

ozone

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FOR JUNIOR ORIENTEERS



Pictured: Zoe Harding competing at the JWOC 2014. Credit: Jackie Newton

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JUNIOR WORLD ORIENTEERING CHAMPIONSHIPS 2014

REPORT & PHOTOS BY JACKIE NEWTON

This year, it was Bulgaria that welcomed the world to the ski resort of Borovets for the Junior World Orienteering Championships (JWOC) 2014. The team were fortunate to be accompanied by Senior International Orienteer, Ralph Street, who took on the role of Technical Coach and planned and organised their technical training in the days leading up to the event.

The Sprint event got the championships underway in the town of Samokov. The early starters benefited from near perfect and dry conditions, however, the thunderstorm that had been threatening, arrived with vengeance making conditions extremely difficult for the mid and late starters. Spectators ran for cover and the athletes struggled to keep their pace and to stop themselves from slipping.

The town of Samokov is surprisingly flat considering it is set amongst mountains and many of the athletes commented that because it was easy to run fast, they had to 'keep their heads' to avoid mistakes. In similar fashion to many of the other teams Great Britain had mixed fortunes. Zoe Harding finished with a very well earned 11th place, after an early start and the excitement of holding joint 1st place with a Russian and a Finnish athlete for a short time. Zoe has taken a 'gap year' from university and focused on her orienteering in particular on the forest JWOC races. The first day provided proof that her dedication was worthwhile. After her race she said, "Technically there were a few times when I didn't quite get the best line, but I am really happy that the race went well and that I came out with this result. It really wasn't what I was expecting."

The second day saw the athletes compete in the Long event near Maloyovitsa, described as "very technical and physically tough". The courses of 10.2km for men and 7.2km for women were over mixed types of terrain including marshes, green areas, stony and rocky areas, small streams and rivers and steep slopes.

Alexander (Sasha) Chepelin had a very good run in his first JWOC and produced a top 50. However, despite some very gritty effort and displays of

perseverance against the course and the terrain, most of the British team were disappointed with their results. Unfortunately, Zoe Harding had to retire from the race because of illness, which fortunately only lasted twenty four hours.

After a rest day, the athletes went into the Middle qualifiers and were delighted to have seven of the team earn a place in the A final the next day



Aidan Smith in the Long

which proved to be the most successful day of the competition for the British team.

Julie Emmerson was the first member of the team to run in the final and came back initially in 2nd position having enjoyed playing cat and mouse in the forest with Sina Tommer from Switzerland who was the eventual winner. Julie finished up with a superb 11th place. Katie Reynolds was the next British athlete into the arena with a solid run that earned her 30th position. Aidan Smith came in next

with a very credible 23rd place. The next British top twenty results came from Sasha Chepelin who achieved a tremendous 17th place in his first JWOC. Tamsin Moran was next into the finishing straight with a smile on her face and a 27th position to her credit. Lucy Butt finished in 35th position.

News from the radio controls soon had the British contingent straining to see into the forest, as it was announced that Zoe Harding was enjoying a tremendous run and soon she appeared at the last control and sprinted into the finish. At the time of finishing, she was in 3rd place and was only superseded by three other runners and so gained a very well deserved and hard-earned place on the podium by being the 6th fastest Junior World Middle Distance Orienteer in 2014!

Next it was time for the B finals. Rhona McMillan had a fantastic race to finish in 4th in the women's event and in the men's Great Britain had Ciaran Allen in 16th, Oliver Williams in 26th and Adam Potter in 37th.



Katie Reynolds in the Middle

Credit: Ivan Strakov



Sasha Chepelin in the Middle

Credit: Ivan Strakov

After the race Zoe said, "It feels absolutely incredible. I was very excited coming into the middle terrain because it is really technical. I was quite nervous before the start. I'd already had a fairly clean competition so I knew that technically I could do it. I was trying to do the same things that I did before but it didn't start quite so well! I started and had a few mistakes early on, so I slowed it down and was fairly clean after that. When I came 3rd it was unexpected because I didn't think I was doing that well. I'm absolutely delighted to come 6th!"

