



British Orienteering  
Annual Report & Review  
2023

# British Orienteering Annual Report & Review 2023

CREDIT: ROB LINES



# Contents

Governance	04
British Orienteering facts & figures	06
Special Acknowledgements	07
In Memory	08
Chair's Report	09
Club of the Year	10
Chief Executive's report	12
Volunteer of the Year	14
Silva Award	16
Treasurer's Report	18
Membership & Participation	20
Coach of the Year	22
Performance	23
Safeguarding	24
Highlights from WOC 2024	25
Young Volunteer of the Year	27
Development	28
Volunteer Award Winners 2023	31
University Club of the Year	33
Mapping Award Winners	34
Development Innovation of the Year Award	36
Roll of Honour & International results	38

# Governance

## Introduction

**As the national governing body, the British Orienteering Federation is responsible for overseeing the administration and development of the sport of orienteering in the United Kingdom.**

Whilst the objects of the company are set out in detail in the Memorandum Articles of Association, these may be summarised to undertake all and any activities to increase participation in orienteering and secure international success.

Except for the Chief Executive, the directors of the company are either elected at the AGM or appointed by an Appointments Panel for terms of up to three years. No Non-Executive director may serve more than three terms consecutively.

## Directors

The directors shown below have held office during the whole of the period from 1 January 2023 to the date of this report.

<b>Darren Bernstein</b>	Senior Independent Director
<b>Duncan Birtwistle</b>	Elected Director
<b>Scott Collier</b>	Elected Director, Vice Chair
<b>Peter Hart</b>	ex officio, Chief Executive
<b>Lauren Pagé</b>	Independent Director
<b>Andy Robinson</b>	Elected Director, Treasurer
<b>David Rosen</b>	Elected Director
<b>Laura Kaye Tomlinson</b>	Independent Director
<b>Pauline Tryner</b>	Elected Director
<b>Drew Vanbeck</b>	Independent Director, Chair
<b>Peter Hart</b>	Company Secretary

**Other changes in directors holding office during 2023 are as follows:**

**Ruth Beale** - resigned 16 September 2023

**Alison Howe** - appointed 17 September 2023

## Diversity Progress Statement as at December 2023

As of 1 December 2023, 36% of the Director positions were women (4 of 11) and 9% of the occupied Director positions were ethnically diverse (1 of 11).

The Board met its targets in respect of gender diversity (minimum 30% of either gender) and other identified protected diversity characteristics.

The Board continues to work towards maintaining gender diversity and increasing representation of young people, diverse ethnicities and people with disabilities.

As of 1 December 2023, 2 of the 6 members of the British Orienteering Executive Team with senior management responsibilities were women.

## Governance Progress Statement as at December 2023

In November 2016 a Code for Sports Governance was published which sets out a range of requirements that British Orienteering and other organisations in sport must meet to be eligible for public funding.

The Board regularly reviews this status. Much of the work to remain compliant is now embedded into the work programme of the Board and policies and activities were reviewed and performed in accordance with the annual Board work programme.

Following the review commissioned in 2020, improvements to the Code are being implemented across the sector. BOF is working with our funding partners to ensure that these recent additions to the Code are being appropriately implemented in accordance with best practice.

## Director Attendance at Board Meetings

Name	Attendance	Name	Attendance
Ruth Beale	5/5*	Andy Robinson	6/7
Lauren Pagé	4/7	Scott Collier	7/7
Darren Bernstein	5/7	Laura Kaye Tomlinson	6/7
David Rosen	7/7	Peter Hart	7/7
Duncan Birtwistle	6/7	Pauline Tryner	7/7
Alison Howe	2/2**	Drew Vanbeck	7/7

### Notes

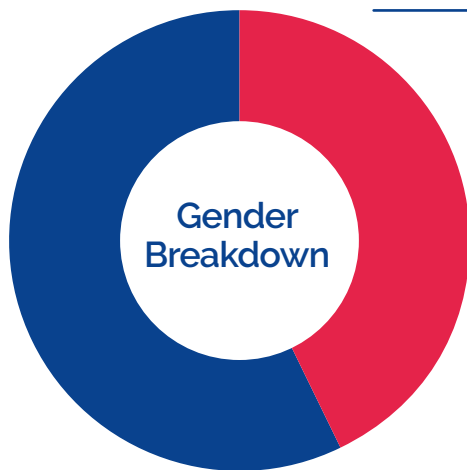
- \* Ruth Beale stood down at AGM
- \*\* Alison Howe replaced Ruth Beale in October

# Facts & Figures

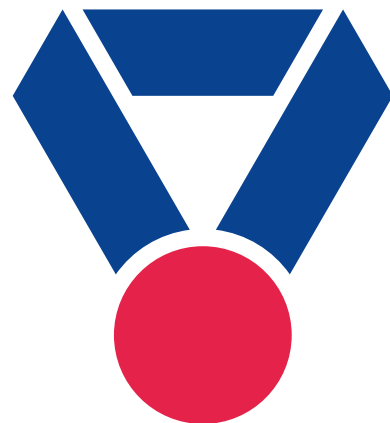
2023 Membership **"8953"**



16-40 Age range  
**"1909"**



**43%** Female  
**57%** Male



PARTICIPATION  
(COMPETITIONS)  
**150,708**



# Special Acknowledgements

## The Orienteering Foundation

**The Orienteering Foundation is a registered charity (number 1118793) that promotes and supports orienteering, helping to ensure that our amazing sport is here for the enjoyment of generations to come.**

The Orienteering Foundation is independent of British Orienteering, but the two organisations cooperate closely.



The Foundation uses the donations it receives to give grants to deserving projects and individuals, recent examples being:

- JROS Coaching provision at Lagganlia
- Supporting several clubs engaging Club Development Officers
- Coaching day in the Lake District
- Freddie Carcas for attendance at the European Championships Knock Out Sprint
- Stirling University Orienteering Club for a club coach and planning. Workshop
- Alasdair Pedley grant to attend the IOF Young Leaders Academy in Veneto. Alasdair has since gone on to be an integral part of Masterplan Adventure and mapped (and planned) for the WOC and WOC Tour recently.

If you want to find out more about making grant applications, donating or leaving a legacy, visit the Orienteering Foundation website: [www.orienteeringfoundation.org.uk](http://www.orienteeringfoundation.org.uk) or email [admin@orienteeringfoundation.org.uk](mailto:admin@orienteeringfoundation.org.uk)

# Special Acknowledgements

## In memory

### Mike Hamilton



**Mike had been active in sport & recreation all his life from playing cricket and hockey at school and in his teenage years to a very high standard and then going on to Loughborough college and becoming a teacher.**

He worked for England and GB Hockey and its predecessors from 1985-2004, which included his position as Performance Director until 2004, laying the foundations for the success we see in that sport at the moment.

Mike was the Chief Executive of British Orienteering for 12 years from 2006 to 2018. He was a great supporter of the Sport & Recreation Alliance including being involved in the early days of the safeguarding framework.

In 2017 he was awarded the prestigious Sport and Recreation Alliance Emeritus Award.

### Keith Marsden



**Many orienteers would have come to contact with Keith at some point during their orienteering career.**

Keith was especially proud of having coached almost all members of the British team that competed at the home World Championships in 2015.

We were saddened to learn that Keith Marsden passed away earlier in the year. He filled many posts within British Orienteering. Keith was best known as a coach; he helped develop the coaching qualifications and was instrumental in setting up the junior regional orienteering squad structure. He was a Trustee of the Orienteering Foundation.

