

Orienteering

SUMMER 2010

Focus

THE OFFICIAL VOICE OF BRITISH ORIENTEERING

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More People, More Places, More Podiums (MP3)

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Welcome to Amanda Cooper

Amanda Cooper started work as the Regional Development Officer (RDO) for Yorkshire and Humberside from the beginning of April, taking over from Colin Best who retired at the end of March. Amanda is a coach and member of the Eborienteers club and is enthusiastically looking forward to the challenges of the post.

Amanda says, "I enjoyed half marathons/cross country races when I was younger but I found them repetitive and boring. Then one day, I happened to see a TV programme with a short clip of someone orienteering and I thought 'that's it!'

I found my local club and went to my first event in 1994. I thought I would attempt the Orange course and was persuaded to have a shadow, a young teenage girl called Jenny Whitehead (now Jenny Johnson). The time and advice that Jenny gave me at that first and subsequent events meant I have been hooked ever since!

In 2008 I became a UKCC Level 1 qualified coach and was keen on getting more involved in orienteering development. Realizing that my club needed more coaches, I then organized a

coaching course to train nine new coaches and a first aid training course for club volunteers.

I didn't have the time to do everything I wanted with working full-time and looking after 3 children, so I took my opportunity when I was offered the role of Regional Development Officer and left my full-time job.

So now I concentrate on both orienteering development and coaching. Well, that is between the Night O, Foot O, Urban O and Trail O events!"



SUMMER 2010

Welcome to FOCUS

I always enjoy putting this edition of Focus magazine together as it reports on our major national events; the JK and British Championships. The reports from these competitions can be found on pages 10-16. I would like to offer my congratulations to all those who won their class or achieved a personal best performance.

I would also like to draw your attention to the Contacts List on page 26, where a number of updates have been made to the Directors, Committee and Group Chairs as well as their email addresses.

By the time you receive this copy of Focus I will be on maternity leave until the Autumn, although I will still be producing Focus magazine. Therefore if you have any feedback or reports for future editions, please email focus@britishorienteering.org.uk

Caroline Povey
Marketing Manager

Edward Nicholas Appointed Development Manager

Edward Nicholas will start work as the new Development Manager from the beginning of June taking over from Hilary Palmer who retired at the end of March.

Edward says, "I'd like to start by saying that I'm delighted to be taking on the role of Development Manager within British Orienteering and I'm looking forward to the many challenges it presents.

I truly believe that orienteering is an incredibly exciting sport that appeals to many people and I also believe that we have a great opportunity to introduce many more people into the sport we all enjoy.

Our established clubs are very strong symbols of orienteering and they have strong identities that have helped to include those already within the sport. Moving forward, we can hopefully look to open up our clubs to more newcomers so that they too can enjoy the welcoming atmosphere that many clubs currently provide.

I am also looking forward to working with all the dedicated volunteers who work tirelessly to improve orienteering. We have a sport that relies a great deal on volunteer input and we

should all be very grateful for their efforts. I also believe that we have to work hard now to encourage the next generation of volunteers into the sport by endeavoring to support those new to the sport, particularly young people who are progressing within orienteering.

Finally we all have a part to play in continuing to further our sport. I look forward to working with all of you in making this happen and I welcome your views on how best to move orienteering forward."



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The period since we prepared the last edition of Focus has gone quickly and has been extremely busy. The JK seems to have been a very enjoyable experience for those of you that took part and even the weather on the Saturday did not appear to dampen spirits too much. As I write this, the first weekend of the British Championships appears to have gone successfully and we are awaiting the second weekend. I would like to thank the many event volunteers who help to make these events so enjoyable. The effort you make is always appreciated and valued even though at times you might wonder! Work is going on across various committees and the staff to simplify the staging of these events and make your work as valued volunteers easier.



Mike Hamilton
Chief Executive

During the last month the first club newsletter has been circulated to try to improve communications between the National Office, committee/groups and clubs and associations. These newsletters contain the information that your club committee and officials should be aware of and a copy of the newsletter is published on the British Orienteering website.

AGM

The AGM attendance was excellent with over 100 people attending and almost 500 proxy votes cast. We probably have the 4 tier event structure proposal to thank for the upsurge in interest. You can find a summary of the AGM on page 6 of this edition of Focus and a copy of the draft AGM Minutes are available on the website. We are currently putting together a project plan to implement the 4 tier structure of which there will be more news in the next edition of Focus.

Changes to the Board

Roger Hargreaves retired as a Director at the AGM. Roger was valued greatly as a Board member and played a significant role throughout his time on the Board. With journey times bordering on the impossible from Devon to Board meeting venues, Roger showed great commitment but it has been his pragmatic approach to discussions and his willingness to express the views of clubs and associations that were the strengths he brought to the Board. Another SWOA member, Mike Forrest, was appointed as a Director at the AGM along with the reappointment of Neil Cameron and Lyn West.

There were considerable changes at the first Board meeting of the year, with Neil standing down as Chairman so that he can have a little time to himself. I've worked with Neil as Chairman for the last four years and I am astounded that he has been able to do as much as he has. Certainly our weekly telephone updates and monthly face to face meetings have meant that we have worked closely together and I have always felt able to talk through difficult decisions or turn to him for advice knowing it would always be considered, carefully structured and insightful. Neil has produced a vast amount of work and in my opinion British Orienteering and I have

been very fortunate to have such a capable Chairman. Perhaps Neil's most significant achievement has been to modernise British Orienteering through the changes that led to the instigation of the Board, but for me his support and understanding of the relationship between the Chairman and Chief Executive has been outstanding.

Jenny Peel also stood down as Treasurer due to work and personal commitments and I would like to thank Jenny for all her hard work and dedication.

Lyn West who has served as Vice Chairman for the last four years now takes over as Chair and Martin Ward takes on the Vice Chair responsibilities. Mike Forrest has walked straight in to a significant workload taking on the role of Treasurer and will also serve as the interim Chair of Events Committee whilst the review of the committee and groups is taking place.

Edward Nicholas who has been appointed as Development Manager for British Orienteering tendered his resignation as a Director and as Chair of Development Committee and his passion for developing orienteering will be missed at Board meetings. Edward also projected the views of younger orienteers to the discussions along with his insights into the development of orienteering. Whilst we will be using this insight professionally, we must ensure that the views of development continue to be presented at Board meetings.

Staffing Update

It seems a long time ago that Hilary Palmer informed me of her decision to retire and I and many of the staff felt a considerable loss when Hilary departed at the end of March. Hilary has been the mainstay of the development programme for most of my time with British Orienteering and has been a significant

part of the senior management team. Hilary started orienteering quite late and perhaps because of this was always understanding of the many questions I threw at her. Whenever I or other staff members had queries about how something worked in orienteering or why we did something within the development programme, Hilary would make time to ensure that we understood the issues and consequences of decisions. The Development Team of Participation Managers and Regional Development Officers have relied heavily on Hilary to keep the widely spread team pulling in the same direction and maintain focus.

Edward is fortunate to be taking on a well managed programme although he does have a hard act to follow and some fresh challenges on the horizon. I hope Hilary enjoys her retirement and I pity the people she competes against as she intends using the extra time she now has to improve her orienteering performances – competitors beware!

It would also be remiss of me not to thank our Marketing Manager, Caroline Povey, for all her hard work across a multitude of areas. Caroline is taking maternity leave from May and once again her hard work and commitment to the marketing of orienteering will be sorely missed whilst she is away. We wish Caroline a joyful maternity leave and look forward to both meeting the baby and Caroline's return to work!

Moving Forward

We face many challenges moving forward, particularly being aware that funds will become ever tighter during 2010 to March 2013. This will be followed by a crunch time as UK Sport funding for the entirety of the International Performance Programme and part of the Chief Executive position will cease – we have already been warned.

Targets for 2010 include:

More People, More Places: Grow and Sustain Objective: To increase the number of participants and increase the satisfaction level of those participants already involved in orienteering.

- Increase the number of adult participants taking part in 'O' from 12,500 to 13,600 and be able to evidence that 550 new adults are taking part
- Introduce 3,400 young people to orienteering
- Increase from 130 to 365 the number of people in Higher/Further Education taking part in orienteering
- Increase from 650 to 725 the number of young people (under 16) involved in leadership and volunteering
- Develop 22 satellite centres and weekly club activities at fixed venues
- Maintain and then increase the level of satisfaction amongst participants; in England using the Sport England Satisfaction Survey to achieve a rating of 83.5% (from 83.4%)
- Retaining more members for longer using membership turnover as the measure, baseline to be established in 2010
- Support 3 more clubs in achieving Clubmark accreditation, taking the total to 36 in 2010

More Podiums: Excel

Objective: To modernise and increase the number of athletes within a quality assured talent pathway.

- To increase to 15 the number of clubs that have a club talent squad receiving regular coaching
- To have 225 athletes within these club talent squads working to a nationally coordinated development programme
- To work with 2 regional talent squads in delivering a quality assured development programme

Challenges for 2010 include:

- Continuing to work towards increasing income generation particularly with a focus on 2013
- Restructuring the use of resources and the staffing structure to become efficient and more effective at achieving our targets
- Developing both the quantity and quality of coaches in order that we can better meet the needs of increasing participation, increasing the satisfaction of experienced orienteers and improving the talent pathway.
- Developing a competition structure that can be demonstrated as meeting the needs of the participation pathway and talent pathway. I'm not assuming that significant changes are required from the perspective of competitors, they may or may not be needed, but I do believe that simplification and ease of staging competitions and events is necessary, as is delivering both leisure/recreational orienteering and highly competitive orienteering.



Beryl Blackhall is presented with the Silva Award by Lyn West

SILVA Award for Services to Orienteering.

The Board of British Orienteering reviewed all the nominations for the 2010 SILVA Award at their Board meeting on 24th February 2010. They decided that Beryl Blackhall (SELOC) should be the recipient of the award for her work in organising, planning, mapping and encouraging juniors.

In 2006, Beryl accepted the chairmanship of Greater Manchester Orienteering Activities (GMOA) which specialise in Permanent Orienteering Courses (POCs). Beryl has taken upon herself the task of ensuring that all the 44 Permanent Orienteering Course areas are checked, remapped and the POCs redesigned as necessary. She has had support from committee members and others but has herself worked incredibly hard. All this mapping and planning work has required liaison with the local wardens and local authority leisure departments which Beryl has undertaken enthusiastically. This has provided opportunities for building links and promoting orienteering to the general public in the area. This is voluntary work, but Beryl has undertaken it with full time professionalism.

Neil Cameron, then Chairman of British Orienteering, announced Beryl's award at the AGM and she was presented with the trophy by new Chair, Lyn West at the British Orienteering Championships.

ANNUAL GENERAL MEETING 2010

A successful Annual General Meeting was held on Saturday 3rd April 2010. The AGM was held at North Devon Leisure Centre, Barnstaple between JK Days 2 and 3. It was well attended and as well as the AGM business, members elected three Directors onto the British Orienteering Board.



PROPOSALS

Members voted and approved the 2009 accounts, the appointment of Grant Thornton Ltd as the auditors for the 2010 accounts and the membership fees for 2011.

THE MEMBERSHIP FEES FOR 2011 WILL BE AS FOLLOWS:

National Membership	
Family Membership:	£30.00
Senior Membership:	£21.50
Junior & Student Membership:	£4.65
Local Membership	
Family Membership:	£14.00
Senior Membership:	£8.00
Junior & Student Membership:	(Nil)
Associate:	£21.50
Club:	£45.00

Members also voted in support of clubs adhering to mandatory requirements e.g. club constitutions, club committees, maintaining accurate financial records etc.

One of the major discussions of the evening was surrounding the proposed levy options for 2011. Three proposals were considered with the following outcomes;

AS OF JANUARY 2011:

- 'Junior only' events will be included within the levy system and will no longer be exempt from levy.
- British Orienteering event levies for juniors will be calculated on a '3 juniors count as the equivalent of 1 senior' for levy purposes.

THE LEVY RATES WILL BE AS FOLLOWS:

Participation	65	Lower Participation level
	210	Higher Participation level
Levies	£2.15	Lower Levy - The levy for all participants over the Lower Participation level and up to and including the Higher Participation level.
	£3.55	Higher Levy - The levy for all participants over the Higher Participation level

Members voted in support of differential event entry fees for British Orienteering members being mandatory at National and Regional level events and clubs deciding if a reduction is appropriate at local level events. Members also supported the differential entry fees being publicised as an extra charge for non-members.

The final proposal regarding amending the current 3 tier event structure to a 4 tier event structure polarised opinion and had encouraged many members to attend the AGM to voice their opinions. The issues promoted in-depth discussion and in the end a close vote supported changes to a 4 tier structure.

BOARD ELECTIONS

The election for Directors of British Orienteering followed with four nominees and three Director vacancies. The nominees were Neil Cameron (NGOC), Scott Collier (KERNQ), Mike Forrest (BOK) and Lyn West (SOS). Members voted and Neil Cameron and Lyn West were re-elected to the Board of Directors

with Mike Forrest elected to fill the vacancy left by retiring Director Roger Hargreaves. Roger was thanked for his extensive contribution to orienteering over the years and for his efforts in assisting the organisation of JK 2010.

Neil and Lyn, re-elected as Directors, have both already contributed greatly to the running of British Orienteering and will continue to do so and Mike as a new Director brings a wealth of skills and experience to the Board.

Mike said, "I stood for election to the Board because I want to make a difference to the way that members and participants perceive what they get from the Federation. I hear too many comments along the lines of "they should be doing something about". There are many challenges facing our sport, which will need the Board to work with all of the sport's stakeholders to resolve. I hope that the combination of my business experience and involvement in the organisation of events and clubs will enable me to help our sport to have a sustainable and successful future in Britain."

Congratulations to North Wiltshire Orienteers, Devon Orienteering Club and the Lincoln Orienteering Group that achieved Clubmark accreditation in March this year. This brings the total of accredited clubs to 36 (60% of the open clubs in England).



LOG members celebrate their Clubmark accreditation at a weekly training night

The North Wiltshire and Lincoln clubs have small membership numbers but cater for them and for newcomers by providing good programmes of low key, local events based in and around their key cities, Swindon and Lincoln respectively. They are good examples of clubs which could cater for wide spread rural areas but have decided to focus their activities so as best to cater for their communities.



