

Orienteering

AUTUMN 2012

Focus

THE OFFICIAL VOICE OF BRITISH ORIENTEERING

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Photo: Murray Strain Competing in the Sprint Race at the World Championships Credit: Soren Andersson

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Valuing Our Volunteers

BY LYN WEST

During the last 3 months, I have had the pleasure of being involved with three world level sporting events, each of them very different but rewarding in their own way.

The first was the World Trail Orienteering Championships based around Dundee. I was originally invited to attend as the Chairman of British Orienteering but on hearing that the organisers were short of helpers, I volunteered my services. So I came to spend several hours at a time officiating on timed controls in the cold and the rain (did I mention that this was in June!) at Camperdown Park and in Tentsmuir Forest. I came to realise that Trail O requires very specific skills both for the competitor and the helper. Manning the timed controls was exhausting. It requires great focus and concentration to ensure that each competitor is given the same level of service. I had a go at the model event and of course we tried to work out the correct answer for our timed control. It took several of us a few minutes to reach the correct answer. The top competitors did it in seconds! I was very impressed. The British team definitely appreciated competing on home soil and it was good to see Ian Ditchfield on the podium, although there were only a few spectators to give him a rousing cheer.

In July, I attend the World Orienteering Championships (WOC) based in Lausanne. Along with Martin Ward, I was representing British Orienteering at the IOF General Assembly. My husband, Colin, and I chose to drive out and run the Swiss 5 days which gave us the opportunity to watch some of the WOC races and support the British team. The

benefit of a home crowd was apparent. The loudest cheers were for the Swiss team with a good accompaniment of cowbells and flag waving. And the results show that the Swiss team responded. It was the same in France last year. I am looking forward to WOC2015 when the British athletes will have the same opportunity to run in front of a home crowd.

And the third event happened closer to home in Stratford (and a few other venues) when Team GB responded to the enthusiasm of the home crowd. A couple of years ago, I was prompted for



Lyn West was a Gamesmaker this Summer

reasons I now forget to fill out an application form for volunteering at the Olympic Games. I was duly interviewed, selected, trained and kitted out with the now familiar purple and red uniform so that at 7am when the gates opened at Excel on the morning after the opening ceremony, I was on station to carry out my role as a Gamesmaker. It was exhausting with early starts (3.30 am alarm) and 10 hour shifts but a fantastic experience just being part of the Games. Yes, I did get to watch

judo, table tennis, Greco-Roman wrestling (now there's a strange sport), taekwondo and fencing. The atmosphere when Brits were competing and winning was amazing but actually my most enjoyable day was working on ticket scanning on the main entrance sharing the excitement of thousands of spectators as they flocked in.

So what have I learnt from these events. **The importance of volunteers and how they are rewarded and valued.** None of the events could have happened without the volunteers giving up their time (in some cases using valuable annual leave) and often paying out considerable sums in travel and accommodation to be there. Small things make a huge difference to the way the volunteer feels. Food becomes an issue, so provision of a packed lunch at WOC and someone being thoughtful enough to ensure it reached the helpers stuck out in the forest was a definite plus. Some form of uniform even if only a Tshirt makes you feel part of a team. Small gifts – mug, badges, certificate saying thank you, are well received. Free entry to spectator races is easy to provide as a reward. A ticket for the dress rehearsal of the Olympic opening ceremony was a big bonus! Being remembered when you are stuck on your own in a boring but essential job, rotation around jobs to relieve boredom and the easiest one of all – saying thank you, all really do make a difference. Orienteering is a hugely volunteer dependent sport and we should be aiming to ensure that all those who give so freely of their time are valued and supported.

Past Chairs Volunteer

Pictured are 5 former Chairs and the current Chair of British Orienteering, all of whom were involved at the World Trail O Championships 2012 held in Dundee. Illustrating that orienteering is not only a sport for lifetime involvement as participants but also as volunteers!

Pictured left to right are David Peregrine, Chris James (who acted as MC at the ceremonies), Lyn West, Clive Allen (GB Team member), Neil Cameron and Anne Braggins (Event Coordinator). A 7th former Chair, Richard Speirs was also involved but was not present when the photo was taken.



AUTUMN 2012

Welcome to FOCUS

Orienteering has certainly added to the fantastic summer of sport with some incredible performances from across the ages and disciplines. From the top ten performances by Scott Fraser and Claire Ward at the World Orienteering Championships to Emily Benham's Silver medal in the Elite Class at the World MTBO Champs. There were also medals in both the Foot O and MTBO Master's Championships and a podium finish at the World Trail O Championships held in Scotland. Congratulations to all who achieved personal bests or medal winning performances, it has been great to follow your achievements.

You can read about all these events as well as the very successful Croeso 6 days that had its largest entry to date, including 800 international competitors who came to enjoy the stunning Welsh countryside.

As always if you would like to contribute to Focus magazine please email focus@britishorienteering.org.uk

Caroline Povey
 Marketing Manager

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Chief Executive's Update



International Performances

GBR orienteering probably had one of our most successful days at the World Orienteering Championships Sprint race with a 4th (Scott Fraser) and 11th (Murray Strain) place in the men's and 7th (Claire Ward) and 11th (Tessa Hill) place in the women's competition. Claire Ward continued her good form and was the most consistent athletes at WOC with a 7th, 22nd and 25th in the Sprint, Middle and Long distances respectively.

The Olympics raised many people's awareness of what performance at the top level is about and at what cost to the athletes involved. As we review the Performance Programme in light of the loss of funding from UK Sport it will be important we listen to the views of athletes, coaches and others involved in the programme. We must focus on 'performance' and what funds are available must be invested in athletes willing to make the hard decisions in order to perform successfully at the World Championships. It will need to be a no compromise approach if we are to be successful in the future.

The World Mountain Bike Orienteering Championships took place in Hungary and Emily Benham had a superb ride to take Britain's first Elite medal in a World Championship event. Emily enjoyed a fantastic career as a junior and it is great to see her continue her success with a Silver medal. The whole MTBO team won 3 Golds, 2 Silvers and 2 Bronze medals, with the Golds won by Charlie Somers-Cocks and Killian Lomas.

In the World Masters the GBR team won 11 medals including 6 Golds. Claire Ward (W35, ESOC) and Quentin Harding (M50, SROC) both won two with Jean Lochhead (W65, EPOC) and Peter Gorvett (M65, SYO) securing the other victories.

Congratulations also to the team that staged a successful World Trail Orienteering Championships in Scotland earlier in the summer. The team was led by Anne Braggins ably supported by the Organiser Anne Hickling and the remainder of the volunteers. 97 competitors from 23 countries travelled to Scotland for the Championships based in Dundee.



Claire Ward competing at the World Orienteering Championships

Credit Soren Andersson

UK SPORT FUNDING

Unfortunately UK Sport has confirmed that funding will not be offered to British Orienteering for the period 2013/17. This is in line with the message they have been giving us for the last 2 years. We continue to lobby as strongly as we can and hope the situation will be reviewed.

Sarah Hague our acting Performance Director meets with the Board in September to discuss the Performance Programme, what it will be and how it will be funded. It is important to recognise that we are likely to continue to receive funding from some sports councils for parts of the programme and therefore the programme will continue to be centrally led. The Board has already confirmed that we must implement a programme that is fit for purpose and leads to success at WOC 2015 and beyond.

No doubt we will be seeking input from athletes, coaches and other's involved in the programme as the planning for 2015 and beyond continues.

It is important that we continue to demonstrate that British Orienteering has a nationally led Performance

Programme and that we are a deserving non-Olympic sport. This will enable British Orienteering to continue to work with a variety of partners to maintain pressure on UK Sport and government to fund sports such as orienteering at the elite level.

SPORT ENGLAND SUBMISSION

As this article is being written we are starting to receive feedback on our Sport England funding submission. It appears that our submission has now been through the formal assessment process and is, in general, well thought of.

Sport England appears to be prepared to fund British Orienteering to develop the sport in terms of increasing participation and talent development. The submission was outlined in the Summer edition of Focus and further information can be found later in this edition.

MEMBERSHIP

Preparation for the roll out of the membership and levy scheme adopted at the 2012 AGM are well underway. The resolution passed stated that from 1 January 2013 British Orienteering will have a single tier of membership with two

categories: Senior (>21) and Junior (<21) charged at £5.00 and £2.00 respectively. You will be able to renew your membership from 1 November 2012 for the 2013 membership year.

To be a member of British Orienteering you will still need to be a member of an affiliated club and association and pay the appropriate club and association membership fees where they apply. Clubs can continue to offer a family and student membership category and the British Orienteering membership database and online payment system will support this.

We are trying to operate as cost effectively as possible and a significant part of this will be to reduce our mailing costs by using email to communicate with members, clubs and associations as far as is feasible. The cost and necessity of membership cards has been discussed and we have decided to no longer issue cards, and will instead provide a letter confirming your membership and the relevant details.

When communicating electronically by email, British Orienteering will send the correspondence to each

member that has a registered email address in the database. When no member of the household has a registered email address or it is an item that needs to be sent via post e.g. Focus magazine, then we will continue to send one copy of the correspondence to each household.

If you have any questions regarding the membership scheme please contact the National Office.

LEVY

The levy scheme will also be changing as from 1 January 2013 when there will be a levy of £1.00 at all events for all senior participants (over 21 on 1 January 2013). 3 juniors will continue to be the equivalent of 1 senior for levy purposes with the number rounded down to the nearest whole number of senior equivalent. The participation numbers for each event will continue to be entered into the web database with the calculation and total shown on the data entry page.

This change reflects the fact that prior to 2013 more than 50% of participant runs are at events which did not contribute to the costs of orienteering through the payment of a levy of any sort. The aim of this

scheme is to set in place a simpler and fairer levy structure.

Participation levels are increasing largely as a result of an increase in the number of small local events that have incurred little or no levy. Many participants have made little or no contribution towards the operational costs of British Orienteering. By introducing a flat rate levy, the cost of supporting the activities of British Orienteering is spread more equally across all participants in proportion to the number of times that they orienteer. Local events are vital to the development of orienteering, and we do not think this small levy will have a detrimental effect.

Clubs have the freedom to set entry fees and can choose whether to pass levy costs directly on to competitors or whether to use income from some events to subsidise others. Clubs are also free to choose whether or not to offer discounts on entry fees to members. To meet the target of £1 levy, cost savings are being made to the general running of British Orienteering.

BOARD NEWS

The Board confirmed the appointment of Bob Dredge (WCH) as a director through to the 2013 AGM. The position had become vacant when Mike Forrest resigned as a director with effect from the end of the 2012 AGM.

The Board advertised for a person with the competence and experience to become a director and act as Treasurer for British Orienteering.

The Board was pleased that there were several offers to help British Orienteering resolve this gap in Board capability; all the applicants demonstrated the knowledge and expertise required to fill the role.

After a short appointments process Bob Dredge was offered the position and has accepted. Bob has a wide range of competencies and experiences within his strong CV in addition to which he is a keen orienteer. Bob recently returned from the World Master Orienteering Championships in Germany where he finished, in his words, 'in a surprising' 18th position in the 'A' Sprint final.

On receiving news of his appointment Bob said "I am genuinely honoured and delighted to be given the chance to put something back into our great sport. I will do all I can to support the Board and staff at British Orienteering and apply whatever knowledge and skills I have to underpin our progress and development in what will, undoubtedly, be a tight financial period."

IOF PINS OF HONOUR

Congratulations to Erik Peckett and Clive Allen who were recently awarded with IOF Pins of honour. Erik was awarded the Bronze pin for his work in Map Commission whilst Clive was awarded with the Silver pin for his work in writing numerous articles and guidelines as well as assisting with the media and the IOF website.

GOVERNANCE

The Board is committed to good governance and believes that

members are keen for British Orienteering to be governed effectively and efficiently. The benefits of Independent Directors have been discussed by the Board over the last year since the Sport & Recreation Alliance published the Voluntary Code of Good Governance, available at www.sportandrecreation.org.uk/smart-sport/voluntary-code.

The Government has, through UK Sport and Sport England, established the criteria it believes must be met in order for a governing body of sport such as British Orienteering to be eligible to receive funding. British Orienteering has now been assessed against these criteria and has some changes to make in order to meet the criteria including:

- A third of the elected directors must be 'Independent Directors'; definition of 'independent directors' has been agreed as, a person who has not been involved in the national governance structure including the Board, or any national committee or group.
- The recruitment and appointment process for independent directors must be open and transparent and make it feasible for non-members of British Orienteering to be recruited and appointed.
- At least 25% of the Board must be male and at least 25% female.

The Board agreed that proposals for changes to the Articles of Association should be drafted and presented to members for consideration at the 2013 AGM.

NEW IOF PRESIDENT

Congratulations to Brian Porteous who has been elected as President of the IOF for the new 2 year Congress period. Brian has an extensive orienteering background and clear ideas on how he believes the IOF should prioritise its work. Brian's key message is, "Now is the time for orienteering to stop being sport's best-kept secret." A view that British Orienteering fully supports.

One of the ways in which Brian hopes this will be achieved is through getting much more widespread TV coverage of orienteering. He says, "The IOF multi-media action plan, covering technology, production, distribution and commercialisation for the IOF's highest-profile races, is at an exciting point of development."

Brian is very well placed to be the new President having years of experience within the IOF which began as a member of the Development & Promotion Committee back in the 1970's. He adds, "My main involvement with the IOF started when I was appointed Chairman of the Foot O

Brian Porteous (left) with former President Ake Jacobson



Commission in 2002. I was then elected as a Council member in 2004 and as Vice President in 2008, so I do now have a depth of experience of what the IOF is and crucially, how it works. I see that as being especially important at this time when we are ready to make a step change in our world visibility."

Brian lists six areas of potential achievement that are particular important to him:

- to have all Council and Commission members

actively involved in taking the sport forward

- to have a growing dialogue and sense of partnership with our federations
- to have continued development around the world by working closely with our federations, regions and sub-regional groups
- to have world-wide television coverage of our major events
- to make a significant difference in the finance available to the sport from external sources
- to maintain the values of our sport

Brian continues, "One can only hope to lead an international body effectively if one understands the interests, hopes and aspirations of the member federations, and I believe I can claim considerable knowledge of where the sport is around the world. Because my professional career has been in sport and I have worked extensively with many national and international federations advising them on strategic and structural development and organising major events, I also bring that wider perspective to orienteering."

British Orienteering wish Brian all the best in his new and exciting role.

**Interview courtesy of Clive Allen*

Club & Association Conference

Sheffield Hallam University
Saturday 20th October

Club proposed agenda item:

1. Communications between British Orienteering and Clubs & Associations

The Board agenda items:

2. Independent Directors
3. Committee Structure
4. Funding of British Orienteering Programmes
5. Role of Associations

We have now circulated papers for the Conference and ask that clubs and associations agree the representatives they will ask to attend and are able to brief these representatives on their views after the contents of the papers have been discussed.

The matter of the role of associations has been raised a number of times by members. The Board has no agenda in this matter but is interested in the views of both associations and clubs. The Board recognises that there is and will be quite differing roles between associations, some are national associations, whilst others are regional associations. The sharing of role, good practice etc at the Conference could help understanding across the governing body.

If you have any comments or questions please email feedback@britishorienteering.org.uk

UK CUP

BY ROBERT CAMPBELL

The most extensive and demanding UK Cup series to date is drawing to its dramatic conclusion this autumn. The 17 counting races (which commenced back in February at the British Nights Championships) have seen athletes travel across mainland UK (with 6 in Scotland, 2 in Wales and the remainder in England). In both men's and women's competitions, there are still more than 5 runners with a genuine chance of taking the coveted trophies, which, with the arrival of the UK Orienteering League in 2013, is set to be the last edition of the UK Cup in the format that was established in 1997. The final three events will see orienteers heading to Yorkshire for the AIRE Long-O, travel south to the beech forest of Epping before meeting in Lancashire for the Final in October hosted by PFO.

Dave Schorah is currently leading the series and has clearly made a strong improvement since his 23rd placing in 2011. The Sheffield University-based athlete has scored consistently well with eight top 10 finishes this season. Close on his heels (a mere 3 points after the 2 Croeso events) are Murray Strain who was 2nd overall in 2011 and Richard Robinson, 3rd in 2011. In the women's event, three-time UK Cup champion (2008-10) Sarah Rollins heads the field from Rachael Rothman, Tess Hill, Claire Ward and Helen Bridle.

In 2013 British Orienteering is launching a new competition called the UK Orienteering League, which has been developed from the findings of the Competition Review. Effectively it will be an amalgamation of 3 existing competitions: FCC, UK Cup and Masters Cup and be a league based competition for individuals and club teams. The primary objectives are to:

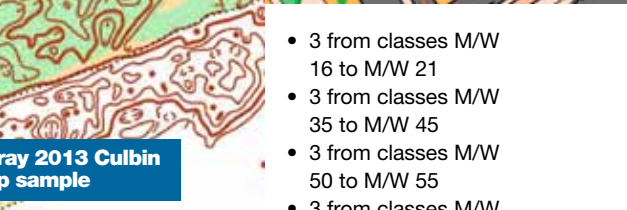
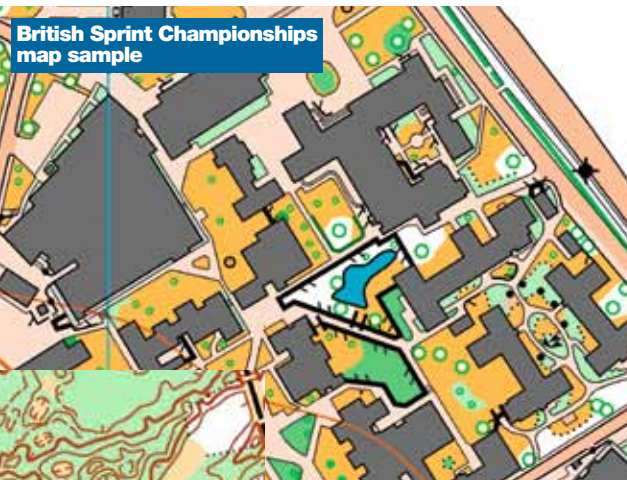
- Encourage greater participation at a national level and thus increase the quality of competition.
- Provide competition in a variety of terrain types, across the United Kingdom.
- Promote new and alternative event formats.
- Provide an excellent sporting experience.

