

JROS Camp 2023

This summer, I attended the Junior Regional Orienteering Squads (JROS) camp on Deeside.

We arrived on the first night and after the putting up of tents and playing of games we sat down for a classroom session where the coaches introduced the week to us. Our plan for the week was to focus on the three things – direction, plan and picture. Each day we would set out to a new area and work on one of these, doing different exercises. We went to a variety of different areas, ranging from scrappy forest to lovely forest to sand dunes.

After focusing on training in the mornings we would do a race / mini competition in the afternoon, for example, a peg race, a pairs window competition and a self-handicap race – all madness!

Of course, after that we went swimming in gorgeous rivers before returning to the camp for showers and dinner before sitting down to do a mini review of the day and a little bit of classroom-based learning.

On the last day we had a “Tour Championships” competition at the nice end of Glen Dye, focusing on using the skills we’d learned during the week. It was a good challenge in two parts. The first half was middle distance style, so had more short legs with changes of direction and decisions. The second half was long distance style consisting of a few longish legs then one mega leg from one end of the map to the other.

Overall, I loved this week. With a crazy rest day well spent at a saltwater lido in Stonehaven and lots of training, it was great.

Rebecca Mayes



Yes. Sunshine in Scotland!



Well, they do say that immersion in icy cold water is good for recovery after exercise!