Pendle Forest Orienteering Club gained Clubmark accreditation earlier in the year and was presented with their certificate at the JK

may have seen articles on the subject, but perhaps are still wondering what Clubmark is. To my mind it is a kind of kite-mark, or MOT, evaluating the health and vitality of the club."

When Devon OC started working towards Clubmark it became apparent that very little coaching was provided, in contrast to what goes on in many clubs in other sports. Orienteering clubs provide many opportunities to 'compete' but far fewer chances to practice and improve members' skills. Devon OC used working towards Clubmark as an opportunity to change the club's 'offer' to its members.

If orienteering clubs are to attract newcomers and retain members they need to review their club programmes. Devon OC used Clubmark as an audit tool not a 'tick box' exercise and I hope that this attitude will enable clubs to go from strength to strength.



Ken Stimson from North Wiltshire Orienteers received their Clubmark accreditation certificate

In contrast, Devon OC is a large club covering a huge county with a history of putting on a range of large and small competitions. In the past year, the club has realized that there needs to be a mix of competition and training available for its members and 10 new UKCC Level 1 coaches have been trained since April 2009. Seven of these new coaches were trained on a course run specifically by and for the club earlier this year.

Writing in the club newsletter in March the Chairman, Alan Simpson, said, "You

AWARD CEREMONY

The following awards were presented at the AGM.

- Club of the Year was awarded to Grampian Orienteers.
- Equal 2nd Place for Club of the Year was awarded to Leicestershire Orienteering Club and Swansea Bay Orienteering Club.
- University Club of the Year was awarded to Oxford University Orienteering Club
- 2nd Place for University Club of the Year was awarded to Sheffield University Orienteering Club and Edinburgh University Orienteering Club
- North Wiltshire Orienteers received their Clubmark accreditation certificate.
- Silva Trophy for Professional Cartography was awarded to Stirling Surveys
- Bonnington Trophy Mapping Award was awarded to Paul Taylor (CLOK)
- Best City/Sprint Map was awarded to David Olivant (NOC) for his map of Nottingham University.



Sasha Chepelin from Grampian Orienteers was presented the Club of the Year Award by Neil Cameron



Ian Webb of Oxford University receives the University Club of the Year Certificate



Niall Reynolds of Swansea Bay Orienteering Club receives the Club of the Year Runner Up Certificate



Steve McKinley, Rosemary Wailes, John Brown and Paul Wallace Stock of Southern Navigators all received a Services to Orienteering Award



Mike Forrest was elected as a Director



John Marriott of Leicestershire Orienteering Club receives the Club of the Year Runner Up Certificate



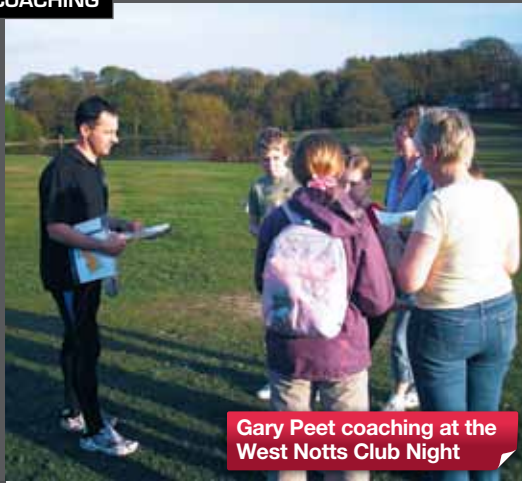
Paul Taylor was presented with the Bonnington Mapping Trophy



Best Sprint Map was awarded to David Olivant

More information on the AGM proposals can be found in the AGM minutes on the British Orienteering website in Downloads/About British Orienteering/Minutes.

Congratulations to all the award recipients and many thanks to all who attended the AGM



Gary Peet coaching at the West Notts Club Night

From Newcomer to Coach in less than a Year!

Gary Peet is a member of West Notts Orienteers who are a NOC satellite club based in Mansfield. Gary started attending the club night 12 months ago as a newcomer to orienteering and is now taking a leading role at the club. We asked Gary to answer the following questions to see how he has progressed so quickly into coaching and organising.

What was your first impression of the Club Night?

I thought it had a really friendly atmosphere where participants at various levels were catered for.

You are now a UKCC Level 1 Orienteering Coach, what made you want to get involved in coaching?

I have been a Duke of Edinburgh Expedition Instructor/Supervisor for around 20 years and I was initially looking for orienteering to keep my fitness levels up without having to pound the pavement running every weekend which I find a tad boring. This sport tests my fitness and map skills equally, although I do have trouble with the forest being white instead of green and running too far past controls because of the differing map scales compared to a 1:25000 map. It was a surprise and a pleasure when Catherine asked me to train as a coach when I had only completed around four TD5 courses at the time. I just see this as an extension of what I was already doing with the Duke of Edinburgh.

What do you enjoy most about coaching?

The most enjoyment I get is when participants go out and try a course and then come back to thank me for helping them complete it. A big smile and an equally big thank you which doesn't cost anything, goes down well with coaches, who put a lot of time and effort in for little reward.

You have been mentored by the West Notts Lead Coach Catherine Hughes. What do you feel are the main benefits of having a coach mentor at our clubs?

The UKCC level 1 coaching course is one of the best outdoor education courses I've been on. Tutors Pauline Olivant and Hilary Palmer were very thorough and patient and I found it extremely interesting. The material you get from the course is very good especially the coaching cards, which is where most of my ideas for coaching exercises come from. Because I'm still new to the sport having Catherine as a mentor is great for me to bounce ideas off and get quick answers to the ongoing questions you get when coaching.



Coach of the Year Catherine Hughes has been mentoring Gary Peet.

Does your club website cater for newcomers?

Many of our club's have sections on their websites for potential newcomers and beginners that explains the basics of orienteering but does it really tell them how they can get involved?

It must be said that some clubs provide excellent explanations of how to get involved and how to get started but there are a vast number of clubs still not using their website to sell the sport of orienteering effectively.

Clubs often simply place 'Come and Try it' events in amongst their fixture lists and confuse the potential beginner with a home page full of complicated jargon and acronyms. Any current club member and regular orienteer will know where to look on their website for event details and current news so why not leave the home page simple and welcoming to the beginner who may have stumbled across your clubs website after a Google search.

Any club that holds regular weekly activities should have that clearly visible on their

UKCC Level 2

The UKCC Level 2 has completed its pilot process and courses are now running. Contact your regional coaching committee representative if you are interested in attending the three day course. It is suitable for UKCC Level 1; 'old' 1st4 sport Level 2 and 'old' British Orienteering Level 3 coaches.

Please also note that some CTS and IAPS candidates need to complete their awards; you have two years from the start of the training course to complete and anyone wanting help should contact derek@britishorienteering.org.uk

Peter Palmer Coach of the Year

Catherine Hughes of Nottinghamshire Orienteering Club (NOC) was presented with the Coach of the Year award at the British Orienteering Relay Championships. Catherine was nominated by Gary Peet who attends the West Nottinghamshire satellite club at Mansfield where Catherine is the head coach. Gary said, "Catherine has been an inspiration to all the people she has coached; everything Catherine does at the club revolves around people having fun doing practical/ fitness activities based on orienteering". Many congratulations to Catherine.



Catherine Hughes is presented with the Coach of the Year Award from Director Martin Ward.

Credit: Mark Webster

homepage under 'Weekly Training' or 'Club Night'. We have to remember that most people who have experienced any other sport will have usually been along to a weekly training night or club gathering and will expect this of orienteering. If your club does have a 'club night' then let it be known and if you don't yet, what do you have to offer the newcomer or beginner at your events?

Steve Vernon
Participation Manager

Orienteering a Success at the British Leisure Show

British Orienteering was this year invited to have a stand and run, an activity at the new British Leisure Show which was held from Friday 19th to Sunday 21st March at the Royal Windsor Racecourse on the banks of the River Thames. After a positive response for volunteers from Berkshire Orienteers, within whose area this event was held, the decision was made to attend for all three days.

The show was advertised as 'a unique family-friendly event that offers a great day out for fans of the great outdoors, with a variety of things to see and skills to learn about.' A large area of the show ground was devoted to the exhibition/sale of outdoor related products and there was also an Activity Zone, where orienteering was based, alongside such activities as cycling, land yachting, archery, quad bikes, mountain boarding and kite flying.

For the event, it was decided to man a display/information point for which British Orienteering sent a large selection of flyers and literature and to run the ever popular Naughty Numbers course using Emit.

We arrived to set up on the Friday morning to discover our allocated pitch had been taken by a car stand, so we bagged what was the best spot, right next to the walkway into the Activity Zone! Fortunately we managed to get our tent and British Orienteering banner up and a large area taped off for Naughty Numbers before Land Yachting and Cycling arrived to try to claim the same area!

The Friday was very disappointing with low attendance, partly perhaps due to cold, wet weather. In all we only had about 15 people try the Naughty Numbers course and it was difficult to have literature on display due to the wind and intermittent rain.

The weather was again not fantastic on Saturday but as might be expected, far more families appeared. A more respectable number of 80 runs was recorded, although many more people stopped to watch, make enquiries or browse at the display.

By contrast, the weather on Sunday was wonderful, warm and sunny and with the added draw of the Sainsbury's Sport Relief Race being run right past our pitch we finally had a very worthwhile day. With about 280 runs recorded, many being children returning later after their first run to beat their time, the BKO team was rushed off its feet all day, manning the activity, giving out information and talking to spectators.



Overall, it was worthwhile for British Orienteering to be represented at this show, especially as we had a high profile location in the showground. We handed out a number of British Orienteering flyers for clubs in the South East and London areas and gave British Orienteering details to those from further afield. A number of people showed interest who claimed that they used to orienteer and were pleasantly surprised by the way in which technology and mapping had advanced. We also had a large number of families who thought this might be a sport they would like to take up, especially from the very local Windsor area, so details of forthcoming BKO events were distributed.

The Naughty Numbers exercise really is a superb way to demonstrate the principles of orienteering in a limited space, the electronic punching being a real magnet for the competitors, whilst providing great interest and amusement to the spectators.

The fact that our activity was free of charge, compared to most others which were fairly pricey, also attracted a number of youngsters. We hope that as a result of all the publicity we were able to generate, we will see a record number of new participants at BKO's next local event.

Denise Harper
Regional Development Officer,
South Central

NOTICE BOARD

Merseyside Orienteering Club have now started a weekly club night. The session is run by Steve McLean from 6:30pm - 8pm and includes a mixture of Urban-O, Circuit training, Running and Orienteering.

Club Nights are continuing to pop up all over the country with the East Midlands and North West leading the way with 7 weekly club nights in each region. The club nights offer a range of fun, physical and technical orienteering activities for both the newcomers and regular orienteers.

37 participants attended the first WAOC Club Night at Cambridge University Athletics Centre.

British Orienteering is holding an Urban-O activity for participants at the Great Manchester Junior and Mini Run on the 15th May. A labyrinth has been developed using 130 steel crowd barriers at the Sports City site in Manchester for the 3,500 runners to come and have a go at orienteering.

Who coordinates the volunteering at your club? If the answer is 'nobody' then maybe your club should think about taking on board the 'Role of the Volunteer Coordinator'. A 90 minute online Volunteer Coordinator course is now available to all British Orienteering members wanting to become a Volunteer Coordinator at their club. Email steve@britishorienteering.org.uk for more details or visit www.britishorienteering.org.uk/e-learning

CRANE AND ROLLINS CROWNED KING AND QUEEN OF THE FOREST

Australian Grace Crane continued her great season finishing as runner up



This year's British Long Distance and Relay Championships were hosted by the West Midlands Orienteering Association on Abraham's Valley, part of Cannock Chase. This is the home terrain of Walton Chasers, the Stafford based club, and they were the driving force behind the event. The British Championships were previously held on Cannock Chase back in 1977 so it was fitting that it was Doug Peel, who organised the 1977 Championships who should be back at the helm this time around.

The organisation of the event ran relatively smoothly but no event is without issues, many of which competitors never hear about. In this case it was the risk of the event having to be cancelled due to a fungal infection affecting vegetation in other parts of the Chase. Fortunately this never spread to the Forestry Commission plantations, never the less it was prudent for a reserve area to be identified just in case. A good lesson for us all; always have a plan B.

There was one final hurdle for the organisers to negotiate before the event and that was the Forestry Commission finding a buzzard's nest at 5.30pm on Friday evening and demanding a massive exclusion zone around it. Fortunately the size of the area was reduced so that it had as little impact on the event as possible.

So onto race day and the fight to become British Champions. A beautiful sunny day and a fantastic arena greeted competitors on their arrival and a variety of challenges were in store in the forest. Abraham's Valley offers a great mix of terrain types and the majority of courses twisted through them all: dense plantation, open forest, undulating heath land and a small section of old quarry workings. All presented unique challenges, which needed to be overcome if you were to become a British Champion.



Sarah Rollins runs for victory

In the women's race it was Sarah Rollins of British Army OC who won by a massive margin of 6.03 minutes taking 69.46 minutes for 10.3km. Sarah commented that, "she was happy with her run!" Whilst she had made a couple of small errors in the quarry section she was always confident as the physical nature of the terrain suited her. Surprisingly, having been a GBR international for many years now, this was her first victory in this competition. Second spot went to Australian Grace Crane of Bristol OK with West Cumberland's Helen Winskill in third place.

In the men's race there was an equally impressive victory. Pre race favourite was Oli Johnson who was trying for his 5th victory, however it was former local boy Matt Crane, now running for Bristol OK who ran away with the win, taking his first King of the Forest trophy. He was fastest to the first control and led all the way, finishing with a full 3.39 minutes margin over Oli Johnson of South Yorkshire Orienteers and taking 84.24 minutes for 16.2 km. Murray Strain of Edinburgh took the third spot and his first podium place in this competition.

A point of debate was the small numbers taking part in the elite classes. An unfortunate fixtures clash with the Swedish Tio Mila relay drew many top athletes away. Does this matter? If it does, what should we do to attract these athletes? One line of thought is to force runners, who are on the International Programme, to take part. This would appear to fail to understand the requirements of becoming a successful international athlete and a more positive approach would be to make this competition appealing enough for athletes to want to take part.

University Clubs Dominate the Relay

The relays were held at the same venue, which has many benefits to competitors and organisers. All the courses were contained in a relatively small part of the terrain, which was very runnable and offered fast orienteering. Careful planning kept competitors in the same corridor of forest but always splitting them before coming back together.

