

JROS training camp (Deeside / Findhorn)– August 2025

Eden's report

Me and a couple of others on the tour got the train from Sheffield up to Inverness and then we got picked up and taken to the Youth hostel we were staying in at Findhorn. We got told basic rules and what the plans were for the week, with some free time before bed.

The first day we drove to Lossiemouth which we practiced several skills such as full contact with the map and simplification. We were practicing many skills throughout the week to help prepare for the Scottish 6 days the week after and future events. In the afternoon we did a peg relay. In the evening, we drew our own maps to use on Roseisle for the following day.

The next morning, we drove to Roseisle to try out our own maps and surprisingly mine worked well and I had just put enough beacons and features on my map to get round the course smoothly, we also practiced compass work by doing corridor courses. In the afternoon we moved into a different area of Roseisle which we did a vampire relay and finished off the day with a swim in the sea.

The next 3 days we were going to train in Culbin but the area we went to on Wednesday could only be accessed by water taxi. So, we walked into Findhorn got on the boat and went over the other side of the water onto a beach at Culbin. We practiced using beacon features and simplifying the map. In the afternoon we did a middle-distance race simulation using the technique's we had been practicing in the morning. We got the water taxi back from the beach and walked back to the Youth Hostel.



On Thursday we drove round to Culbin and walked to the place we were going to place our bags; we did a long 4.3km course with different things to practice as we went along. We did full contact, following the line, big shapes and using techniques to simplify the map. In the afternoon we walked to a new part of Culbin, did some more training and ended with a mini relay to practice first leg start simulation.

On Friday we had our champs, we drove back to Culbin again and walked to the start where we found out our start times. I had a really good run and with all the practice I had done the past few days it made it a lot easier. We went back to the youth hostel and went to the closest beach to have a swim in the sea before we had free time in the evening. On Saturday morning we woke up early and packed our bags and left for the train station headed back to Sheffield.

Thankyou WMJS and POTO C I had an amazing training week and really enjoyed it.