Annually the UK Orienteering League will consist of 16-20 events from February to November. In 2013 the league consists of 19 events starting at the British Night Championships which is taking place on the complex former mine working of Tankersely, Sheffield. As the season progresses competitors will find a real mix of race formats and terrain types; from the streets of London to the complex dunes of Culbin.

The competition is based around the standard age based class structure (It will apply to Long and A classes only, but where there are Elite classes the competition will only apply to these and not the Long class in those age groups. M/W 10, 12, 14 will not be included).

Where events use a different class structure, e.g. urban events, classes will be disaggregated for the purpose of the UK Orienteering League scoring. Scoring is based on position as shown below, with a competitor's overall score being their best 10 scores from the 19 events:

1st	50 points
2nd	49
3rd	48
4th	47
5th	46
... 50th	1 point



- 3 from classes M/W 16 to M/W 21
- 3 from classes M/W 35 to M/W 45
- 3 from classes M/W 50 to M/W 55
- 3 from classes M/W 60+
- plus any 3 additional scores.

Club Competition

In addition to the individual competition there will be a club team competition based on the 15 best individual club members' total scores as follows:

Each team must include at least 5 men & 5 women. Clubs with enough scorers will count B teams.

EVENT SCHEDULE FOR 2013:

Date	Format	Venue	Host	Title
09 February	Night	Tankersley, Sheffield	SYO	British Night Championships
10 February	Middle	Tankersley, Sheffield	SYO	YHOA Superleague (Middle Distance)
16 March	Middle	Pitlochry, Perthshire	FVO	FVO Middle Distance Race
17 March	Long	Pitlochry, Perthshire	FVO	Scottish Orienteering League
29 March	Sprint	Reading	SCOA	Jan Kjellstrom Sprint Event
30 & 31 March	Long (2 days)	Chilterns	SCOA	Jan Kjellstrom Individual Combined
20 April	Sprint	Loughborough University	LEI	British Sprint Championships
21 April	Middle	Stanton Moor, Derbyshire	DVO	British Middle Championships
04 May	Long	Winterfold, Guilford	SEOA	British Long Championships
25 May	Long	Brown Clee Hill, Shropshire	WRE/HOC	Spring Time in Shropshire
26 May	Urban	Ludlow	WRE/HOC	Spring Time in Shropshire
22 June	Urban	Halifax	EPOC	YHOA Urban League
23 June	Long	Hebden Bridge	EPOC	Northern Championships
29 July	Long	Lossie, Morayshire	SOA	Moray 2013 Day 1
30 July	Long	Culbin, Forres	SOA	Moray 2013 Day 3
21 September	Urban	London	SLOW	5th City of London Race
22 September	Ultra-sprint	London	LOK	LOK Ultrasprint
02 November	Urban	South Hampshire	SOC	SOC Urban Race
03 November	Long	New Forest	SOC	November Classic

THE FULL COMPETITION RULES CAN BE FOUND ON THE BRITISH ORIENTEERING WEBSITE.

Whole Sport Plan

In the last edition of Focus we looked at the opportunities and challenges facing orienteering and at an overview of the various segments of the participation pathway as it is presented to Sport England for possible funding. In this edition we'll look in more detail at one of the larger programmes, Community O+, for which funding is being sought.

The objectives of Community O+ are:

1. Acquisition: To attract new participants from the target groups
2. Retention: To retain new participants in the programme
3. Retention: To encourage and provide a local pathway for participants to progress to club training and club organised events

Community O+ is built on the principles of Community O established during the 2009/13 funding cycle but we are seeking to increase the variety of delivery mechanisms by involving more partners. We have recognised the problems we have caused overworked clubs by asking club volunteers to deliver Community O during 2009/13 and we recognise that clubs need to focus on meeting the needs of their members by staging competitive orienteering events and club training activities.

The work to identify the potential participants for Community O+ was outlined in the last edition of Focus and that same research informed the decision that orienteering in parks is most suitable to meet the needs of these target markets.

Research indicated:

- A high percentage of potential participants favour the use of parks but are also keen to experience local countryside and forests/woodland.
- The option to run on terrain away from paths should be available.
- New participants, especially

young women, did not want to be seen participating in open/popular areas such as busy parks/streets but are keen to visit different places (local attractions/beauty spots).

- Travel time to the events is important and a travel time of less than 30 minutes is necessary.
- The favoured activity times were 30 to 45 minutes (40%) or 45 to 60 minutes (30%).
- First impressions are vital if newcomers are to return.

Additionally experience indicates:

- April to September is the preferred period for delivery, when there is likely to be warmer weather conducive to activities peripheral to orienteering.
- Spectators accompanying participants should be encouraged to enter into the social side of the activity; this often encourages them to return and try orienteering.
- Creating an environment where participants are encouraged to provide feedback is important in delivering a good 'customer experience' and ensuring customer needs are met.

How to Deliver Community O+

Much of the research has pointed to the fact that there is a need to be more targeted in the marketing strategy. When looking at Community O+ it is clear that there is a need to change certain aspects of the Marketing Mix to create a more targeted and appealing product to the different target markets.

After undertaking more research we have now developed two brands: **RUNCHALLENGE** and **XPLORER**.



	RUNCHALLENGE (Singles/couples 16-30)	XPLOER (Families with young children under 14)
Product	A 45 minute score event, where each participant (or group of participants) is given a map marked with control points. Participants use the map to navigate to as many control points as possible in the allocated time. The map will be designed to provide the appropriate level of challenge to meet the needs of the target participants. It is a mass start event. In most instances a course option suitable for wheelchairs will be available.	A 30-45 minute score event, where each participant (or family) is given a map marked with control points. Participants use the map to navigate to as many control points as possible in the allocated time. Participants choose when to start the course. The map will be designed to provide the appropriate level of challenge to meet the needs of the target participants. In most instances a course option suitable for wheelchairs will be available.
Price	A low cost activity £1 - £3	A low cost family activity £1- £3
Place	Town/Urban/Country Parks or similar environments on weekday evenings. Participants will meet at a fixed point for onward travel or at the venue to be used. The emphasis will be on more 'challenging' places. Travel time to the venue will be as short as possible.	Small town parks/County Parks at weekends. All courses and areas need to be safe and enclosed. Easily accessible parking and toilet facilities are important, as are additional facilities i.e. cafés, play equipment, farm parks etc. These should be included in the marketing of the event. Travel time to the venue will be as short as possible.
Promotion – The marketing and communication strategy needs to be tailored to the target market.	The branding will be created to appeal to active 16-30 year olds and to create an image that illustrates a sporting activity that is exciting, competitive and sociable. A bespoke website will be created for the RUNCHALLENGE but social media will form the backbone of the marketing and communication strategy. Engagement with participants and potential participants through social media will be key to the offers success.	The branding will be created to appeal to the family market and create an image that illustrates an activity that is fun for the family to take part in together. A bespoke website will be created for XPLOER that will serve as the main information platform as well as using social media. In addition to digital marketing there will also be a focus on more traditional marketing tools such as flyers and posters, advertorials in local newspapers, and partner work via schools and local authorities.
People – The organisers will be key to creating a good first impression and need to meet the target markets expectations both in terms of aesthetics, professionalism and customer service. The social aspects required will also be different.	Participants want the events to be organised by their peer group, who will understand their needs and make the events aspirational. They expect friendly professional organisers who make them feel part of the 'scene'. Organisers need to emphasise the fun and social elements and engage with participants afterwards through social media.	Families expect the organisers to be sympathetic to their children's needs and to have created an environment that is tailored to families. Organisers should be polite and helpful, and ensure instructions are understood. They need to take an interest in the enjoyment of the families, answering any questions and ensuring they feel welcome to come back again.
Process – The different target markets will have differing expectation of what they expect from the delivery of the event and it is important that their first impressions of the event meets/exceeds these expectations.	This age group expect events to be professional and well run. They want the events to be aspirational to their peer group. They may expect online entry/results and technology to be used when taking part in the event. Alternatively a fun, low key social process is also acceptable.	Families are generally happy for events to be more low key and 'basic' with less emphasis on technology. E.g. they are happy to enter on the day and use more traditional controls. They do however expect the delivery to be in a child friendly environment with the needs and safety of their children at the forefront of organisers minds. E.g. Clear instructions, simple to take part, ease of access.
Physical Evidence – It is clear that the setting of the event and the facilities available will need to be matched to the target markets expectations and aspirations.	Social facilities are most important to this target group. A place where they can meet up with friends, have fun and enjoy themselves is paramount. Additional entertainment and refreshments also need to be considered. Availability of public transport to the venue should also be considered by organisers.	Facilities such as a toilets, refreshments and good parking are very important to families as are other amenities at the venue such as a playground. Availability of public transport to the venue should also be considered by organisers.

Delivery

Delivery will change across the 4 years of the programme. There will be a mix of deliverers including local authorities, commercial organisations and clubs. Various organisations from within each of these categories of partners have demonstrated an interest to be involved. British Orienteering will also deliver direct through a structure of local Activators.

Initially most of the delivery will be through British Orienteering Activators and as confidence in the product and delivery systems grow, other delivery partners will be brought on board. As the 4 year programme develops there will be a switch of emphasis by using more partners to deliver and

less direct delivery by British Orienteering Activators. By the end of the 4 year funding programme the intention is to switch delivery into a self-sustaining model. Experience during 2009/13 has indicated that it takes 2 to 3 years of delivery before they are able to become fully self-sustaining. If this switch in emphasis takes place early, resources and funding will be moved to delivery in additional geographic areas.

The switch from direct delivery by British Orienteering to a self-sustaining model of delivery by partners is a 4 year target. Traditionally British Orienteering has limited experience of working with external partnerships; there has consequently been a reliance on 'internal' partners, primarily clubs

and volunteers. The last funding period has demonstrated to British Orienteering that:

- Partnerships can be beneficial and effective. For example working with a number of CSPs and commercial work with a number of suppliers (SI, Fabian4 provide IT solutions and services at events).
- There is a large potential market of participants interested in taking part in orienteering but insufficient capacity from clubs and volunteers to meet the needs of the market – there is consequently a need to use other partners to increase capacity.
- There are commercial organisations now working in orienteering or seeking to

work in orienteering that have the ability to help British Orienteering meet market demand.

- Schools have created a generation of people that know of or have experienced orienteering, but who find it difficult if not impossible to find a supply of orienteering opportunities.
- Members (current participants) of British Orienteering state strongly that they would like to orienteer more frequently.

Discussions indicate that some local authorities are keen to start delivery; several have already stated they would like to commence training of their sports development staff as soon as possible. Some clubs are also keen to participate, providing support is received to increase their workforce capacity.

Ensuring the quality of experience is vital to success and therefore British Orienteering staff will be involved in quality assurance including training and mentoring all deliverers of the Community O+ programme. There will also be close control of the product, promotion and the dressing of the offers to ensure participant/ customer needs are taken into account and met.

Structure & Schedule

During the last funding period the benefits of focusing delivery were apparent and it is clear that, with the resources available, it is not feasible to deliver nationwide in the first instance, we simply will not have the resources. We have gathered a great deal of knowledge about the areas in the country where there are good venues, partners willing to work closely and where the population has been shown to be reachable. This experience has been used to good effect to identify areas where there is a strong opportunity for success through delivering Community O+.

In order to meet resource constraints and to demonstrate the feasibility of this programme there will be a phased role out across the first two years with an option to pursue further funding if the programme is demonstrating it can produce the sea change in growing orienteering envisaged. The implementation schedule for the first two years of the programme is to deliver in selected areas of the North and East Midland/East of England. The rationale for commencing delivery in the North and East is based on the delivery of increasing participation through Community Orienteering during 2009/12.

We recognise that to deliver a significant impact on participation we have to concentrate our resources (staffing, financial and marketing). We appreciate that this may be contentious but please be assured

that these resources will be funded by Sport England.

Community O+ will be nationally managed by the National Development Manager with Participation Managers responsible for an area. Participation Managers will work to develop partners or recruits that can be commissioned to deliver the Community O+ programmes as 'Activators'.

Activators may be partner staff, partner new recruits or British Orienteering new recruits. Each activator will be responsible for delivering a package of activities based around Community O+ at venues all within relatively easy reach of each other.

We will be trying to create a workforce of similar age to the participants and will



engage with FE colleges and Universities to find motivated enthusiastic individuals to deliver. Activators will be trained by British Orienteering staff in the first instance although this may pass over to partners in time. Mentoring of new recruits will take place as part of a quality assurance process. Most activators will be contracted 2 days per week, delivering offers on Tuesday, Wednesday and Thursday evenings and one on Saturday or Sunday.

Activators will ideally be recruited who have similar attributes and age profiles to the new participants. In time it is intended to recruit from within the 'new participant' groups. Review and reflection will be built into the training and Activators will be required to deliver a set product and to gain insight based on participant feedback. Such feedback will be fed into a process of review so that learning can take place quickly across the network of Activators and modifications to the product or offers can be agreed.

A key role for Activators supported by Participation Managers will be to ensure all participants are signposted to other

activities and across into local club activities and events.

In addition to these initiatives, we hope clubs will continue to offer the current, more traditional means to increase participation. This includes 'come & try it' events and promoting and welcoming newcomers to club events, activities and club nights. These activities are offered to the full age range of participants from 5 to 90 and all social and ethnic groups.

Feedback

A system of participants providing feedback through social media will be instigated, stressing the need for staff to make a good first impression. Feedback will be 'public' creating both an effective means to gather feedback and also a system on which it can be demonstrated that feedback is being heard and responded to. Providing a good impression is made, such feedback will be an effective form of self-promoting for the offer. Providing participants with this degree of ownership in shaping the local offer should improve the relationship between Activator, Participation Manager, British Orienteering and the participant significantly. A more responsive programme should be the outcome.

Scale

During year 1 of implementation it is planned to deliver 17 'Activator' packages of the offers. Each package will consist of Xplorer, Run Challenge, Student Starter and access to 'How to O' for those interested. The Student Starter and How to O were described in the last edition of Focus. Year 2 will deliver a further 20 packages to different venues.

Based on the evidence collated during the last funding period the above programme will produce:

- RUNCHALLENGE** centre: 200 new participants per year; conservatively 50% retained based on experience of delivering Community O (which demonstrated that on average 55% are retained)
- XPLOER** centre: 50 new family units averaging conservatively 3 participants, 150 participants; conservatively 50% retained
- Student Starter linked to charity: 250 new students; conservatively 20% estimated to be retained by signposting to **RUNCHALLENGE** although this estimate will need to be reviewed as delivery progresses
- 'How to O' centre: delivered either through e-learning or at a college/school; 100 new participants; conservatively 50% retained through signposting to other offers.

Total per centre: 700 new participants of which 275 will be retained – these are conservative estimates based on available evidence.



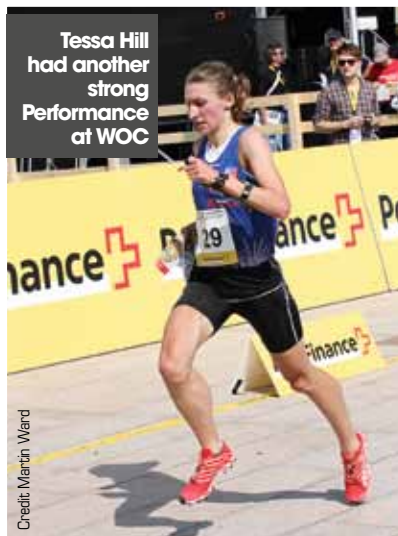
Credit Soren Andersson

Helen Palmer has focused on the Middle Distance



Credit Martin Ward

Doug Tullie



Tessa Hill had another strong Performance at WOC

Credit Martin Ward

Cat Taylor was making her WOC debut



Murray Strain finished just outside the top 10

Credit Martin Ward

Team Manager, Dave Rollins commented, "It was a great day for British Orienteering, two top tens and two 11th places must be one of team GBR's best ever days. The amazing thing is that it could have been so much better, it was so nearly 4 top tens and two medals - they were all so close!"

WOMEN

1	Simone Niggli-Luder	SUI	15:43.7	
2	Maja Alm	DEN	16:20.2	+0:36.5
3	Annika Billstam	SWE	16:28.0	+0:44.3
7	Claire Ward	GBR	16:49.4	+1:05.7
11	Tessa Hill	GBR	17:14.4	+1:30.7
38	Catherine Taylor	GBR	19:29.4	+3:45.7

MEN

1	Matthias Kyburz	SUI	15:32.0	
2	Matthias Merz	SUI	15:49.5	+0:17.5
3	Matthias Müller	SUI	15:59.0	+0:27.0
4	Scott Fraser	GBR	16:11.2	+0:39.2
11	Murray Strain	GBR	16:46.1	+1:14.1

LONG QUALIFICATION

In the women's qualifications Simone Niggli-Luder (SUI), Tatyana Riabkina (RUS) and Minna Kauppi (FIN) won their heats with Britain's Claire Ward qualifying the best of the Brits in 4th place. Both Sarah Rollins (12th in her heat) and Helen Bridle (14th in her heat) joined Claire in the Final.

In the men's qualifications Olav Lundanes (NOR), Matthias Merz (SUI) and Edgars Bertuks (LAT) won their heats. Of the British men, Scott finished 9th in his heat, but unfortunately both Matt Speake (20th) and Hector Haines (19th) failed to qualify for the Final.

Hector Haines said about WOC, "The competition has definitely increased dramatically over the last few years and more and more people are getting serious about orienteering. The group of runners in positions just below the top elite have moved up and got closer and there is a greater number of them. Unfortunately, domestic performance does not bely international performance, the two have never before been so polarised, in my opinion. It's tough, but no-one said it would be easy. I'm going to continue to stick to my plan, have faith, but also change a few things and keep training intelligently - hoping to get an edge from the thought behind my training, as well as through the sheer hard work that is required nowadays."

Team Manager, Dave Rollins said afterwards, "Unfortunately not everyone does get through to the Final and that is really tough especially after the hard work and time that goes into an athlete's preparation. However all the athletes will have learnt some valuable lessons and will be even more determined than ever to make WOC finals in the future."

World Orienteering Championships

REPORT BY SARAH HAGUE

The World Orienteering Championships (WOC) took place in Lausanne, Switzerland in the middle of July. The team comprised a mix of youth and experience. The women's team was Helen Bridle, Tessa Hill, Helen Palmer, Sarah Rollins, Rachel Rothman, Catherine Taylor and Claire Ward and the men's team was Scott Fraser, Graham Gristwood, Hector Haines, Mark Nixon, Mathew Speake, Murray Strain and Douglas Tullie.