In the men's race it was John Rocke, Kris Jones and Ralph Street of Sheffield University, who came out victors from fellow Sheffield residents South Yorkshire Orienteers,

with Octavian Droobers in third spot. The women's race was also dominated by students with Catherine Taylor, Rebecca Harding and Jessica Halliday of Edinburgh University taking 1st place, again ahead of South Yorkshire Orienteers, with Bristol OK in third.

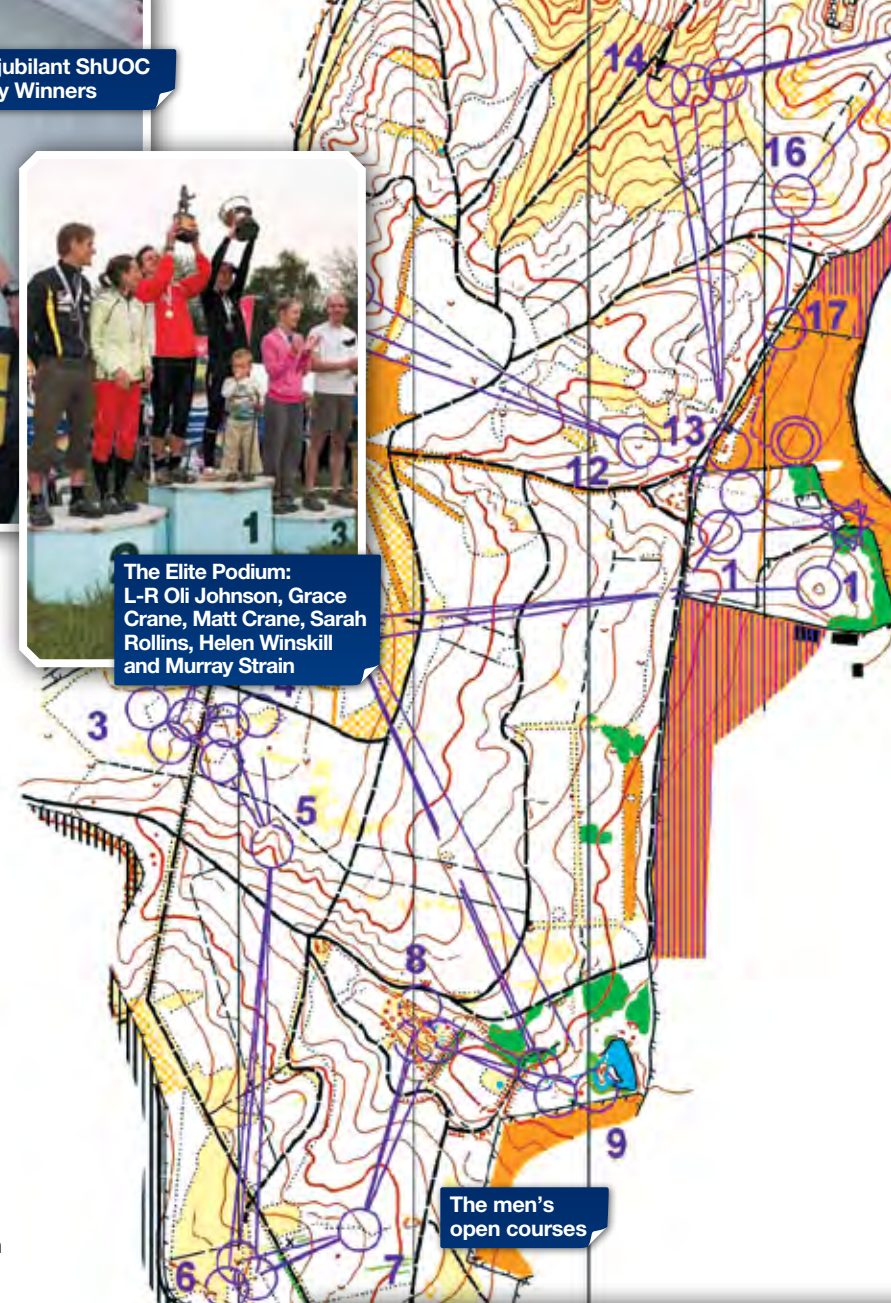
Thanks for such a great weekend of orienteering must go to the volunteers who worked so hard over the weekend, the landowners and event sponsors; Bourne Sports, Cotswold Outdoor, Hilly, Craft and Stafford Borough Council who provided a climbing wall on the Saturday which added to the occasion of outdoor adventure activity.



The jubilant ShUOC Relay Winners



The Elite Podium: L-R Oli Johnson, Grace Crane, Matt Crane, Sarah Rollins, Helen Winskill and Murray Strain



The men's open courses

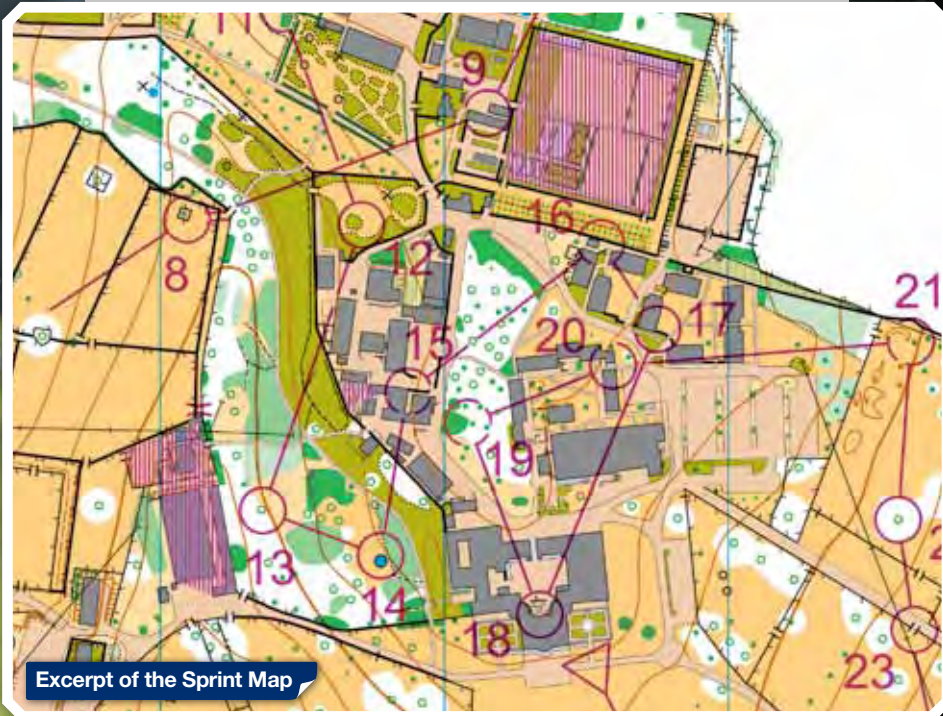


JK HEADS TO DEVON

Report by Christine Robinson
Photos by Digisport



Graham Gristwood won the Sprint Race



Excerpt of the Sprint Map

Day 1 - Bickton College

A typical Good Friday mixture of sunshine and showers welcomed orienteers and their families to the 2010 JK Festival of Orienteering. The Day 1 Sprint event was held in the scenic grounds of Bickton College, south-east of Exeter and a completely new area for orienteering. Competitors had to contend with a surprisingly tricky mix of gardens, greenhouses, walls, paths, woodland, parkland and quite a lot of mud that demanded frequent changes of technique.

In the Women's event, Sarah Rollins had a convincing win, 21 seconds clear of Helen Palmer in 2nd place, with just 20 seconds covering 2nd to 6th places. Sarah said she was surprised and pleased to have won as she described her run as "scrappy". However she put that down to the good planning which meant close concentration was essential and forced her to make errors at the first control and at number 11.

Looking very relaxed at the start, Graham Gristwood kept a cool head in the complex middle section of the race and used his speed in the parkland to take the Men's Elite title by just 7 seconds from Matt Speake. Graham said, "I was looking for a good performance after a disappointing weekend in Scotland a week before. I went out hard, but made sure to take the time to really make good decisions. I was very satisfied with both my race and my shape, and I was really happy to take the win. I thought the map and the course were in general very good and I really enjoyed the event."

Unfortunately, the celebrations were overshadowed by the tragic death of Dave Stubbs of Berkshire Orienteers during his run. Dave was a popular and well-known controller of many major events and will be sadly missed. British Orienteering would like to thank Dave for his tremendous contribution to orienteering and send our condolences to his wife Katy.

1	Graham Gristwood	SHUOC	15:00
2	Matthew Speake	INT	15:07
3	Carl Waaler Kaas	Bækkelaget Sportsklubb	15:34
1	Sarah Rollins	BAOC	15:28
2	Helen Palmer	NOC	15:49
3	Rachael Elder	SYO	15:54

Sarah Rollins won both the Sprint and overall JK titles



DAY 2 - Cookworthy Forest

Mud, mud, glorious mud will probably be the abiding memory of JK Day 2, held in Cookworthy Forest, west of Okehampton. The walk to the start was challenging enough in itself for little and older legs with the energy sapping mud getting deeper as the day went by. The mud certainly made the course even more challenging for those running the Long distance event!

For the elite it was a Middle distance event with Graham Gristwood claiming his second victory of the weekend. Graham said, "The exciting conditions turned what might have been a fairly ordinary forest into something special. I only lost about 10-15 seconds on one control, but I was constantly wiping the mud off my map and at times could not see the detail in the circle and relied on the control descriptions to know what I was looking for".

The top three elite finishes in the men's event were Graham Gristwood, Matt Crane and Matt Speake with Sarah Rollins, Grace Crane and Niamh O'Boyle the top three in the women's.

DAY 3 - Braunton Burrows

A holiday atmosphere broke out on JK Day 3 as the orienteering cavalcade headed towards the sun and sand of the North West Devon coast. Braunton Burrows, one of the largest sand dune areas in Britain, provided yet another different challenge with its fast, runnable terrain and intricate contour detail. It was a Long distance race for everyone and with the combined times for Days 2 & 3 determining the overall JK titles, there was all to play for!

After a fantastic weekend of competition there were new names to engrave on both the women's and men's elite trophies as Sarah Rollins and Matt Speake won the overall JK titles for the first time. Sarah made it 3 out of 3 wins at the JK which is a remarkably consistent performance at this level of competition. The other podium finishes in the women's event were Helen Bridle and Grace Crane.

Sarah said, "I have been concentrating very much on the physical aspects of training this winter and have had a break from navigational training. I have changed my running style from heel-strike running to mid/forefoot running and this has taken time to adapt to. However, it is definitely the way to run!"

I approached the JK in the knowledge that I was likely to be rusty. This proved to be the case and I didn't run a race over the weekend where I didn't lose time. In the Sprint I missed at 1 and 2 and also at 11 but managed to finally sort myself out after that and raced hard to the finish.

In the Middle my biggest problem was getting my map absolutely covered in mud around number 3 and then having to stop and wash it in a stream so that I could actually read it again! I'm sure I wasn't the only one enjoying the mudbath!

In the dunes it took me until number 4 to settle into the new map. I learned that for me I was going to need to use the tracks as you just couldn't read the contours, especially at 1:15000. I then pretty much ran clean and was very pleased with the final part of my run. I would argue that the map was better without the tracks..."

With Graham Gristwood sitting day 3 out due to his training regime at this time of year ruling out three consecutive days of competition, it was a delighted Matt Speake, who claimed his first overall JK title since winning M16 eleven years ago. The other podium finishes in the men's event were Oli Johnson and Oystein Kvaal Osterbo of Norway.

Matt Said, "My preparations for the JK and season started earlier in the year doing the usual stuff like map geeking and going through the races in my head, and of course a proper structured plan for the physical stuff. I have tried not to race too much in the earlier part of this year, concentrating on gradually building fitness and 'O' technique ready for the racing season. Fell racing has also been a contributing factor this winter.

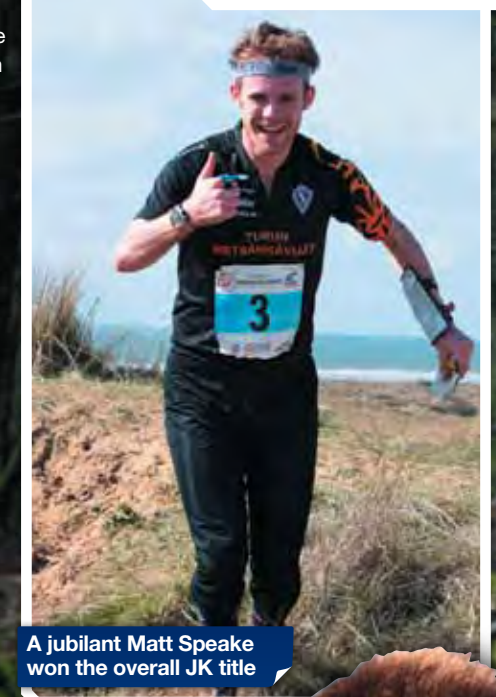
I have also worked a lot on trying not to think about my running this year! Last year when I was orienteering I was thinking about running, thinking got to run, got to run! But this year I am just holding back and thinking orienteering - technique! Like in the Middle distance race at the JK, when I started to think about running and missed a little, I made myself slow down. Yeah, you may not win every time with this approach, but you will be more consistent and consistency is the key to orienteering and performing well!

Taking this idea with me to the JK helped as I concentrated on each race at a time! So in the Long race I was just orienteering all the way round and didn't really think about the running and the result, I was just doing it, flowing and enjoying it!

At the end, I was really shocked and surprised to find out that I had won the JK, but it was a great feeling that I will remember for a long time. It has taken me over 10 years to win the JK again, the last time as a M16 at Leith Hill & Holmbury!"