The team enjoyed their final day of competition in the Relay events. Just before the women's race, which started first, the heavens opened as a thunderstorm passed nearby soaking both competitors and spectators. Great Britain cheered Julie Emmerson and Katie Reynolds away as they set off for the A and B teams respectively. Katie took the course 'by the scruff of the neck' running fast and furious and handed over to Rhona McMillan in 13th place. Meanwhile, Julie was feeling the effects of a hard week of racing but still managed to hand over to Lucy Butt in 29th place.

Rhona McMillan enjoyed another great race and looked strong as she passed the spectator control, eventually handing over to Tamsin Moran in 8th position. Lucy had also had a positive race and clawed in 11 runners to hand over to Zoe in 18th place.

Tamsin, visibly nervous as she went out on the anchor leg put in another impressive performance and worked hard from start to finish. She brought the B team home in a superb 10th place. Meanwhile, Zoe Harding was attacking the course well and passing other athletes as she brought the A team home in 11th place.

The men set off fifteen minutes after the women when the rain had eased slightly but still denied the athletes good running conditions. Sasha Chepelin and Oliver Williams went off first for the A and B teams respectively and both ran extremely well as they kept with the main pack that tore into the finishing straight in close succession, one after the other.

Sasha handed over to Ciaran Allen in 14th place and Oliver to Adam Potter in 16th place. The British supporters saw Adam through the spectator control

Zoe sprinting to the finish



first with Ciaran approximately one minute later. Unfortunately, Great Britain did not have a third runner in the B Relay as Christopher Galloway had suffered an injury after the Middle qualifying race and was not fit for racing. Adam impressed by coming home in 13th place. Ciaran handed over to Aidan Smith in 23rd who also ran a strong leg to bring the British team home in 20th place.

Once again, the JWOC provided the athletes with challenging competition and terrain. The general consensus has been that this year's competitions, in Bulgaria, have been particularly tough in terms of the standard of orienteering and the challenge of the courses. The highlight of the week for everyone was the medal ceremony, where the GB team cheered and celebrated as Zoe Harding received her Diploma on the podium for her 6th place in the Middle distance race.



Zoe Harding after the medal ceremony



Zoe with coach and father, Quentin



Extract from the Middle map

THE ATHLETES WOULD LIKE TO THANK ALL OF THEIR SUPPORTERS: PARENTS, COACHES, MENTORS AND FRIENDS FOR HELPING THEM TO PREPARE FOR THIS COMPETITION AND ACHIEVE THEIR RESULTS.

Environmental Chamber Training for EYOC 2014

REPORT BY ALICE RIGBY / PHOTOS BY JACKIE NEWTON

In preparation for the European Youth Orienteering Championship (EYOC) this year in Macedonia my brother Aidan and I used the environmental chamber at Teesside University to help us acclimatise to the hot and potentially humid conditions we would face.

The chamber was large enough for a treadmill and exercise bike so both Aidan and I could train at the same time, which was good. It was set at 28-30°C and 80-85% humidity which reflected the average summer temperature for Macedonia and worst case scenario humidity. I found the temperature much easier to cope with than the humidity as time went on. We were both weighed before and after being in the chamber and I managed to lose 0.5 litres in just twenty five minutes.



Aidan and Alice being put through their paces in the Environmental Chamber

Across three sessions, each one week apart, we began to get used to the conditions. Initially, we spent half an hour; fifteen minutes on the bike and fifteen minutes on the treadmill each, getting familiarised with it all. Neither of us were that used to running on a treadmill and it took a little time to get used to. After that we had two interval sessions planned. These entailed a six minute warm up, seven minute steady, seven minute tempo and a final three and half minutes at threshold pace.