### Ed Catmur



**It is with great sadness to report that Ed Catmur's life was cut short after failing to return from a run in the North Pennines on New Year's Eve.**

Ed was an accomplished orienteer and fell runner and a member of SLOW and JOK having won the British Long Championships and represented Great Britain at the Junior World Championships.

He then became a very strong adult orienteer (several Championship top-20s) and a very well-known endurance athlete. In the space of five weeks in summer 2013 he won the Saunders Mountain Marathon, the Ultra Tour of the Peak District (62 miles) and the North Downs Way 100 miles.

He was a great guy; and will be missed.



# Chair's Report



Drew Vanbeck

**The World Championships in 2024 remain a key focus for the Board as we work to ensure its success and provide support to our athletes and the event.**

The delay of the event due to COVID has presented challenges, particularly with increased hosting costs driven by inflation. In response to a request from the organisers, the Board has committed up to £100K of financial support. We are eagerly anticipating a fantastic event and are hopeful that our athletes will achieve excellent results. The Board has committed reserves in line with the Strategic Plan to help us to change the perception of orienteering and reach out to new members and community groups. Our focus is the provision of materials for clubs to support recruitment and marketing their events on websites and via social media. We recognise that all clubs are unique and have different objectives and that we must facilitate different approaches.

Like all recipients of public funding in sport, British Orienteering has an obligation, and responsibility, to continue to undertake governance reforms and training which ensure we are compliant with the Code for Sports Governance. In the past 12 months we have seen such compliance including a revision to the Code for Sports Governance, UK Anti-Doping and the introduction of Safeguarding Young People and Adults. These frameworks touch many of us and help us ensure that our sport is delivered in a way that reflects current best practice and, crucially, enables us to secure ongoing public funding from the Sports Councils.

Peter Hart has made the decision to retire after more than six years as our CEO. Peter was an elite athlete in Modern Pentathlon before a career in sports management that included spells at Sport & Recreation Association, Modern Pentathlon and the Open University. I'd like to thank Peter personally, and on behalf of the Board of British Orienteering, for his dedicated service over many years and particularly his optimism when dealing with challenging issues. We wish Peter all the very best for his retirement.

I believe that as a sport we have the people, the clubs, competitions, volunteers, coaches, officials and athletes who make up the orienteering family and, by uniting and working together, we can look forward to seeing orienteering continue to thrive.

Finally, I would like to thank the Board, the staff and the orienteering family for all your help and support during the last 12 months and I very much look forward to the year ahead as British Orienteering goes from strength to strength.

# Chair's Report



# Club of the Year Award Winner 2023: South Yorkshire Orienteers

The Club of the Year Award has been designed to recognise Clubs that:

- Provide opportunities for everyone to experience high-quality opportunities at all levels.
- Demonstrate a commitment to the development of participants, coaches, and volunteers.
- Take an innovative approach to the promotion of orienteering activity throughout the wider community.



Over the past year, South Yorkshire Orienteers have continued to provide an extensive range of activities for not only its members, but also to attract prospective newcomers to the sport. From their popular weekly club nights, to harnessing the talent of their juniors, and really valuing the work of their volunteers, here we explore why they are truly worthy winners of this year's Club of the Year Award.

## Using events to introduce newcomers to the sport

South Yorkshire Orienteering Club run an extensive programme of events. Their popular Saturday Series events are particularly successful at introducing newcomers to the sport. Their monthly Wednesday evening events are also very popular – for example they

recently had 155 participants at a rainy mid-week night event!

"Perhaps our most successful initiative is our weekly club night. We have around 80 participants each week ranging from complete beginners to GB squad members. We have been particularly successful at encouraging the parents of our young juniors to join, creating a thriving adult beginners' group! Club night activities range from intervals, circuits, race prep & analysis, map games, all types of technique coaching and all disciplines of orienteering."

The Club also work really hard to encourage members to compete on behalf of the club at relays, junior competitions and the Compass Sport Cup (CSC)! This paid dividends in 2023 as they won the Yvette Baker Trophy, the Peter Palmer Joan George Trophy, the Compass Sport Cup Final and numerous relay titles!

## Coaching opportunities and developing juniors

The Club offers more traditional coaching sessions at weekends, where they venture to areas further afield to focus on orienteering technique training. Recently they hosted their first coaching weekend away in the Lakes, which sold out in a matter of days!

Their members play a key role in the Yorkshire and Humberside Orienteering Association's (YHOA) Junior Squad and the Northern Talent Squad, which facilitates a good performance pathway for juniors.

Nine of South Yorkshire Orienteer's juniors represented England at the Junior Home Internationals (JHIs) in 2023. In addition, 12 juniors and two senior members of the Club are in the current GB squads, which is a reflection of their fabulous junior coaching programme.



CREDIT: ROSE LIL



"The social aspect of our club is very important. Our Wednesday events often have a post event social. We also hold an annual Christmas lunch, where we present our club awards and an annual summer BBQ event. We have WhatsApp groups to facilitate lifts to events and to arrange social runs."

### **Harnessing volunteer engagement**

South Yorkshire Orienteers really value their volunteers. On the club committee is the post of Volunteer Coordinator, thereby ensuring that they treat volunteer management as a key issue in club decisions. Helpers receive a free-run at events and key officials receive vouchers, a personal thank you note and a lottery scratch card. They celebrate the contribution of volunteers in their newsletter and at their annual awards ceremony.

Coaches' children attend club night for free and the coaches get free entry to Wednesday evening events. The club also offer regular workshops on organising, planning, using condes, SI etc and offer mentoring. Juniors are really encouraged our to take on volunteering roles, including planning events.

### **Developing local partnerships and encouraging newcomers to the sport**

The Club works with a number of local partners to support the development of orienteering by offering a wide variety of orienteering activities to schools and the local community. These include the Sheffield Federation for School Sports, the four Sheffield School Sports Partnerships, Cliffhanger, Sheffield Adventure Film Festival, the Festival of the Outdoors and a wide variety of local community groups.

Saturday Series events are held in areas of low-socio economic growth of the city and the Club offers free entries to local schools. Working closely with Sheffield University Orienteering Club (ShUOC), the Club also supports the development of student orienteering in the city.

Looking ahead they are particularly keen to increase participation from ethnically diverse communities and improve the ethnic diversity of the club. They have recently signed up to the Find Your Way Project and intend to use this as a vehicle for developing orienteering in such highlighted areas.

# CEO Report



Peter Hart

**As I reflect on the past 12 months, it strikes me that we live in an ever-changing and increasingly challenging environment. Currently, we are all subjected to inflationary pressures in our day-to-day lives, and operationally, British Orienteering is no different. We have faced increasing costs to administer the sport whilst some of the major income streams have remained static.**

Over the last 12 months we have seen a growth in the engagement with our Communications. There has been a growth in visits to our website, email engagement and social media. This has also been reflected in how our clubs are now using social media to advertise and report on events.

The Find Your Way/Maprun programme has allowed us to pilot various schemes, reaching out to new community groups while working with new partners such as local authorities and utilising their resources to help develop the sport. The support for this programme is due to end in 2024 but I believe that some of the lessons learned from this project will benefit the sport in the future.

We have learned many lessons from the COVID-19 pandemic, particularly regarding the delivery of our conferences. Transitioning

to webinars has allowed us to offer a broader range of sessions at times that are convenient for our members, leading to increased engagement not only from our members but also from participants around the world. A massive thank you to everyone who has contributed to these programs. Your efforts have been instrumental in making this new format a success.