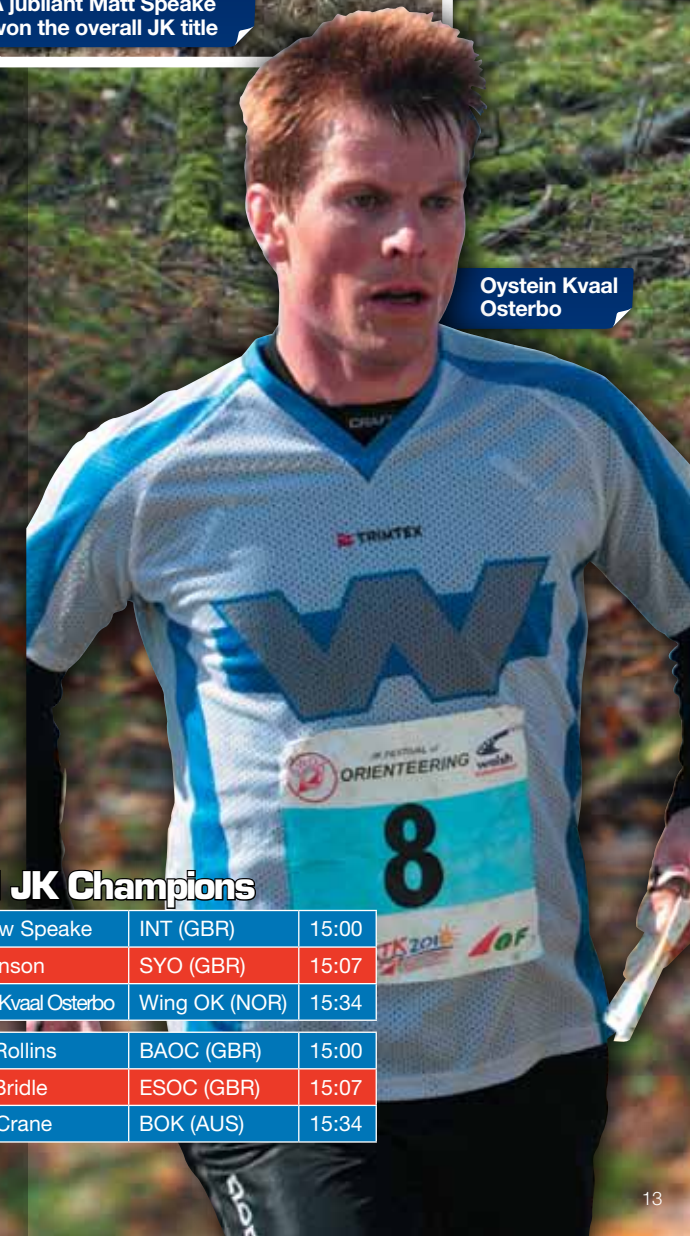


L-R Helen Bridle, Sarah Rollins and Grace Crane



A jubilant Matt Speake won the overall JK title

Oystein Kvaal Osterbo



Overall JK Champions

1	Matthew Speake	INT (GBR)	15:00
2	Oli Johnson	SYO (GBR)	15:07
3	Oystein Kvaal Osterbo	Wing OK (NOR)	15:34
1	Sarah Rollins	BAOC (GBR)	15:00
2	Helen Bridle	ESOC (GBR)	15:07
3	Grace Crane	BOK (AUS)	15:34

JK HEADS TO DEVON (CONT.)



RELAY

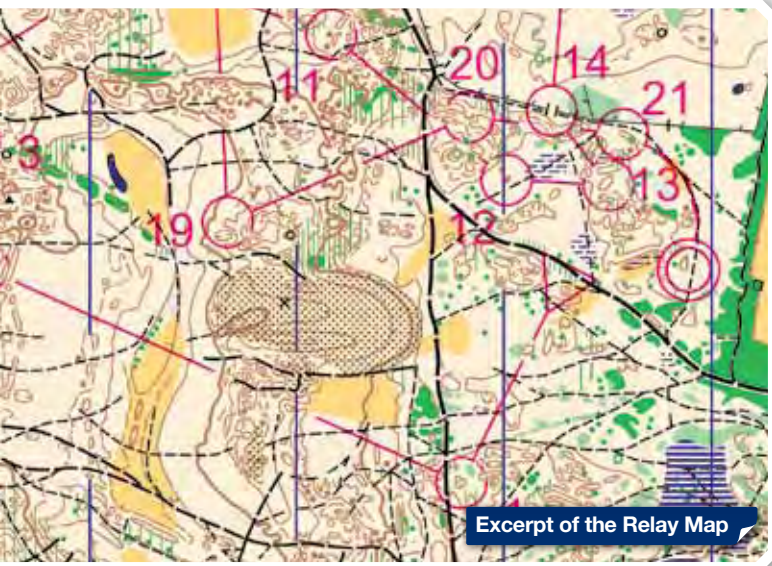
Clouds and a chilly breeze could not cool the fever and excitement of the JK Relays, as orienteers returned to Braunton Burrows for another crack at those confusing contours. There were thrills and spills on the Men's Premier first leg, which was led home by Nottinghamshire's Peter

Hodkinson, the M20 individual JK Champion, with Ralph Street, also M20, running for Sheffield University just 5 seconds behind.

On leg two, cool-headed David Schorah took control for Sheffield University taking them into a one minute lead over a non-competitive Baekkelaget team from Norway, with the two South Yorkshire teams

in 2nd and 3rd and the young team from Nottinghamshire still in contention in 4th. The run of the day though came from Murray Strain who spiked every control and hauled Interlopers up from 24th to 8th place!

Graham Gristwood held the lead on the last leg to make it 3 out of 3 wins for him at the JK and lift the JK Trophy for Sheffield University. The ever reliable Oli Johnson pulled South Yorkshire 1 up to 2nd place and overall JK Champion Matt Speake completed a great weekend bringing Interlopers home in 3rd. Matt Crane ran the fastest last leg to bring Bristol home in 4th place, just ahead of Nottinghamshire. The non-competitive Norwegian Baekkelaget team (2nd across the line) thoroughly enjoyed their JK trip, especially the unaccustomed challenge of the sand dunes. They promised to return to the JK next year with a bigger and better team.



Excerpt of the Relay Map

WE CAN'T SHOW YOU THE WAY, BUT WE CAN MAKE THE JOURNEY MORE COMFORTABLE.

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Men's Premier

- 1 Sheffield University (Ralph Street, David Schorah, Graham Gristwood) 82.39
- 2 South Yorkshire (Nick Barrable, Neil Northrop, Oli Johnson) 85.44
- 3 Interlopers (Jegor Kostylev, Murray Strain, Matt Speake) 88.53

In the Women's Premier Relay, Helen Bridle showed her speed leading the first leg for Edinburgh Southern OC half a minute clear of the rest of the field. Rona Lindsay held that lead on leg 2, but at the handover was only 2 seconds ahead of South Yorkshire's Mairead Roche, the individual W20 Champion who



Rachael Elder, Mairead Roche and Laura Daniels of SYO

posted the fastest leg time, 2 ½ minutes better than anyone else. On the final leg Rachael Elder had a clean run to bring South Yorkshire home four minutes clear of Edinburgh University's Hollie Orr, with Jenny Johnson bringing South Yorkshire's 2nd team home in 3rd place.

Women's Premier

- 1 South Yorkshire (Laura Daniels, Mairead Roche, Rachael Elder) 90.53
- 2 Edinburgh University (Jessica Halliday, Hazel Wright, Hollie Orr) 94.52
- 3 South Yorkshire (Jo Stevenson, Kim Baxter, Jenny Johnson) 95.00

South Yorkshire also dominated the veteran men's class (combined ages M120+) taking 1st (Alistair Buckley, Dave Peel and Charlie Adams) and 2nd places (Martin Ward, Mark Chapman and Tim Tett). Interlopers took the women's veterans trophy (Jane Ackland, Mary Ross and Lorna Eades). The women's supervets (combined ages W165+) was won by Hertfordshire (Alison Harding, Liz Drew and Janet Rosen) and the "GO Boys" from Guildford (Peter Nicholls, Mark Smith and James Crawford), having all just moved up to M55 this year, destroyed the men's supervets field leading the whole way.

The Junior Men's Relay (combined ages M<48) also went to South Yorkshire (Simon Bradbury, Zac Field and Aiden Smith) who led from start to finish, with the OD team (Harriet Batten, Heather Rogers and Sophie Kirk) taking the Women's Junior title.

GREAT BRITAIN TEAM SELECTIONS

So far junior and senior athletes from 29 different British Orienteering Clubs have been selected (or named as reserves) to represent Great Britain this Summer:

AIRE, BAOC, BOK, CLARO, CLOK, EBOR, ESOC, EUOC, FVO, HH, HOC, INT, INVOC, MAROC, MDOC, NOC, OD, OUOC, RR, SARUM, SBOC, ShUOC, SLOW, SN, SO, SROC, SWOC, SYO, WCOC.

Has somebody from your club been selected? You will be able to follow their efforts through the British Orienteering website or why not experience the live action and support one of our British Teams in person?

EUROPEAN ORIENTEERING CHAMPIONSHIPS
 29th May – 5th June,
 Primorski, Bulgaria
www.eoc2010.bgorienteering.com

The European Orienteering Championships (EOC) are based at the Black Sea resort town of Primorski. British Orienteering is sending a small but high quality team and will be looking to start the international season on a high note. There is an EOC Tour with races on the EOC maps for spectators.

WOMEN

- Pippa Archer - CLOK
- Helen Bridle - ESOC
- Rachael Elder - SYO
- Sarah Rollins - BAOC

MEN

- Scott Fraser - INT
- Graham Gristwood - ShUOC
- Oliver Johnson - SYO
- Matthew Speake - INT

NORDIC ORIENTEERING TOUR

17th – 26th June, Helsinki, Stockholm and Oslo
<http://nordicorienteeringtour.ikk.no/>

The Nordic Orienteering Tour comprises of three rounds of innovative and exciting racing with a Sprint and Middle focus. British Orienteering is sending a small development team as well

as four of our top performing athletes. The Helsinki and Stockholm legs are being held either side of Jukola.

WOMEN

- Laura Daniel - SYO
- Tess Hill - HOC
- Hollie Orr - EUOC
- Catherine Taylor - EUOC

MEN

- Rhodri Buffett - SWOC
- Duncan Coombs - EUOC
- Murray Strain - INT
- Douglas Tullie - EUOC

WOMEN (SELF-HELP)

- Sarah Rollins - BAOC
- Pippa Archer - CLOK

MEN (SELF-HELP)

- Scott Fraser - INT
- Graham Gristwood - ShUOC

WORLD UNIVERSITY ORIENTEERING CHAMPIONSHIPS
 18th – 24th July 2010,
 Borlänge, Sweden
www.wuoc2010.se

The World University Championships are being held in the University town of Borlänge, 200km North West of Stockholm.



Graham Gristwood will be aiming for more International success in 2010. Credit: Soren Andersson

WOMEN

- Anne Edwards - OUOC
- Jess Halliday - EUOC
- Rebecca Harding - EUOC
- Tess Hill - HOC
- Hollie Orr - EUOC
- Reserve: Laura Daniel - SYO

MEN

- Oleg Chepelin - INT
- Scott Fraser - INT
- Graham Gristwood - ShUOC
- Alasdair McLeod - EUOC
- Douglas Tullie - EUOC
- Reserve: Duncan Coombs - EUOC

WORLD ORIENTEERING CHAMPIONSHIPS

8th – 15th August, Trondheim, Norway
www.woc2010.com

This year's World Championships are set to be one of the best ever with challenging terrain and a great event arena based at the Granåsen ski jumping stadium offering "a spectacular, urban and visible WOC". There will also be public races in WOC terrain. The British Team have been preparing well and many athletes are on track for career best performances.

The Great Britain World Champs Team will be announced on the British Orienteering website.

Orienteer Development Pathway

Would you be interested in being a member of the Orienteer Development Pathway (ODP) Working Group? The ODP is a 'Skills Framework' that has become a central resource of the International Programme, but can also be used as a template for an orienteer to look at all elements of performance and assess areas for improvement.

Responsibilities of the Working Group will include the following:

- Reviewing and updating the Orienteer Development Pathway.
- Monitoring the development of assessment tools and coaching resources from the Orienteer Development Pathway.
- Reviewing existing tools and coaching resources along side the Orienteer Development Pathway with the aim of bringing them in to line with each other (e.g. The Step System, technical skills assessments etc).
- Develop communication strategies to increase the understanding and use of the Orienteer Development Pathway and resources.
- Promote and advocate the Orienteer Development Pathway and associated tools and resources to the orienteering community and in particular to coaches.

If you are interested in being a member of this Working Group please register your interest with sarahhague@britishorienteering.org.uk by Friday 4th June, detailing your sporting background, for example Athlete, Participation Level Coach, Performance Level Coach, Coach Educator or Sport Scientist, as well as your reasons for wanting to member of this Working Group.

Sarah Hague
 National Talent Manager

Ozone

Issue 14 - Summer 2010

FOR JUNIOR ORIENTEERS

Cover Photo: Jamie Stevenson Competing at the JK. Credit: Digisport

Inside this Issue:

JK Festival of Orienteering

British Orienteering Championships

Future Champions Cup

GB Junior Team Selections

More People, More Places, More Podiums (MP3)

www.britishorienteering.org.uk/ozone



Stars of the Future Crowned British Champions

Photos by Digisport/Peter Cull

The British Orienteering Long Distance Championships took place this year on the South East edge of Cannock Chase over the first Bank Holiday weekend in May. The individual day included a UK Cup and Future Champions Cup race for the M/W18, 20 and 21's and took place at Abraham's Valley & Wolseley Park. Whilst the northern part of the area was mainly mature and very runnable Forestry Commission coniferous plantations, the southern smaller area was open heath land, with some deciduous woodland and quarries which had lots of detail.

The heath and open forest guaranteed fast times and the challenge for the athletes was to maintain accuracy at speed over the full distance of the courses. The planner appeared to entice the athletes into running too fast at the beginning of the course by planning a couple of long legs before subjecting them to finding lots of controls in the intricate quarry detail.

In glorious sunshine Matt Halliday of Octavian Droobers won M20 by the smallest of margins. He was 1 second down on David Abrams (SHUOC) as he approached the last 500m, but managed to pull out 6 seconds in the closing stages to win the race. Ralph Street (SHUOC) completed the podium. With these results a win in the Relay for SHUOC the following day was looking promising!

It was a different story for Alice Butt of SARUM who enjoyed a comfortable win in W20 with Alice Leake (EUOC) beating Lauren Campbell (AYROC) by 22 seconds to take second. Both Matt and Alice will now take a short well earned rest before spending the next eight weeks preparing for the Junior World Championships which are being held in Denmark in early July.