We were not able to go often enough or for long enough to really fully acclimatise our bodies to the climate we were to face in Macedonia. It is suggested that you need to spend much longer than an hour at least three times a week to fully adjust to the heat. However, the main gains were psychological with both of us knowing we could run hard and fast in the EYOC races which were on consecutive days when we were only arriving the afternoon before. Most importantly of all, I think, was that it showed how important hydration and recovering as quickly as possible post-race was going to be.

I would like to thank Gilly Hale and Sarah Hague for organising these sessions and to Jonny Taylor and Dan Cooley at Teesside University for sharing their experience and helping us prepare.

European Youth Orienteering Championships 2014

REPORT AND PHOTOS BY JACKIE NEWTON

The European Youth Orienteering Championships (EYOC) 2014 took place around the town of Strumica in the North East of Macedonia. Great Britain was one of thirty four teams to take part and this year entered full teams of four athletes in M16, W16, M18, W18 classes. The majority of the team were debutants. All four M16s and W16s and two out of four W18s represented Great Britain for the first time. They were accompanied by two returning W18s and four returning M18s.

The team assembled at Luton Airport before flying in to Skopje early the next morning. The athletes and two team managers then went straight to the forest model event on the mountain of Suvi Laki, whilst the third team manager went to Strumica to look at the Sprint model event and feedback to the rest of the team.

The temperatures were much hotter than we were used to, at around 30°C, and the athletes used various strategies to prepare for the conditions, from running with extra layers during the hottest part of the day to training in an environmental chamber. The first race was the Sprint race which took place in the morning in Strumica. The athletes were challenged with a hilly course that also included artificial barriers and Great Britain produced some excellent results. Three debutants achieved top twenty five positions: Pippa Dakin finished 15th in the W16 race and Fiona Bunn finished 22nd. In the W18s, newcomer Hannah Cox finished 23rd. Pippa Dakin commented on her race plan, "I decided before the race that I was going to take it steady at each control, have a good plan then just run hard. That worked. There are

faster runners out there but making no mistakes helped!"

Once the Sprint race was over the team went back to the hotel to recover and prepare for the Long race the next day. The opening ceremony took place that evening but most of the athletes opted to stay in the hotel rather than risk being on their feet in very warm conditions for a few hours. For those that attended, however, there was a party atmosphere with musicians and dancers and an impressive firework display to finish.

The following day the athletes tackled the Long race at Suvi Laki which was described as being extremely difficult both physically and technically. Despite this though, Great Britain achieved three top twenty positions. Aidan Rigby finished 10th in the M16 category whilst Fiona Bunn improved on her 23rd place in the Sprint by ten places finishing in 13th. Will Rigg also had an outstanding run in the M18 category and finished in 20th.

On the final day, the athletes faced hotter conditions still and very difficult physical and



Fiona Bunn, Pippa Dakin and Emma Wilson



The British team from left to right:

Back row: Hannah Cox (W18), Andrew Barr (M18), Will Rigg (M18), Joe Woodley (M18), Dane Blomquist (M18), Alex Carcas (M16), Harrison McCartney (M16), Matthew Fellbaum (M16), Aidan Rigby (M16), Megan Carter Davies (W18)

Front row: Sarah Jones (W18), Pippa Dakin (W16), Emma Wilson (W16), Fiona Bunn (W16), Kathryn Barr (W16), Alice Rigby (W18)

technical courses for the Relay. Performances of particular note were, Megan Carter Davies who handed over in 2nd after the first leg of the W18s and the W16s who finished in 6th place. Pippa Dakin ran the first leg in that race with Emma Wilson 2nd and Fiona Bunn 3rd. At the finish Fiona said, "I knew I had to have a good run. I started off well and made two small mistakes just before we did the last run through the arena but I was still going quite strong. I lost quite a bit of time on two

controls after the arena. When I came in, I didn't know what position I was in. We all thought we were 7th but it turned out we were 6th so I was really happy with that. I have really enjoyed the atmosphere and the terrain. It has been a really good experience and hopefully we can get on the podium a few more times in the future."