Credit Soren Andersson

SPRINT RACE

Claire Ward, Tessa Hill and Catherine Taylor all qualified for the Final of this fast and technical course alongside Scott Fraser and Murray Strain. In the women's competition, Simone Niggli-Luder (SUI) dominated the race and won her 6th World Sprint gold medal and her 18th world title. It was also a good day for the British women with Claire Ward finishing 7th and Tessa Hill just missing out on a top ten in 11th place. Catherine Taylor finished in 38th on her WOC debut. Claire said after her race "I aimed to enjoy the orienteering today and I really did. It was an interesting Sprint course and I managed to keep a good

level of concentration up throughout. I dropped about 15 seconds when I missed a set of steps just before number 10, but apart from that I was pleased with my performance and delighted to finish 7th."

Tessa was also very pleased with her result and said "I lost time on two controls but the other athletes were very good out there today. For me it is a case of could have, should have, would have, but in general I know that my international performances continue to head in the upwards direction".

In the men's race, Switzerland completed an historical hat trick with

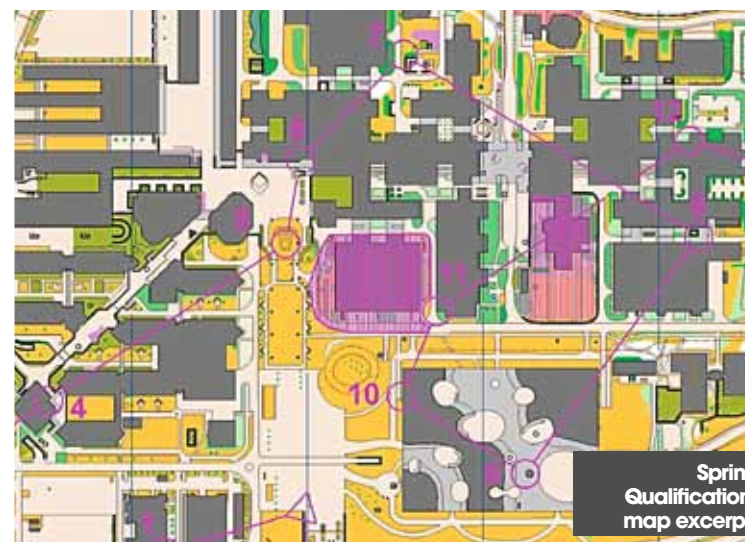
Matthias Kyburz taking gold by 17 seconds. Matthias Merz was second with another Matthias, this time Müller, finishing in third.

The British men backed up the women's strong performances with Scott Fraser finishing just 12 seconds outside the medals in 4th place. Scott said, "I went into this race feeling pretty confident that if I ran a good race I could win a medal. I started quite well but then lost some time going to number 3 due to coming across an unmapped small wall down one of the embankments and I wasn't sure if it was cross-able or not. I then took some 'twisty-turny' route choices losing some valuable time before



Credit Soren Andersson

Hector Haines



Sprint Qualification map excerpt

running straight past the spectator control. The second half of the course was pretty physical so I tried hard to keep the concentration in the midst of the TV cameras and spectators. However, the last 2 controls were a bit of a disaster after taking a different route choice from most of the others and running into a 'wall' of spectators who were waiting on me coming from the other direction! I then lost time on the last control by running to an unmapped sponsor tent close to the last control. Losing a medal by stuffing up 2 of the easiest controls on the course is disappointing but part and parcel of being able to do well at a World Champs is having the composure to focus for the whole race and block out distractions."

MIDDLE QUALIFICATION

After the Middle distance qualification races the British women achieved a feat that that hasn't been realised since 2006, a 100% qualification record across the Sprint, Middle and Long distance qualification races!

In the women's qualifications, Tatyana Riabkina (RUS), Tove Alexandersson (SWE) and Simone Niggli-Luder (SUI) won their heats. All three of the British women qualified comfortably with Rachael Rothman (10th), Claire Ward (7th) and Helen Palmer (6th).

A smiling and happy Helen said of her race "I am really happy and relieved to get through the race with no big mistakes and to be only 2:41 behind Simone is probably the closest I will ever get to her in a race."

In the men's qualifications, Thierry Gueorgiou (FRA), Gemot Kerschbaumer (AUT) and Karl Waaler Kaas (NOR) won their heats. Unfortunately for the British men it was only Graham Gristwood who qualified for the Final after finishing 11th in his heat. Unfortunately Mark Nixon (16th) narrowly missed out by 2 seconds with Doug Tullie finishing 22nd.



Credit: Søren Andersson

Rachael Rothman gave some solid performances

Mark Nixon was close to making the Long Final in his WOC debut



Credit: Søren Andersson

MIDDLE FINAL

In the women's race the Finnish athlete Minna Kaupi dominated the race from start to finish and claimed her 3rd World title in the Middle distance and 9th gold medal at a World Championship. The Swedish youngster Tove Alexandersson (2nd) won her first individual WOC medal and Tatyana Riabkina (RUS) finished in 3rd.

The British women; Rachael Rothman, Claire Ward and Helen Palmer came 21st, 22nd and 26th respectively. Rachael said, "It was quite tricky and quite varied in the terrain and I am a bit disappointed not to be in the Top 20 after the run I had."



Scott Fraser finished 4th in the Sprint race



Credit: Søren Andersson

Helen Palmer said, "For WOC 2012 I decided to focus on the Middle distance for the first time. The technical, rocky Jura terrain was more exciting and inspiring to me and I thought one season focusing more on the Middle distance would help strengthen my fine orienteering. I'm really satisfied with the whole process. Racing the Middle distance was an exciting and intense new challenge and as a bonus I also got a solid result (26th) which was close to my previous best in the Long distance (23rd, 2011). However, I ran better in the qualifier than the final and have struggled with various things throughout the season. So even though overall I feel

stronger than ever I also feel that I can still improve and I'm still motivated to aim for better results."

Claire Ward said, "I decided beforehand to run aggressively rather than conservatively around this tricky course. I made a bad mistake at number 8 and dropped further time at number 11, but it was number 13 that spoilt what would have been a decent run. I snapped my magnifier early on in the leg, and didn't take the extra time needed to read the detail properly near the control. I dropped a lot of time here and as a result missed my top 15 goal - very disappointing."

of months, but the back to back racing combined with a virus meant that I didn't feel good at all during the final race. I tried to give what I had, but I pushed too close to my limits and made one big mistake. I was not in the kind of physical shape I have been in for the last couple of years and not fit enough to achieve the kind of results I was looking for. As always I have learned from the experience and look forward to preparing for next year!"

LONG FINAL

Simone Niggli-Luder won her 19th World title after taking victory in the Long race ahead of Minna Kauppi (FIN)

Claire Ward said, "The forest was grotty, so route choices often involved long track legs. I managed these fine, but wasted a lot of time in the circle, thrashing around in nettles and brambles looking for ditch junctions. I really wanted to perform well here but sloppy navigation let me down. I feel confident that by working on these areas I can make a big leap forward next year in my performances."

Sarah said, "After a successful World Masters I was hopeful of a good result at WOC. At WMOC I managed to find that 'zone' where you are relaxed

made a large mistake on the long leg, a parallel error. I guess I've been around long enough now not to beat myself up over poor performances. I know I'm a good orienteer. It is just a shame to perform badly in the big races and having run in 10 WOC's now, it's a shame to have let myself be affected mentally."

In the men's race, Olav Lunanes (NOR) who led the race from start to finish won his second gold medal in the Long distance, the first being in Trondheim in 2010. He was almost 3 minutes ahead of the second place athlete Matthias Merz (SUI) with the Latvian Edgars Bertuks in third place.

Scott Fraser was the only British male to make the Final and finished a disappointing 20th by his standards. Scott said, "The final was a big disappointment for me; the course/terrain suited me and I wasn't able to take advantage of it. I felt flat from the start and did some stupid mistakes as I was trying to push the speed to compensate for feeling tired. I can say that towards the end of the course I was having to work for every step! On analysis I was simply not prepared enough for such a program of races with inadequate preparation in Switzerland before WOC."

RELAY

The women's Relay was hotly contested with home nation Switzerland victorious over Sweden and Norway. This victory secured Simone Niggli-Luder her 20th World title. The British women of Sarah Rollins, Claire Ward and Catherine Taylor finished in 10th place.

Sarah says, "I am pleased to say that I came back fighting for the WOC relay. It is always one of the most exciting parts of WOC and there is a thrill racing in that pack of first leg runners, fighting for your team (and also significant nerves!). I made one mistake. I had a split second decision to decide what route to take to a control. Either stay with the pack or take the safer option up to a small path and in. At the Europeans I did it my way and nailed it. At WOC I decided to stay with the pack and blew it. What to learn from this? Do it my way. From that point on I did

and Annika Billstam (SWE). The British women Claire Ward, Helen Bridle and Sarah Rollins finished 25th, 36th and 37th respectively.

Helen Bridle said, "It was a tough long distance. My tactic was to run around as much as possible to avoid the brambles. I think this worked well at the start of the course but as I got tired towards the end I made a few smaller mistakes. I was happy with my performance at the start of the race but a bit disappointed with the time loss at the end."

but focused and racing hard and I felt confident, happy and settled. I managed to find almost the same 'zone' for the Long qualifier but for some reason, I didn't manage to find this in the Long final. I felt unsettled and insecure and once the race started I ran defensively and wasn't orienteering the way that I like to orienteer. We had identified that the forests were overgrown and scrappy and we had thought that this meant you had to avoid going in them as much as possible. This is not how I like to orienteer and on the day, it seems, the straighter route choices were better anyway. On top of this I



Cat-Taylor, Sarah Rollins & Claire Ward



Matt Speake, Mark Nixon & Scott Fraser

and I dragged my little group of followers round the next part of the course and the last loop. But I led all the way and I am very satisfied with my performance and with my physical shape.

So what for me now? I started my WOC 'campaign' in 2001 in Finland in the Sprint with my next WOC in Switzerland 2003. I wonder whether I should now finish with Switzerland 2012 and then Finland 2013? This hangs on two things really. Firstly, I took a big knock, not being selected for the WOC Sprint this year and secondly I am having an operation on my achilles in September. If the latter goes well then I will hopefully be able to run pain free for the first time in years. I hope this will then allow me to address the former problem."

Claire Ward said, "I am really glad I ran all the disciplines. I just didn't seem to get tired. The toughest days were the rest days, when with no adrenaline to carry me through I felt totally exhausted. The day after the Long was a real low, as I was very disappointed with my performance, but it is amazing how the adrenaline of the Relay restores energy levels. Overall there were ups and downs to my performances at WOC 2012, but I still think I have made a big improvement from last year. I have a lot of things that I need to work on over the winter and I am looking forward to putting them into practice next year."

In an exciting finish to the men's race Jan Procházka secured the Czech Republic it's first gold medal in the World Championships Relay. Norway finished in second place, 5 seconds ahead of Sweden.

The British men of Matt Speake, Mark Nixon and Scott Fraser finished in 16th place. Scott said, "I was feeling drained from the WOC week but I was ready to give it everything for the GB team. Unfortunately it wasn't our day but it was a pleasure running with Mark and Matt. We wore the GB top with pride and gave it everything. We'll be back next year!"

WORLD UNIVERSITY ORIENTEERING CHAMPIONSHIPS

REPORT BY DAVID ROSEN

Great Britain had a full complement of 6 women and 6 men at the 18th World University Orienteering Championships in Alicante, Spain. The terrain was very dry and rocky with many steep rough slopes, deep ravines and thorny vegetation. The team were Anwen Darlington, Anne Edwards, Rebecca Harding, Hollie Orr, Mairead Roche, Catherine Taylor, Hector Haines, Peter Hodgkinson, Kristian Jones, Mark Nixon, David Schorah and Douglas Tullie.

There were no medals for Great Britain this year with the medals table dominated by the Swiss, Czechs and Swedes. Hollie Orr was the outstanding British competitor with two top ten placings, but Dave Schorah, Anwen Darlington and Anne Edwards all had a particularly good week.

LONG RACE

The Long distance race took place on the lower slopes of the mountains. Many of the legs had a number of quite radical alternative options with a much longer path route or a straighter way with a tough climb and rough descent.

Anwen Darlington took some good route choices and ran very well to finish 20th, just over 10 minutes down on the winner. There was a particularly tricky ravine crossing, where the only route across was difficult to spot, and many runner including Anne Edwards (31st) and Mairead Roche (44th) lost several minutes there. Rebecca Harding (32nd) was disappointed to make a couple of poor route choices which cost her a lot of time.

steps, narrow alleys and high walls. The map was very detailed and quite difficult to interpret making it one of the most technically difficult sprint races the athletes had encountered. It was also rather long with the winners taking much more than the advertised expected winning time.

Hollie Orr was the best Brit and finished in a brilliant 7th position. She really enjoyed the challenging course and stayed in control throughout the race. Anwen Darlington had another good run only 46 seconds behind Hollie in 11th place with Mairead Roche in 44th.

The men packed well finishing within 61 seconds of each other. Fastest was again Dave Schorah in 19th place, but they all



THE GREAT BRITAIN WORLD UNIVERSITIES TEAM

made mistakes or too many hesitations and felt that they had the potential to do better. Kristian Jones was 19th, Hector Haines 30th and Peter Hodgkinson 37th. Switzerland took a full suite of medals in the men's race and silver in the women's with the Czechs winning the other medals.

MIDDLE RACE

The Middle distance race was held in a relatively flat area, dissected by some steep rocky gullies. The underfoot conditions were very stony and many people suffered from blisters. Apart from that, the runnability was relatively good but the many bushes reduced visibility so it was easy to pass close to a control without seeing it. Small mistakes were almost inevitable.

Hollie Orr again ran an excellent race making only small errors and ended up in 8th place. Anne Edwards also had a good run to finish 15th with Rebecca Harding in 24th.

Mark Nixon made one 2 minute error which kept him out of the top ten but finished a very respectable 18th. Doug Tullie felt he ran a bit too hard and made mistakes in the circle finishing 23rd, whilst Peter Hodgkinson finished 47th and Kristian Jones finished 71st.

Lilian Forsgren of Sweden and Martin Hubmann of Switzerland won the gold medals.

RELAY RACE

The Relay used the same arena as the Middle distance and the terrain was therefore very similar. The ground was again very stony and bushy.

Hollie Orr led off for the women's first team and was up with the leaders until just before the spectator control when she found the wrong one of the group. At that point, Hollie was passed by Anne Edwards running for the 2nd team and Anne came in 9th, three minutes ahead of Hollie. On leg two, Rebecca Harding caught up with Mairead Roche and they finished

only seconds apart. Cat Taylor's injured achilles meant that Anwen Darlington took over from Rebecca and there was no-one to run third leg for the second team. Anwen had a good run and just held off Poland and Germany in a sprint finish to bring the team home as 9th nation.

Mark Nixon came in 17th on the first leg for the first team, a few minutes off the pace with Kris Jones just a minute behind for the second team. Dave Schorah, took over from Kris and, with his third good run of the week, brought the second team in three minutes ahead of Doug Tullie who was still not enjoying the terrain. On 3rd leg, a strong run from Hector Haines took him past Peter Hodgkinson to restore the first team to their rightful position bringing Great Britain in as 12th nation. Peter finished just half a minute behind.

The women's relay was won by Sweden and the men's by Switzerland.

WOC 2015

Preparations for WOC2015 have been continuing over the summer with a delegation attending the World Championships in Switzerland. This proved to be an inspiring visit and was an extremely useful experience for those who attended. WOC has moved on considerably in recent years and there is no better way of understanding this than attending in person.

Of equal inspiration to the Organising Committee was the London 2012 Olympics, and whilst the events are on a different scale there are many lessons that can be learnt from the success of

that volunteering is extremely rewarding but the key to this is good training and support.

One of the key tasks for the Organising Committee in the coming months will

and motivation will help to make WOC2015. So whilst the summer of sport is fresh in the mind please consider volunteering for one of these roles which will be publicised in the autumn at



London 2012. A perfect example is the Games Makers who were the army of energetic and motivated volunteers who gave up their time to play what turned out to be a starring role in the success of the games. Having heard from many Games Makers it was clear

be appointing a range of team leaders who will take responsibility for the delivery of key pieces of WOC 2015. From start team leaders to arena managers, transport management to merchandising there are a range of roles that require volunteers who through their energy

www.woc2015.org, or email: info@woc2015.org to express your interest now.

Euromeeting 2013
Another development related to WOC 2015 is the recent announcement that Euromeeting 2013 will



WORLD ORIENTEERING CHAMPIONSHIPS SCOTLAND 2015



be staged at the Moray 2013 Scottish 6 Days event. Euromeeting is an annual international competition aimed at developing elite athletes who are aspiring for future WOC's, so this will further put the spot light onto Scottish Orienteering. With its proximity to some of the WOC 2015 areas it will be an excellent opportunity for familiarisation with relevant terrain and planning.

Euro Meeting Programme:
31st July - Sprint race

1st August
Middle race - (day 4 of Moray 2013 and WRE)

3rd August
Long race - (day 6 of Moray 2013)

WOC IN THE FUTURE

A significant part of this years' IOF General Assembly, which took place in Lausanne Switzerland, was taken up by the discussion of the future model for the World Orienteering Championships (WOC). Four proposals had been put forward, all proposing significant change in the nature of WOC. Three of them were variations on the same theme (Italy, Switzerland and the IOF Council's own proposal), the fourth proposal came from the Nordic countries (Finland, Sweden, Norway and Denmark) which was for alternating 'forest' and 'urban' WOC's. After a long and lively debate and a number of votes the IOF Council's proposal was selected.

This is how the World Orienteering Championships programme will look like in the future:

Sprint	Interval start, qualification & final
Sprint Relay	Mixed teams
Middle Distance	Interval start, participation according to nation's strength
Long Distance	Interval start, participation according to nation's strength
Relay	As now

The exact rules for qualification were not decided at the General Assembly and will now be worked on by the Foot-O Commission. The main principle being that there is at least one place for every nation. The new programme will take effect from 2017, but the organisers of the World Orienteering Championships in earlier years have the opportunity to amend their contract with the IOF to incorporate all or parts of this programme. Already it appears likely that WOC2014 in Italy will adopt the new model so it would seem likely that 2015 & 2016 will follow suit.