In M18, Duncan Birtwistle (CLARO) achieved his first win of the season by just over 5 minutes, beating two athletes who couldn't be separated, Peter Bray of Southern Navigators and Michael Beasant of Deeside, who both finished in 78.34.

Charlotte Watson (WCOC) added to her season of victories in W18 by winning her fourth race of the season to date. Isla Simmons (BOK) took second whilst Sophie Kirk (OD) came home in third.

Jack Benham (SARUM) again commanded the field in M16 with his third race victory of the season, whilst Aidan Smith (SYO) finished second, 3 1/2 minutes behind. Third place went to an improving Ben Maliphant (BOK) who was a further 2 minutes down. It is pleasing to note that all of these athletes are members of their clubs 'Talent Squads'.

In W16, Zoe Harding (SROC) put her disappointing season behind her by finally winning her first race of the year. Two and a half minutes behind Zoe were Rona Lindsay (ESOC) and Lucy Butt (SARUM) who were separated by only 4 seconds. For Jack, Aidan, Rona and Lucy their season has not ended as they have been selected to run in the European Youth Orienteering Championships in Spain at the beginning of July and their thoughts have now been turned to preparing for those races.

**Report by Sarah Hague
National Talent Manager**



FCC 2010

The final race of the 2010 FCC series took place at the British Championships and the best 5 scores from the 9 races counted. Congratulations to the winners:

	Men	Points
18's	1st - Thomas Fellbaum (MDOC) 2nd - Jamie Stevenson (FVO) 3rd - Peter Bray (SN)	290 269 255
20's	1st - Peter Hodgkinson (NOC) 2nd - Alasdair McLeod (EUOC) 3rd - Matt Halliday (OD)	295 276 260

	Women	Points
18's	1st - Charlotte Watson (WCOC) 2nd - Kirstin Maxwell (RR) 3rd - Sophie Kirk (OD)	300 272 272
20's	1st - Rebecca Harding (HH) 2nd - Mairead Roche (SYO) 3rd - Lauren Campbell (AYROC)	278 263 258

British Junior Champions

Junior Men	Age Class	Junior Women
Daniel Weaver (DEE)	10	Gemma Gostick (HH)
Ewan McMillan (MAROC)	12	Fiona Bunn (TVOC)
Alexander Chepelin (GRAMP)	14	Katrina Hemingway (WCOC)
Jack Benham (SARUM)	16	Zoe Harding (SROC)
Duncan Birtwistle (CLARO)	18	Charlotte Watson (WCOC)
Matthew Halliday (OD)	20	Alice Butt (SARUM)

Club Competition (4 to count)

Pos	Club	Points
1st	Octavian Droobers (OD)	1004
2nd	Nottingham Orienteering Club (NOC)	870
3rd	Manchester and District Orienteering Club (MDOC)	861

University Competition (3 to count)

Pos	Club	Points
1st	Edinburgh University Orienteering Club (EUOC)	823
2nd	Sheffield University Orienteering Club (ShUOC)	680
3rd	Cambridge University Orienteering Club (CUOC)	559



JK 2010

INTERNATIONAL FESTIVAL OF ORIENTEERING

The JK took place in Devon over the Easter weekend. It was a mix of sunshine and showers, mudbaths and beaches! The weekend was enjoyed by all and it was a great opportunity for juniors to experience the thrill of competing at a large event and win their first major title!

Ozone caught up with some of the Junior Champions to see what they thought of their performances.

Kirsten Maxwell (RR) won the W18E Sprint Event. Kirsten said, "My race started well but I lost over half a minute at number 6 as I was pushing too hard which I knew was a lot for a sprint race. I managed to slow down enough in the buildings, for once, to be clean, before running hard over the last few controls and I think that is what won me the race. After my mistake I did not expect to win but the course suited me as it involved a lot of hard running. Sprint is my favourite discipline so that made it even more special and I was proud of myself for proving that I could do it."

Rebecca Harding (SROC) won the W20E Sprint Event. Rebecca said, "I set off racing hard from the start, as I had previously decided by looking at the start and google earth that we would be starting in the fast parkland. From there I tried to maintain my speed but concentrate on planning ahead, especially during the change to the school buildings, where the legs got shorter and more complex."

Charlotte Watson (WCOC) was the overall JK Champion in W18E. Charlotte said, "I really enjoyed the contrast in terrains and so you had to use different techniques everyday."

JK Sprint Champions

Junior Men	Age Class	Junior Women
David Bunn (TVOC)	10	Bethany Kippin (TVOC)
Harrison McCartney (OD)	12	Fiona Bunn (TVOC)
Jonathan Quinn (IRL)	14	Sarah Jones (BARRO)
Thomas Louth (WAOC)	16	Rona Lindsay (ESOC)
Jamie Stevenson (FVO)	18	Kirstin Maxwell (RR)
Peter Hodkinson (NOC)	20	Rebecca Harding (EUOC)

JK Overall Champions

Junior Men	Age Class	Junior Women
Alastair Thomas (WCOC)	10	Ella-Rose McCartney (OD)
Harrison McCartney (OD)	12	Fiona Bunn (TVOC)
Hamish Rogers (OD)	14	Katie Wright (LOC)
Aidan Smith (SYO)	16	Lucy Butt (SARUM)
Jamie Stevenson (FVO)	18	Charlotte Watson (WCOC)
Peter Hodkinson (NOC)	20	Mairead Roche (CUOC)



Jamie Stevenson (FVO) won both the Sprint and the overall JK title in M18E. Jamie said, "I think this JK will forever be on everyone's minds for the mud, which it shouldn't be because there was some top quality orienteering. What I liked was the variety put on for us, from fast parkland and then forest on the Friday and Saturday to incredibly intricate and fine orienteering on the Sunday with the added pace of the relay bringing an extra dimension for Monday's race."

My favourite race was the long distance at Branton Burrows. My race didn't start off very well but I really enjoyed the area as it was really technical and required constant focus. Once I got into the map I orienteered really well. To prepare for the JK, I looked at some old maps of the areas, took some of the maps out when I went running and went through some courses in my head saying how I'd do each leg and what I thought the terrain might look like. I also thought about what techniques would be good to use for each area. This preparation paid off and although not all my orienteering went as expected, it felt great to win."

Mairead Roche (CUOC) was the overall JK Champion in W20E. Mairead said, "My plan for this race was to simplify as much as I could up to an obvious feature and then slow down into the control if necessary. After a collection of errors in the early part of the course I was determined to make the rest of my race as near to perfect as I could. From this point on the race really started for me. I was able to attack the terrain physically without compromising my navigation. Overall, I found it to be a fun but challenging (and at times frustrating!) race in great terrain."

was what caught me out coming back for the final loop into the finish. My mind got ahead of me and I lost time jumping from detailed to vague terrain. Although I was annoyed at myself for this it still felt amazing to win the long as I generally don't feel so comfortable in such technical terrain. It was also great to take the overall trophy having missed out for the last few years by not very much. I'm very pleased with my performances and looking forward to some good international competition this summer."

The JK was down in my calendar from the start of the year as one of the biggest domestic races and all of my training was tapered to lead up to this and the Trossach beforehand. I started training in the winter with a solid base phase to build up strength and then did some speed work from the beginning of March to get some speed in my legs. This year I also started at Edinburgh University which brought with it a lot of opportunity to train with a group as part of the Bursary and Winning Student programme, which provides gym and technical sessions. All these training sessions have helped me get in great shape for the season.

My favourite area at the JK had to be the sand dunes at Branton Burrows. I found the area really challenging especially with the added pressure of it being a major selection race sitting at the back of my mind. In the end this

Peter Hodkinson (NOC) won both the Sprint and the overall JK title in M20E. Peter said, "After good results the weekend before, I went into the JK feeling really motivated and ready to give it my all. The sprint was really easy for the first part which made me switch off a bit; causing me to make lots of smaller errors once we got into the technical part. Overall though, my run was fairly clean but a little slow and hesitant. I was really surprised to take the win!

I couldn't get my head in the game for the middle distance race (I guess I was distracted by all the mud on my new o-top!) and I went out fast, making small mistakes straight away. However I managed to control myself

and not make any larger errors for the rest of the course, but the mud was really sapping and I was losing a bit of time on every leg. I finished feeling that I'd run better than any of my previous races, so I was a bit gutted that Alistair McLeod had robbed me by so much!

The long race was what I was really focusing on, as the sand-dunes were similar to JWOC in Denmark. The weather was loads nicer so I was feeling very positive on the start line. I went out really fast at more of a middle distance pace as it was quite short (11km-ish) and was pushed on even faster after catching Kris Jones at number 2. I pulled away from him and kept on hammering it. It wasn't until about two thirds of the way round that I started to notice how fast I'd been moving and a few mistakes started to slip in. I seriously regretted not taking a GoGel with me and had to really struggle to keep my speed up and my head switched on for the last loop. I was very relieved to finish knowing I'd had a really quick run and it felt like my best race of the year so far. I haven't won the JK since I was 16, so it was a great feeling to take the overall title."

NEWS CORNER!

Peter Palmer Relay is on!

Thanks to the British Army Orienteering Club (BAOC) who will be hosting the Peter Palmer Relays on the 4th September in the Midlands. More details to follow.

School Championships

Don't forget to enter the School Orienteering Championships:

British Schools Orienteering Championships (BSOC)

21st November, Wormley Woods, Broxbourne, Hertfordshire

British Schools Score Championships (BSSC)

9th October, Witton Park, Blackburn, Lancashire

Further information can be found at www.bsoc.org

GREAT BRITAIN TEAM SELECTIONS

Congratulations to the following athletes that have been selected to represent Great Britain at the European Youth Orienteering Championships and the Junior World Orienteering Championships.

European Youth Orienteering Championships

1st – 4th July, Soria, Spain
www.eyoc2010.com

The European Youth Championships are a first step into international competition for many of our future orienteering stars. A team of 12 athletes will be travelling to Spain to test themselves against Europe's best.

M18
Peter Bray - SN (SCOA)
Jonathan Crickmore - SO (SEOA)
Thomas Fellbaum - MDOC (NWOA)
Reserve - Duncan Birtwistle - CLARO (YHOA)

M16
Jack Benham - SARUM (SWOA)
Aidan Smith - SYO (YHOA)
Chris Young - HH (SEOA)
Reserve: Ben Maliphant - BOK (SWOA)

W18
Sophie Kirk - OD (WMOA)
Kirstin Maxwell - RR (SOA)
Joanna Shepherd - INVOG (SOA)

W16
Lucy Butt - SARUM (SWOA)
Florence Haines - AIRE (YHOA)
Rona Lindsay - ESOA (SOA)
Reserve: Zoe Harding - SROC (NWOA)

Junior World Orienteering Championships

5th – 10th July, Aalborg, Denmark
www.jwoc2010.dk

The world's most talented junior orienteers will be descending on Denmark this Summer for the Junior World Championships. The British team has high hopes of another strong performance after last year's success in Italy.

Men
Matthew Halliday - OD (WMOA)
Peter Hodkinson - NOC (EMOA)
Kristian Jones - SBOC (WOA)
Alasdair McLeod - EUOC (SOA)
Jamie Stevenson - FVO (SOA)
Ralph Street SLOW - (SEOA)

Reserve: David Abrams - ShUOC (YHOA)

Women
Julia Blomquist - BAOC (SCOA)
Alice Butt - SARUM (SWOA)
Rebecca Harding - HH (SEOA)
Mairead Roche - SYO (YHOA)
Charlotte Watson - WCOC (NWOA)
Hazel Wright - MAROC (SOA)

Reserve: Alice Leake - EBOR (YHOA)



Hazel Wright was the best W20E
Credit: Wendy Carlyle



Charlotte Watson was top W18E
Credit: Wendy Carlyle

British Middle Distance Champs

The British Middle Distance Championships were organised by Lakeland Orienteering Club which were run on Haverthwaite Heights, one of the best areas in the Lake District. The Organiser Derek Allison, encouraged lots of juniors to get involved with the organisation of the event including his son Stewart. Stewart (M12) said, "I helped to set up three tents and the run in and it was good that the children from Ulverston were organising the start. I had a really rubbish run but the course was more interesting than usual as we had to follow walls and streams instead of tracks and paths."

In the junior men's race the fastest time was set by Thomas Fellbaum (37.17) from MDOC who even though he is still only an M18 beat all the M20s for the best junior time. The fastest M20 was Peter Hodkinson from NOC in 38.24.

In the junior women's race Hazel Wright from MAROC won by a 4 minute margin in 37.18. The fastest W18 was Charlotte Watson of WCOC in 41.52.

The next day was the British Elite Sprint Championships in Chorley.

Although this was only the British Championships for the M/W21E classes lots of juniors still competed. The best junior results were by Ralph Street and Mairead Roche who finished in 4th and 7th places overall.

Stewart said, "The sprint races were good fun. I liked the bits around the houses in the first race most but I made a mistake going to number one taking the wrong path; my dad said I should check my compass!

The final was boring in the beginning with two long runs across a flat field but I liked the wooded bit! However the best bit was playing with the other children in my age class between the races!"



Thomas Fellbaum chasing down Peter Bray and Jamie Stevenson. Credit: Wendy Carlyle



Peter Hodkinson was the best M20E - Credit: Wendy Carlyle

British Middle Junior Champions

M18E			
1	Thomas Fellbaum	MDOC	37:17
2	Duncan Birtwistle	CLARO	41:09
3	Matthew Vokes	DEE	41:35

M20E

1	Peter Hodkinson	NOC	38:24
2	Matthew Halliday	OD	39:30
3	Alasdair McLeod	EUOC	39:38

W18E

1	Charlotte Watson	WCOC	41:52
2	Kirstin Maxwell	RR	43:51
3	Sophie Kirk	OD	44:47

W20E

1	Hazel Wright	MAROC	37:18
2	Rebecca Harding	EUOC	41:38
3	Chloe Haines	AIRE	41:46

Orienteering Games & Tips

millie map says,

You can try either of the following which can be very successful with practice.

If you are familiar with the length of a football pitch, then it is often quite easy to estimate 100m by eye, which is the approximate length of a pitch. This is particularly useful when running along paths where visibility is usually good.

Alternatively, when you are on your course; look at what features you will pass on a leg; there will usually be something about halfway, crossing a stream for example. You will then know how far you have run to get to the half way feature and so you need to only run the same distance again before you need to look out for your control. You can do this with other fractions but halfway is the easiest!