Recruitment of new and young people is a problem across all sports and is not unique to orienteering. Nationally, there is a significant drop-off of young people actively participating in sport and recreation. Additionally, a growing number of people, particularly younger adults (under 35s), prefer to 'pay and play' rather than join any organized group, a common trend across many sports. This is reflected in the growth of non-member participation in our sport, with one in every five runs being made by non-

members.

However, despite this, participation in our sport is growing at a stronger rate than in other related sports.

Access and permissions for land have been frustrating. More groups are competing for open spaces, and environmental and sustainability concerns by national agencies have made it more difficult, adding to the bureaucratic burden of those seeking permissions.

The webinar programmes have been a success, offering a wide range of topics, providing accessibility to all at convenient times, and reducing the cost and environmental footprint of such meetings. My sincere thanks go to all those who contributed to these sessions.



Nationally, there is a significant drop-off of young people actively participating in sport and recreation.

The volunteer awards presented at the JK each year are going from strength to strength. We have included many of the individuals testimonies in this report. The contribution made by all, young and old, is mind-boggling and a credit to all of us involved in the sport.

Every 12 months, we also have to reflect on those no longer with us and who have contributed much to the sport. This year we lost some valued members, Mike Hamilton the former CEO who passed away

in January, Ed Catmur and Keith Marsden, all of them have touched many of us in different ways. We extend our heartfelt thanks for their dedication and offer our sincere condolences to their families, friends, and colleagues.

Finally, this will be my last Annual Report I would like to take this opportunity to express my sincere thanks to the Board, staff, and the many volunteers who

have supported British Orienteering and myself during my time here.

The passion and commitment shown by so many of you have been immense and greatly appreciated. Your dedication to the sport has been truly inspiring, and it has been an honour to work alongside such a dedicated team.

While I look forward to following the sport in a different capacity, I will always cherish the experiences and memories we have shared. Thank you all for your unwavering support and for making my time with British Orienteering so rewarding.



# Volunteer of the Year Award Winner 2023:



## David McCann, Manchester & District Orienteering Club

**Our Volunteer of the Year Award recognises an individual who has demonstrated a commitment to supporting the delivery of orienteering activities with passion, energy, and enthusiasm.**

David McCann was the overall coordinator for JK 2023. He dedicated an incredible amount of time and effort to this role, giving up almost every free evening and weekend for more than a year in preparation. The role involved countless hours of meetings, thousands of emails, crucial negotiations, site visits, equipment procurement, endless logistical planning and a tireless effort on the ground throughout the four events. To say that David has given more than a year of his life to this JK is no exaggeration. He was ever-present in the organisation, always available to liaise with the day organisers and planners, managing the teams and keeping the whole operation on track. Even while on holiday in Morocco months before the event, he could be found spending several hours a day sending JK emails and attending virtual meetings!

Throughout the organisation process, he calmly dealt with a wide range of problems as they occurred, not least storm damage leaving the original areas unusable and necessitating a complete overhaul of the weekend plan. At every setback David brought new ideas to the table and a solution was never far away. Few of us can understand the level of commitment required to arrange four consecutive events of the highest standard, suitable not only to host thousands of competitors, but also to provide international level competition for elite athletes, while managing delicate relationships with landowners, local residents and other stakeholders.

Thanks to his efforts the festival was highly successful, bringing orienteers to the Lake District from all around the world. The festival also provided vital World Ranking Events on British soil

and David embraced this despite the huge extra logistical burden it involved. The 2023 event was widely regarded as one of the most enjoyable and popular JKs in recent years and whether they know it or not, more than 3000 orienteers owe David a debt of gratitude.

In addition to his volunteering with the JK, David has remained an active member of MDOC and has continued to chair the Greater Manchester Orienteering Association, ensuring that orienteering activities are available throughout the city, including to school children and disability groups. GMOA maintain permanent courses in more than 50 parks around Manchester and thanks to their good work, a huge number of people from all backgrounds have been able to enjoy the sport for the first time.



“

I strongly believe that no one in the country has given more of their time and effort to the sport this year, while remaining largely anonymous. Hopefully receiving this award will show David some of the appreciation that he deserves.

IN RECOGNITION OF DAVID McCANN, VOLUNTEER OF THE YEAR AWARD WINNER 2023



# Silva Award

## Winner 2023

### Jon Cross, Forth Valley Orienteers

**The Silva Award goes to an individual who has made a very significant contribution to orienteering over a period of years, with an emphasis on 'field' activities rather than committee work. Now we share some of the work that Jon has carried out of the years from the very people who commend his work.**

Jon has served for 25 years as Forth Valley Orienteering Club's captain.

He is the Assistant Organiser for the World Orienteering Championships 2024 in Edinburgh, and coordinator for Euromeeeting - Planner for both. Over the years, Jon has built extensive contacts and skill in the organisation/planning of big events which is a huge asset. In 2021, he single-handedly organised the British Relay Championships.

Jon has been a GB squad selector for more than 15 years. He is a Director of MA helping development of and opportunities within the sport, and is also a qualified controller. As an individual, he is very humble, always keen to share good practice and collaborate with others – nothing Jon does is to gain a reputation or recognition.







# In 2021, Jon single-handedly organised the British Relay Championships.

Image taken at the British Middle Distance Orienteering Championships 2021

# Treasurer's Report



Andy Robinson

**In last year's report I celebrated making a small deficit and now for 2023 we have made a bigger one - £51,071 and I'm still celebrating.**

The reason being is that it produces a reduction in an embarrassingly large reserves figure. The reserves now stand at £561k which is still well in excess of that required by our reserves policy which is £361k. So nothing to be alarmed about.

The deficit is analysed in the three attached tables. One for income; the second for expenditure and the third id for expenditure excluding spending the grants from Sport England and Sport Northern Ireland.

We budget in detail for one year ahead and make a projection for two more years. Even though these include planned increases in both subscriptions and levies all of them show deficits and the possibility of reducing the reserve level and also bearing in mind that our grant aid from Sport England will be reviewed in late 2026 early 2027. It is discussed at every Board meeting and we remain on top of it.

It remains for me to thank the efforts of the office staff in the preparation of these figures and for their hard work over the year. Kelly Perryman took over the finance role and the start of 2023 and both she and Peter Hart have always been efficient and thorough in the provision of financial figures and explanations.

Income	2023	2022
Membership	113.3	118.6
Levy	167.4	147.8
Major Events	207.4	206.5
Athletes' Contribution	65.8	45.4
Commercial	32.3	61.9
Sport England	321.2	295.5
Sport Northern Ireland	39.4	39.3
Prior year adjustments		0
Interest	16.5	6.8
	<b>963.3</b>	<b>921.8</b>
Surplus/deficit	<b>-64.6</b>	<b>-14</b>

Expenditure	2023	2022
Membership	32.6	29.6
Major Events	184	166.2
Governance	17.9	13.2
Development	105.2	65.3
Performance	164	155.3
Marketing & Commercial	13.1	23.6
Payroll & Expenses	446.9	421.2
National Office & Finance Costs	64.2	61.4
	<b>1027.9</b>	<b>935.8</b>

“

We budget in detail  
for one year ahead  
and make a projection  
for two more years.