The Great Britain team would like to send a huge 'thank you' to Macedonia for hosting a superb competition.

Finland won the overall trophy for the competition with the Czech Republic 2nd and Switzerland 3rd.

2014 TALENT DEVELOPMENT SUMMER CAMP

THIS TRAINING CAMP FOR ABOUT THIRTY FIVE M/W 18S AND 16S WAS HELD IN SEDBERGH IN THE YORKSHIRE DALES. THE FIVE DAYS CONSISTED OF A MIXTURE OF TECHNICAL AND PHYSICAL TRAINING ALONG WITH ADVICE ON GOAL SETTING, TRAINING PROGRAMMES AND LIFESTYLE.

A personal account by Laura King, W16

On arrival we were picked up from Oxenholme train station, piled into two mini-buses along with all our bags and driven to Sedbergh. We were based in a very nice bunkhouse on the edge of town and at the foot of the Howgills. After a brief introduction we set off on a Fell run up to Winder hill, immediately above

Sedbergh. Parts were steep but the downhill was great! In the evening we were given a 'strength and conditioning' session led by Sarah Turnstall, a physiotherapist and also former World Bronze medalist for mountain running and European Silver medalist in the U23 Cross Country Championships. Sarah showed us some specific exercises she does to help with running on terrain, which was very useful.

The next two days involved various classroom and practical sessions. We went to Esthwaite near Newby Bridge and worked on our technical skills. For one of the exercises we worked in pairs. One person had the map and had to run behind the other person instructing them in which direction to run and which features they should be passing to get to the next control.

In the classroom sessions we talked about how to incorporate our training into everyday life and how to create a good training programme. We also talked about setting goals for the next season and how we would need to adapt our training programme in order to achieve them. We were also taught how to do running drills effectively in the Sports Hall at Sedbergh School.



My favourite activity was the water running. Under instruction from the PE Teacher at the school we had to run in the water in the deep end. It was really hard work and we were all quite exhausted even after just one lap.

The evening meals were great! We also really enjoyed watching the Commonwealth Games. Despite there being over thirty five countries involved, for us, it was just between England and Scotland!

The last two days of the camp overlapped with the first two days of the Lakes 5 Days competition. With all of our training beforehand this was a chance to put what we had learnt into practice. I had a good first race. I came 3rd on Day 1 and 4th on Day 2, which I was happy with.

YVETTE BAKER TROPHY 2014

REPORT BY SARAH MANSEL
PHOTOS BY ROB LINES

THIS YEAR THERE WERE NINE HEATS, ONE IN EACH REGION EXCEPT FOR SOUTH CENTRAL, WITH A TOTAL OF THIRTY SEVEN CLUBS COMPETING. THESE WERE HELD BETWEEN FEBRUARY AND MAY AND SEVERAL OF THEM WERE QUITE CLOSELY CONTESTED. THE FINAL WAS HELD AT CAPITE WOODS, NEAR ASHINGTON IN SUSSEX.

THE FINAL WAS TENSE AND EXCITING WITH A VERY CLOSE FINISH. WITH A DIFFERENCE OF JUST TWO POINTS - DEVON JUNIORS WON THE YVETTE TROPHY THIS YEAR, WITH BRISTOL JUNIORS (BOK) COMING A VERY CLOSE 2ND AND SOUTHDOWNS JUNIORS 3RD.

WELL DONE TO ALL THE TEAMS WHO TOOK PART!

Jonty Eaton Hall, M16 DEVON describes the event:

"The terrain was mixed with a bit of open land, but mainly forest with a good path network, lots of water features and varying levels of undergrowth. In total we had thirty three runners on the four different courses: Yellow, Orange, Light Green and Green."