Word Search

Tick the words off as you find them.

A	V	P	O	N	D	X	L	L	E	W	M	K	B
S	B	A	S	F	H	L	V	F	C	N	N	D	R
C	N	O	P	Y	I	R	E	F	H	O	V	V	C
L	V	U	L	B	V	N	Y	L	L	U	G	V	V
E	R	O	A	D	C	F	S	L	S	S	D	M	A
A	I	D	T	E	Y	M	V	E	T	F	A	G	E
R	D	G	O	P	P	T	O	W	E	R	N	M	R
I	E	B	R	R	T	E	I	N	S	M	X	R	A
N	C	V	G	E	A	R	T	H	B	A	N	K	D
G	K	S	E	S	V	T	U	M	L	C	E	R	E
P	I	R	V	S	V	N	R	I	S	L	O	M	V
K	I	V	P	I	T	E	E	A	N	C	I	E	A
O	P	U	I	O	M	E	N	E	R	C	V	H	P
A	R	I	N	N	M	R	O	F	T	A	L	P	E

- Ride
- Earthbank
- Depression
- Pit
- Marsh
- Spur
- Road
- Tower
- Platform
- Fence
- Well
- Paved area
- Clearing
- Hill
- Gully
- Ruin
- Knoll
- Pond
- Well

Charlie Compass asks...

I find it difficult counting paces to estimate distance, do you have any advice?



British Schools Orienteering Association Update

During the last twelve months representatives from the British Schools Orienteering Association (BSOA) and British Orienteering have been consulting about the best way to promote orienteering in schools and in organisations with school aged children.

It has been decided, subject to approval at this year's BSOA AGM that, for 2010, membership of the BSOA will be available to all schools and colleges for £0.00 fee. The BSOA would hope to continue this in future years. Any school that has paid for 2010 membership will have their cheque returned. It is hoped that this will encourage more schools and colleges to join and benefit from what both British Orienteering and BSOA can offer.

In the future, member schools and colleges will be able to receive an electronic version of Ozone, the junior magazine section of Focus, four times a year. However, if a school or college would like to continue to have their own paper copy of Focus magazine they can subscribe separately through British Orienteering.

The BSOA's website will be closely linked with that of British Orienteering and both sites will provide schools information on coaching, resources, news and competitions.

The above changes have no effect on the British Schools Score Championships, the British Schools Orienteering Championships or the procedure to select and take the England Schools team to the biannual World Schools event. The BSOA Awards for Services to Orienteering will also continue to be administered by the BSOA.

It is hoped that by following this course of action more schools, teachers and children of school age will be able to both access information and get involved with orienteering.

Robert Parkinson, BSOA Chairman

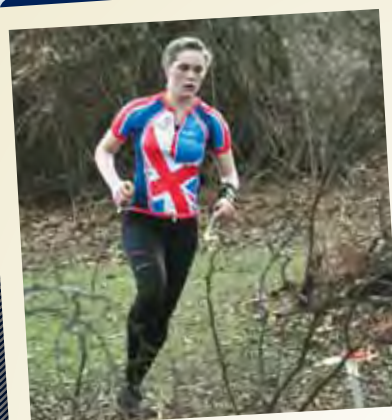
Annual General Meeting

British Schools Orienteering Association
Saturday 5th June 2010 - 1.15pm to 3.30pm

The Boundary (west of Junction 28 of the M1)
Lea Vale, Broadmeadows, South Normanton,
Alfreton, Derbyshire DE55 3NA

Everyone with an interest in School's Orienteering is welcome. Please email secretary@bsoa.org in advance if you are planning to attend.

Melanie Elkington
BSOA Secretary



Charlotte Watson in action.
Credit: Roger Jackson

Age: 17

Club: West Cumberland Orienteering Club

Age started orienteering?
9

Do your parents orienteer? Yes.

Why/where did you start orienteering?

My parents have always taken me and my sister to local events since I was about 3.

What do you enjoy about orienteering?

I really enjoy the challenge of orienteering, looking for ways to improve and working towards my aims. I love the feeling of when everything seems to flow really well when I'm orienteering. I'm a bit of a perfectionist when it comes to orienteering so I really enjoy working towards trying to orienteer perfectly. I also enjoy travelling to lots of different countries to orienteer and meeting lots of different people.

Do you have a coach?

Yes, Liz Campbell

If so, how has this helped you?

Liz helps me with my technical, mental and physical training a lot. We basically work on everything together; she offers lots of advice, helps me plan my training, prepare for races and has lots of experience. She is a star!!

What is your best result?

I would say my best individual result is 8th in the Sprint at EYOC 2009 in Serbia. However I would say my best run was in the W18 Relay at EYOC 2009 when I came back 2nd on 1st leg.

Where is your favourite place to orienteer?

I don't really have a favourite place to orienteer. I'm really lucky living on the edge of the Lake District in that there are lots of really good areas close by so I really enjoy running in areas close to home. I love training in Scandinavia as there are endless forests, really good terrain and great training opportunities. I especially like the terrain around Halden. Some of the best areas I have run on are in Serbia at EYOC 2009 and in France at the French 5 days 2008 as they were both really different from anything I'd run on before and really technical.

What kind of training do you do?

I train 6 days a week. Liz and I plan my training together and this year I have stuck to my training hours and tried to do more good quality training. Depending on what I've done at the weekend, on Mondays I usually just go for a recovery run. Tuesdays I train with a group in the morning before school; we usually do circuits, strength stuff, speed work or endurance work depending on the time of year. Then this year I've started doing 30 minutes of strength work in the gym in the evening. On Wednesdays I usually do intervals or hill reps. This winter I've tried to do intervals as much as possible in terrain and I've found this has helped my terrain running a lot. On Thursdays I go to an event put on by my club. Then on Fridays I have a rest! At the weekend I make sure I go orienteering, so I either organise my own training, train with the North West Junior Squad or go to an event.

In the winter I make sure that my long runs are long orienteering courses as I think this is a more effective use of my time than just running. I also do core work for about 30-40mins, 3 or 4 times a week and stretching every day. I really enjoy O geeking and looking at maps from events in other countries so I sometimes do a bit of armchair O as well!

What advice would you give to people wanting to get into the GB Squad?

Set yourself realistic aims both over a long period of time and also a short period of time and come up with a plan of how you're going to achieve your aims and enjoy working towards them. I also think keeping your training consistent helps and try to make every session as relevant as you can to orienteering. Always look for ways to improve, believe in yourself and don't give up; if you really want to achieve your aims you'll get there in the end.

What do you enjoy doing outside of orienteering?

I changed schools this year so I really enjoy catching up with my friends from my old school, going out, watching films and cooking.

BRITISH SPRINT & MIDDLE CHAMPIONSHIPS

Middle Distance photos by Wendy Carlyle // Sprint Distance photos by Martin Ward

British Middle Distance Championships

The British Middle Distance event was organised by Lakeland Orienteering Club and was run on Haverthwaite Heights; one of the prime areas of Lake District terrain. The event organisation had not gone smoothly as Derek Allison explains, "Last June Fixtures Group asked if any club in the North West was able to step in to put on the British Orienteering Middle Distance Championships and a small group of LOC members decided that they would make it happen.

Our first choice of area was Haverthwaite as with so many landowners and tenants; it has to be a big event to make it worthwhile. Although small, it has quite a variety of tree cover and the terrain is unrelentingly challenging. Once we sorted permissions; we decided to move the assembly area to nearer the middle to give better access for the shorter courses and enable different courses from the 2003 Championships.

However, the November floods meant the River Leven burst its banks and flowed across the car park and assembly, badly damaging the bridge at Backbarrow which is still closed to traffic. Then there were two lots of heavy winter snow. The weather did not really improve until two weeks before the event, so there were some hectic last few days!

On the night before the event, the LOC faithful turned out to make the field into an assembly area. Sleeping overnight in the 'download' tent; scraping the frost off the car at 5.30am to go and put the road signs out, I knew it was going to be a good event.

The event was also an opportunity to get our younger members involved with organising the event. Many of the Ulverston teenagers volunteered to man the start and they certainly rose to the challenge."

In the end, on a beautiful sunny day over 800 competitors tested their skills in the Lake District terrain with Oli Johnson and Rachel Elder, both of South Yorkshire Orienteers, crowned the new British Middle Champions.

Rachael (34.03) won with a clear 2 minute lead from Helen Bridle (36.03) of Edinburgh South OC who took the silver medal 70 seconds ahead of Hollie Orr (37.13) of Edinburgh University OC.

Rachael said, "Haverthwaite is a great Lakes area and I really enjoyed the race. I made a few mistakes and probably lost 2 1/2 minutes in total so I was quite surprised to win by such a margin, although of course very happy with the result! It was a good 'learning' race and I'm really looking forward to the rest of the season"

In the men's race Oli Johnson (30.59) won for the second time on Haverthwaite and had a 59 second lead over Graham Gristwood (31.58) running for Sheffield University OC. Doug Tullie running for Edinburgh University OC took the bronze medal in 33.15.

Oli said afterwards, "This was a tough and technically challenging race on one of England's best areas. I set out to have a controlled race and managed to avoid any serious mistakes. I really enjoyed the course and felt strong on the hills and in the terrain, which was a positive sign after a good winter's training."



Rachael Elder was victorious in the Women's Elite race



Excerpt of Haverthwaite



Oli Johnson on his way to victory in the Men's Race

The next day competitors navigated south to the British Elite Sprint Championships.

British Elite Sprint Champs

Over 450 competitors descended on Chorley to compete in the British Elite Sprint Championships that were hosted by South Ribble Orienteering Club. The event was based around Astley Hall which is one of the most significant buildings in the North West, with a fascinating history and some magnificent architecture.

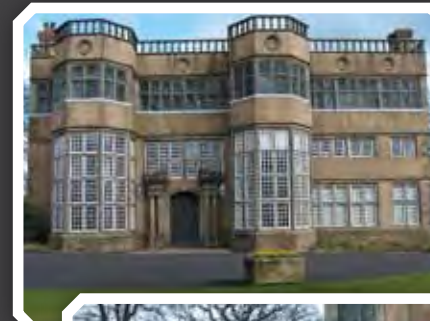
The courses ran through park and woodland together with intricate urban and town centre areas and provided an excellent test of the competitor's ability to navigate at high speed through varying terrain.

The qualifying races were held in the challenging labyrinth of Astley Village, while the final started in Chorley Town centre and then twisted through Astley Park, finishing on the lawn in front of the beautiful Astley Hall.

In the men's competition Graham Gristwood of Sheffield University OC was the runaway winner in 13.57 a full 47 seconds in front of Murray Strain of Interlopers. Murray's time of 14.44 won him a deserving silver medal and shows that his concerted efforts to run in this year's World Championships are paying dividends. The bronze medal went to Matt Crane of Bristol Orienteering Klub who finished in 14.54.

Graham said, "I was very motivated to win the trophy back this year after having sickness, living on the map and Scott Fraser in my way for the last 3 years! I thought both races were excellent, with a nice contrast between the different types of terrain - housing estates and wooded parkland in the qualifier and then city centre, forest and parkland in the final. Both races were pretty much perfect for me and especially in the final, I was really happy with my performance."

In the women's competition it was British Army athlete Sarah Rollins who followed up her recent victory in the JK Sprint Event to take the British Sprint title. Sarah showed her class with a time of 13.20, a full 26 seconds clear of Helen Bridle (13.46) of Edinburgh Southern OC who just pipped Hollie Orr's time of 13.49.



Left: Astley Hall was the Event Centre for the Sprint Event

Below: The Elite Winners L-R Murray Strain, Helen Bridle, Graham Gristwood, Sarah Rollins, Matt Crane and Hollie Orr



More People, More Places, More Podiums (MP3)



Women's Final course



Graham Gristwood sprinting for victory



Sarah Rollins took the honours in the Women's Sprint Race

Sarah said afterwards, "The British Sprint Champs was a race that I wanted to win. I am concentrating very much on the sprint this year and it is important to put value into races and put yourself under pressure, so that it isn't a surprise when WOC comes around. I raced hard and ran very clean in the final. As a race, I enjoyed the qualifier more than the final as it was more intense and complex, which is what I like about Sprint O."



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Summer Events

Now that many forests are getting overgrown and too dense for Foot Orienteering, MBO and Bike O events can be a pleasant and exciting change for competitors.

Lakeland Orienteering Club's Carol McNeill runs a very successful summer series of Bike O events using Ordnance Survey maps. They are easy to plan and very easy to organise. Bike O events are primarily road and lane based, with bits off-road. They should be rideable on any bike and therefore accessible to anybody with a bike.

The events can also be a good boost for your club. The Lakeland Summer series often attracts 150 riders on a weekday evening and most of these are not foot orienteers. Now that is a good opportunity to get new people into the sport and generate extra income.

MBO National Series

After 4 events the series is wide open. We have seen improving results from the youth, Ben Plowman in particular winning the last event. With 6 events counting towards the series and with six events still remaining, it is anybody's guess who is going to be consistent. Interestingly, we need to keep an eye on the M40/M45 in this series because they are producing the most consistent podium places overall.

MBO Score National Series

This is very similar to the MBO series, with nobody dominating. But with 8 events to go and 6 events to count, there is still enough time to make a bid for stardom!

World Masters

There is still time to enter the World MBO Masters competition in Poland from the 3-6 June, which coincides with the World Cup. The Masters looks pretty gruelling with Ultra Long and Long events on consecutive days - all counting towards the overall title. There are two ways to look at this - very tiring or very good value for money.

For further information please visit www.bmbo.org.uk

ADVERTORIAL EXCELLENT BENEFITS FOR BRITISH ORIENTEERING MEMBERS

Members are reminded that British Orienteering has, for the last 3 years, been participating in the member benefit schemes offered by specialist service provider HMCA (The Hospital & Medical Care Association).

These arrangements provide members and their families with a simple means of securing the high quality benefits and services

offered by HMCA at the special low cost member rates. The schemes on offer include the following Plans:-

TRAVEL INSURANCE PLAN – The very best single trip or annual cover in a flexible package for a highly competitive subscription - e.g. annual multi-trip European cover for only £67.36 for a couple, or £76.85 for a family.