HAGLÖFS

ADVENTURE RACE SERIES

5



PLANNING YOUR PHYSICAL TRAINING LOAD

HOW MUCH IS TOO MUCH, TOO LITTLE OR JUST RIGHT?
BY JACKIE NEWTON, NATIONAL TALENT DEVELOPMENT COACH

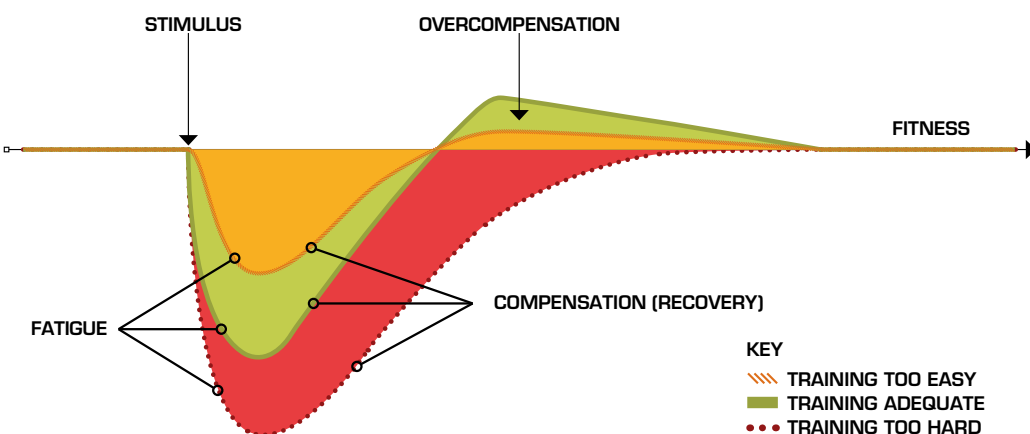
NOW THAT AUTUMN IS HERE ATHLETES FROM EVERY SPORT AROUND THE WORLD WILL BE REFLECTING ON THEIR 2012 SEASON, SETTING TARGETS FOR 2013 AND PLANNING HOW THEY WILL GET THERE. YES, THIS IS THE TIME TO CONSIDER HOW MUCH TRAINING AND RECOVERY NEEDS TO GO INTO YOUR PROGRAMME BUT GETTING THE BALANCE RIGHT CAN BE TRICKY AND IF YOU GET IT WRONG IT CAN INTERFERE WITH YOUR FITNESS LEVELS AND, EVEN WORSE, LEAD TO INJURY OR ILLNESS.

Your training load and subsequent recovery will depend on your fitness levels and your experience of training. You need to listen to your body and make notes on how you feel and respond to different training sessions. You should keep a diary of training noting your training load, sleep, nutrition, hydration and anything else that affects your levels of fatigue. You should find a way that works for you to keep a check on the volume and intensity of your training. Attack Point is a good resource and your coach could read your training on there to keep up to date with what you are doing.

You should decide on a format to record your training load. It may be that you monitor the distance you ran and the time it took to run it and so you can see how quickly you were moving, you may use a heart rate monitor and know your training zones or you may use RPE or Rate of Perceived Exertion.

There are a few different ways of using RPE. Perhaps the most simple is to rate your training session from 1 - 10. 1 is where it is very, very easy and 10 is where you are running as hard as you can. You could then multiply this number by the number of minutes that it took you to do the training session. For example, an easy run that you rank as a 2 that took you 20 minutes would give you a score of 40 and at the other end of the scale a hard interval session ranked at 7 that took 30 minutes would score 210. Multiplying the intensity with the volume gives you the overall training load.

Generally speaking your training load should vary from day to day. If you are new to orienteering you may look to do: easy, hard, easy, easy, hard, easy, easy through the week. If you consider yourself to be an intermediate you may go: easy, hard, easy, hard, easy, hard, easy. Orienteers in elite development who have a lot of training behind them sometimes put in weeks that look more like: hard, hard, easy, hard, easy, hard, easy and there may be some 'double days' (training twice per day).



As well as noting down lots of numbers in your diary such as training load, hours of sleep, mileage etc you should also include some free writing about how you felt. Every so often you should read back through your log and ask yourself how effective your training and recoveries have been. Highlight the positive comments such as felt good, felt brilliant, really enjoyed this session. Then take note of any negatives such as my legs felt heavy, felt lethargic, didn't enjoy this one. You may well discover why you had your good times and your bad by looking at

how training load and recovery affected you.

Understanding how training works will help you to work out how much recovery you need. Training is the stimulus for your body. When you have done your training session you will feel fatigued as the body is broken down. When you allow recovery your body begins to repair itself but rather than just mending itself to the level that it was previously at, it thinks to itself, "that was hard and it has damaged me, I

will build myself back and make myself stronger so that I will be ready for it next time!" This is called overcompensation. It makes you fitter and so next time you put in a training session, or stimulus, you are starting from a higher point and so your fitness increases over time if you get this right!

On the other hand, if you don't give yourself enough recovery the overcompensation doesn't occur. You may only build yourself back to the level that you were at or you could even start from a lower level and break yourself down further. The danger here is that

you could start on a downward spiral and wind up injured or ill. You could also compromise your fitness if you give yourself too much recovery. If you do a training session and then do nothing for several days you will not improve and may even lose fitness.

Once you have worked out your optimal training levels and the recovery needed to sustain and grow you can put together a more effective individual training programme for yourself. It is

important to remember that everyone is different and you may need to work at a different rate than others that you are competing against. Beware of reading Attack Point and trying to copy somebody else. It all depends on fitness levels and experience of training.

Always discuss your plans and thoughts with your coach. A coach's knowledge and experience in orienteering training together with your knowledge and feelings about yourself can equal the winning combination in developing your full potential.

Orienteering in the School Games

The School Games are made up of four levels of activity: competition in schools, between schools, at county/area level and a national finals event. Commissioned by Sport England, the Youth Sport Trust aim to provide developmental support to schools, National Governing Bodies of Sport and other local partners to help them develop, embed and run the School Games successfully. The Games are designed to build on the magic of 2012 to enable every school and child to participate in competitive sport.

traditional Orienteering Score Competition - the formats are simplified, progressive and varied so can provide a fun and exciting introduction to the sport as well as suggestions for new and exciting ways of running the same competition. Teachers and Young Leaders can be supported by training and printable resources to allow them to deliver the School Games activities without any specialised equipment.

- Primary School formats include Counting Cones, Matching Symbols Relay,

respect and team work. British Orienteering Clubs and club night activity are the ideal progression for newcomers or beginners to get involved further in our sport and the introduction into orienteering offered by the School Games Programme will provide an invaluable link into local club and community opportunities.

There is limited support from British Orienteering with regards to the running of local/county finals and clubs may find themselves

For each level of the School Games – challenges and competitions are recommended and Orienteering formats for Primary and Secondary ages have been created that provide a pathway for young people to progress and develop.

Natalie Shaw who coordinates the School Games for British Orienteering says, "The aim of orienteering is to navigate in sequence between controls and therefore has a lot to offer in terms of raising achievement and numeracy in the School environment as it is great for meeting the developmental needs, both physical and mental, of pupils. Orienteering is also a cross curricular activity that can support subjects such as Maths, PE and Geography. The School Games is therefore not only an opportunity to boost participation of our sport in schools - it can also provide a catalyst for a wider impact across the curriculum."

ORIENTEERING SCHOOL GAMES FORMATS

The School Games formats for Orienteering are made up of challenges and competitions that allow progression for pupils at a social and motivating level. From Pitch Orienteering that takes place on a standard football pitch to the



- Netball Numbers and Team Score
- Secondary School formats include Pitch Orienteering, 2 Person Star Relay and Score Competition

To download these formats or for more information see www.britishorienteering.org.uk/page/school_games

THE LINK INTO LOCAL CLUB AND COMMUNITY OPPORTUNITIES

The challenges and competitions provided in the formats develop the fundamental skills of orienteering such as map reading, navigation and decision making and are a fantastic mechanism for developing self-belief,

contacted directly to see if they are in a position to provide any planning or delivery support. Local organising committees are in place nationwide with specific posts that now work in and between schools to help them run the School Games; School Games Organisers and Teacher Release posts. The British Orienteering Development team will ensure we promote our Clubs and Community Orienteering programmes into any communications we may facilitate.

SIGNPOSTED COMPETITION

Our recommended formats for bringing schools together to compete are Team

Development

SCHOOL GAMES PILOTING

CASE STUDY

School Games Format piloting took place in July at Priestnall School, Stockport and sessions were introduced to a group of Year 7's and Year 8's across separate sessions. The pilot took place in a one hour PE lesson and faced with 60 students, the lead Coach Hamish Willis adjusted the formats to suit. He said, "We halved the group and half did the symbols relay with a couple of teachers whilst I ran the cones exercise with some Young Leaders. Having 30 students on the cones exercise working in pairs was no problem and one and a half hours after school would be ideal for doing one or two of the introductory formats before a Score competition. Relays are a format most children are familiar with so the Map Symbols relay always goes down really well. The simple formats require fewer maps and colour printing than I have previously needed. On the feedback forms a number of pupils highlighted it was hard work, but they still enjoyed it and I noticed that even non athletic pupils were running as hard as they could!"

Pupils commented, "It was the best PE lesson this term", "It was fun and interesting", "It was good to be outdoors", "I really enjoyed it"

Ms Standish, SScO of Priestnall School said, "I was surprised by the variety and flexibility that the orienteering activities and competitions offer. With activities you can do on standard school fields to the traditional Orienteering Score Competition there is something for everyone regardless of size of School or facilities."

Stockport School Games Organiser, Elle Baker said, "When competing individually at Secondary age like the competition we ran, athletes count as scorers within a school team (as in Cross Country) which is more straightforward than I imagined. It is a fantastic alternative to some of the more traditional sporting competitions, and we are looking to run orienteering at district and County level in 2013"

Score for Years 5/6/7 and Individual Score for Years 8/9/10 (although a multi-sport approach featuring the other formats as a warm up/introduction is recommended).

We have also ensured we signpost the British Schools Score Championships where boys and girls compete individually in a 45 minute score event and the British Schools Orienteering Championships where school teams compete (individuals can enter) but the emphasis is towards the School team with 3 to score.



More details on these competitions can be found on the **British Schools Orienteering Association website www.bsoa.org**



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FOR JUNIOR OR



Pictured: Lucy Butt competing at the Junior World Orienteering Championships. Credit: Tomas Drencak

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More People, More Places, More Podiums (MP3)

www.britishorienteering.org/page/ozone

JUNIOR WORLD ORIENTEERING CHAMPIONSHIPS

REPORT BY JACKIE NEWTON. PHOTOS BY JACKIE NEWTON & TOMAS DRENCÁK

THE JUNIOR WORLD ORIENTEERING CHAMPIONSHIPS (JWOC) TOOK PLACE IN JULY IN KOSICE, SLOVAKIA. THE FIRST EVENT WAS THE SPRINT RACE THAT TOOK PLACE AROUND THE CENTRE OF THE CITY. THE BRITISH ATHLETES FOUND THE COURSE TO BE TECHNICALLY SIMPLE BUT VERY FAST, WITH THE MAIN CHALLENGE THE HEAT, WHICH HIT A HIGH OF 34 DEGREES! JAMIE STEVENSON WAS THE HIGHEST FINISHER IN 25TH PLACE WITH CHARLOTTE WATSON THE BEST OF THE GIRLS IN 39TH PLACE.

The next day saw the team tackle the Long course 70km south west of Kosice in variable weather conditions. The early starters were, once again, challenged by the heat that peaked at 31 degrees and the later starters by torrential rain and thunder storms that affected visibility and conditions under foot in the forest. The highest position of the day was achieved by Lucy Butt who was mixing with athletes that she had previously thought were in a different class. She showed herself and her rivals that she also belongs in that class. Lucy finished over the line in 6th and then later dropped down to 7th, only missing the podium by 6 seconds.

Lucy said, "My goal was to finish in the top 30, my dream was top 20 but I made top 10! I did make a few mistakes but I'm not complaining! When I finished I had no idea what position I was in. I sort of heard it over the PA

the youngest member of the team, Aidan Smith who finished 4th in the B final.

In the A final Duncan Birtwistle got off to a flying start, achieving the 9th fastest time of the day to the first control. By the end of the day his overall position was a very credible 38th. Rona Lindsay was the next to finish and reported an enjoyable and clean run. Rona had a great JWOC. She achieved top 60 in the Sprint and the Long (57th and 53rd respectively) and a superb 29th place in the Middle. Jonny Crickmore showed good improvement on last year's JWOC results and he finished 39th in the Middle. He has another year's eligibility in this competition and is looking forward to improving further still in 2013.

Charlotte Watson also ran a superb race to finish 9th. Charlotte summed up her week by saying "I hadn't been pleased with my week as I felt like I had panicked each day so last night I went through the things that I was scared of and sorted out what I could and couldn't control. My mistakes earlier in the week had been made because I was trying too hard to make it happen. I decided that today, if it was technical, I would run slower and not be tempted to run too fast. I focused on orienteering. It wasn't an amazing run but I didn't make



Aidan Smith performed strongly at his first JWOC



(L-R) – Zoe Harding, Jamie Stevenson, Charlotte Watson, Tom Fellbaum, Lucy Butt, Duncan Birtwistle, Rona Lindsay, Aidan Smith, Katrin Harding, Jonny Crickmore, Florence Haines, Peter Bray.

system but couldn't hear whether it was 6th, 16th or 60th! Florence told me it was 6th and it was like 'deja vu' from a couple of years ago at EYOC when she met me across the line to say I had finished 3rd!"

In the men's race Jamie Stevenson was, once again, the first finisher for Great Britain finishing one place higher than he did in the Sprint (24th). Jonny Crickmore took 25th spot but was disappointed not to have a completely clear run.

The Middle race took place at Herlany, 30km North East of Kosice, where the atmosphere was electric at the finish area in the centre of this small, picturesque town. There were mixed fortunes for the British athletes with six qualifying for the A final and two missing out by the skin of their teeth.

The finals took place at Izra, 36km South East of Kosice. The B finalists were first off and the aim for all of the athletes was to run a 'clean' race with technical accuracy and finish with fresh legs for the following day's relays. All six came across the line with a smile of satisfaction for achieving that aim. A special mention should go to

All eyes then turned to the coaching zone, where the athletes passed approximately 4 minutes before the finish. Jamie Stevenson came through neck and neck with the Swedish athlete, Martin Regborn and the two of them were running hard. A few minutes later Jamie could be seen sprinting for the line with plenty of daylight between himself and the Swede.

Jamie took approximately 10 seconds out of him after the last control. Jamie had a great JWOC and finished 19th in the Middle. His aim was top 12, top 35, top 40 for Sprint, Long and Middle respectively. He fell short on the Sprint but smashed his aims in the Long and the Middle. He said that he felt "a bit rusty" going into the Middle race but changed gear when Regborn went past him. "After he caught me and I started orienteering better, I was navigating in the circle and spiking the controls. He made a mistake at the last control and that's where I took advantage and ran away from him." When asked about his overall performances he said, "I am most happy with my Long performance. It was my best ever run at an International."

Charlotte Watson ran superbly and finished 9th in the Middle Race



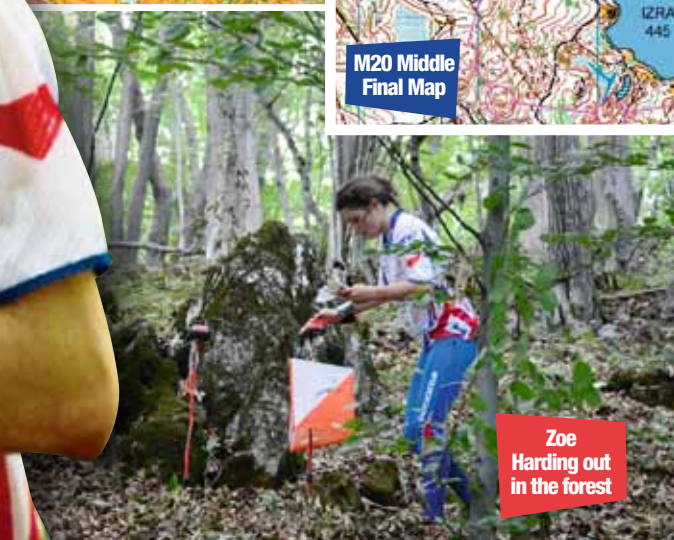
W20 Long Final Map



M20 Middle Final Map



Katrin Harding competing in the Long Race



Zoe Harding out in the forest

anchor leg which gave her the 23rd fastest time on leg 3. GBR2 finished 30th overall.

The women's team said afterwards, "We're really happy with a solid finish to a tough week of racing. Everyone held it together and with a relatively young team, we're all looking forward to see what we can achieve in the future."

It was unfortunate that Jonny Crickmore had to withdraw from the Relay because of injury and so GBR1 fielded just two runners: Jamie Stevenson and Peter Bray. However, GBR2 stepped up to the mark and all three runners; Aidan Smith, Tom Fellbaum and Duncan Birtwistle ran great races. Once again Aidan, who still has potentially three more years of competing at JWOC, impressed by running a superb race and handing over to Tom in 16th position. Tom then ran a very strong race and made up one more place to put Duncan into 15th place. Duncan went on to run the 12th fastest time on 3rd leg and brought the team home in 13th place and 12th nation. The men's team concluded, "After all the highs and lows that JWOC brings we are very proud of our performances over the week."

Jamie Stevenson had a superb JWOC

LUCY BUTT

'My 2012 JWOC'

This year's JWOC was definitely the best experience I've ever had! I went out a few days early with some of the other girls to acclimatise and settle in to the accommodation, which was a large student hall that created a great atmosphere.

The first race was the Sprint and I think we were all quite frustrated as technically it was really pretty easy and didn't go into the small park area which would have provided some trickier orienteering.

The Long race was a lot harder with everyone in the GB team making mistakes. The courses were amazing and the vegetation and hills/depressions provided really good route choice.

In the Middle race the team had a mixture of emotions, but we were all happy for Charlotte for coming 9th in the A final. By this point in the week we were all exhausted from the previous four races but we were still looking forward to the Relays. The area was pretty fast and the gaffles weren't too different so there were packs throughout the race. The uphill finish run-in was my least favourite part of the whole week but once it was over I knew I'd finished the whole week and could relax!

On behalf of all the athletes, I'd like to say a huge thank you to the coaches who supported the team and the family and friends who came out to support us!

