

JROS Tour to Stockholm

August 2022, Adam Methven

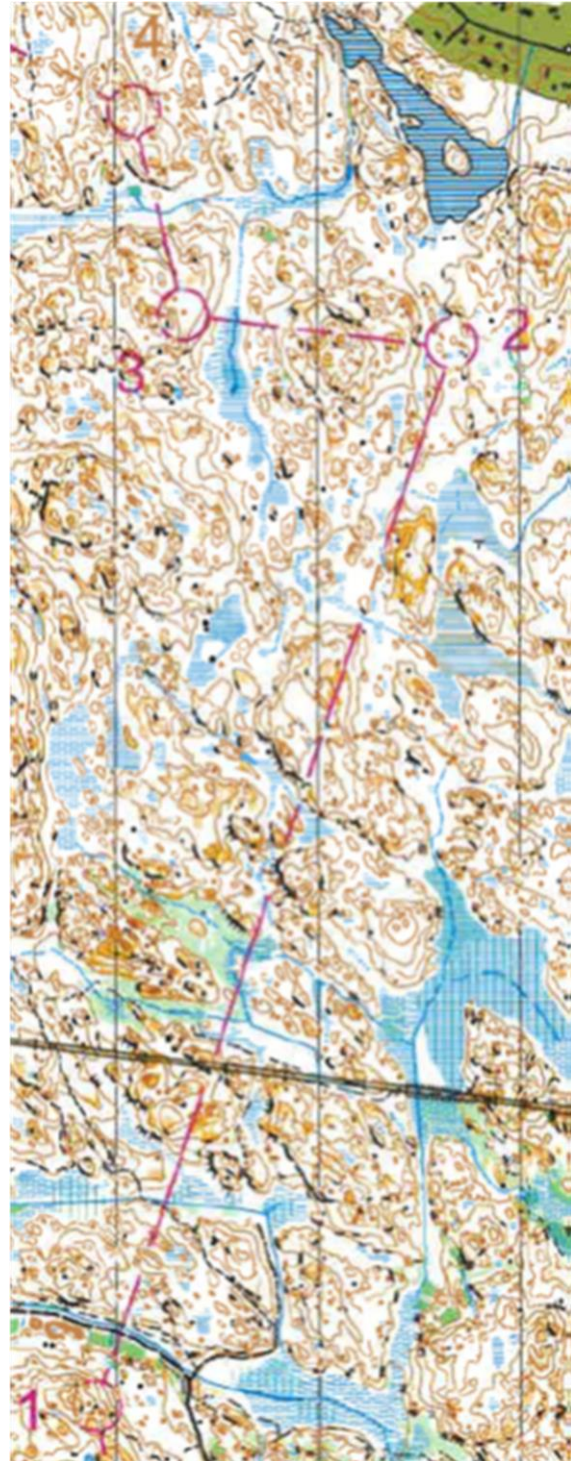
Before this summer I had never orienteered abroad, which made the thought of the JROS Stockholm tour even more exciting. I'm happy to say that it lived up to, and far exceeded, my expectations.

I met up with Tommy Heap, Ben Gostick and coach Nick Jarvis (all from south east junior squad) at Gatwick Airport in time for the flight to Stockholm on Tuesday the 16th August. After a couple of trains and buses we arrived at the OK Ravinen club hut, where we would be staying for the twelve days. The sleeping arrangements were basic – a couple of rooms in the basement with one charging socket and one small window – but this was made up for by two saunas in the hut and a lake, beach volleyball court and football pitch all within a couple of hundred metres. That evening we arrived a bit late so missed the steady run through the local forest, but fortunately got there just as dinner had been made.

In the afternoon of the first full day, following some very techy terrain in the morning, we had entered a local junior two-person relay event. I was on first and third leg (with my teammate on 2 and 4) and predictably bombed it off into the woods, leading out the mass start. I managed to keep the pace high for the first leg though, until I made my first mistake of the tour in leg 3 – only about 4 minutes. All of us were lapped by the leading team.

For the next two days we were training twice a day, getting public transport to and from all of the areas. This included interval training with the Ravinen club members and long legs training, along with plenty of other stuff. The first competition was a two-day archipelago event, with a classic on the Saturday and a Middle on Sunday. The long

LONG COURSE



See whether you can plan your route to control 2. Note the lack of paths in Sweden! The map scale was 1:15000, although it is not to scale here.

race (8.6km) went surprisingly well, I chose the correct route choice to the right of the lake on 6-7 and managed to make only 2 minutes of mistakes in total, earning me 7th place on the day (first out of us on tour). Sunday however, went terribly. I picked up the H18 map instead of H18E in the start lane, so spent 20 minutes looking for the wrong control 1, then continued making lots of mistakes until I gave up and retired on number 8 (on a middle, I know...).

In the second week we continued to train twice a day, including exercises such as corridor training and a Czech Relay, as well as evening talks on topics like breathing exercises and developmental stretching. All of this was interspersed with plenty of swimming, volleyball and sauna-ing (even though it was well over 20°C).

That Wednesday we organised a local Luffarliegen event, which is mainly for retired or unemployed people in the area, who all spoke perfect English. We even catered with cakes and sandwiches to raise money for the tour. Then in the afternoon we confused a few tourists by doing some sprint loops around the centre of Stockholm, which was a good chance to stretch my legs and run outside of a forest.

Friday afternoon we got tickets for Gröna Lund, a theme park plus stage in the centre of Stockholm. My highlights were probably the 100m high dropper and new “monster” rollercoaster – all part of what Nick Barrable (the tour organiser) called “adrenaline training”.

The tour ended with the Stockholm Champs Long and Middle races. Saturday’s long was what you’d call a worst-run-of-my-life situation for me, as I spent 84 minutes (yes, 1 hour and 24 minutes) on control 2 (see map), most of which was spent off the map to the right. I think this was a result of losing map contact for a couple of minutes and drifting far right of my line, missing the large marsh which was my catching feature. Miraculously I still finished the course as I was determined not to retire twice in two weeks.

Sunday was a bit of a relief because I managed to have a clean run and come 15th (another first out of tour runners), so it was a bit of an all or nothing weekend of races.

I really enjoyed every bit of the tour, even the mistakes, and got a huge amount of training benefit from all of it (for context, I ran pretty much 100km during the second week alone), so massive thanks to the organiser Nick Barrable as well as all the people that helped the tour be as good as it was.

Note from Editor

JROS (Junior Regional Orienteering Squads) is an umbrella organisation for 12 regional squads. They run summer camps to develop orienteering skills and experience. The first camp is aimed at older year M/W14 (Lagganlia) and the Stockholm camp described here is for M/W17s. You can find out more about the regional junior squads and camps at <https://www.jros.org.uk/>.