HMCA VEHICLE BREAKDOWN RECOVERY CLUB - Represents excellent value for money. Fully comprehensive breakdown cover is available for £7.67 a month for one car (any driver), reducing to £4.75 a month (per car) for a total of 4 cars all based at the same address.

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50% when compared with similar plans. 60% of HMCA new subscribers transfer to HMCA from other healthcare providers!

HMCA INCOME PROTECTION, PERSONAL ACCIDENT and HOSPITAL CASH PLANS are also available.



MTBO WORLD CUP, HUNGARY

REPORT BY EMILY BENHAM - PHOTOS BY MARK STODGELL

Round one of the World Cup was held in Balatonfured, Hungary in the hills surrounding Lake Balaton. This event formed the first of the international MTBO season, and with the IOF changes to the World Ranking system, it meant that anyone whose anyone turned up to race.

The sprint distance kicked off the weekend, with the start at the top of the hill and the finish at the bottom. Although the race was not especially technical concerning the number of paths and tracks, many controls were close together and many athletes made mistakes in the open land with bad compass bearings or mispunches in the challenging final part of the course.

Emily Benham had a reasonable race to finish in 12th place, but after having lost 2 minutes in the early part of the course was unable to pull back any places. Sarah Bayliss finished in 36th place but was disappointed to have made some basic errors in the middle stages of the course. In the men's races Andy Conn had a great ride to finish in 25th and Mark Stodgell achieved his best international result to date with 30th place.

Many of the men were caught out by the close controls and 15 elite athletes mispunched on the same control, a lesson which was learned by the later starters.

The middle distance was held in the same terrain with the start and finish located in the same place, on the plateau of open grassland covered in the sprint distance. The planner had cunningly used different areas of the map to keep competitors in new areas meaning navigation skills were as important. Sarah Bayliss struggled with the physical course which had demanding hills and challenging paths and finished a few places lower than her sprint result in 43rd. Emily Benham, despite having a fairly clean race, struggled with fatigue and finished in 14th place. The men didn't fair as well either with Mark Stodgell losing time when he crashed after hitting some fence wire, but managed a respectable 48th, while Andy Conn had the misfortune of a puncture and finished a few places behind Mark in 53rd.



Mark Stodgell



Emily Benham

The long distance mass start is becoming the signature race of this event. With the plane flying overhead filming the start, the men lined up ready for a 50m dash to their bikes. Although you would think a mass start race is easier in that one can follow other athletes, in fact the courses are often subtly gaffled meaning you have to follow your own plan for each leg and not get distracted by other riders. After 2 laps of the grueling climb, Mark Stodgell overtook Andy Conn on the final loop using his technical ability to his advantage and was very pleased to finish in 38th place. Andy Conn finished in 43rd after acknowledging that challenging navigation at the end of a two hour race doesn't play to his advantage!

For the women, Emily Benham had her best result of the weekend and best international result to date in the W21E class and finished in 7th place. On the final loop she was racing in 13th place a few minutes behind five riders, but used her technical navigation skills to find controls with ease and overtake while the other athletes were looking elsewhere! Sarah Bayliss was prepared for the long distance and had hoped to use her winter endurance training to her advantage, but after making a few mistakes, she finished in 41st.

The weekend had its mixture of highs and lows for the athletes with some personal best results for Emily and Mark showing their winter training has started to pay off. The next international races are the second round of the World Cup in Poland from the 3rd - 6th June.



Andy Conn

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C. Povey - British Orienteering

Geoff Stone - Cotswold Outdoor

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COMPETITION STRUCTURE REVIEW – PHASE 1

By Mike Hamilton

Why are we reviewing the competition structure in orienteering? There are several reasons but the primary reason is that the recent Event restructuring from 5 to 3 levels of events and then the recent discussions about the need for a 4 tier event structure convinced the Board that there was confusion amongst orienteers at all levels about the difference between a competition and an event and that this lay at the core of much of the confusion and debate of the last two years.

Secondly there may be plenty of events, but is there any structure to the competitions being staged at those events or is it that there are just lots of events and standalone competitions? Interestingly I've been able to find several major reviews of competitions/events in the files plus a handful of other reviews that are associated and almost all of them highlight the need for a simple structure of competition – many making recommendations that are the same as in previous reviews and that appear not to have been implemented.

As with most sports, orienteering has a continuum of participation usually called the participation pathway that runs from beginner to international and within this pathway there are groupings of participants. Two significant groups are the large number of participants that orienteer as a leisure activity and the smaller number of participants who prepare seriously to compete. These two groups are strongly identified within the data collected in the recent survey and lead one to the conclusion that almost all events must cater for the leisure group whilst some will additionally cater for serious competition.

We are now starting to build a picture of the groupings on the participation pathway and the number of people in those groupings. The survey data and the participation data being collected is enabling us to understand the participation pathway and should provide a foundation for the review of orienteering competitions. It is perhaps of value to note that the aim of the review is to see if the current competition structure meets the needs of the sectors of the participation and talent pathways from beginner through to international.

Whilst ideally we would have wanted to reach the end of the competition review before we had decided on the number of levels of events, the adoption of the 4 tier event structure at the AGM has somewhat superseded that situation. However events are not competition and we are hopeful that any recommendations from the competition review will be able to be implemented comfortably alongside the 4 tier structure.

The core outcomes of the first phase consultation are shown opposite although the analysis is continuing.

DEVELOPING A COMMON LANGUAGE

It is probably worthwhile trying to develop a 'common language' when talking about things to do with events and competitions particularly since I have sat in well informed meetings and heard people using the same word/phrase as someone else but meaning quite different things. Until we have our common language, misunderstanding and confusion will prevail!

Event: An orienteering meeting that takes place. The term encompasses all aspects of the event

including organisational matters. An event may include one or more competition.

Competition: Runners compete in races under defined Competition Rules to determine a set of winners, placings or qualifiers.

I've turned to the IOF as a source of descriptions about the terms and types of orienteering competition:

- The time of the competition:
 - Day (in daylight)
 - Night (in the dark)
- Who is taking part in the competition:
 - Individual (the individual performs independently)
 - Relay (two or more team members run consecutive individual races)
 - Team (two or more individuals collaborate)
 - Club (club members times or scores are combined)
- The way of determining the competition results:
 - Single-race competition (the result of one single race is the final result. The competitors may compete in different races to determine winners in different classes)
 - Multi-race competition (the combined results of two or more races, held during one day or on several days, form the final result which may be based on a points scoring system, league or ranking system)
 - Qualification race competition (the competitors qualify for a final race through one or more qualification races in which they may be allocated to different heats. The competition's result is that of the final only)
- The length (or format) of the race:
 - Long distance
 - Middle distance
 - Sprint (could this be 'Short'?)
 - Other distances
- What is the nature of the terrain for the race:
 - Forest
 - Park
 - Urban or City
 - Other terrain
- The order in which controls are visited:
 - In a specific order (the sequence is prescribed)
 - In no specific order (the competitor is free to choose the order)

- The control set-up:
 - Traditional (the controls have codes and the competitor is disqualified for mispunching)
 - Micro-O (the controls have no codes, there are extra nearby dummy controls, and the competitor receives a penalty for mispunching – see the IOF Micro-O rules on the IOF web site)

Hopefully these definitions are a good starting point and as the review develops we can add to the above descriptions as necessary. However we should always remember that keeping it simple is good!

CURRENT COMPETITION AND EVENT SITUATION

No review would be complete without looking at the current structure and the table on page 22 'Current Competitions & Events' is an attempt to categorise the competitions and events which currently exist. The table sets out to list every type of competition and event that is currently taking place in the fixtures list. Each row in the table contains a generic 'type descriptor' (Come & Try It Event), an attempt to describe the 'purpose' and a statement that describes the target audience.

In your experience do the events that you participate in fit within this framework? If there are types of event or competition that do not, please let us know with a brief description of the purpose and target audience.

We would also like you to feedback on the spread of competition and events; should there be a better spread across the calendar year? Should there be a more geographic spread? Should there be more structure to the sequencing of events and competitions?

WHERE NEXT?

The timetable for the review contains the following milestones:

- Nov 2009** Consultation commences with explanatory notes and a survey to establish members' views on the current orienteering competitions
- Feb 2010** 1st phase consultation concludes
- April 2010** The findings are made public
- May 2010** 2nd phase consultation of the findings, with committees, groups, associations, clubs

and members being asked to put forward their views and ideas about any changes to the competitions held in orienteering and to the competition structure.

Sept 2010 Deadline for 2nd phase consultation; feedback analysed and options, recommendations and timescales for implementation drafted.

Dec 2010 Board to consider the report and agree or not any options, recommendations and timescales for implementation that should be presented for comment to associations, clubs and members.

Feb 2011 Board to make final decisions and implementation will be planned and marketed to the membership.

So the next stage is to circulate the data from the survey whilst we continue to analyse it. We should be getting feedback on the data and on the other information contained in this article from committees, groups, associations and clubs. It is obvious from the data that we must also identify means to input the ideas and views of less experienced participants – we value greatly what we have already collected but recognise that with 77% of survey returns being from participants with 10 years or more experience, there is a need to increase the input from the less experienced.

You should be seeing some of the ideas put forward for improving the competition structure over the summer but in the meantime you should be making any suggestion you may have regarding competitions in orienteering or the structure of these competitions. If you have views or ideas that you have not presented during the initial consultation please feed them back to feedback@britishorienteering.org.uk

CORE OUTCOMES OF THE COMPETITION SURVEY

The survey was completed by 678 individual people. You will find that many of the responses confirm ideas you may have had previously, however the value of the consultation is that there is now evidence to support those ideas.

1) How long have you been orienteering?
The majority of respondents (57%) have been orienteering for 20 years or more and 77% have been orienteering for 10 years or more. Therefore, while the survey has generated a mass of really good and useful data and comments, this type of survey does not address the newer participants or the potential members of the public who might become participants.

2) What motivates you to orienteer? Please rate the following on a scale of 1 (little) to 10 (greatly)

- Performance – 7.95 on average with 82% rating it 7-10
- Fitness - 7.25 on average with 72% rating it 7-10
- Diversion - 7.05 on average with 66% rating it 7-10
- Social – 6.12 on average with 49% rating it 7-10
- Family – 5.69 on average with 49% rating it 7-10 and 19% rating it 1

3) How often do you orienteer on average across the year?
76% of respondents orienteer 2 times a month or more

4) What factors limit you attending more orienteering events or activities?

- Travel (costs and time) - 26%
- Opportunity - 17%
- Cost - 15%

5) Would you orienteer more often if there was more opportunity and circumstance was ok?
78% would orienteer more at events and 62% would take part in activity sessions.

6) What level of event do you look to enter? How often do you attend in a year?

- Activities – 63% take part twice or more a month
- Local Events – 77% take part twice or more a month
- Regional Events – 76% take part once or more every two months
- National Events (if convenient) – 54% take part once or more every 3 months
- National Events (further afield) – 31% take part once or more every 3 months
- Major Events – 55% take part twice a year or more with 36% taking part only once a year

7) In the main how far are you normally prepared to travel to participate in orienteering activities and events?

- Activities – 75% would travel less than 40 minutes
- Local Events – 82% would travel less than 60 minutes
- Regional Events – 82% would travel less than 120 minutes
- National Events - 100% would travel regardless of the time to travel

8) What orienteering formats do you enjoy competing in? Please rate each 1 to 5 where 1 is low and 5 is high.

- Activities – 30% scored 4+
- Sprint/Park – 49% scored 4+
- City/Street – 39% scored 4+
- Middle – 70% scored 4+
- Long – 78% scored 4+
- Ultra-Long – 23% scored 4+ although 44% scored 1
- Relays – 42% scored 4+
- Team Events – 41% scored 4+
- Score Events – 39% scored 4+

9) How do you prefer to enter an event?

- 65% preferred to enter online
- 33% preferred entry on the day
- 2% preferred postal entry

10) When you enter an event, do you select a course:

- To compete against people of the same age – 33%
- Appropriate to skill/fitness level – 31%
- To compete against participants of similar ability – 14%
- To compete against own expectations – 12%
- To compete against friends – 7%

11) After participating/ competing and if the weather is good do you:

- Look at results posted on club/event website – 28%
- Look at the results when posted at the event – 25%
- Socialise with other participants or friends – 25%
- Go home – 11%
- Look at your position on the ranking list after each ranking event – 8%



12) Do you keep a record of your performances?

'Yes' – 52%, 'No' – 48%

13) Do you analyse your performance?

- By talking to other competitors on your course – 25%
- By using software to do the analysis i.e. Winsplits, splits browser etc – 23%
- By visually comparing results – 23%
- By using Routegadget – 23%
- By talking with a coach – 2%

14) Do you have a 'plan' to improve your orienteering either in your head or on paper?

'No' – 55%, a surprisingly high figure that suggests many orienteers are 'recreational' rather than competitors. 26% have a plan to improve and 13% talk with a coach, a figure surprisingly different to that suggested from question 13, although 6% do suggest they would talk to a coach if one was available.

15) Which of the below gives you greatest satisfaction and enjoyment, please rank the list with 1 being of most importance, use each ranking number only once:

- Producing a performance that is, for you, outstanding – average 1.9
- Winning your competition which had a large number of competitors – average 2.9
- Completing a challenging course (you're not bothered about the other competitors) – average 2.9

- Competing on a course with a large number of participants of a similar standard – average 3.2
- Winning your competition on a course with few participants – average 4.0

16) Are you motivated to orienteer by the following?

