased with my improvement.



Long race  
DM Lang

The next weekend we had a long race at DM Lang on the Saturday which was 6.6km. It was physically challenging after almost two weeks of training and the green on the map was very thick to get through. I made a bad route choice from 11 to 12 deciding to go straight through all the green when it would have been a lot quicker to go around the path. I really enjoyed having the opportunity to race in these areas, practicing different techniques and having so much fun.

Thank you very much to Nick Barrable for organising such an amazing tour and to all the coaches for some wonderful training. A final thank you to South Central orienteering for supporting me. The tour was a great opportunity to gain experience in some very technical terrain and improve all my orienteering skills