

Orienteering

SUMMER 2012

Foc

THE OFFICIAL VOICE

Photo: Claire Ward competing at the JK Festival of Orienteering. Photo Credit: Rob Lines

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SILVA

Welsh

Livingston

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Orienteering

British Long and Relay
Championships

British Sprint and
Middle Championships

The Future of
Orienteering

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British Orienteering



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SILVA AWARD

The Silva Award is presented to a person or persons who have made a very significant contribution to orienteering over a period of years, with an emphasis on 'field' activities rather than committee work. In 2012 the award was given to Roger Baker (TVOC).

Roger (M80) is in his sixth decade of making significant contributions to orienteering, having started in the 1960s. His activities range from regularly introducing beginners of all ages to officiating in various capacities at the highest national levels.

He has introduced countless people to the sport including Scouts, School children and Youth Games groups. His first major organising role was to co-ordinate JK75 and he has



Roger Baker is presented by Lyn West with his award at the AGM

planned a multitude of events at various levels including the BOC Relays in 1984. He soon became a Grade 1 Controller being involved in over twenty major events, many of them relays, most recently JK 2010.

Roger has also been responsible for establishing, maintaining and developing some of TVOC's permanent courses and is now found manning the information desk at most TVOC events.

Congratulations Roger!

British Orienteering Event Officials Conference

(Incorporating the Mappers Conference)
 University of Warwick, 8/9 September 2012

The conference is aimed at future & potential Major Event officials, map makers, all Grade A controllers, and controllers wishing to become Grade A. For the first time the Mappers Conference will be run in parallel, with a mix of joint and dedicated sessions. The conference will be of benefit to all event officials. For further information please contact info@britishorienteering.org.uk.

THE BOARD WELCOME DAVID MALIPHANT

Following the AGM, David Maliphant (CUOC and BOK) was elected to the Board of British Orienteering. David says, "I've been orienteering for as long as I can remember. I guess that means my parents must love the sport, because it can't have been easy taking a toddling tiny person to a muddy, rainy field for fun on a Sunday. I ran for Bristol Orienteering Klub throughout this time (including being their magazine's resident grumpy teenager for a couple of years) and was in the South West Junior Squad until I became too old for it.

These days I am a student studying Geography at the

University of Cambridge – or at least I am when I'm not busy with Cambridge University Orienteering Club where I've just finished my stint as Captain and have moved on to



The Board welcome David to the Team

Development & Publicity, a position that we haven't had the resources to fill before. Very conveniently (and completely unintentionally)



this fits in well with my role as Director with special interest in Development.

As a Director I hope to help orienteering navigate a difficult funding period while supporting student orienteering and trying to improve the relationship between British Orienteering and its membership.

Welcome to FOCUS

Congratulations to all the orienteers who became British or JK Champions over the past few weeks. I have heard lots of good feedback on the events and I hope you enjoy reading about them in the reports included in this edition.

Focus magazine also continues to receive good feedback from members and has now been honoured with a National Award. Focus was highly commended in the annual Membership Marketing Awards in the sports and recreational category. The judges were impressed with the editorial, design and the small budget and resources that are used to produce the magazine.

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

Mike Hamilton
Chief Executive



The last few months have been incredibly busy even by our standards. We've been pulling together the funding submission for Sport England, lobbying UK Sport regarding the decision to cease funding our Performance Programme, and keeping up with normal business such as staging the AGM.

JK2012

The JK was staged in Scotland and many of the participants I spoke to thoroughly enjoyed the event. This JK was the first big major event to have been staged under British Orienteering's 'Partnership Agreement' and there will inevitably be many lessons to be learnt once we get down to reviewing the delivery of the event. The Partnership Agreement is not yet fully implemented with this being the first big event during the transition period. The long lead-in period for JKs makes it challenging to modify the way they are delivered quickly and JK 2014 will be the first event fully integrated with the agreement.

Congratulations to SOA for staging the event, the feedback from participants has been very positive with many enjoying the outstanding orienteering. Thank you to a large number of volunteers for yet again making the JK a memorable event due almost entirely to your fantastic effort.

AGM 2012

There was a good turnout at the AGM, probably in recognition of some interesting proposals including the new membership scheme which you can read about opposite. The Minutes can be found on the British Orienteering website under Documents>Governance>AGM.

BOARD APPOINTMENT

David Maliphant was appointed as a new director, whilst Philip Baxter and John Woodall were reappointed. The addition of David to the Board is great and adds another voice of youth and university orienteering. David has a great deal of orienteering experience and has already become a very useful and active addition to the Board.



CLUB OF THE YEAR

The Club of the Year Awards were presented at the AGM. There was a strong field of clubs nominated and this demonstrated the great strength in depth of the work delivered by our clubs. Awards were made to:

1st Place: MAROC
2nd Place: SHUOC
3rd Place: SBOC

Congratulations to MAROC.

CONFERENCE

I'm also looking forward to seeing many of you at the annual Club and Association Conference. The conference will be taking place on Saturday 20th October at Sheffield Hallam University. Further details will be published on the website.

BOC 2012

Congratulations to all those new British Champions and for everyone else that competed in the races. Thanks also to the many volunteers that helped to stage the BOCs.

SPORT ENGLAND FUNDING SUBMISSION

After a period of extended consultation the submission has now been made. The whole

process is repeated every four years and for the 2013/17 submission the process was extended and very business-like. The work involved has been considerable, but with the submission being for several million pounds of tax-payers money it probably should be.