# Membership & Participation Data

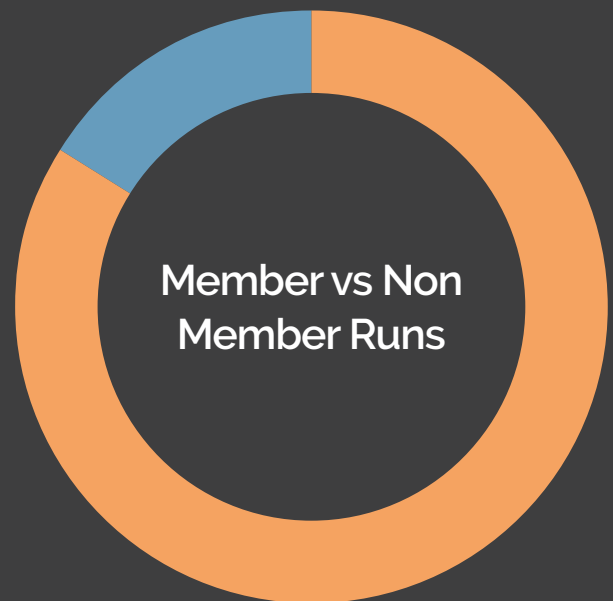
Total Number of competitions registered

1,501



2023 total runs

150,708

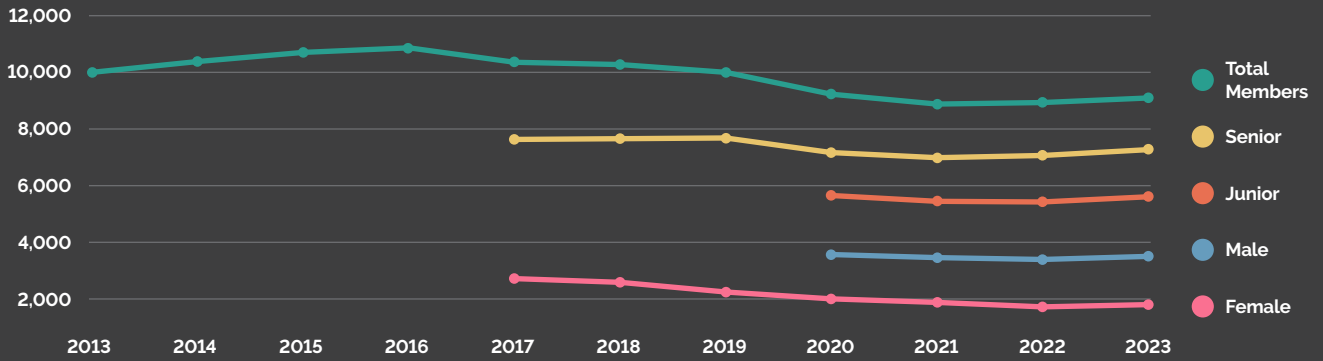


- Senior members 65%
- Junior members 15%
- Senior non-members 10%
- Junior non-members 6%
- Senior non-paying 2%
- Junior non-paying 2%

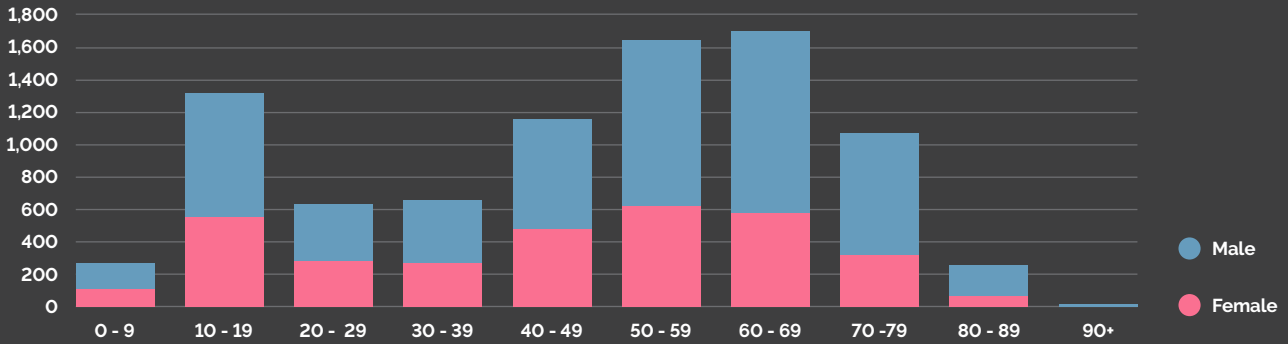
- Members 84%
- Non Members 16%

# Membership statistic overview

## Yearly Membership Trends (taken 31st December 2023)



## Membership Age Spread



14%  
of the membership  
have a health  
condition



White British	6512
White: Irish	134
White: Other	378
Mixed White & Black Caribbean	3
Mixed White & Black African	4
Mixed: Other	77
Asian and Asian British Indian	9
Asian and Asian British Pakistan	1



# Coach of the Year Award Winner 2023:



## Peter Tryner, South Yorkshire Orienteers

The Coach of the Year Award is awarded to a coach who that has demonstrated success in one or more of the following areas:

- Engaging new people in orienteering
- Improving the performance of orienteers
- Mentoring and developing other coaches

Pete is an excellent coach, developing the orienteering skills of juniors and adults across all levels of the sport. He is the lead coach for the GB Northern Talent squad and is responsible for planning and delivering their training programme. The programme consists of 4 full weekends and a longer race-preparation camp.

He plans an excellent range of exercises to develop the athletes' orienteering techniques but is also focused on their physical training and the psychological aspects of the sport. Alongside the training weekends, he also delivers on-line sessions to cement their learning. The progression of juniors from the Northern Talent squad into the tier 4 GB development squad demonstrates the strength of this coaching programme.

Alongside leading the Northern talent squad, he is also a key

coach for the Yorkshire Junior Squad – one of the most successful regional squads, as demonstrated by their runners up position for the last 3 years at JIRCs. Last year the Yorkshire squad had 6 training days, 3 weekends away and a 10-day training camp in Uppsala in Sweden. Pete's invaluable input into this training programme is fundamental to their success." Not content with coaching at Northern Talent and the Yorkshire Squad, he also

coaches a group of young junior beginners at SYO's weekly club night delivering basic orienteering skills in fun, innovative ways. Finally, he also steps up to coach at ad-hoc SYO training sessions and weekends away, turning his hand to coaching newer adults. Hundreds of juniors and adults have benefitted from his expertise, and he thoroughly deserves the accolade of coach of the year.





# Performance

## Ralph Street Takes First World Cup Win



## Performance Pathway Programme Report

The Performance Pathway Programme has focused over the last few years on preparing senior athletes for the World Sprint Orienteering Championships in Edinburgh 2024. Concurrently, the programme has supported a full international schedule across all disciplines and age groups. A summary of the key results can be found on page 39 of this report.

## Key Achievement of the Year

The highlight of the year was Ralph Street's exceptional performance at Round 2 of the World Cup in Česká Lípa, Czechia. Street triumphed in the Sprint discipline, completing the 4km course with a 14-second lead over his nearest competitor, Gustav Bergman from Sweden. Yannick Michiels from Belgium secured third place, finishing just one second behind Bergman.

The overall performance of the Men's Sprint team in this event was commendable. Five of the six team members finished within the top 22.

Alongside the women this demonstrates the depth and strength of the team and looks promising for 2024.

This focused preparation and the strong showing in international competitions underscore the effectiveness of the Performance Pathway Programme and set a promising stage for the World Sprint Orienteering Championships in 2024.

## Other Achievements

Ralph backed up his result in Czechia with another set of great results in the World Cup Final finishing 4th in both the Sprint and Knockout sprint events.

Megan Carter-Davies finished just off the Podium at the World Championships finishing 7th in the long discipline.

In the junior events, Imogen Pieters, Rachel Brown and Alex Wetherill had top 10 finishes in the Junior European Championships. James Bailey also two top 10 finishes at the European Youth Orienteering Championships.

