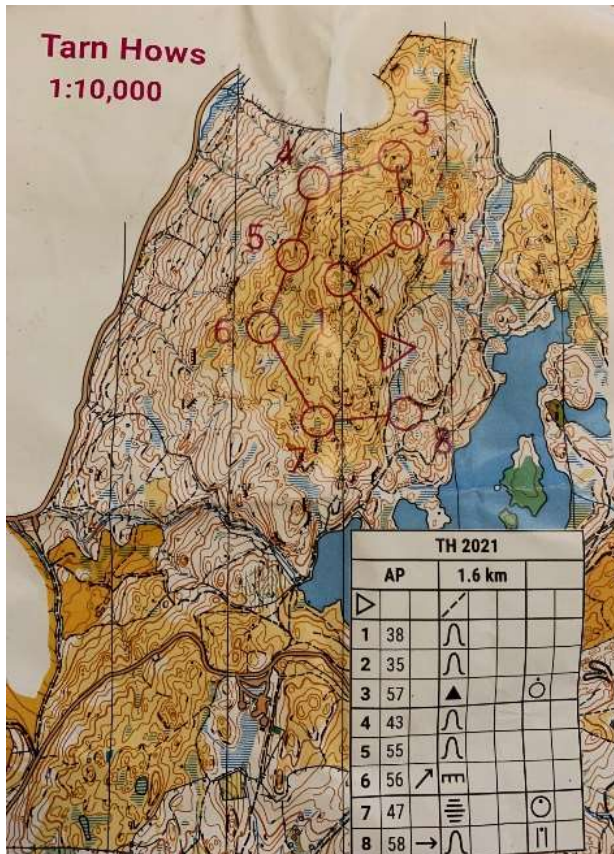


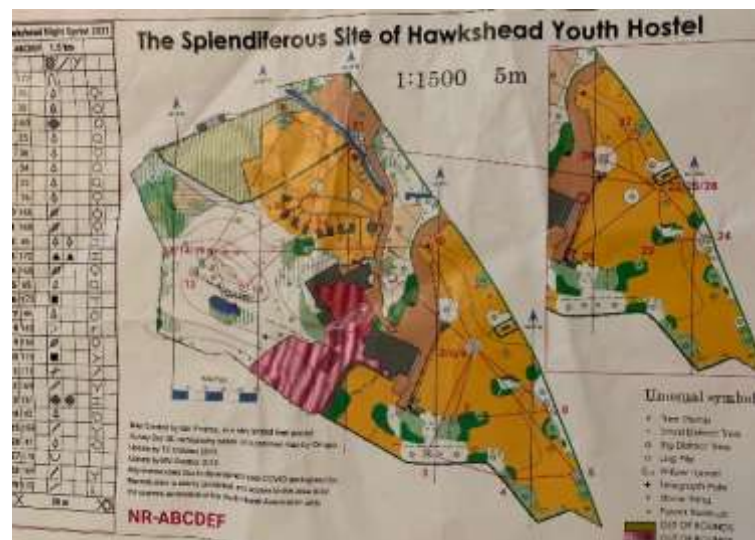
Hawkshead Weekend - Milly Askham

On Friday 19th November I travelled up to Hawkshead Youth Hostel in the Lake District for the annual M/W16s Hawkshead training weekend. I was the only girl in the East Anglia Junior Squad who went to the training, so I shared a room with very nice Scottish girls, and we got on really well.

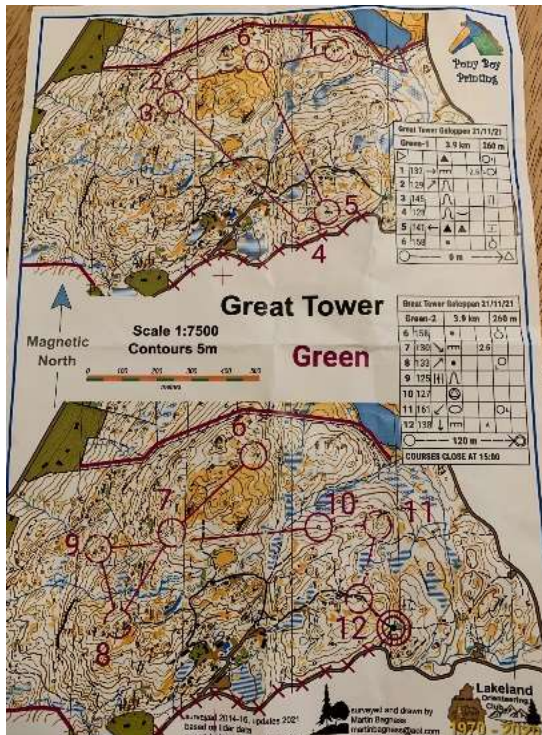


On the Saturday we went to Tarn Hows for training in the morning. At Hawkshead you train with your squad and the squad coach for the whole of the weekend, but other regions train in the same area as you. All the activities are set up by the Hawkshead organising team. Tarn Hows was a very open area with lots of contour detail which made it quite a difficult area to orienteer on. I went around the training course given to me with Sally Wilkinson and she taught me all about attack points and how to use them to help you find the control. She also taught me about contours and how to recognise the features they represent. This was really useful for me. After lunch we headed to Summer House Knott where we could put all the skills that we had learnt in the morning to the test. However, this time the map didn't have any line features on it which made it even more difficult to navigate. Again, I went around the course with Sally and she helped me work on attack points a bit more.

When we got back from Summer House Knott in the evening, once it was dark, everyone including the coaches could enter the Hawkshead night sprint around the grounds of the Youth Hostel. It was very enjoyable because I had never done a night sprint before, so it was something new and different for me. It was very fast, and people were running in all different directions because it was gaffelled (a way of mixing up



the order in which parts of a course are run, usually in a relay, so that competitors can't just follow each other around a course.) Some people ran twice because the top four from the girls, boys and coaches categories qualified for the final. One of the Scottish girls who was in my room made it into the final, so the other girls from my room and I watched to cheer her on. There is a video on YouTube of the whole of the night sprint that you can watch. It's called [Hawkshead M/W16 Orienteering Weekend 2021](#). You can see me and the other EA squad members in the clip. Lastly, after the busy day, there were lots of opportunities for us to socialise. There was a games room where we played pool (EAOA vs Scotland), and we also played lots of games of cards.



On the following day, everyone travelled to the Great Tower Regional event. I ran the green course, and it was a great opportunity for me to use of the skills that I had learnt over the weekend. The area had lots of intricate contours where I could put my new skills into practise, and I also used my knowledge of attack points to help me.

SMOC pays for juniors who are selected for national training events and inter-regional competitions. I want to thank SMOC for paying for me to attend this training as it was a great experience and it really helped to improve my orienteering.