AIDAN SMITH

'My first JWOC'

As a bottom year M18 getting selected for JWOC was my goal. I knew the JWOC week would be tough and I went in with a goal of clean technical performances in all races, and no particular expectations for results, apart from hoping to qualify for the Middle A Final.

The set up of the event was familiar from EYOCs, but the standard of competition and atmosphere were on a completely different level. I was pleased to run clean in the Sprint and I enjoyed the Long race which was my first time in Karst terrain, despite a disappointing technical performance. I was quite down after the Middle qualifier, as qualification would have been possible without mistakes, but I had a great run under no pressure to come 4th in the B Final. Jonny's injury meant I was running first leg on the only complete Relay team, which was the most pressure I've ever felt under in a race, but I kept a cool head and ran well to come in one and a half minutes down at the back of the pack.

JWOC was a great experience and the team really pulled together through the ups and downs. The coaches were great too, and made it really easy as an athlete. It was a really good motivator to go away and train hard to improve on performances in Czech next year.

JUNIOR INTER REGIONAL CHAMPIONSHIPS

Report by Mark Purkis (SEJS) // Photos by Wendy Carlyle

The Junior Inter Regional Championships (JIRCs) is an annual competition in which the twelve regions of the United Kingdom compete against each other in an individual and a relay event. The top two runners from each region in the individual event and the top two boys and girls relay teams count towards a total score to determine the Regional Champions. The age groups are M/W14, M/W16 and M/W18.

This year's competition was hosted by East Anglia Junior Squad (EASJ) in the large mixed forest of the Sandringham Estate. The Estate boasts large areas of intricate contour detail and vast swathes of indistinguishable rhododendrons in mixed run-able woodland. However during the final two weeks before the event the ferns grew from ankle height right up to 6ft high, causing severe complications! The courses were all



Report author Mark Purkis in action



runners. An exciting spectator control shortly before the end on all the courses created a superb atmosphere with all squad members cheering on their runners as they powered on to finish the race.

planned for straight line routes being the best choice however in most cases (due to the ferns) the fastest route was unfortunately on the path.

Heavy overnight rain had left the ground saturated and the ferns hanging low under the weight of the water. As the individual competition progressed, elephant tracks formed through the ferns handing over an advantage to the later

THE RELAY was on the same area and the format remains the same from year to year: a mass start for the M/W16 followed by M/W14 and finished off by the M/W18.

Thanks to excellent planning and organisation by EAOA the relay ran very well, with an excellent change-over/ finish leg as well as a spectator

control for added enjoyment of fellow runners. The only thing that couldn't be controlled –the rain- came down hard and fast for about 45mins during the relay causing all the face paint expertly applied to run off! The M/W16 and M/W18 courses were gaffled as always to prevent strategic following and to split up the pack.

The race ensued with the leading teams swapping positions constantly. An amazing run by Harrison McCartney completing his run 9 minutes faster than any other M14 gave the WMOA team the advantage to forge ahead and win overall. The girls relay was hotly contested with the top 4 teams finishing within 26 seconds after all three legs!

The final prize giving occurred and the squads began to disperse. With goodbyes and farewells said, the juniors eagerly anticipated the multiday- and training camps where the different squads would meet up again! An excellent weekend of orienteering was enjoyed by all the competitors and everyone looks forward to an equally memorable JIRCS 2013 hosted by SWOA.

THE BEST RUNNERS ON EACH COURSE AND OVERALL STANDINGS AFTER THE INDIVIDUAL DAY WERE AS FOLLOWS WITH THE TOP THREE REGIONS BEING SOA (240 POINTS), NWOA (203 POINTS) AND YHOA (190 POINTS):

Position	1	2	3
M14	Aidan Rigby (NEOA)	Harrison McCartney (WMOA)	William Louth (EAOA)
W14	Clare Stansfield (SOA)	Fiona Bunn (SCOA)	Abigail Mason (SOA)
M16	Sasha Chepelin (SOA)	Joe Woodley (YHOA)	William Rigg (NWOA)
W16	Julie Emmerson (WMOA)	Sarah Jones (NWOA)	Jennifer Ricketts (SOA)
M18	Aidan Smith (YHOA)	Dane Blomquist (SCOA)	Ben Beresford (EMOA)
W18	Lucy Butt (SWOA)	Florence Haines (YHOA)	Katy Reynolds (WOA)

THE BEST RELAY TEAMS WERE AS FOLLOWS WITH THE TOP THREE REGIONS BEING SOA (258 POINTS), NWOA (225 POINTS) AND YHOA (192 POINTS):

Position	Junior men
1	Ali Gardner, Harrison McCartney, Matthew Elkington (WMOA)
2	Angus Dobson, Matthew Fellbaum, Oliver Williams (NWOA)
3	Matthew Galloway, Ross McMurtie, Joshua Dudley (SOA)
Position	Junior Women
1	Katie Blackford, Fiona Bunn, Tamsin Moran (SCOA)
2	Sarah Jones, Laura Hindle, Zoe Harding (NWOA)
3	Briony Kincaid, Abigail Mason, Katrina McLeod (SOA)



Scotland were the overall Champions

European Youth Orienteering Championships 2012

Report By Jackie Newton

The European Youth Orienteering Championships (EYOC) took place in the Limousin region of France. The Sprint distance race took place in the old town of Meymec, Correzeand and good organisation meant that only residents of the town were permitted inside the town on race day. The finish Arena, located in the 'Place des Porrots' saw 331 athletes cross the finish line with France, Poland, Russia and Belgium winning the first gold medals of these Championships.

The British team posted some positive results. In the W16 Julie Emmerson finished 12th and said "I was expecting to be in the top 15. I used Google Earth and Street View to look around the whole town and I had done some short and fast training and so enjoyed the fast running today. I made a mistake towards the finish and lost 30 seconds but it was great fun!"

Two M16s came tantalisingly close to the top 20 with Joe Woodley finishing 21st and Will Rigg 24th. Joe had his first experience of the GPS "TracTrac" and said that he enjoyed it. "I thought it was nice that people would be watching me. I was very relaxed about it and actually forgot about it once I started."

Katie Reynolds made sure that the speed work she has done over the last two years paid off and said, "It was a fast course but with some tricky parts. I had a few blips that cost me a bit of time but it was nothing too major."

Once the athletes were home and dry there was just one more race to go. The event wasn't over until the coaches had run! Chris Smithard and Elizabeth Furness lined up for the mass start and the athletes were delighted to cheer Chris home in first place! The atmosphere at this event was tremendous with lively celebrations enjoyed by athletes, spectators and the local school children who were very excited to watch the athletes' race along the streets outside their school.

It was an early start for the Long Distance Race the following day with Will off first at 0908hrs and Dane Blomquist, with a point to prove after mis-punching on the previous day, last to leave the start area. This time it was the turn of Chris Galloway and Rozy Shephardt to wear the "TracTrac" systems but neither were distracted by it.

The earlier starters enjoyed cooler temperatures but half way through the start blocks the clouds were thinning and temperatures were rising with high humidity. Great Britain were thrilled to have two athletes in the top 10, with Julie Emmerson and Dane Blomqvist both achieving 7th position.

Julie crossed the line in 4th place after starting in the middle block. "I knew I would go down from 4th as there were some strong athletes starting after me but for a long time I was 6th. It seemed too good to be true but the longer I stayed there the more I hoped I would keep this podium position. I was gutted to be knocked down to 7th but am very pleased with my performances at my first EYOC and on my British debut".



Back row left to right: Chris Smithard, Claran Allen, Joe Woodley, Chris Galloway, Dane Blomquist, Sasha Cheplin, William Rigg, Jackie Newton
Front row left to right: Elizabeth Furness, Katie Reynolds, Rozy Shepherd, Sarah Jones, Julie Emmerson, Natalie Beadle

Julie went on to say that she felt she had prepared for the Long distance race better than she had for the sprint distance race. "My coach, Riina Kuuselo, prepared maps of this area and planned courses. I ran with them; looked at Route Gadget for other peoples courses; saw that the planners liked long legs; took the paths off and familiarised myself with the area. Looking at the vegetation at the model event helped too. It was quite physical out there today though. The hills were hard and there was a lot of rough running."

The Relay took place at Lac de Vassivière and the course for all age groups could be described as 'a course of two halves'. The first half was quite straight forward, a long run past a spectator point and then a technical loop that could be described as 'tres difficile'!

The M16 team went into the race with high hopes. Dane Blomquist finished the first leg in third position and handed onto a determined Joe Woodley who ran hard all the way to hand over in first place. Sasha Chepelin ran neck and neck with the 3rd leg Polish athlete and they came through the spectator point together. However, the second half of the course got the better of Sasha and he was disappointed to bring the team home in 7th.

In the W16 team Julie Emmerson should be singled out for a superb performance. Julie went out on the first leg and rather than going with a very fast pace that was set by the Polish athlete, Angelika Mackejewska (winner of both the Sprint and Long distance races), she ran her own steady race and came into the finish in a group of 4 and passed onto Natalie Beadle, our second leg runner, in 3rd place. Sarah Jones brought the team home in 10th.

Unfortunately we weren't able to finish a team in the W18 as Rosie Watson had to withdraw from the competition because of injury. The M18 result also didn't count due to a mis-punch on the last leg.

Full results can be found on the European Youth Orienteering Championships website www.eyoc2012.fr

OVERALL REGIONAL RANKINGS:

	Individual		Relay		
Region	M	W	M	W	Total
SOA	113	127	129	129	498
NWOA	97	106	111	114	428
YHOA	88	102	93	99	382
SWOA	82	79	93	87	341
WMOA	77	85	84	84	330
SCOA	57	90	51	114	312
EMOA	77	67	87	72	303
WOA	74	77	69	78	298
SEOA	74	66	93	0	233
EAOA	60	24	36	45	165
NEOA	52	42	21	33	148
NIOA	46	11	30	0	87



Katie Wright swings through the ropes course on the rest day at the Lagganlia Outdoor Adventure

The whole tour group after the fun relays on Friday afternoon

Kin Craig Training Camp

Report by Hannah Cleary-Hughes
Photos by Ellie Stone

Twenty four M/W16s travelled up to the Cairngorms in Scotland to take part in the Kin Craig summer training camp which promised a week of improving technical ability, fitness and fun.

Sunday was very busy with training in the morning at the wooded marshes and steep knolls of Alvie followed by a time-trial on the track through the woods near Lagganlia Outdoor Centre. The girls were started at minute intervals for a 2km run, whilst the boys were at 1 ½ minutes for 3km. In the evening we then took part in a night o' event which was really fun and a new experience for a few of the athletes.

Monday's training was at Balavil where we focused on slope exercises and staying on our line whilst going diagonally up or down the hill. We then did a Middle distance race in the afternoon which was won by Harry Butt and Fay Walsh.

Tuesday was my favourite training day, as we took off on a 1 ½ hour bus journey to Roseisle, a contour strewn area very much like Culbin with many sandy hills and depressions that were interesting to navigate off. I thought this was the best area because of the complex contours and the fun races we did after lunch. In the morning, we were focusing on simplification and attack points and then in the afternoon we did an odds and

evens Relay and a 'light green' race. I found the 'light green' race quite difficult, and I think that if the map had been from the Lake District, the 'light green-slow run' would have been marked as 'dark green-impenetrable'!

On **Wednesday** the exercises were based on coping with distractions and not being put off by people talking to you. Sadly, I twisted my knee on the first exercise but did manage to get out on to the ropes course that had been planned for the afternoon. We worked in teams to try and get round the ropes course without spilling a bucket full of water, this was great fun but much harder than it sounds!

That evening, we were able to experience the delights of Trail O', a type of orienteering where you're not allowed to run or leave the track. It's basically a normal orienteering map with



Lois Jefferson and Hannah Cleary-Hughes punch the finish after the Classic race at Loch Vaa



John Dempsey starts in the B final of the Sprint at Faskally

overnight to be able to run and come 3rd out of the girls. Andrew Barr won the boys' and Beth Hanson won the girls'. In the afternoon we took part in fun relays at Avielochan, which was very easy running, especially compared to the morning's race when everyone had found the terrain hard going. The Relay was great as it enabled us to run and have fun without it being a competition. My team came 2nd overall after managing to carry three balloons around the course and without either of them being popped. I was lucky enough to have Fay Walsh and Michael Adams in my team and we ran two legs each. All the other teams had at least one coach so I think we had a pretty good run!

Thursday was the 'Sprint qualifier and final' day at Faskally, but my knee was still swollen and sore. Alice Rigby won the A final and Lisa White won the girls' B final with the fastest time of the day! Tam Wilson took the 'gold' for the boys in the A final.

The Long race on Friday at Loch Vaa was fun and I managed to recover

Friday evening was the ominous 'Couples Night' and we were all seated opposite our 'date' for the evening. However, it wasn't as bad as most of us thought it would be, and the coaches seemed to have taken into account who had been getting on with who so we were all suitably paired. I think it's fair to say that it was great fun and we all had an awesome time!

Overall the whole week was really fun and I really enjoyed getting to know all the new people. I found all the different exercises and training really helpful and the coaches were all really good fun and amazing at encouraging everyone. I would like to thank Tony Carlyle and Nev Myers for organising the week and I'm pretty sure everyone will agree that it was fabulous! Thank you as well to those who sent me grants to help me get there, without your help it wouldn't have been possible.



The three girls from I.O.C.; Hannah Cleary-Hughes, Katie Wright & Lois Jefferson

TALENT DEVELOPMENT TRAINING CAMP, BADAGUISH

Jackie Newton, National Talent Development Coach

The Talent Development Training Camp took place in July in Badaguish, near Aviemore. Twenty seven athletes were selected for the camp that aimed to identify training methods and ideas that can be implemented into the athletes training programmes as they move towards 2013.

The week began with a classroom session on "Championship Characteristics". The athletes were asked to consider the attributes a talented athlete needs to possess, develop and utilise in order to fulfil his or her potential. This set the scene for the training sessions and workshops scheduled for the rest of the week.

The athletes worked in three groups for most of the week and rotated around a carousel of activities. The first half of the week consisted of sessions to develop mental strategy, plan balanced physical training sessions and focus on selected

skills in technical sessions on Balavil. On the Wednesday the whole group went together to enjoy technical orienteering sessions at Findhorn and Roseisle and to practise some of the physical, technical and mental skills that had been explored in the group sessions.

The second half of the week saw the athletes back in their groups on another carousel where strength and conditioning, running technique and coping with distractions in the forest were the focus sessions. Added to the mix in all of this was a team relay and team presentation that brought everything from the week together. Each team researched a 'role model' orienteer and their strategies for before, during and after competition. The final presentations were both informative and entertaining and concluded the week's activities well.



Speedwork on the beach

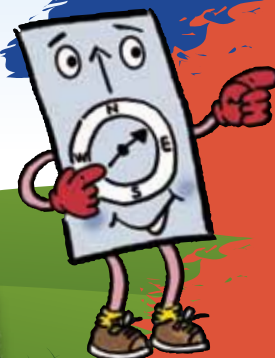
The success of the camp was the result of hard work and enthusiasm from a top class team of coaches and helpers as well as the positive attitude of the athletes. Special thanks should go to Ben Chesters, Paul Murgatroyd, Elizabeth Furness and Heather Gardner for their time in preparing the training sessions and their skill in presenting and coaching them; Hilary Quick for organising the areas and control

hanging around Aviemore; Jon Hollingsdale for mapping the coastal areas and both Jon and Paul Furness for hanging the controls there. We are hugely indebted to Phil Kirk and David Parr for putting together a perfect menu of meals that could not have fitted the bill better.

We look forward to seeing the impact the training camp has on the athletes involved as they progress their skills and fitness levels towards next season's competitions.

ORIENTEERING GAMES & TIPS

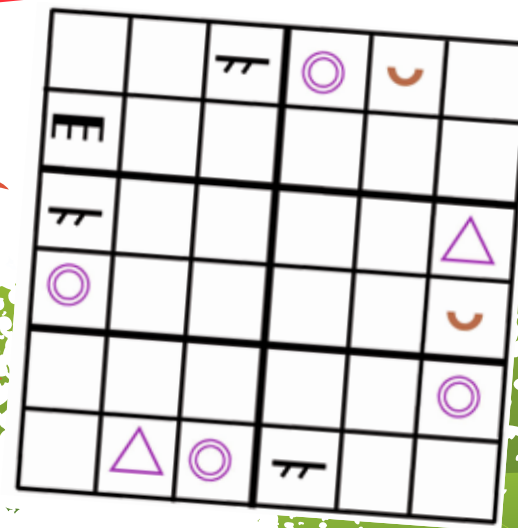
Millie Map asks, Why is it important to keep a training diary?



Charlie Compass says,

A training diary is important as it allows you to reflect on your performances and look at what you did well and where you could have improved. It is important to sit down with your coach and reflect on your training and performances and plan your future development goals.

Orienteering Sudoku





BRITISH SCHOOLS SCORE ORIENTEERING CHAMPIONSHIPS

SATURDAY 13TH OCTOBER 2012

Kingsbury Water Park
Warwickshire

BRITISH SCHOOLS ORIENTEERING CHAMPIONSHIPS

SUNDAY 18TH NOVEMBER 2012

Delamere Forest, Cheshire

Further information about both events can be found at www.bsoa.org

YVETTE BAKER TROPHY 2012

The Yvette Baker Trophy is the premier Junior Inter-Club competition for English and Welsh clubs. It is named after Britain's first World Orienteering Champion, who won Gold in the Short Distance event in Scotland in 1999. It is aimed at club teams comprised of Junior orienteers of all standards. Please find below the dates for the rounds and the final for the Yvette Baker Trophy 2012. Please can clubs make sure that they notify the Organiser of the event they wish to attend, in advance, preferably 14 days beforehand.

Please note that this will be the last year the final is in December as it is moving to 7th July in 2013, so the rounds will be held in the first half of 2013.