This focused preparation and the strong showing in international competitions underscore the effectiveness of the Performance Pathway Programme and set a promising stage for the World Sprint Orienteering Championships in 2024.



# Safeguarding 2023

**Ensuring our sport remains committed to the welfare and protection of its participants, continues and will always be, a key priority for orienteering.**

It is important to ensure that together as a sport, we continue to strive to embed a positive culture around safeguarding and welfare at all levels. It is critical that we all give proper consideration and attention to ensure the safety of all who take part, especially children and adults at risk.

Cases numbers continue to remain low, typically around five each year. However, it's pleasing to see good numbers of clubs and members seeking advice when planning training, events or activities.

In 2023, of the four cases received, two considered issues around coaching practices. Where some cases may not be seen to be direct safeguarding cases, these do provide a channel where individuals can raise concerns and together, we can influence positive change.

British Orienteering is confident in our structures and procedures but continue to work hard in this area. This was supported by the Child Protection in Sport Unit (CPSU) during its annual review where

British Orienteering maintained the highest standards rating of "met".

Our Orienteering focused eLearning 'Introducing Safeguarding' course remains popular and following some reports in 2023, updates were made to reflect additional advice and guidance. This course is a great tool to support members to gain a good baseline knowledge of safeguarding.





Highlights from

**WOC 2024**

**Sprint World Orienteering Championships Edinburgh**





Highlights from



Sprint World Orienteering Championships Edinburgh





# Young Volunteer of the Year Award Winner 2023:

## Kirsty Ryman, Clydeside Orienteers

The Young Volunteer of the Year Award is dedicated to individuals under the age of 25, who have demonstrated a commitment to supporting the delivery of orienteering activity with passion, energy and enthusiasm.

Naturally, often the president or main organiser gets the credit and the awards.

Also naturally, people who are the key drivers behind the clubs bringing in new members, filling gaps and just being consistently a friendly face with great attention to detail and commitment often go unrecognised.

Kirsty started orienteering two years ago. She's brought orienteering into child summer camps and primary schools.

Many new members in Clyde who are now BOF members improving drastically are introduced, welcomed and coached by Kirsty. She's done Event Safety and Welfare (ESW) & coaching foundation & first aid courses and has surveyed local primary schools for mapping, always being full of innovative ideas to make the sport more environmentally friendly, inclusive and innovative. Kirsty is very reliable and organised, and has the potential to be a future organiser or key club official in the making.



**A future big  
organiser or key club  
official in the making.**

## Development

# Communications & Marketing Strategy Overview

Major Theme:

## “Change Perceptions”

Our strategic plan emphasises the need to change the perception of the sport and a requirement to encourage and support newcomers into the sport. The board and executive team are focusing on several key areas to achieve this goal:

### 1 Website Development

Throughout the latter part of 2023, we are dedicated to developing a new website, due to be launched in June 2024, aimed at welcoming those new to the sport. Key features include:

- **Information and Imagery:** Presenting information and images that newcomers can easily connect with.
- **Club and Membership Toolkit:** A new section for clubs featuring:
  - Information on Club Development.
  - Strategies for promoting clubs.
  - Links to ready-to-use and modifiable templates within our new Digital Content Hub.
- **Image Gallery:** Over 200 images available for members to download and use for club marketing and promotion.
- **Redesigned Content Presentation:** Improved user-friendly and accessible site navigation.

### 2 Social Media Presence

Our Executive Team, with the support of numerous clubs and individuals, has worked diligently to boost our presence across various social media platforms. This has resulted in increased engagement across all of our social media platforms.

### 3 Email Marketing

Enhancing the impact of our email marketing campaigns is another crucial focus area. By providing more relevant content, we have successfully increased the email open rate, ensuring our messages reach and resonate with our audience more effectively.

### 4 External Partners

Recognising that clubs are the primary resource for marketing and recruiting new participants, we have also collaborated with national partners and exhibitions to further promote the sport. An example of some of the engagements.

**Attendance and stands at National events such as:**

- OMM (Original Mountain Marathon)
- YST Annual Conference in Telford
- Outdoor Expo Show at the NEC in Birmingham

Developed a partnership with Royal Marines Training base in Lymington which has resulted in new POC courses and improved access to military training areas and navigation training to recruits.

These initiatives collectively aim to change perceptions and attract new participants to the sport, supporting both clubs and newcomers alike.



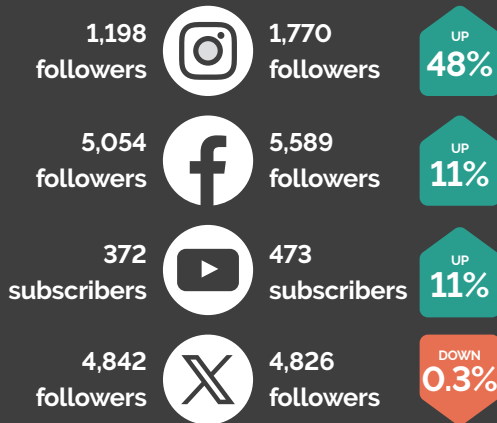
## Development

# Marketing & Communications Analytics

June 2023 - June 2024

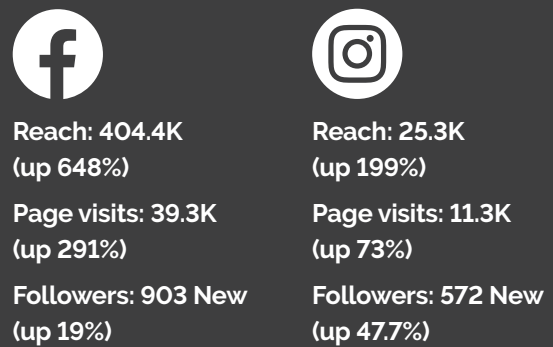
### Social Media Growth

June 2023 vs June 2024



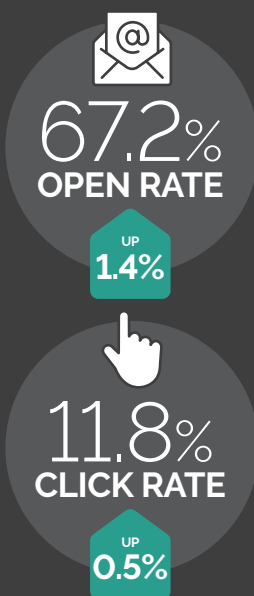
### Spotlight on our top Social Media Channels

\*Stats are based on a comparison between June 2023 vs June 2024



### Email Marketing Insights

Based on data taken from June 2023-2024



### Website Analytics

Stats are based on June 2022-23 vs June 2023-24



## Development eLearning

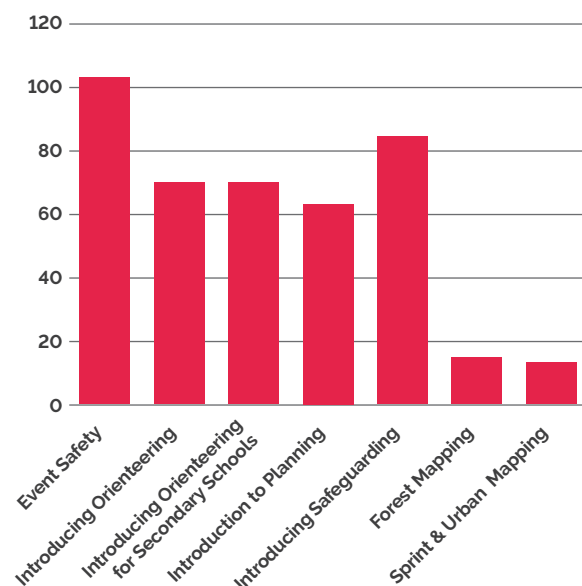
### Aim

**British Orienteering is committed to developing accessibility to its educational material through eLearning where possible.**

Our aim is for eLearning resources to be available and accessible to learners at a time and place of their choice. By providing online resources, we hope to ensure learners can easily access a growing number of up to date, useful and relevant resources.

