

DEBBIE's JK DIARY

Friday 7th April

Sprint: Lancaster University

I am not a big fan of sprints, mainly because I'm not very good at them. However, I decided this year to embrace the whole JK experience and entered everything, including the relays on the Monday.

As usual the sprints were fast and furious, with not much technical difficulty, however I still managed to get myself completely disorientated in one courtyard area which lost me about 5 minutes. That was unforgiveable on a sprint where the winning time on my course was 13 mins.

Saturday 8th April

Middle Distance High Dam

Now we're talking. I think middle distance is my fave type of event. I prefer the shorter legs and the courses often seem to suit my style of orienteering, which is to plant my thumb compass on the map and move as fast as I can in the direction the pointer shows me. I enjoyed this area the last time I was here in 2017. I had a pretty clean run this time as well, and finished 6th.



Helen and Freya finishing at the Middle Distance event

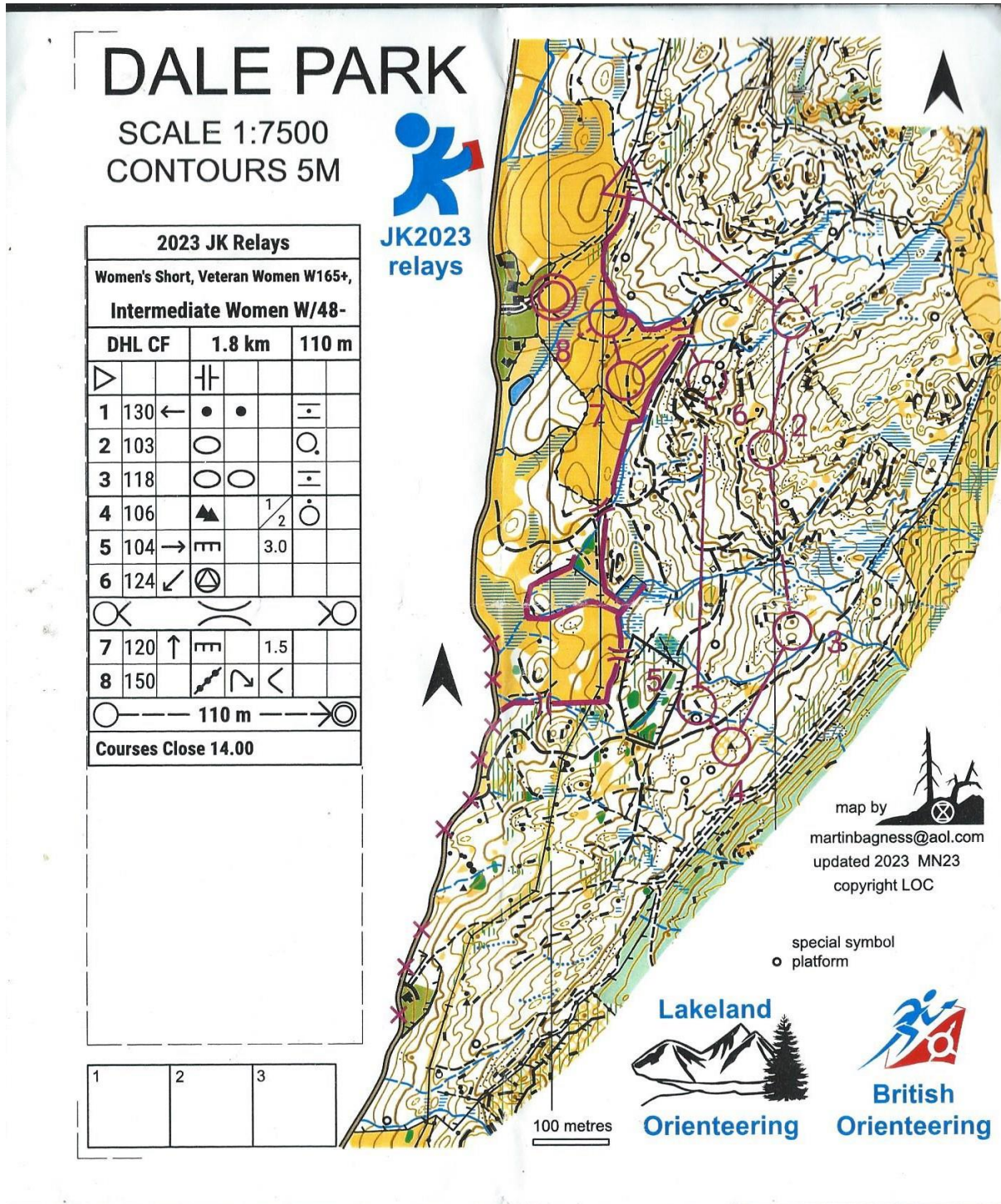
Sunday 9th April

Long Distance: Bigland

I decided to do the Orange course, I didn't want to overdo it before the relays and was only just recovered from a nasty chest infection. Bigland is a challenging area, physically and technically and even the Orange course had a long walk to the start.

I enjoyed walking round and it was still quite a challenging course, especially the middle bit where it was tricky trying to work out if something was mapped as boulders or wall.

Monday 10th April
Relays: Dale Park



Debbie's leg 2 JK relay map

Glad I saved myself a bit for the relays. There are shorter walks to the arena and I love the atmosphere at relays with all the club tents and a good view of the start and finish area. I was competing with Helen and Freya in the W165 Veteran Women's class. Helen set off on the first leg, with a bit of a punishing uphill start and a clean run. I had the second leg, which was the shortest and suited me fine. I only made an error finding my first control and the rest of it went smoothly. This is always a relief doing a relay course because you don't want to let down your team mates. Freya completed the anchor leg in a great time, bringing us up to a respectable 12th place.



SMOC's W165 relay team at the JK