Date	Club	Ass	Venue
07/10/2012	SOS	EAOA	Chalkney Wood, Earls Colne
21/10/2012	TVOC	SCOA	Kingswood, High Wycombe
21/10/2012	NN	NEOA	Hamsterley Forest, Bishop Auckland
21/10/2012	NOC	EMOA	Byrons Walk, Mansfield
21/10/2012	OD	WMOA	Oakley Wood, Warwick
21/10/2012	SROC	NWOA	Simpson Ground, Kendal
04/11/2012	POW	WOA	Hafod, Pontrhydygroes
11/11/2012	SO	SEOA	Worthlodge, Crawley
11/11/2012	EPOC	YHOA	Ogden Water, Halifax
25/11/2012	BOK	SWOA	Cannop Ponds, Forest of Dean
09/12/2012	SARUM	SWOA	Collingbourne Woods, Ludgershall

JUNIOR PROFILE:

Alexander (Sasha) Chepelin



Age: 15

Club: GRAMP

Age started orienteering?

I've been orienteering from a very young age.

Do your parents orienteer?

My Dad does.

Why/where did you start orienteering?

I started orienteering in Aberdeenshire because of the influence from my Dad but I was never forced to go to events, I enjoyed them from the start.

What do you enjoy about orienteering?

I like the fact that it's not (normally) just a running race and it's also about using certain skills.

Do you have a coach?

I don't have a proper coach, however my brother Oleg helps me prepare for big races and congratulates me post-race.

If so, how has this helped you?

He helps me by telling me what sort of physical training to do before major events and re-assures me when my nerves step in.

Where is your favourite place to orienteer?

Rosieisle - but any forested sand dunes in general

What kind of training do you do?

I do everything from fast intervals to steady long hill runs. I use small events to train technically by analysing splits and route-choice after the event.

What is your best result?

I've come 2nd, 3rd and 6th at Oringen in the past. Most recently I won the JK Sprint which I was pleased about.

Alexander Chepelin competing at EYOC
Credit: EYOC



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

Now that the main season is over, prepare for next year by doing some quality running and polishing and sustaining your orienteering skills.

What do you enjoy doing outside of orienteering?

I enjoy doing some training that leaves me motivated for big races. Doing long hill runs always leaves me happy as well.

COMMUNITY ORIENTEERING COACHES FORUM

SUPPORTING COACHES

During the last 4 years the British Orienteering Development Team has continued to work closely with volunteers and coaches to develop Community Orienteering 'club nights' around the country. These local and regular coaching opportunities have not only increased participation at our clubs through providing a social and regular orienteering experience for beginners but has also provided opportunities for established club members to get involved in coaching at an informal level.

Supporting coaches to develop their skills, ideas and good practice is key to motivate and inspire a new generation of orienteers and from this has grown a variety of resources from the 'club activity guide', 'year in a box' to 'Luc Cloostermans' exercises. These have all been useful to our coaches in giving them session examples and ideas to teach various skills.

COMMUNITY O COACH FORUM

It is clear that coaches have different ideas, sessions and plans that can be utilised and shared with others. They will have experienced success stories as well as things that haven't worked so well and this sharing of ideas does happen on an ad hoc basis, for example at events, informal discussions or via email.

However the growth in club nights has led to a higher number of Community Orienteering clubs in an area which means there is now the potential to bring coaches together as a mechanism to improve the communication pathways for our coaches and also the sharing of good practice – for example holding Community Orienteering coaching forums within Counties or member regions.

DVO COACHES

The DVO Community Coaches come together for the first time in December 2011 to explore whether the Forums would be worthwhile and effective. The East of England Participation Manager Natalie Shaw and East Community Orienteering Development Officer Pauline Olivant organised this from the National Office with 7 DVO coaches in attendance representing the 4 Derbyshire club nights. The agenda provided the coaches with the opportunity to discuss:

- Club night updates:
 - a) Buxton
 - b) Chesterfield
 - c) Derby
 - d) Matlock
- Marketing
- Funding needs - Possible grant application
- Level D and C events - update for Community O clubs from 2012/2013.
- Coach/Volunteer development
- Future plans

To get the most out of the evening we suggested Coaches came armed with suggested dates and venues for events/summer leagues to complement club nights, thoughts on what has or has not been successful in marketing and also activities that have worked well at club nights.

As a result the Buxton and Matlock club nights have significantly contributed to the 2012 DVO Level D programme by staging events in their areas. This is a fantastic example of DVO and club night coaches working together to provide the opportunity of linking Community Orienteering club nights to event organisation and provision. Low level events remain key to complement club nights in terms of visibility, increasing local profile and recruiting new members and this is a great example of what can be achieved.

NORTH EAST COACHES

After the success of the DVO forum a second forum was held for the NEOA and took place in Sedgefield in July 2012. This was hosted and organised by NEOA Regional Representative Mike Hardy and National Participation Manager Steve Vernon. Six other coaches attended from the region. The agenda provided the coaches with the opportunity to discuss:

- Club night updates:
 - a) Durham
 - b) Prudhoe
 - c) Guisborough
 - d) Darlington
- Community O support required from British Orienteering
- Open forum to share Good Practice and Coaching ideas.
- WSP 2013/17 update and questions

WHAT THE FORUMS ACHIEVED?

These 2 hour forums resulted in a number of key discussions and actions for example:

- The need for qualified coaches/leaders at clubs to support club lead coaches with large groups of mixed abilities.
- Centralised coaching to support Community Orienteering adults/coaches
- Discussion of avenues for completion of members UKCC L2 qualifications
- Community Orienteering Leader Award courses to allow keen individuals to get onto the coaching pathway.
- Success stories – for example Night Orienteering bringing more people than any other single form of activity to a club night.
- Winter coaching sessions: indoors or small enclosed sites?
- Rewards for junior members who turn up regularly/work hard/show progression.
- Long term club nights were able to offer advice and recommendations to new club nights.
- Potential for some form of support mechanism for progressing through courses at events – e.g. via shadowing experienced orienteers at an event.

MENTORING FOR COACHES

By Helena Burrows

According to Greek mythology Odysseus asked his trusted friend, Mentor to watch over his son when he (Odysseus) left for the Trojan Wars. Mentor undertook to guide and educate Telemachus into adulthood and so the term mentor came to mean a trusted adviser or friend.

Mentors are needed to help and guide trainee UKCC level 2 and 3 coaches whilst they do practical coaching sessions before putting themselves forward for assessment. These sessions give the coach time to embed the skills they have learned on the coaching course, refine their style of coaching and gain confidence before putting themselves forward for assessment. The level of support provided by a mentor can be critical to the progress made during the sessions.

Mentoring is different from coaching.

Coaching is about improving performance in a particular role or area of skill while mentoring aims to increase an individual's potential and help them to develop their own self reflection practice as a coach. The role of the mentor is not to preach or dictate but to assist the mentee to develop and clarify their own personal set of values and beliefs.

If you are asked to be a mentor it is usually a sign that the mentee respects your work as a coach and you should be very pleased but you need to ask yourself a few key questions:

Do I have the time, commitment and availability needed to help the mentee?

Meeting face to face and being present at the sessions being delivered is the ideal but it is still possible to mentor from a distance using email, phone or skype. You will need time to find out in what way you can help the mentee and what their needs and expectations are. You will also need the time to review and discuss each session soon after it has taken place so that the mentee can reflect and plan the next session.

Do I have the skills to be a good mentor?

Some of the core mentoring skills include being able to develop a good relationship with the mentee, being approachable, open minded and objective and showing a genuine interest in helping the mentee to develop. You will need to be able to use questioning effectively to encourage them to self reflect on why and how they are doing things. Take the time to listen and consider your response - active listening is important to your understanding of their thoughts and ideas. Can you provide constructive feedback in a way that encourages the



Credit: Wendy Canlyle

your mentee to put as much information as possible onto the session plans and evaluation forms and to provide them with written feedback.

A document "Guidance notes for mentors" is given to all UKCC learners to pass on to their mentors. If you've been asked to mentor and haven't seen this you can download it from the coaches section on the British Orienteering website.

All good coaches, whether they are working towards a higher level of qualification or not, should actively seek opportunities to work with and benefit from other coaches to develop areas of their coaching skills that they wish to improve. Mentoring is a two way process and has benefits not just for the mentee, by challenging and encouraging the mentee the mentor will themselves be challenged to adapt and evolve thus improving their own coaching. Whilst the vast majority of mentoring will take place between coaches qualified in orienteering the benefits of working with coaches from other sports should not be overlooked.

mentee to self reflect and find solutions to problems?

Am I sufficiently committed to develop my own mentoring skills?

Just because you are an experienced coach doesn't automatically make you a good mentor. In any new role there are skills to be developed and processes to learn to improve your own performance in the role. A useful book 'Mentoring in Sport' is available from SportsCoach UK who also offer a 3 hour workshop "A Guide to Mentoring Sports Coaches" while you can gain a level 3 qualification in Workforce Mentoring through 1st4Sport.

Having a good mentor can make a tremendous difference to the level of competence exhibited at assessment. At level 2 the six sessions form part of the assessment process. The assessor is looking to see if the sessions have been suitably planned and that the coach is undertaking self evaluation as well as seeking feedback from participants and the mentor

LICENCE TO COACH & CRB

The satisfactory disclosure of the criminal record of a coach is no longer a required component of the British Orienteering Licence to Coach. However British Orienteering recommends that all clubs ensure that coaches who come into contact with children or vulnerable people complete an enhanced disclosure through British Orienteering. Further information can be found on the British Orienteering website.

To have a Licence to Coach, a coach must have:

- Current membership of British Orienteering
- Signed to confirm they accept the British Orienteering Code of Conduct for Coaches
- Demonstrated competence by holding an Orienteering Coaching Award

To maintain a License to Coach status, coaches will also be required to demonstrate and provide evidence that:

- Once the coach has qualified they commence a programme of Continuing Personal Development (CPD) to improve their coaching. Evidence that demonstrates their CPD is gathered in a CPD log which is checked at least every three years. More information can be found at www.britishorienteering.org.uk/page/licenced_coaches
- Relevant First Aid Certificate (4 hour: Emergency First aid, 8 hour: Emergency and Basic First Aid or 16 hour: Practical First Aid)



Coaching COMMUNITY O COACHING

Zach Carter (MVOC) is an orienteering coach for the Community O Club in Leatherhead, Surrey that runs every Wednesday from the Leisure Centre.

Situated within the Surrey Hills, I felt we already had a sublime advantage in the outstandingly beautiful backdrop in which to run weekly sessions. But organising a regular Community Orienteering Session proved to be a lot trickier than I had first realised.

'Drop in' Structure

With most classes I conduct in other disciplines, I will know how many participants to expect and what their age and level of ability will be, most likely with classes grouped accordingly. I can also be confident that they have an interest in the activity!

None of these factors can be assumed beforehand, when taking a Community O session. I can't be sure who will arrive, whether they have experienced orienteering before, or if they fully understand what the activity is about.

Courses must be accessible and challenging for every ability or we risk losing the interest of the potential orienteer. Therefore we must learn to vary the activity for each individual. A helpful word I learned early on in general coach training is STEPS - an acronym listing the main ways to vary any activity:

S - Space - changing the amount of space for warm ups, cone exercises and courses. Have a list of points that can be added to the existing controls so that orienteers have to memorise or write down a word or number.

T - Task - changing the rules of the task set - e.g. adding controls, changing directions or the purpose of the exercise ("focus on two attack points for every control" or "use handrails whenever possible").

E - Equipment - Maps or lack of it e.g. Norwegian Map Memory, deciding whether an individual has to use a compass or control descriptions.

P - People - Solo/Buddying/Teams - One of our favourite warm ups is keeping balloons in the air. Start with one each and increase, then create groups of 2, then 3 and 4.

S - Speed - Look at how a timed score event changes the tactics of the search.

Another common acronym shared in SportsCoachUK workshops (I recommend these workshops as they are very informative) is CASE - Copy And Steal Everything. Go along to a local club night or a coaching day. Watching other coaches helps us reflect on our own technique and discover what works and what doesn't. Planning becomes a process of sifting through these memories of what went well or what left participants with more confusion than confidence.

Selling a Concept

Many people turn up without knowing what to expect and suddenly I can find myself explaining why, rather than how. This task is not coaching but selling orienteering as a concept. This can become a skilful juggling act when others are waiting to start or need advice.

The excitement, satisfaction and achievement of orienteering can often be found in the first race. The whole purpose just 'clicks' and the thrill of adventure can be felt in every uneven step, in every reconsidered decision and in every hard fought control. This was my experience of entering into the sport but the challenge is to convey this concept to those who don't feel a constant desire to leave the car/office chair at any moment and go running into a forest after an elusive goal.

This I believe is the real challenge of Community O. We are literally attempting to teach a sense of adventure which builds on a foundation of exploration, self-challenge and problem solving.

Community O can achieve this. One father brought along his ten year old daughter to help her become independent and build confidence. I later

found him in quite a shaky state, claiming that he had lost sight of her and that she must have gone missing. I explained that this was because she'd done so well that she had finished the course 10 minutes ago, was safely inside and way ahead of her father!

Concept to Context

Here lies the next challenge: perspective. To experienced orienteers (or even navigation experts



One of the children participating in an orienteering activity

from the community who drop by) the sight of a 3m² area of cones boasting a reorientation challenge, may seem very attractive and rewarding. However, trying to motivate the 30 year old outdoor-hungry triathlete who's been watching Adventure Racing on Sky to see your cone activity in the same way is more challenging.

It's almost as if some participants need to have experienced the highs and

heartbreaks of a real event. They need to have been rain-soaked, breathless and running north instead of south to realise the benefit of learning their navigation skills in a warm, dry sports centre next to a newcomer who doesn't yet know which way is East.



'Community' is inclusion at every level

The sessions I run offer a real benefit to established orienteers and I encourage them to come along and bring a friend who is new to orienteering. Many orienteers are self-starters which can sometimes prevent them from attending a coach-led session. The emphasis when advertising to club members should be on the strategies, problem solving exercises, resources and courses available.

With variety and flexibility at the heart of every session we can meet these challenges and deliver truly inclusive Community Orienteering, leading to a successful weekly activity that supports all who attend.



Some of the Club Night Participants

NO WILDERNESS? No worries!

REPORT BY CAROLINE GAY, PARTICIPATION MANAGER (WEST)

Based around Swindon, Chippenham and surrounding North Wiltshire towns, NWO focus their high profile events on the areas of Savernake Forest and West Woods, also hosting competition in the scenic but less technical Marlborough Downs. So without large expanses of wilderness or a major city in close proximity, how has NWO grown to become the second largest club in membership terms in the South West?

NWO has always placed great emphasis on developing the club and the friendly, family atmosphere is obvious to the outsider at NWO activities. Instigated by the now Chairman, Ken Stimson, NWO has run the Swindon Schools Orienteering Festival since 2000 in conjunction with the local authority and School Sports Partnership and is hoping to link in with the national School Games initiative in the future.

aMAZEing

More recently, NWO successfully applied for funding from the Sport England 'Small Grants' scheme of £5887 to support equipment for their aMAZEing orienteering project. This enabled the club to purchase an electronic timing set, stakes, barrier fencing and other equipment to run a series of Maze events across North Wiltshire to enable families to try orienteering. While setting up each Maze took a good deal of volunteer elbow grease, 800 people took part in the series. It was a fantastic way for families to experience fast-paced navigation during their day out and 25 new members joined the club as a result. Some families went on to complete the local permanent course the same day, others have become regular attendees/volunteers and one family has already planned and organised a summer evening event, such was their enthusiasm!

Community O

This year, NWO has embraced British Orienteering's Community Orienteering programme to give their members and new participants a chance to take part in more activities, brush up their skills and of course get together as a team. Their first club night was started up in Swindon led by long-term orienteer John Orton. John is quick to establish a rapport with participants and his previous experience of coaching youngsters in football clearly comes in handy. Lydiard Park Academy have been incredibly supportive, offering not only their school grounds but also free run of their buildings to enable rain-free indoor-O! The school



The maze format provides participants with an introduction into orienteering



Sand is used to teach participants about contours



borders on Lydiard Park which provides a great area for practising a whole range of orienteering techniques. John has the knack of creating activities which hide 'educational' within a whole load of 'fun' - club night-ers recently learnt the finer points of contour lines whilst building sand castles in the long jump pit!

The second club night to start up this year has been hosted by Chippenham's Sheldon School. Coach Leanne Taylor has a way with younger participants, being a mother of three and an experienced deliverer of National Navigation Award Scheme sessions and Eco Kids creative classes for children. Her 'code-breaking O', collecting clues around the extensive combined grounds of Sheldon and Hardenhuish Schools, went down a storm on the first night. The council sport development team have been very supportive, helping the club to access the network of parks within the town to provide variety for club nights and pushing forward plans for permanent courses.

Olympic Fever

Outside of the club nights, NWO has a great track record of making the most of opportunities outside the sport. Orienteering may not be part of the Olympics, but that isn't going to stop NWO - the club put on orienteering activities as part of the Trowbridge Olympic Play Day, a maze at Chippenham's Olympic-themed Games and has organised maze and short courses in Swindon's Brunel Shopping Centre in conjunction with the Olympic Big Screen. Not content to rest on their laurels after their Sport England grant success, NWO is working with Wiltshire Council and the County Sports Partnership to put on coaching as part of the 'Sportivate' scheme for 14-25 year olds.

Volunteer Support

Of course, none of this would be possible without the heroic efforts of the NWO volunteer crew. Well over forty people have contributed their time over the past year and thanks go to each and every one. Developing the club has been a great team effort, with a helping hand from communications methods old and new. The traditional newsletter and email updates are supplemented by the club's new Facebook group and Twitter feed which feature updates on what's on, a chance to link up with others taking part in the same events, not to mention event summaries from major events to inspire those back home. The efforts put into making members feel part of the club whether they are newcomers or old hands will hopefully ensure that the club continues to go from strength to strength.

Secrets to Success

- While the club may not have the number of 'elite' orienteers that some of its competitors do, it has really worked on building a friendly atmosphere with its newsletters, social media and club nights which has paid dividends in retaining members and spurring on the all-important volunteer team.
- Get creative: seize new opportunities to grow the club from multi-sport festivals to the wealth of grants available. NWO has had to prioritise the events that it has targeted to avoid burning out volunteers with the huge range of opportunities available.
- If you want something done, don't do it yourself: NWO has built great partnerships with the local sports forum, councils and county sports, making the best use of this support to 'punch above their weight'

World Masters Orienteering Championships

The World Masters Orienteering Championships (WMOOC) 2012 was held in Bad Harzburg, Germany and attracted approximately 4000 competitors. The forest events took place in the Harz Mountains, moderately hilly terrain with many small rock details whilst the Sprints took place in local towns: qualifiers in Bad Harzburg and the final in the stunning old town of Goslar, a UNESCO world cultural heritage site.