Although accessibility is a key driver, we believe that eLearning should be used to enhance the learning experience and, it should be at the benefit of the learners. Courses are designed to take around 1 hour to complete. Learners can also log off and on and complete a course in chunks, depending on the learner's preference.

### British Orienteering courses and enrolments



**'An excellent resource for aspiring planners, it covers all the essentials in a clear and concise way'**

Quote –from Terry Smith regarding the Introduction to Planning course

### The future

Supporting Coaches, we have developed a suite of bite-sized eLearning modules.

- Role and Responsibilities
- Coaching Styles
- Inclusive Coaching
- Safe Coaching
- Physical and Psychological Coaching
- Nutrition and Hydration

These modules have been developed to support the development of coaches, embed learning and provide greater opportunities for Tutors to focus on the practice application of Coaching. These bite-sized modules have been developed with strong input from Hilary Palmer and Pat Mee.

As part of our commitment to supporting clubs to become even more inclusive, an Introduction to Inclusion course has been developed and will be launched in the summer of 2024.

The aim of the course is to support club volunteers to help their club better reflect their local communities, notice who isn't represented or supported and feel equipped to implement strategies to address any concerns.

Going forward over the next 12 months, we aim to develop an Introduction to Event Organising course and an Introduction to Controlling course.

### Summary



**430**  
enrolments



Over **370** hours  
of learning



# Volunteer Award Winners 2023

## **Spirit of Inclusion Award Winner 2023: South London Orienteers**



The Spirit of Inclusion Award has been introduced to recognise the success of club initiatives or projects that aimed to reach currently under-represented groups in orienteering.

Here, we share how the club's introduction of wheelchair accessible courses at the London City Race provided the perfect stepping stone to securing new stakeholder relationships.

### **South London Orienteers**

Making the sport more accessible for all is a key focus for our work going forward at British Orienteering. The introduction of Wheelchair Accessible courses to urban events, allows those with lesser mobility to move from the sidelines and be a part of the action.

Using insight from the fantastic pioneering work that Ruth Ker did in this area for the Harrogate City Race in 2023, Alan Leakey and SLOW introduced a successful Wheelchair Accessible course for their 2023 London City Race. The insight gained from the race and the work in Harrogate has allowed British Orienteering to develop a relationship with disability charities, those with lesser mobility and partners, resulting in a 'best practice' document for clubs and members to use when considering introducing these courses into their events.

We are hopeful that a Wheelchair Accessible course simply becomes another option to plan when courses are created and welcoming those who may not have had the chance to orienteer before into our sport, alongside the offer which already exists in Trail Orienteering.

SLOW are busy planning the London City Race for 2024 in a fantastic area – one which 'on paper' may seem tricky for a Wheelchair Accessible course to fit. However, Alan, has already spent months visiting the site to ensure that all participants have a way around the area, be it on foot or on wheel, and we can't wait to see what SLOW have planned for 2024!

## **Respect the Environment Award Winner 2023: St Andrew's Orienteering Club (Glasgow)**

The Respect the Environment Award was established last year and recognises the increasing importance to understand and respect the natural environment we love our sport to be an integral part of. Below we share why they were nominated as winners for the 2023 Award.

### **St Andrew's Orienteering Club of Glasgow**

St Andrew's Orienteering Club (Glasgow) have established an initiative for their members to get a discount off the next event if they travel by minibus/cycle, or a smaller discount if they car share. They have an active club group chat with lift sharing opportunities.

The club are encouraging other clubs to copy this scheme and do their bit for the environment, leaving no trace or harm behind from activities. As such, most of their activities use local city parks that most members walk, cycle or bus to.



# Volunteer Award Winners 2023

## Continued Contribution to Orienteering Award Winner 2023: Jacky Dakin, South Yorkshire Orienteers



Here, we share what her peers had to say while casting their nominations in this year's Annual Awards.

The Continued Contribution to Orienteering Award recognises and celebrates the volunteer efforts of those in our sport who contribute greatly, often behind the scenes, over an extended period of time.

Jacky is South Yorkshire Orienteer's Jack(y) of all trades.

She is completely focused on the development of all juniors. She is a qualified coach, who coaches the newest and youngest juniors at SYO's weekly club night. She organises kit sales and bake sales to raise money for our junior funds and provides much of the baking herself! As junior captain she organises the trips to all the junior competitions filling coaches with parents and kids.

Under Jacky's captaincy our juniors have brought home a huge number of trophies but more importantly return full of a love for orienteering after trips away. She also always has the welfare of the children she coaches at heart – finding them orienteering shoes or trousers from her kit stock if they don't have any, enlarging maps for those that need it or briefing those attending their first major events.

Outside of SYO, she is the chef for the Yorkshire Squad weekends. She has recently expanded her repertoire to also cater for JROS tours. This year she was lead chef for the Hawkshead weekend for over

100 M/W16s and adults and she also catered for the Deeside tour in Scotland and the Yorkshire squad tour to Sweden.

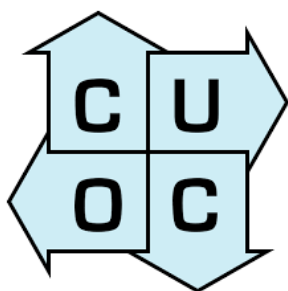
However, Jacky is not just junior-focused. She is also SYO's membership secretary - no mean feat with well over 300 members and she has organised countless events, helps at almost every event and is queen of the club BBQ. She is also the go to person for emergency help, willing to step in at the last minute to solve problems and lend a hand. As if she isn't busy enough, she is also JK 2025 co-ordinator. SYO would not be the club it is without her invaluable contribution!



CREDITED LINES



# British Orienteering's University Club of the Year



The University Club of the Year Award recognises the efforts of University Clubs in the development of participants as well as coaches and volunteers. It also shows appreciation to the University for introducing and providing a gateway to orienteering to their students.

## Cambridge University Orienteering Club

Cambridge University Orienteering Club have developed an exciting and very busy calendar of events and activities for their club members which has allowed them to thrive over the past year.

Critically, they have harnessed the skills of the volunteers within their club and encouraged them to use this to plan further events or take on new opportunities to coach.

At the heart of their activities and events is a Club that is passionate about creating an inclusive and fun environment for its members. Here are some of the ways in which they have achieved this:

- Hosting Club Night (training or MapRun league) every Wednesday during term time, which is organised jointly with local club West Anglian Orienteering Club (WAOC).

The Club Night training sessions have easy options and coaching is provided for beginners, with more challenging options for experienced orienteers. With that being said, three linked 'Fresher' Club Night sessions and an introductory event resulted in more newcomers joining the club, all of whom were totally new to the sport of orienteering!

### How the Club recruit, retain and reward volunteers

CUOC foster a positive volunteering culture. The weekly sessions offer a chance for novices to develop planning and organisational skills, and from there go on to plan bigger events.

### Developing coaching skills

Club member Dom Dakin completed his linked sessions for Level 2 Coaching Qualification at Club Nights and is now transferring those skills on. In addition to this, Amy Lee Jones is also in the first year of beginning her linked sessions for Level 2, enabling them to both ultimately organise, deliver and monitor coaching sessions to newcomers and experienced orienteers alike as well as being able to mentor apprentice coaches.

