This report was written by the EMJOS juniors from DVO, LOG and LEI

Juniors from the East Midlands (Josh, Imogen, Jessica and Cara) entered the Peter Palmer Relay 2024 “EMJOS Sprinters”– this year was hosted by WCOC on the northern hills near Cockermouth in the Lake District. The full 6 leg relay starts in the dark at 5am, but the Daybreak Bowl has 4 legs and is aimed at those with little night navigation as it should be light at the start (the name gives it away!).

The long trip to compete in the Daybreak Bowl Relay was filled with many memorable moments including icecream and a gentle stroll near Loweswater to stretch our legs. Thanks to Hywell and Ann-Marie for driving us there.

The organiser arranged for everyone to sleep in tents in the adjacent field - made interesting by a funny mishap as the local Scouts had accidentally put the tent inner in backwards, causing a bit of confusion and laughter as we tried to figure out the mess.

Whilst it was still light we all had a tasty tea from the Fish and Chip van that visited the field and went and had a good look at the run through and change over pen layout.

On the Sunday morning we all woke up early (4:30am) – much earlier than any of us are use to, so we could watch the start of the PPR. All of the competitors were wearing head torches and we could see their lights spreading in all directions around the hill. It was interesting to watch and enhanced by the commentary van being linked to GPS tracking bricks that we had in our pockets [Thanks to Orienteering Foundation for paying for this].

Half the team had never run a relay and were very nervous, but we all found the navigation easy enough although the steep hill at the start was hard work. We all enjoyed taking part and were pleased to get back to the finish (no miss punches) and hand over. Cara on the final leg was pipped to 4th place (2 seconds) after racing with AIRE Hares for most of her course.

We all eagerly participated in the race, racing up the steep hills and avoiding the sheep, and cheering each other on. Our spirits were high with excitement. It was a weekend full of a blend of laughter, adventure and the kind of moments that stay with you for ever.