Once again Britain showed its strength in veteran orienteering with an 11 medal haul placing us third in the medal table, of which 7 came in the Sprint. Further underlining the opinion that Britain is a Sprint orienteering nation.

Of the many strong performances two athletes stood out by winning both Sprint and Long gold: Edinburgh Southern's Claire Ward in W35 and South Ribble's Quentin Harding in M50. Both athletes tell us about their performances and what these victories mean to them.

Claire Ward (W35, ESOC) said, "At the start of the WMOOC sprint final I was well aware that the main competition was starting 1 min behind me - my good friend Sarah Rollins. She is a world class Sprint orienteer, but has been troubled with achilles problems for some time now, so I knew that if I had a clean run I had a chance of taking the win. Sarah and I were both using WMOOC as a WOC warm up competition and were determined to enjoy ourselves, but at the same time we were going to go all out to win.

The first part of the course was fairly straightforward with 50/50 route choices, and during this section I managed to keep my pace high. I lost time at number 7 though, expecting the control to be at the edge of the open, but it was behind a tree - I should have checked my descriptions. As so often happens, I rushed off to the next control without checking my exit direction and dropped 10 seconds at number 8 as well. Then we were back out into the winding streets of Goslar for some more fairly straightforward Sprint orienteering. I then missed the best (Northern) route to number 16, only seeing it as I was half way to 16, and the thought that Sarah was sure to see the better route spurred me up the hill to the finish arena.

Although my goals over the next few years remain focussed on

elite orienteering, I am proud to be able to say I am a double WMOOC winner, and look forward to attempting to repeat the feat in the future."

Quentin Harding (M50, SROC) said, "Within our domestic

very little as to the standard to expect. I therefore decided I had to orienteer as hard as I could to ensure qualification. My run was clean and I finished winning that heat by 83 seconds with a 12:19 winning time for a 3.0 km course.

times however as my start time approached the rain eased but was still threatening enough that I wore my visor when I left for the start. As I entered the start lanes I decided that I would be more comfortable without the visor so I stuffed it down the back of my shorts. A strange sensation that I soon forgot after starting.

I quickly got in to the course which seemed to be fairly straight forward but as I reached the centre of the city I came across increasing numbers of pedestrians who had come out on to these car free areas now that it had stopped raining. Instead of looking at my map I found myself looking up much more

competitions we come to know who our main rivals will be and which events and terrains may play to their strengths and weaknesses. We also have experienced most of the orienteering terrains in use and where they are new, we have a good idea as to their type and so what to expect. So competing this year at the World Masters in Germany provided me with both unknown competition on unknown terrain, something that can faze some orienteers.

Heading in to the Sprint the terrain is less of an issue, provided it is mapped correctly then there is much less 'mapper's interpretation' and so you can expect to perform close to your potential. Unlike in the UK I found that Google have not got Streetview in this part of Germany. So my preparation was done using street maps and static photo shots.

As for my competition, as I stood on the start line for the Sprint qualifier I knew

I felt good and looked forward to the final the next day.

The next day it rained. This is significant to me as I must now wear glasses to read the map with a visor as my only protection. For early starters the rain was hard at

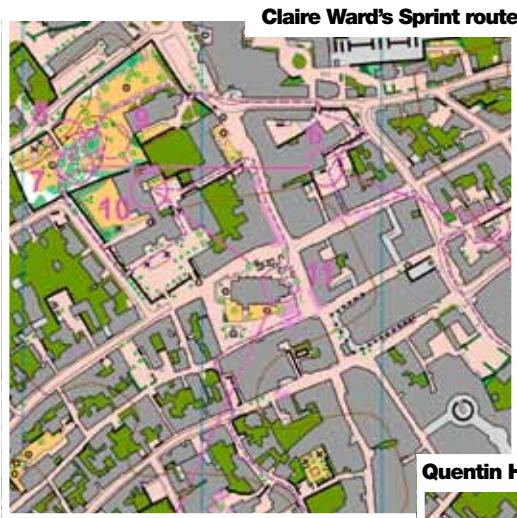


Claire won 2 gold medals



Credit www.sportfotos24.com

Orienteer



Claire Ward's Sprint route

than normal in order to weave safely along the streets. I had experienced this before while competing in a York City race on a busy Saturday and had it found unnerving then. This contributed to my first mistake, coming towards control 5 I missed the gateway and ran briefly past it before returning. I felt things were not flowing as well as at the Sprint qualifier.

Quentin Harding's Sprint route



corner of the fence and I double checked that I was going to the correct side as initially I did not see a bend in the fence. Out of 13 and I chose the fast zigzag path up the hill to a marked crossing point through a high wall to be faced with a fence between me and the control that I had not seen. I checked that it was crossable and then jumped to reach the control. It was then just a sprint for the last control and the finish.

As I entered the finish I heard voices urging me to sprint home and then the commentary suggested that it was going to be close. I punched the finish to be told that I had won gold by 3 seconds. Looking back at the splits I was 11 seconds down at 13 and had made up all my time on the uphill climb to 14. If I had not jumped that fence but run around the end I would have been in second place. The feeling of elation kicked

in, within minutes my father phoned from the UK, my sister texted and my daughters called all equally shocked as myself.

I later learnt that I had beaten Michael Thierolf from Germany who had run at WOC in his prime and in third place was Jorgen Martensson from Sweden who had won numerous WOC medals back in the 1990's

including two golds. Maybe it had been a good thing not knowing my competition. Later that week I managed to surpass this feat by winning the Lona final and came home with

Quentin (pictured with his proud daughters) now has international honours to add to his British Titles

both M50 gold medals. I had won the Sprint by 3 seconds and the Long by 8 seconds, hardly convincing margins but somehow I had come out at the top of the pile, twice! Looking at my competitors there were in excess of 4000 competing at this event from 42 nations, with the biggest proportion coming down from Scandinavia. While many of these participated as part of an orienteering holiday, there were many that stood on the start line as serious contenders. Undoubtedly there were some notable absentees who might have beaten me but as it stands these are the highest accolades a veteran orienteer can pursue and I won them both."



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Quentin Harding, M50, SROC	Alice Bedwell, W50, BOK
Jean Lockhead, W65, EPOC	Hilary Palmer, W65, NOC
Peter Gorvett, M65, SYO	
Long Gold	Long Silver
Claire Ward, W35, ESOC	Sarah Rollins, W35, BAOC
Quentin Harding, M50, SROC	Nick Barrable, M35, SYO

more People, More Places, More Podiums (MP3)



World Trail O Championships

REPORT BY DICK KEIGHLEY (WITH ACKNOWLEDGEMENT TO ANNE HICKLING, ANNE BRAGGINS, PAUL FROST AND THE WTOC 2012 WEBSITE). PHOTOS BY COLIN MATHESON.

In Autumn 2010 the International Orienteering Federation, having failed to persuade Switzerland to host the 2012 World Trail O Championships (WTOC) alongside the World Orienteering Championships as has become customary in recent years, approached British Orienteering to see whether it would be possible to stage WTOC 2012 in Great Britain.



escort must be accompanied by an official to ensure fair play during the competition.

Furthermore, circumstances dictated that the event had to be held in early June, outside traditional holiday times. Holding the competition the week after the JK in April was considered, but discounted as being too soon in the international season and also too early in the year for suitable weather. The accommodation would also not be available until the end of the university year at the end of May. We couldn't hold the event any later because of London 2012 as IOC/IPC regulations prevent any other sporting World Championships being held in the same country within two months of the Olympic/Paralympic competitions. There was also the Queen's Jubilee celebrations to contend with in the days before the event, which had tied up possible non-orienteering sources of help (e.g. local military units).

In the event, Anne Hickling recruited helpers drawn mainly from Scottish orienteering clubs, with some volunteers from clubs south of the border and some local non-orienteering helpers including 20 young people from Madras College, St Andrews who acted as wheelchair escorts on Day 1 of the Trail O. We had sufficient helpers, but only just enough, and most people worked very hard for very long hours, with much multi-tasking involved. For example, on Day 2 of the Trail O, your correspondent, nominally one of the controllers, also acted as starter for the World Championships, timed control official for the following public race, flag raiser at the medal ceremony and part of the arena demolition party following the event!

Never let it be said that the orienteering top brass don't get their hands dirty. Amongst many very distinguished and experienced officials were past and present SOA chairmen, and five previous British Orienteering chairmen, Anne Braggins, David Peregrine, Chris James, Richard Spiers and Neil

Cameron as well as current Chair, Lyn West who spent three days on the timed control team. Clive Allen, another previous chairman, was a member of the GB Trail O team. Brian Porteous, now the new IOF President, and representing IOF at WTOC 2012, put in a shift at the Temp O event.

The competition began with the Temp O World Cup event, the Trail O equivalent of a Sprint race, at Camperdown Park in Dundee. Heavy rain, which began before the event and continued through out the day, hindered race preparations and the start had to be delayed by 30 minutes, after which things ran smoothly with very little evidence of the long queues at control stations which had marred Temp O at previous WTOC events.

There were eight timed control stations, with three controls at each station. Competitors are scored by recording how long they take to solve each problem, with 30 seconds penalty time added for each wrong decision. The winner is the one with least timed

For the Trail O competition, everything moved to the Kinshaldy picnic site in Tentsmuir Forest, which was used as the Assembly Area and Arena for the Model event and the two days of the Trail O World Championship events. Thursday's event was a non-competitive model event which allowed competitors to see the style of mapping and examples of the sort of problems which they would encounter in the competition courses. A short course of 10 controls plus 2 timed controls was set out around the car park area with each nation allocated a time slot during the morning to ensure it ran smoothly.

Competitors were then bussed to the northern end of Tentsmuir. The course for the first day of the Trail O competition followed a loop of 2.3km with 20 controls (plus 2 timed controls at the start of the course) amongst the spectacularly large dunes.

In Trail O one point is given for a correct answer and the time taken at the timed controls is used as



penalties. Team scores are on the combined scores of a nation's three nominated team members.

The Trophy was won by Swedish W20 Marit Wiksell with a total time of 220.5 sec (including 2 incorrect controls). Second place went to Guido Michelotti (Italy) in 233.5 sec (1 incorrect) and third to Martin Jullum (Norway) in 268 sec (2 incorrect). Tomas Lestinsky (Czech Republic) was the only competitor who completed the course with no errors, but his time of 278 sec was only good enough for 4th place. The best British result was Ian Ditchfield in 337 sec (4 incorrect controls). The trophy and prizes for the first three in the Temp O were presented in the evening during the WTOC2012 opening ceremony. A civic reception for competitors and officials was hosted at the Event centre by the Lord Provost of Dundee who presented the prizes.

a tie-breaker. In the Open class, preliminary results gave a surprise victory to Richard Ebright (USA), but a protest was lodged by Finland about the positioning of the flags at Control 1. This was upheld by the jury and the control voided. The revised results showed three competitors tied on 20 points and the timed control times gave victory to Antti Rusanen (Finland), followed by Stig Gerdman (Sweden) and Ebright dropped down to third. Britain's Ian Ditchfield and John Kewley both scored 18 points on Day one, putting them respectively in 16th & 18th places.

In the Paralympic class the leading competitor was Ola Jansson (Sweden) with 18 points. With the same score but a slower time was defending champion Dmitry Kucherenko (Russia), followed by Pekka Seppa (Finland) with 17 points.

The final day of competition

saw some warm sunshine. The Day 2 course started near the ice house at Tentsmuir and followed a route of 1.9km back to the car park with 23 controls and 2 timed controls through the smaller but highly complex dunes on the Eastern side of the forest. The route used some narrow paths within the forest which proved challenging to wheelchair users and their escorts, but allowed everyone to experience the most beautiful parts of the forest and coastline.

In the Paralympic class, Pekka Seppa (Finland) and Ola Jansson (Sweden) both achieved 24 points with Seppa ahead on time. Joint third place went to Ivica Bertol (Croatia) and Kari Pinola (Finland) on 23 points (both 80 sec for the timed controls).

Combined results for the two days gave victory to Jansson, one point ahead of Seppa with Kucherenko a further point behind.

In the Open class, three competitors achieved a maximum score of 25 points – Vitaliy Kyrychenko (Ukraine), Christian Gieseler (Germany) and Ian Ditchfield (Great Britain). Not far behind was GBR's John Kewley in 10th place, rueing a loss of concentration leading to an error at the last control. The Day 1 leaders had a less successful day, with Gerdman 13th, Rusanen 26th and Ebright 42nd. The combined results showed Swedish dominance with victory for Gerdman, followed by Kyrychenko and Sergiy Stoian (Ukraine). Ditchfield achieved a podium place in 5th. Defending champion Lauri Kontkanen was not able to repeat his success of last year and finished in 20th place.

Day 2 also involved a team competition; each federation declared a team of 3 which included at least one paralympic and one open competitor. Finland prevented a Swedish clean sweep of the gold medals by taking victory with their team of Kontkanen, Rusanen and Seppa, finishing on the same points but ahead of Sweden on time. Croatia took the bronze medal with the Great Britain team of Ian Ditchfield, John Kewley and John Crosby finishing in 7th.

In the evening a gala dinner took place at the Event Centre followed by traditional Scottish music and dancing. There was a very positive reaction to the WTOC from the competitors. The Event Director reported that, 'someone from every Federation thanked me for a wonderful competition, the courses, the accommodation and the friendly help and atmosphere'. Many thanks to all who made the event possible.

After some thought, we accepted the challenge. In many ways, it was 'our turn' to host a World Trail O Championships. We had never done so before and whilst the Trail O community in the UK is small, it contains a number of highly experienced IOF senior advisors who had officiated between them at many previous international championships.

From this group the major officials were appointed. Anne Braggins (WAOC) as Event Director, Brian Parker (DEVON/Kerno) as Mapper/Planner, Dick Keighley (WIM) as National Controller for organisation and Anne Straube (OD), a former World Champion and German national but a long-term GB resident, as National Controller for forest matters.

After inspecting a number of suitable areas we decided to hold the main Trail O competition in Tentsmuir Forest in the Kingdom of Fife. Tentsmuir, with its extensive area of forested coastal sand dunes, was both highly technical terrain and large enough to hold both days of the main competition as well as the model event from the same Assembly area. There was also an existing foot O map

of Tentsmuir with high quality photogrammetric contours on which Brian could base the new maps necessary for the event.

Anne Hickling (GRAMP), a highly experienced organiser and a director of the Scottish 6-days company, agreed to take on the crucial job of Event Organiser and began the hunt for the event centre and accommodation. Anne lived



relatively locally to the areas: a mere 70 miles away in Aberdeen! The rest of the main officials lived hundred of miles away in the English Midlands or the South West! As our Senior Event Advisor, the IOF appointed Jari Turto from Finland, an experienced member of the Finnish Trail O team and a former foot O international.

Changes tightening the IOF qualification rules for athletes

in the Paralympic class from 2011 onwards meant that more competitors than ever would be wheelchair users. Finding enough suitable accommodation with wheelchair access in one place often presents considerable difficulty for organisers and we were fortunate in acquiring as our Event Centre the excellent and modern West Park hall of residence of Dundee University. Here we

and Jari had visited and given his approval to terrain, courses, accommodation and our general planning. In December 2011, Scotland was hit by heavy storms and gale force winds. Luckily, the areas of Tentsmuir were largely unaffected, but an area, which was earmarked for the Model event, was smashed to pieces by the gales and completely unusable. This meant Brian had to produce another new map for the Model event as it moved areas. The most difficult part of organising WTOC was still to come - recruiting the helpers for the event. Scotland has had few Trail O competitions organised in recent years and with the JK being held in Scotland in 2012, many experienced orienteers were already committed to other activities. Trail O at international level needs lots of helpers and Temp O is even more resource hungry. Our Temp O event used eight timed control stations, each with three helpers. Officials at the timed controls need to be trained so procedures are consistent. Each wheelchair user must be provided with an escort by the organiser so we were going to need about 20 escorts. Even those competitors who bring their own

Although we had less than two years to get the event up and running instead of the usual five, by June 2011 maps had been produced, draft courses planned

and Jari had visited and given his approval to terrain, courses, accommodation and our general planning.

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World MTBO Championships

The small, historic town of Veszprem in Hungary played host to the 2012 World MTBO Championships. For the first time Elite, Junior and Masters categories were all held at the same time and venue. 21 riders represented Great Britain with the aim of emulating the recent success of their Olympic 'cousins'.

With temperatures regularly reaching the high 30s, conditions provided both a navigational & fitness challenge. The terrain used was mainly a mix of Karst Forest and open grassland most of which had been used as military training areas. All of the venues were within a short drive of Veszprem and with map names like 'Osku Minefields' and 'Veszprem Battlefield'

we were not sure what other challenges lay ahead!

The opening day was the Elite & Junior Long qualifying races. Strong performances from Andrew Douglas and Ian Nixon saw them qualify for Saturday's A Final whilst in the Women's

Elite Emily Benham and Steph Fountain found good form to qualify. World MTBO debutant Edwyn Oliver-Evans, Britain's sole junior representative, easily made

were not restricted to riding on paths and tracks. Technical features located well away from line features were the norm. Riders from a foot orienteering background had the advantage as it quickly became apparent that navigating by the contour detail rather than the multitude of tracks was going to produce the quickest times. A superb ride by Emily Benham to finish second claimed the first ever medal by a GB rider at Elite level, an outstanding performance. Pippa Archer & Chris Brand-Barker, also putting their orienteering experience to good use, produced their best positions of the week. Edwyn Oliver Evans came in 18th place to produce the best ever result for a British Junior man.

The Masters, who so far had been enthusiastically cheering the elite from the sidelines, finally got their chance on day 3 in the Middle distance race. The area was billed as 'The Tough One' largely because there was a lot of climbing. The first half of the courses went through a well-defined path network in beech forests, but about half way through they broke out into the open to be met by the usual 'crunchy' dry grass and small blackthorn seedlings awaiting the unprotected! The final legs presented riders with a little bit of urban O before a circuit of the football pitch and into the finish field. Once again the temperatures were more suitable for sitting in the shade with a cold beer than eyeballs out racing.

With the Long qualifiers out of the way it was a change of focus for the Sprint. The area of open grassland had an extensive network of motorcycle tracks carving up the area. Unlike many of the areas used in previous years, riders

On a day that saw a number of riders retiring with mechanical problems, team GB acquired its second silver medal of the week. 2011 Champion Charlie Somers

Cocks added a well-earned silver to her collection with Angela Brand-Barker coming 4th and keeping her company on the podium. In the M40 race Killian Lomas in 4th and Al Powell in 5th helped raise the podium profile of British MTBO.