Nine members of Cambridge University Orienteering Club also completed a first aid training course in 2023 and club member Tom Fryers has been using his advanced web development skills to modernise the website – a great example of harnessing the skills that volunteers have and developing their training and abilities further as individuals within the sport.



# Mapping Award Winners 2023

## Bonington Trophy Award Winner 2023: Stephen McKinley, Southern Navigators Orienteering Club



Here, we share what his nominators had to say about his contributions to mapping a multitude of areas including Long Valley South, Wellington College, Cove Brook and the wider Farnborough area and more.

The Bonington Trophy was donated to British Orienteering by its Honorary President, Sir Chris Bonington, the world-famous mountaineer. It is awarded annually for the 'best contribution to mapping' which can cover a whole range of activities related to mapping.

**Map area: Multiple locations including Long Valley South, Wellington College, Cove Brook/wider Farnborough area, Rodborough Common and Puttenham Golf Course.**

Steve has been Southern Navigator's (SN) Mapping Officer for many years and is responsible

for maintaining and updating the club's library of current maps and coordinating the production of new maps. Steve undertakes much of the cartography and survey work himself on a voluntary basis.

This nomination is particularly for Steve's work in recent years. He has instigated a rolling programme of updates to bring SN's maps into line with the latest mapping specifications, newly acquired LIDAR data, and accurate geo-referencing. This has ensured a consistency in style and presentation and has only been possible due to Steve's commitment of considerable amounts of his "spare" time to maintain and improve the club's most valuable assets.

Whilst LIDAR can be used to obtain accurate contour and vegetation data, significant interpretation and simplification are required before the LIDAR information can be converted to an orienteering map that is clearly laid out and easy to read. Combining his mapping skills and experience, with his knowledge of OCAD software, Steve has used his skills to make maps that are relevant and helpful to a competitor. The results of Steve's work can be seen on maps used at all levels of events and activities. Within the last three years alone, examples of Steve's mapping updates, new maps and base maps could be seen at:

- Long Valley South (SN Trophy 2022) and Mytchett (SN Trophy 2023): national events on varied and complex terrain with numerous vegetation and contour features
- Wellington College (SCOA League event, Dec 2022) and Frensham Heights School: areas of school campus, sports facilities and surrounding woodlands drawn to sprint specification
- Cove Brook/wider Farnborough area (used for SEOUL Urban League races in 2022/23): classic urban terrain where clear and accurate cartography is essential to enable fair assessment of permissible routes and uncrossable boundaries
- Rodborough Common: a new map of small local forest/heathland terrain used for Level D club events and training activities
- Puttenham Golf Course: used for night orienteering training
- Significant LIDAR-based updates to several other SN areas used for Level D events (e.g. Farnham Park, Witley Common, Southwood)

Southern Navigators are not the only club to benefit from Steve's work. He provided interpreted and simplified LIDAR base maps to our neighbouring clubs BAOC (Ash Ranges and Frith Hill) and BADO (Kings Worthy and South Ham and Buckskin Estates), enabling quality updates of these areas.

# Mapping Award Winners 2023

The examples above illustrate how Steve's mapping skill has been applied to all types of terrain for different levels of events and has supported literally thousands of individual participants every year.

Within the extensive list above Steve has personally done ground survey work for Long Valley South (2022 update) and Rodborough Common (new map) and has checked out many general update requests from the club's Planners as each area is re-used.

Never one to sit back, Steve has continued to look for new areas and initiatives which may benefit SN and orienteering more widely. In 2023, a local charity approached SN, which resulted in Steve generating a new LIDAR-based map of Woodlarks camping ground for the disabled, thus making orienteering accessible to disabled people. Steve is currently updating the Hindhead Common map which will be used in February 2024 for an event in conjunction with a National Trust supporters' group which will provide the opportunity for the 'supporters' to try out orienteering on an area which they already know and love.

In summary, this nomination reflects Steve's dedication and skill over many years, producing high-quality maps to enable Southern Navigators to stage high quality and enjoyable events.

## Chichester Trophy Award Winner 2023: Greg Best, North Gloucestershire Orienteering Club



The Chichester Trophy was donated by the Honorary President of the British Orienteering Federation in 1971, Sir Francis Chichester. The Trophy consists of the binnacle compass used on Sir Francis' 'round the world' yacht, Gipsy Moth V, mounted on a wooden plinth. The Trophy was first awarded in 1971 to Robin Harvey and Sue Bone for their map of Leith Hill.

It was originally awarded for the Best Map produced in a single year, though later it was awarded for multiple maps or contribution to mapping. In 1985, with the introduction of the 'Bonington Trophy', the 'Chichester Trophy' reverted to the original concept of the best map produced by an amateur mapper.

### Map area location: Mallard's Pike

Greg Best redrew North Gloucestershire's Orienteering Club's map of Mallard's Pike - nearly 6 square kilometres of

woodland in the heart of the Forest of Dean. He drew on his many years of experience mapping the woods of Gloucestershire to complete his biggest project to date, combining newly available Lidar data with over 25 days of surveying to draw the map using OCAD. This combination of technology and detailed fieldwork is particularly evident in his remapping of the area's extensive network of drainage ditches: having these accurately represented has transformed the ways in which we can use the area.

By surveying throughout the year, he captured seasonal vegetation changes, and produced vegetation screens which can be toggled for summer or winter use of the area, depending on the state of the bracken. This also extends our use of the map as we can rely on it year-round.

The map was used for the two-day Caddihoe Chase and Veteran Home Internationals in September-October 2023, part of the UK Orienteering League. The size of the map supported courses up to Black length on both days, using entirely separate areas. As a measure of Greg's dedication, when new felling affecting the courses was discovered on the afternoon prior to the event, he swiftly mapped the necessary changes so that an inset correction could be printed overnight.



# Development Innovation of the Year Award Winner 2023:



## Swansea Bay Orienteering Club

This award celebrates the efforts an individual, group, or club has put into delivering a programme or initiative which supports the growth of orienteering.