Meg Somers, W14 DEVON, describes her light green course:

"As our pack streamed into the warm-up field, I felt the familiar butterflies start to flap around in

my stomach. I watched our crowd at the start gradually dissipate and soon it was my four minute call-up. The clock beeped and I was off. The first control was in a field but the rest were in a forest. After finally finding the last few controls I ran to the finish."

Suki Harman, W14 DEVON:

"We didn't know how well we were doing exactly because whilst we got given our split times and our overall time, we didn't actually get given our places. All the scores were displayed once everyone had run."



Tess Stone, DEVON coach:

"Being on the start I had no idea how we were getting on. There were not many results on display so it was all a bit tense!"



FINAL TEAM RESULTS:

Pos.	Club	Score
1	DEVON	980
2	BOK	978
3	SO	864
4	LEI	863
5	WCH	849
6	SN	836
7	SOS	831
8	OD	828
9	QO	657
10	PFO	630



ORIENTEERING GAMES & TIPS



Colin Control asks,
What can I be doing now to prepare for the 2015 season?

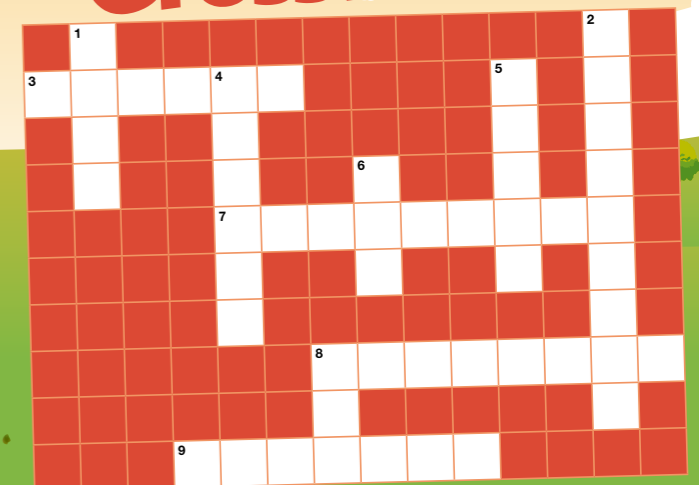
Millie Map says,

You can start planning your competitions for 2015 and start setting achievable goals that relate to your navigational skills as well as to your fitness.

Unlike most other sports, the orienteer cannot be observed while performing! Look back on what you did well or not so well at each competition this year, so you can learn from them to help improve your performance for next year.



Orienteering Crossword



ACROSS

- 3 Not easy to find your way through
- 7 You need a sense of this
- 8 Orienteering is used by them to help protect us
- 9 What you could use to find North

DOWN

- 1 Not something you want to get while out Orienteering
- 2 Orienteering is an ___ sport
- 4 Scandinavian country where Orienteering started
- 5 Fast feet and one of these will help you win
- 6 This will help you understand the symbols on the map
- 8 Without this you would get nowhere



British Schools Championships Dates for the Diary!



15th November 2014
World Schools Selection Race

16th November 2014
British Schools Orienteering Championships (Leeds)

10th October 2015
British Schools Score Championships (Petworth)

15th November 2015
British Schools Orienteering Championship (Sandringham)

Membership of BSOA is now free to all schools.

For more information, visit:
www.bsoa.org

O-RINGEN SWEDEN 2014

This year, the world's biggest orienteering adventure returned to Skåne, where this classic five-day competition once started – 50 years ago!

My O-Ringen experience by William Thomas (1st year M4, MWOC)



Mid-Wales Orienteering Club (MWOC)



William in the O-Ringen crowd

I had a great time when I went to the 50th anniversary O-Ringen orienteering festival in Sweden this year. The campsite was really well organised and we were camped with mostly British Clubs. I made loads of new friends from Manchester & District Orienteering Club (MDOC), Yorkshire and Germany. The campsite is so big there is an O-Ringen village in the middle of it with an orienteering shop and huge cafe. We had a buffet there on the last night and I really liked the 'pytt i panna'!