Emily Benham at the start of Relay

The men's elite once again saw Ian Nixon leading the Brits in 54th position with Andy Douglas, Chris Brand-Barker and Patrick Higgins fighting it out for the remaining Relay positions. With the potential of good results in the Masters Relays later in the week the Middle race was also nominated as the selection race for Team GBR. In the M50s Keith Dawson produced the best performance beating Tony Brand-Barker by 14 seconds with Stuart Norman completing the team. With Killian and Al proving their worth by reaching the podium it was left to Andy Conn to beat Ifor Powell and claim the final place. Edwyn once again had a top 20 placing.

Thursday saw a rest day for Elite & Junior riders but the Masters were once again in action, this time at Sprint distance. A high start with

a mix of urban and woodland navigation saw a long technical descent to an urban finish in the resort village of Balatonalmadi. Despite being a net downhill course we were not spared a few steep climbs in between. The format provided fast and furious racing with some very close times.

Charlie Somers-Cocks finally overcame an Australian rival, Carolyn Jackson, who she had never beaten to take the Gold medal. Angela Brand-Barker also had a superb race putting her recent urban foot O experience to good practice to take the Bronze medal. The M40 race provided 3 of the 6 podium places. Killian Lomas improved on his Bronze medal of 2011 to take the Gold medal. His ride was followed keenly by the rest of the team watching the live gps tracking

on the big screens. There were a few tense yet exciting moments! Brothers Al and Ifor Powell completed the podium positions taking 5th and 6th respectively. Super rides from all and a proud moment to hear the National anthem played not once but twice. The M50 race did not provide any podium positions but was keenly fought within the GB team. John Rawden took team honours and only 30 seconds separated John from Graham Fielding and Tony Brand-Barker.

'Osku Minefields' hosted the Relay races, another wide open area of grass and scrub woodland with a high risk of punctures. The hottest day so far saw temperatures reach 43C with little shade on the courses and dehydration was always going to be a problem. The ex-military training area had

warnings of debris on the area and the worst areas were made out of bounds, but Emily Benham was still immobilised by a length of wire wrapped around her derailleur. Pippa Archer had a really good ride after her earlier mechanical misfortunes to reclaim some of the lost places. Steph Fountain then had a solid ride to bring the team in 17th place overall.

Ian Nixon started the Elite men's challenge in 29th position. Andy Douglas then had a flier to end the second leg in 17th position and Edwyn Oliver-Evans stepping up from Junior to ride in the Elite brought the team home in 23rd.

In M40 a strong team of Andy Conn, Al Powell & Killian Lomas looked all set to take another medal until an uncharacteristic error by Killian, whilst in the lead on the anchor leg, gave the Czech Republic victory. Tony Brand-Barker started the M50 challenge with a nightmare ride by falling off. A navigation error and a puncture ruled then out any chance of victory for the M50s. Keith Dawson and Stuart Norman did their best to make up time and they eventually finished 5th. The open team of Duncan Archer, Patrick Higgins and Chris Brand-Barker produced the result of the day by finishing second against the 'surplus' elite riders from other countries.

The final day had a little bit of everything except hills. Fortunately the temperatures were not quite

not placed on tracks but needed the interpretation of subtle contour details. After a second map exchange the courses headed into town and a killer climb to the finish in the town square.

Charlie once again proved her dominance in the W50 category by winning Gold again and goes home with an excess baggage allowance of trophies and medals. Angela Brand-Barker despite a frustrating ride made the podium in 6th. A fantastic 4 of the top 8 places in the M40 went to GB riders. Pride of place went to a delighted Andy Conn who won a superb Bronze medal behind the Czech Rygl brothers. Killian Lomas made the podium in 6th place to overcome disappointment in the Relay. Emily Benham had a good ride in 9th position whilst Ed Oliver-Evans again showed his potential for the future finishing 22nd. Top Elite was again Ian Nixon in 43rd with Andy Douglas finishing in 51st. The private battle in the M50 for top Brit once again went to John Rawden in 22nd place overall. Close packing saw the remaining four Brits finish between 27th and 32nd.

As the week progressed it became a point of honour to race for the fastest split on the finish leg. Whilst Chris Brand-Barker, Andy Douglas and Patrick Higgins shared the GB men's honours, Steph 'Usain' Fountain, beat ALL the elite women at 3 of the races! Now do it on all of the other legs!



M50 Sprint Map

as high and there was a pleasant cooling breeze. The first part of the course headed out into the forest before breaking out into the open area that was used as a tank training area. In the open, the orienteers again had the advantage as the controls were

Overall it was a superb week for British riders and a record medal haul. The team won 3 Golds, 2 Silvers and 2 Bronze medals as well as achieving 6 minor podium placings. Congratulations to the team.

Report by Tony Brand-Barker, MTBO Coordinator
Photos by Steph Fountain & Richard Schumacher

Full results can be found on www.mtbo.hu/mtbwoc2012.php/lists

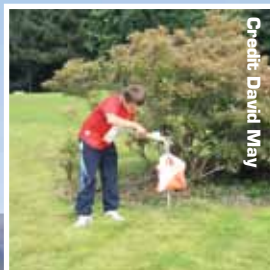
CROESO 2012

Croeso 2012, the Welsh 6 Day, ended with the largest British Urban race to date, held in and around the Aberystwyth University campus. Many other records were broken too – the pre-entered list of 2055 competitors made Croeso the largest event ever held in Wales in terms of runs. Nearly 800 overseas competitors from 24 different countries – the largest contingent being the 113 Swiss – made the week a truly international one too. One notable competitor was ex-World Champion Yvette Baker, back home for a short time from her adopted New Zealand.

Good weather for the week banished the organisers' fears about unusable car parks and miserable orienteering on the predominantly open hillside terrain and, by all accounts, the week was a huge success. The experimental competition format of four Long races and two Middle races (one being Urban) proved popular too, as also was the organisers' emphasis on extra value orienteering.

Not only were talks, entertainments, quizzes etc staged during the week, but the Croeso Co-ordinator Dave Brodie, also found time to design a Photo-O competition centred on the town of Aberystwyth which nearly half the competitors tried.

Some 500 competitors were accommodated in student rooms in the University campus itself and another 400 camped on school playing fields just across the road, giving the event a hugely sociable atmosphere.



Credit: David May



Credit: David May



Credit: NGOC



Credit: David May

Behind the scenes

The overall shape of Croeso 2012 went through many gestations over the three+ years beforehand. A note from the Croeso minutes of May 2009 said:

"The following areas are provisionally selected for follow up investigation:

- Aberystwyth University for Sprint /short distance race (4th or 5th day)
- Carn Owen (Long)
- Teifi Pools – potentially two days (1 Middle, 1 Long)
- Gwanas - Long
- Tir Stint/ Tan y Gader – 1 or 2 days Long
- Reserve area - Nant y Arian

Stand by areas to include:

- Hafod
- Pumlumon"

We were, even then, taking on board the fact that many competitors were finding that many multiday events consisting only of Long Distance races were proving too tough, including even the previous year's Croeso in 2008. We wanted to break the mould and introduce some variety into the programme. Spurred on by the success of the Urban day in the 2006 Zermatt 6 Day, we were determined to use the excellent terrain of Aberystwyth in some way and the final programme used it for the Urban race on the last day, providing a superb climax to the week.

The draft programme from 2009 underwent other changes too. Car parking problems meant that we had to scrap Carn Owen, despite having mapped it, and Teifi Pools

proved large enough, and good enough, to stage two Long days. The programme was now crying out for another shorter day to provide some balance, with the aim of having a diet of Long/Long/Middle, rest, Long/Long/Middle. But where to find the other Middle day?

There are excellent dune areas in the vicinity, but these were either too small or had environmental constraints on them, so we returned to the idea of using Hafod, the site of a previous Welsh Middle Distance Championships. So now we had our programme: four Long days, one Middle and one Urban (with Middle Distance winning times).

<< Fraser Stephens

This was a bold change to make and one which could end in tears if competitors voted not to come as a result.

So, how did it go? Firstly, Croeso 2012 had a record entry of over 2000 with some 800 from overseas. Secondly, a post Croeso survey had 438 responses which included the following:

- "The programme was enhanced by the inclusion of the Urban race in Aberystwyth" – 43% strongly agreed with this and a further 27% agreed. Only 10% were in disagreement.
- "A future Croeso should retain the programme of four Long Distance races and two Middle

Distance races (one of which may be an Urban race)" – 27% strongly agreed with this and a further 40% agreed. Some 13% were in disagreement.

As ever, there are some who prefer the traditional diet of six Long races, but the survey clearly demonstrates a significant appetite for variety in multiday programmes. Something for the Scottish 6 day to ponder perhaps?

PLANNING STRATEGY AT CROESO

by Mark Saunders

When I first saw the map and visited Llynnoedd Teifi, I realised that like many open areas it was not going to be a hugely difficult area to orienteer on. The visibility on a typical summer's day in Wales, lack of lots of really fine detail, and presence of plenty of big distinctive features – marshes, lake, hills – makes relocation fairly straightforward.

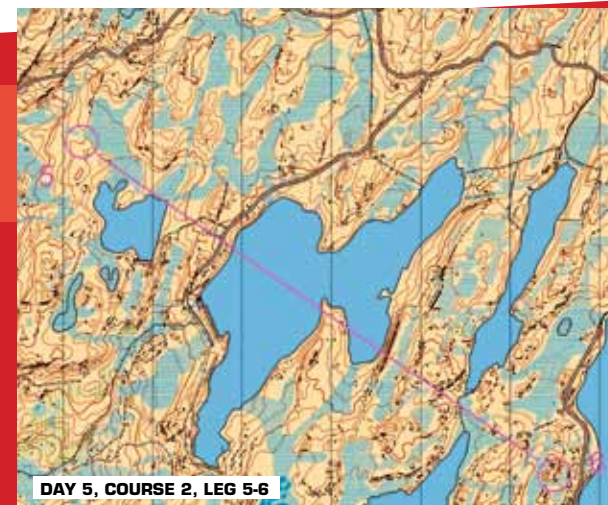
However I did think that it gave far more scope than most areas for some long legs and some interesting route choice. So once I had worked out likely starts – driven as ever by needs of shorter and junior courses – my focus was very much on making the most of those aspects.

The first thing I looked at was planning some long legs. I appreciate that these are not necessarily always to everybody's taste. The danger of course is that they become boring – just left or right, dead running following a path or simply sighting some feature in the distance and running to it. However given that it is relatively rare in the UK these days to get courses with long legs – many areas not easily supporting them – I felt it would be an opportunity missed not to include some.

I did try to make them as interesting as possible, with multiple choices along the way. For example:

Day 4, course 3, leg 3-4

The big choice was how high to cross the East-West valley two thirds of the way along the leg. But if around the head of the valley, what then? Left or right of the hill? And if right of the hill, how high do I cross the shoulder of the hill? Similarly if you decide to cross high up by the reservoir, what is the best way to get there? South via the small paths to the road before heading South West, passing to the West of the smaller reservoir? Or perhaps immediately turning



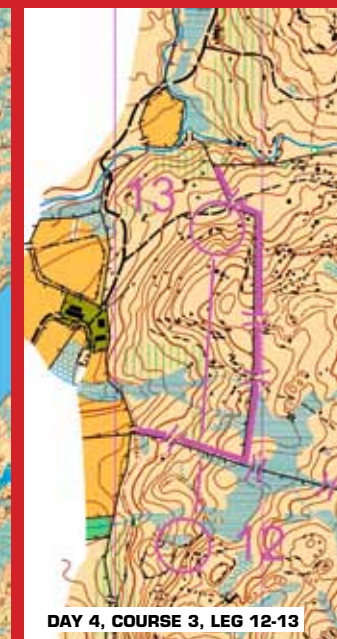
DAY 5, COURSE 2, LEG 5-6



DAY 5, COURSE 1, LEG 14-15



DAY 4, COURSE 3, LEG 3-4



DAY 4, COURSE 3, LEG 12-13

Day 5, course 2, leg 5-6
The big choice was North or South of the largest lake, But if North how much to use the road? And if South, which way around the subsequent smaller lakes? Again route gadgets shows lots of options, with those either going South of the main lake tending to be faster or if North, going immediately North to pick up the road for a large part of the leg.

The nature of the terrain meant that route choice wasn't simply one of round or over. Long but featured slopes meant that some interesting legs across the slopes were possible.

Day 5, course 1, leg 14-15

There were all sorts of options as to how quickly to descend. Many contoured at various heights having passed to the South of the uncrossable marsh/open water. Sander Vaheer (M21 winner) went down to the dam and then contoured. Whilst others went even lower down to the fence line / path before coming back up to the control.

It wasn't just about the long legs, I wanted to provide route choices on shorter legs as well, and even to the very end of the course if possible.

Day 4, course 3, leg 12-13

The lower (West most) crossing point and contouring around was quickest.

Of course route choice wasn't the only thing I was concerned about. As with any set of courses, I was trying to provide variety, changes of direction, short as well as long legs. Diagonal legs across the hills as well as contouring legs etc. And as with any planning exercise there are the inevitable compromises – particularly when planning lots of courses, even more so when using the same area and assembly two days running. But from the feedback I have received people seemed to enjoy themselves. Rule no 1 for a successful planner – make sure the weather is nice!

more left out of 3, passing to the West of the uncrossable marsh before crossing the road?

The routes drawn on route gadget show that all these options and many more were taken. Out of interest the evidence from the splits suggest that crossing the big valley high up was the best option. From talking to people after the race, a number of people said they were caught out because they hadn't spotted the big decision – across the valley or around – until they had gone too far – and were effectively committed to going down and up. An illustration of the importance

of taking the time to look at the whole leg, before rushing off.

I was also keen that competitors had the chance to experience all the different parts of the area. Thus most courses went into the wilder feeling area north of the road on Day 4 – and great for diagonal legs across the grain of the terrain. Similarly the lakes themselves are very beautiful, and particularly as a holiday event I wanted as many people as possible to see them. Whilst the legs which went across the lakes probably had more dead running, I still tried to ensure people had decisions to make.

Second list of Championship Awards for 2012

Congratulations to the following who are eligible to claim a Championship award as a result of their efforts in the JK (days 1,2 and 3), the British Night Championships, the British Sprint Championships, the British Middle Distance Championships, the British Long Distance Championships and the Midland, Northern and Scottish Championships.

As it stands at present Alice Bedwell (W50), Geoff Ellis (M35) and John Britton (M60) have obtained Championship standard in all 10 events. There are no classes for the under 16's at the British Night Championships so Rachel Duckworth (W10) and Sarah Jones (W16) as well as Anne Straube (W35) and Peter Gorvett (M65) have missed out in one eligible event.

MEN

M10	Matthew Gooch MAROC, Finlay Johnson SROC, Louis Macmillan ECKO, Peter Molloy FVO
M12	Daniel Weaver DEE
M14	William Louth WAOO
M16	Harry Butt SARUM, Thomas Wilson CLYDE
M18	Sam Mitchell SBOC
M21	Duncan Archer CLOK, Rob Baker SYO, Richard Guillaume SYO, Jegor Kostylev INT
M35	Peter Tryner SYO
M40	Ben Stansfield FVO
M45	Mark Adams HH, Nigel Bunn TVOC, Steve Dempsey MDOC, Jon Hateley DEE, Alan Irving WCOC, Graham Watson AIRE
M50	Graeme Ackland INT, Martin Bagness WAROC, Michael Billinghamurst WCOC, Robert Lee INT, Mark Seddon SELOC
M55	Derek Allison LOC
M60	Dave Armitage GRAMP, Tony Davies SELOC
M65	Dudley Budden BOK, Phil Smithard KFO
M70	Chris Lates BL, Brian Morris WRE, Brian Shaw SYO, Barrie Speake EBOR, Robert Verity DEE
M75	Tony Noott BOK

WOMEN

W10	Lizzie Stansfield FVO
W12	Sarah Duckworth DVO, Ella-Rose McCartney OD
W16	Hannah Cleary-Hughes LOC
W18	Rhona McMillan MAROC
W20	Bryony Harding HH, Cerys Jones AIRE
W21	Laura Daniel SYO, Mhairi Mackenzie WCOC, Kirsten Strain EUOC
W40	Heather Hartman INT, Jen Leonard FVO, Mary Ross INT
W45	Liz Campbell WAROC, Heather Fellbaum MDOC
W50	Elisabeth Dickson BAOC, Sue Harding SROC, Lindsay Knox RR, Karen Nash SROC
W55	Jane Anthony SROC, Elizabeth Hindle LOC, Janet Nisbet ESOC, Linda Pakuls GO, Anne Salisbury WAROC
W60	Liz Godfree DVO, Miriam Rosen SROC, Sheila Strain ELO
W70	Jean Rostron POTO, Louise Wilson BL
W75	Pat Spoonley DEE

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

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

National Rankings

Congratulations to Scott Fraser (INT) and Claire Ward (ESOC) who are both number one in the British Rankings as of the 31st August 2012.

Position	Men	Club	Points
1	Scott Fraser	INT	8078
2	Murray Strain	INT	7932
3	Mark Nixon	EUOC	7915
4	Oliver Johnson	SYO	7866
5	Richard Robinson	NOC	7846
6	Hector Haines	AIRE	7846
7	Peter Hodgkinson	NOC	7842
8	Dave Schorah	DEE	7841
9	Kristian Jones	SBOC	7835
10	Alasdair McLeod	EUOC	7831

Position	Women	Club	Points
1	Claire Ward	ESOC	7546
2	Catherine Taylor	CLOK	7455
3	Tessa Hill	HOC	7445
4	Sarah Rollins	BAOC	7413
5	Rachael Rothman	SYO	7403
6	Helen Bridle	ESOK	7384
7	Riina Kuuselo	OD	7366
8	Hollie Orr	CLYDE	7328
9	Anne Edwards	TVOC	7226
10	Heather Gardner	SROc	7206

The full Rankings list can be found at www.britishorienteering.org.uk/page/rankings

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Saturday 9th February 2013
Tankersley Woods, Sheffield

The event will be hosted by SYO and is twinned with an SYO Middle Distance event, also to be held at Tankersley Woods, on Sunday 10th February 2013.

www.britishnightchamps.org.uk



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