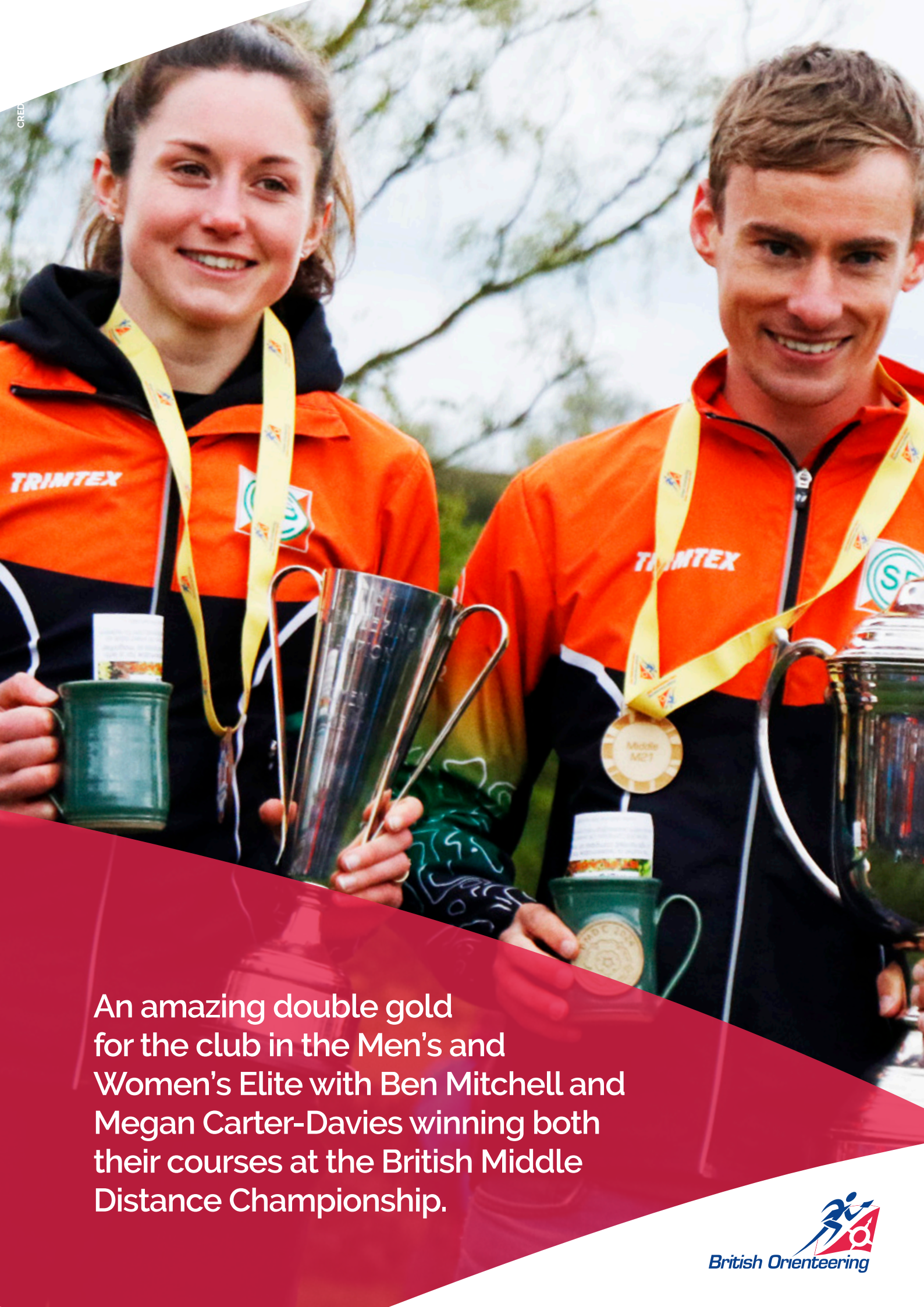
Over the year, the club has developed some great initiatives to attract a wider range of people into the sport. They accommodate for all with a lot less jargon, more social opportunities and not being worried to adapt style/courses from the standard to be more appropriate and engaging. Here are some of the great ways that the Club has delivered programmes or initiatives to support the growth of orienteering:

- Created the family orienteering coaching day.
- Developed a track progress initiative for the Welsh Orienteering Association.
- Create fantastic graphics on social media.
- Successfully sell orienteering as a sport for all with the 'Swansea Bay Fun Day(s)'.
- Distributed a great club welcome leaflet.
- 60-minute urban map runs
- Make competing as pairs or family an accepted norm and part of their messaging.

- More score orienteering opportunities.
- Provide their courses on a real mix of terrain.
- Run club nights with skill sessions, strength and conditioning and SI training.
- There are more opportunities to socialise and more event series.
- Volunteer incentives are aplenty.

Swansea Bay Orienteering Club have established themselves as a professional but family-friendly club. By truly putting their members first, and using the support and humble inspiration of athlete Megan Carter-Davies, they have been able to identify what they are capable of doing, and achieving this to a high standard.





An amazing double gold for the club in the Men's and Women's Elite with Ben Mitchell and Megan Carter-Davies winning both their courses at the British Middle Distance Championship.

# Roll of Honour 2023

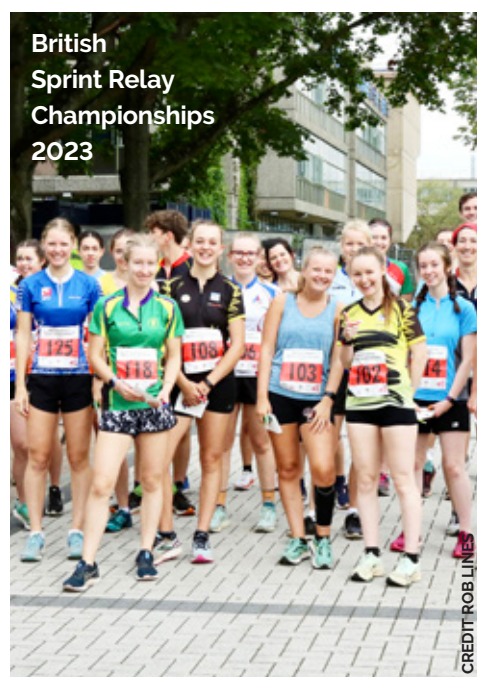
British Championships				
Age Group	Long	Middle	Sprint	Night
Senior Women	Julie Emmerson	Fiona Bunn	Fiona Bunn	Kezia Jukes
Junior Women	Rachel Duckworth	Fiona Eades	Fiona Eades	
Senior Men	Peter Taylor-Bray	Nathan Lawson	Nathan Lawson	Richard Robinson
Junior Men	Ben Squire	Joe Sunley	Joe Sunley	



Trail O	
Pre O	Tom Dobra
Physically Challenged	Graham Urqhart

British Relay Championships	
Women	Edinburgh University Orienteering Club
Men	Octavian Droobers

Club Competitions	
Compass Sport Cup	South Yorkshire Orienteers
Compass Sport Trophy	Swansea Bay Orienteering Club
Yvette Baker Trophy	South Yorkshire Orienteers
Yvette Baker Shield	Suffolk Orienteering Club



## Competition Results 2023 - Senior

Athlete	Championship	Country	Long	Middle	Sprint	KO Sprint	Mixed Sprint Relay
Jonny Crickmore	World Cup 2	Czech Rep			12		
	World Cup Final	Italy				19	
Nathan Lawson	World Cup Final	Italy					6
Chris Smithard	World Cup 2	Czech Rep			19		
Ralph Street	World Cup 2	Czech Rep		20	1		
	World Cup Final	Italy			4	4	6
Megan Carter Davies	World Cup 1	Norway	17	15			
	WOC	Switzerland	7	12			
Charlotte Ward	World Cup Final	Italy			13	19	6
	World Cup Final	Italy					6

## Competition Results 2023 - Junior

Athlete	Championship	Country	Long	Middle	Sprint
Laurence Ward	EYOC	Bulgaria			20
Tommy Rollins	EYOC	Bulgaria	13		
Adam Methven	EYOC	Bulgaria			16
James Hammond	EYOC	Bulgaria	13		
	JEC	Hungary			20
Lyra Medlock	EYOC	Bulgaria			9
James Bailey	JWOC	Romania		19	8
	EYOC	Bulgaria	9	9	
Rachel Brown	JWOC	Romania			16
	JEC	Hungary	14	7	
Euan Tryner	JWOC	Romania	20		
Imogen Pieters	JEC	Hungary	9	6	
Rachel Duckworth	JEC	Hungary	20	17	
Alex Wetherill	JEC	Hungary	7	17	
Pippa Carcas	JEC	Hungary	18	19	
Miia Roller	JEC	Hungary	17	14	

British Orienteering  
Scholes Mill,  
Old Coach Road,  
Tansley,  
Matlock  
Derbyshire  
DE4 5FY

Tel: 01629 583037

Email: [info@britishorienteering.org.uk](mailto:info@britishorienteering.org.uk)

[www.britishorienteering.org.uk](http://www.britishorienteering.org.uk)