- The Ranking Scheme – 42%
- The National Badge Scheme – 17%
- Other Factors – 42%

Current Competitions & Events

TYPE DESCRIPTOR	PURPOSE	TARGET AUDIENCE
'Come & Try It' Event	An event used to market orienteering to newcomers	Newcomers and beginners, entry for teams and individuals
Junior Event	An event that provides good experience and informal competition for school aged children	School aged children from beginner to the more experienced, entry as individuals or as teams
Schools/Youth League	Provides an enjoyable opportunity for school aged children to orienteer in a league competition run at a series of events	School aged children from beginner to the more experienced, entry as individuals or as teams
Novelty	To motivate beginners and the more experienced by offering a variety of less common orienteering usually as informal competition	Club members and local community, entry by individuals or teams
Colour Coded Event	An event that provides training opportunity and standalone competition for orienteers	A range of participants from beginner to the more experienced, entry by individuals or as teams
Series of Events	A series of events that provide an enjoyable opportunity for people to orienteer; the series may be organised under a set of competition rules that includes a league	A range of participants local to the area from beginner to the more experienced
Club Championship	Provide a formal competition usually delivered at a single event for club members to compete against one another and enjoy a sociable environment	Club Members that are experienced, although course(s) for beginners may be run in parallel
Regional League	Provide orienteers with a series of formal competitions that are linked together by the regional association into a league	Club Members that are experienced, although course(s) for beginners may be run in parallel
Regional Event	An event that provides formal competition, both standalone and as part of the ranking scheme, for competent orienteers across a reasonably wide catchment area	Experienced orienteers from a wide catchment area; course(s) for beginners may be run in parallel
Holiday Events	An event that provides opportunity for orienteers UK wide to compete either formally or informally in parts of the UK they may not normally experience, perhaps as part of a holiday	Experienced orienteers from a wide catchment area particularly those interested in organising a holiday in the area; course(s) for beginners may be run in parallel
National Competition (FCC, YBT, BOCs, etc)	Provide formal competition which is both standalone and/or a part of the ranking scheme or wider competition, for orienteers UK wide	Experienced orienteers from a UK wide catchment area; course(s) for beginners may be run in parallel
World Ranking Event	An event that includes formal competition for international orienteers to gain IOF ranking points	Orienteers wishing to gain points for World Ranking scheme
Home International Events	An event that provides formal standalone competition for international orienteers on behalf of the Home Nations	International orienteers selected by their Home Nation
International Events	An event that provides formal standalone competition for international orienteers on behalf of the IOF	International orienteers selected by their country

Sudden Oak Death Causes Concern to Orienteering

Many will have been concerned by articles in both national and local press reporting worries about the future of our native oak woodlands due to a fungal type organism that has been found in the south and west of the UK. These worries would have been compounded by comments attributed to local Forestry Commission managers stating that restrictions on access would have to be introduced to any infected woodlands. So are these concerns justified and are we likely to be faced with yet more restrictions on the sport of orienteering?

Background

Sudden Oak Death was the common name given to an infection of trees and shrubs in north-west America in the early 1990s that resulted in significant deaths to two of their native species of oak. The organism attributed with causing these deaths was given the biological name of *Phytophthora Ramorum*.

First identified in the UK in 2002 on an ornamental oak tree, *P. Ramorum* was found to have also infected a range of garden shrubs and more recently has been found infecting both commercial and other ornamental tree species. It is giving particular concern in the South West of England where it is infecting and possibly killing Japanese Larch.

Control Measures

The Law requires that any new area of *P. Ramorum* infection must be notified to the Food and Environment Protection Agency. Land owners are then required to cut and burn any infected material. Fine for small shrubs and young trees, but what do you do with mature trees?

In addition to these measures, the Forestry Commission is asking woodland users to remain on firm paths and to clean off their shoes before leaving an infected site. This is where the control measures are likely to affect orienteers, as already one event in Cornwall has lost the use of 30% of a small woodland.

In my opinion these restrictions are hard to justify given that the spores of this particular organism are highly mobile, both able to move through the air as well as water. In addition, spores will attach themselves to the fur or feathers of the wild animals that inhabit the woodland.

That said, there are things we can do to show the responsible face of orienteering. Firstly, we can ensure that we have disinfectant footbaths or sprays strategically placed at the finish of events and that we encourage competitors to use them. Secondly, we should remind competitors of the importance of washing their running kit in hot water once they get home; something one would hope that they would be doing anyway!

Peter Brett
Environment Officer



EVENTS UPDATES

By Helen Errington and Dave Peel, Event Managers

Major Events

By the time you read this another season of major events will have passed thanks to the army of volunteers who make these events happen. Thank you to all who have played their part, great or small. However 2010 is not over with the Compass Sport Cup Final and British Schools Championships in the autumn, along with many other events to look forward to.

Mapping is nearly complete for the 2011 British Night Championships that are being staged by Octavian Droobers in Bentley Woods. The event looks likely to be part of the UK Cup which for Night O enthusiasts is great news as the profile of this Championship will be raised and we should see an increase in competitors.

Many people will have seen the publicity for the JK 2011. The event is developing with a change to one of the venues so now Tyrella South is being used for two of the competitions. It is an amazing area of complex dunes and challenging enough to support an individual competition and a relay. The organising team have also been celebrating success recently as they have secured a number of grants. This is fantastic news for the event and will be used to promote the JK internationally.

Preparations are ramping up for major events further ahead with a coordinator recently being appointed for the British Championships in 2012 that are being staged in the Lake District. The organising team is also forming for the JK 2012 which will be based in Perthshire. The hunt is on for areas with the possibility of at least one new area to orienteering.

Feedback

If you competed in this year's JK you should be aware of a competitor questionnaire that the Event Managers have created. In order to develop events it is important to get the views of competitors so if you haven't completed the questionnaire already then please do so. This process of review will be repeated for other events so please take the time to give us your opinions of the good and the bad so we can learn and develop.

The views and experiences of event officials are also of importance so the Event Managers are involved in the organisers review of this year's JK. Learning generated by this year's major events is also included into the program of the Major Event Officials Conference so good practice can be taken forward to future events.

Entry Closing Dates

Entry closing dates are always a contentious issue and late entries cause extra work for volunteers. What has become apparent is that there is no clear policy which leaves each event's entries secretary developing their own and having to field many enquiries, phones call and emails. At times these can be abusive which is unacceptable. A pragmatic approach is needed as we can all make mistakes and many people have genuine reasons for a late entry. What is essential is clarity and consistency and the Event Managers are developing a policy on this.

Event Managers

We have now been in place as Event Managers for six months and our initial focus has been with the major events. What has become clear with this involvement is that the role needs greater clarity and organisational structures need refining if these events are to meet their full potential and volunteers are to benefit from the continuity they can provide and the transfer of good practices from event to event.



TRAIL O CHAMPIONS

The JK 2010 Trail-O competition was held on sections of Cookworthy Forest on the Saturday and the sand dunes of Crow Point, Branton on the Sunday. There was a close fought competition over the weekend amongst the competitors, many with long international experience.

Brian Parker (planner of JK Day 2 Trail-O), having a naval background, has a sharper eye for shipwrecks than most. So it was that a wreck, 160m from the nearest land, was included on the Branton Burrows Trail-O map. The wreck featured in the solution to control 9, where the wreck (340m away), the correct control and the viewing point were all in line. Quite a lot of mistakes were made at this control as not everyone thought to look out to sea for inspiration!

The eventual winner of the JK competition, combining the results over the two days, was Anne Straube of Octavian Droobers, the 2008 World Trail-O Champion competing for her native Germany. Ian Ditchfield of Mole Valley was a close second, separated from Anne only on penalty times.

In the Paralympic class, Christian Gieseler of OLG Siegerland was the winner, ahead of Dave Gittus of WRE, another former World Champion.



Left: Branton Burrows
Credit: Knud Vogelius

Below: Cookworthy Forest
Credit: Knud Vogelius

BRITISH TRAIL O CHAMPIONS

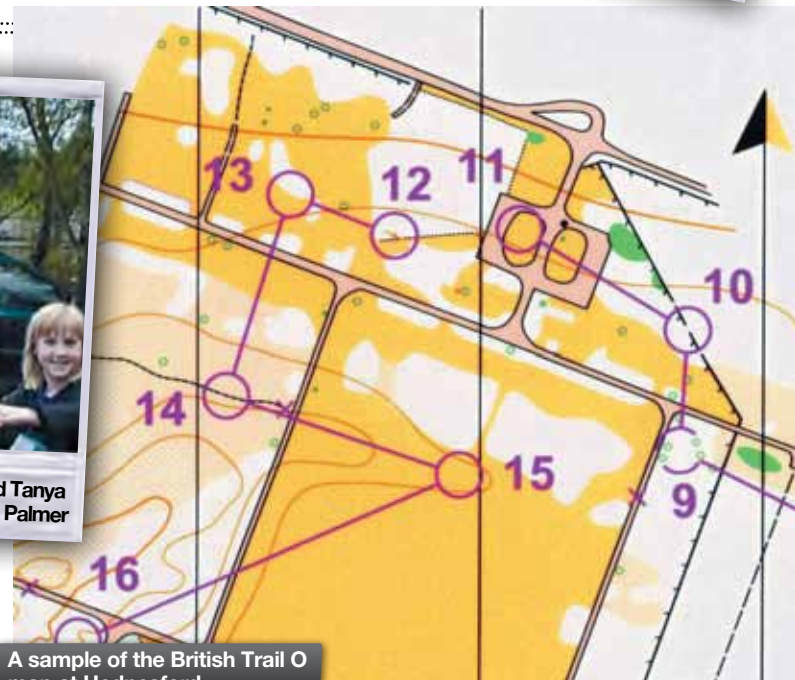
The British Trail Orienteering Championships were held at Hedgesford Camp on Cannock Chase, on a course set by former World Trail-O Champion Dave Gittus (WRE).

The Open class resulted in a dead-heat for first place between Ian Ditchfield (MV) and John Kewley (MDOC) both of whom got 22 correct controls out of a possible 25, and who had identical aggregate decision times of 39 seconds for the four timed controls. Ian and John are therefore joint British Champions in the Open class.

John had an interesting journey to the British Championships as



Junior winners Alex Crosby and Tanya Cooper with organiser Marlene Palmer



A sample of the British Trail O map at Hedgesford

following a scientific conference, John was stranded in Scandinavia by volcanic dust. However he made good use of the

situation by attending a two-day Pre-O event in Norway. He then made his way home using the ferry to Harwich and a journey involving 5 trains back to the North West. However he isn't claiming that the Norwegian training was instrumental in his win as it doesn't have a lot in common with Cannock Chase!

The Paralympic class was won by Dick Keighley (WIM), who was also 3rd overall with 22 points but took longer for the timed controls.

Ruth Rhodes won the standard course and joint junior winners were Alex Crosby (NATO) and Tanya Cooper (EBOR).



Ian Ditchfield and John Kewley with their trophies at BTOC Credit: Dick Keighley

TRAIL O RANKING SCHEME

Work on a Trail Orienteering ranking scheme as an aid to team selection has recently been completed. It will be used to make selections for the European Trail Orienteering Championships to be held in Bollnäs, Sweden from the 4th-6th August and the World Trail Orienteering Championships that follow on in Trondheim, Norway from the 8th-13th August.

Reports by Christine Roberts and Dick Keighley

BADGE AWARDS TO EASTER 2010

Congratulations to the following orienteers who have recently claimed their awards.

GOLD

W40 Dawn Figg (HH)
M12 Daniel Selby (SROC)
M16 Matt Nash (SROC)
John Ockenden (SROC)
M16/JM5M Aidan Chavasse (DEE)

SILVER

W14 Helen Ockenden (SROC)
M10 Jacob Roberts (SROC)

BRONZE

W40 Kathy Dale (MAROC)
M14 Luke Houghton (SROC)
M18 Ben Selby (SROC)

Awards are available from: Chris Boycott, 13 Dawlish Avenue, Stafford, ST17 0EU on receipt of all relevant details, the appropriate fee (cheque made payable to British Orienteering) and an appropriate SAE (A4 size with a large letter postage stamp for certificates).

Details Required:

- Name and age class of claimant
- The organizing club (it is not helpful to just name the event area or an event, such as November Classic or SOL 10) and dates of the 3 events, which must be within a 2-year timespan. Back claims are possible if I can retrieve the relevant records from the Internet.
- Position and time of claimant in each event.
- Club and British Orienteering membership number of claimant.
- The standard being claimed.

Woven cloth badge: £1.50 Certificate: £0.50 Age flash (e.g. M60 or JW2): £0.50

RANKINGS

Congratulations to Oliver Johnson (SYO) and Sarah Rollins (BAOC) who were ranked as the number one male and female orienteers in Great Britain. The top ten male and female orienteers (End April 2010) were:

Position	Men	Club	Points	Position (overall)	Women	Club	Points
1	Oliver Johnson	SYO	8340	1 (33)	Sarah Rollins	BAOC	7896
2	Matthew Speake	INT	8295	2 (48)	Pippa Archer	CLOK	7788
3	Scott Fraser	INT	8272	3 (68)	Grace Crane	BOK	7710
4	Duncan Archer	CLOK	8271	4 (85)	Helen Bridle	ESOC	7674
5	Graham Gristwood	SHUOC	8256	5 (87)	Charlotte Watson	WCOG	7667
6	Matthew Crane	BOK	8203	6 (96)	Rachael Elder	SYO	7633
7	Oleg Chepelin	INT	8175	7 (120)	Helen Palmer	NOC	7544
8	Nick Barrable	SYO	8112	8 (123)	Aine McCann	LVO	7538
9	Murray Strain	INT	8098	9 (138)	Hollie Orr	CLYDE	7505
10	Jonathan Crickmore	SO	8058	10 (142)	Karen Poole	CLOK	7492



Join us in Perthshire for some of the most exciting racing that Scotland has seen as some of the the World's best orienteers compete for a €5,000 prize fund.

Friday 10 September: Scone Palace, Perth
PWT Sprint Qualification and public races with open qualification for the final available.

Saturday 11 September: Perth Town Centre
PWT Sprint Final and public races, can you beat any of the world's best orienteers?

Sunday 12 September: Devilla, Fife
Long distance public races alongside the Junior Home Internationals using some of Scotland's best terrain.

Find out more and keep up to date at:
www.scottish-orienteering.org/pwt2010

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“STADIUMS ARE FOR SPECTATORS.”

Switzerland's Daniel Hugmann taking Gold at the World Military Orienteering Champs in Võru, Estonia (Sep 2009). Photo: Dirk de Vos

OROC™ 280
Worlds Lightest O Racer

The OROC™ 280 offers an unbeatable fusion of low weight, comfort and incredible grip.

The OROC™ outsole features Tungsten Carbide metal dobs (to provide maximum traction), dual compound rubber (the harder rubber holds the dobs in place, while the softer, stickier rubber enhances grip) and the PROTEC™ Shank, which provides hardened 'fingers' within the midsole to protect the foot from impact, whilst remaining free to move independently with the foot's metatarsals, so the shoe retains a flexible and natural running feel. This unique combination won the prestigious OutDoor Award for product innovation.

Capable of producing winning splits in all types of terrain, the OROC™ 280 will give you significantly enhanced comfort, durability and increased grip.

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