Day 1 and 2 were based near Vanga. On my first run I was getting used to the detail in the map. I had a better run on the next day. The forest was really well mapped with lots of walls and I found it very runnable. I had a good run and I came 66th.

Day 3 was in forested sand dunes by the beach and we had to catch buses to get there. It reminded me of Roseisle in the Scottish 6 days last year. My Dad and brother walked to their starts along the beach which was very crowded with orienteers

swimming and sunbathing after their runs. The busiest day had 22,000 competitors. Each start was sponsored by a Swedish company and I had to find the right start for my race. I also had to make sure that I ran down the right lane at the finish as there were eight different lanes.

Day 4 was an early start and I had to wake up at 5.30 am because the first race started at 8.33 am. I liked running early because it was cooler. The forest was a long ridge and really rocky in places. There were shooting towers in the forest which were really helpful to use for navigating. It didn't rain all week and it was 25-31°C every day.

A real highlight on the rest day was when I met Thierry Georgiou, the Orienteering World Champion and overall O-Ringen Champion. Thierry signed my map and bib!

The last day got off to a chasing start. I started in 66th place out of 211 and finished in 58th place. It was my best run of the week because the beech forest was really open and runnable.

I really enjoyed O-Ringen and I hope I can go back again soon.

JUNIOR PROFILE:

Zoe Harding



Age: 19

Club: South Ribble Orienteering Club and Edinburgh University Orienteering Club

Age started orienteering?

As long as I can remember, but only more regularly since I was around 12 years old.

Do your parents orienteer?

Yes, we're a bit of an orienteering family.

Why/where did you start orienteering?

My Dad started orienteering at secondary school and has been running ever since. When my sister and I were old enough we'd go along and do the white or the string course and have progressed from there! My strong memories of orienteering back then were the Scottish 6 days.

What do you enjoy about orienteering?

That orienteering is never the same twice, so you never know exactly what to expect. I like that it is a combination of both your technical and physical ability as well as being a mental challenge. Also competing has given me the opportunity to travel to incredible new and exciting places and meet some fantastic people.

Do you have a coach?

Yes, my Dad, although I am quite self-directed in many aspects of my training. I've also appreciated gaining advice from the many exceptional individuals that coach the GB squad.

How has this helped you?

The coaches have helped me improve in all areas of my orienteering performance: physical, technical and mental. From constructing my training to post-race analysis, it is always good to have someone there to bounce ideas off and give things a sense of proportion when a setback occurs.

What kind of training do you do?

The majority of my training is running based with additional strength, conditioning work and cross-training.



Zoe on the podium at JWOC 2014

Where is your favourite place to orienteer?

What I love about orienteering is the huge number and variety of places that you run around, so I wouldn't say I had a favourite place! I've been lucky to orienteer in many places abroad with the sandstone in the Czech Republic being a definite highlight.

What is your best result?

6th in the Middle distance at JWOC 2014. I was also delighted to take the W20 British titles in Long, Middle, Sprint and Night in 2014.

What advice would you give to people wanting to get into the GBR Team?

Never give up. Decide what you want to achieve, plan what you need to do to get there, follow this through and the results will come. If you are passionate about orienteering and enjoy your training on a day-to-day basis, no matter the outcome, the journey will have been a success.

What do you enjoy doing outside of orienteering?

I've just started studying Medicine, and it would be a lie to pretend I actually did much outside of studying and running at the moment!

www.britishorienteering.org.uk/page/ozone

CROSSWORD ANSWERS:
ACROSS: 3 - Forest, 7 - Direction, 8 - Military, 9 - Compass
DOWN: 1 - Lost, 2 - Adventure, 4 - Sweden, 5 - Brain, 6 - Key, 8 - Map

**Congratulations
to Zoe!**