The submission ran to over 100 A4 pages with a further 290Mb of evidence so it's not going to be realistic to publish it all on the website. At the moment we are in the situation where many members of staff have their jobs at risk. For simplicity think of the staff as being 3 or less people employed by British Orienteering with the remaining staff being employed through the funded contracts that are in place with UK Sport and Sport England. Consequently the funding submission to Sport England is of great importance with the outcome determining the staffing structure for the 4 year period commencing 1 April 2013.

The reason for pointing this out is firstly that you need to be aware it is not feasible to publish the submission in its entirety until all staff have been informed of the

implications, and secondly, for you to appreciate that staff will be working in the situation of not knowing if they have jobs after 31 March 2013.

I'd personally like to thank staff members for the support you have given me during the preparation of the submission. I know that many of you worked weekends and evenings to gather information, consult and help to draft the plan – thank you.

UK SPORT FUNDING

Although there has been some lobbying with UK Sport, the funding situation has remained the same; Orienteering will not be funded from 1 April 2013. This situation is extremely unlikely to change and that leaves British Orienteering with no external funding for the performance athletes and programme from 2013 onwards. British Orienteering is faced with the task of making savings across the sections of the budget funded by membership income, levy income and profit from major events in order to redirect some funds to the performance programme. Even if savings can be made there is little doubt that the World Orienteering

Championship programme and preparation for it will have to be significantly reduced.

It currently looks as though there will need to be discussion about whether reserves are used to fund the programme or indeed if the programme can be run each year. It may be that we have to focus on preparing for the 'home' WOC in 2015 and reduce commitment year on year to WOC.

NEW STAFF MEMBER

Finally I would like to welcome Dan Riley who joins as Regional Community Orienteering Coach for Yorkshire and Humberside. Dan's role will be to support the current Community Orienteering projects in the region and work to develop new projects alongside the North of England Participation Manager Steve Vernon. His role is part time for 2 days each week on a one year basis.

Dan has significant experience as an orienteering coach working in the delivery of the Buxton (DVO) and Hazel Grove (MDOC) Community Orienteering projects as well as coaching orienteering in clubs and schools for over 10 years.

2013 Membership Scheme

A new British Orienteering membership scheme was adopted at the 2012 AGM. The resolution passed stated: That from 1st January 2013 British Orienteering will have a single tier of membership with two categories:

- Senior – any member aged 21 or older on 31 December of the membership year.
- Junior – any member aged 20 or younger on 31 December of the membership year.

Membership fees for 2013 will be: Senior member – £5.00; Junior member – £2.00

We have taken some time to reflect on how the membership scheme is implemented and in particular have gone back over a number of issues raised by clubs during the last few years. These predominantly concern the issue of when clubs need to provide club membership fees to British Orienteering in order for them to apply at renewal time.

The key problem has been in trying to keep the collection costs at as low a level as possible and this has meant linking renewal notices and membership cards to the publishing of editions of Focus, hence saving on postage. We are seeking to reduce our costs as much as possible and this has caused us to completely rethink how the membership collection process has worked. The results of our deliberations are as follow:

- a) Membership Cards:** These cost around £2,000 per year for the cards alone. After discussion with a number of members and clubs it appears that membership cards are rarely asked for at local events and the larger events use online entry. Consequently we are considering ceasing providing membership cards and instead providing a welcome pack to new members and a renewal letter/certificate to renewing members stating the member's unique number amongst other information.
- b) Renewal notices and welcome packs:** Even when these are mailed with Focus they have a considerable cost, a) cost of paper/printing b) handling charges of the mailing house and c) the increased weight

for postage. We are proposing to issue renewals by email to those members who we have email addresses for, approximately 5,200 from 6,000 or 86% of members, and by post to those who have not supplied us with an email address. We will still only contact those people who are the 'default' member of the membership unit. We will also issue welcome packs to new members by email.

By implementing the above changes we are able to change the schedule considerable, hopefully addressing the problems caused to clubs by the current system.

- 31 October: Latest date for club and association membership fees to be notified to the National Office.
- 1 November: New members and online renewals commence for membership year 2013.
- 12 November: Renewal notices issued including direct debits.
- 23 November: Last date to notify office of any changes to direct debits.
- 5 December: Direct debits taken from bank accounts.
- On-going: Distribution of welcome packs and renewals.

2013 Membership Scheme Questions

1. Do British Orienteering still have a Local and National Level of Membership?

British Orienteering now only have one level of membership.

2. Will British Orienteering continue with first year free membership?

Now that the cost of British Orienteering membership is so low the reasons for offering a free first year of membership cease, consequently free membership of British Orienteering for the first year of membership is no longer being offered.

3. Do British Orienteering still have junior, senior, student, family and associate grades of membership?

British Orienteering will only offer senior or junior membership (and Honorary) but clubs can still have student or family memberships if they wish.

4. Will clubs still be able to have a family membership category and will the British Orienteering system be able to support club family membership?

Yes, clubs can continue to offer a family membership category and the database and online payment system will support this.

5. Will British Orienteering still offer Direct Debit as a payment method?

Yes, the ability to pay membership by direct debit will be continued. However now the membership fees are so low there will no longer be a £1 discount for paying by direct debit.

6. Will the renewal period still be January to December?

Yes, the membership year remains as January to December with people being able to join or renew for the following year from the 1 November.

7. What does a Club need to provide British Orienteering?

As per the 2010 AGM, Clubs need to submit an Annual Return to the National Office by the 1st November. To comply with the AGM proposal, Clubs needs to:

- Pay the British Orienteering Affiliation Fee of £46.00 (£9.20 Student Clubs).
- Be administered by a Committee that consists of a minimum of 3 people.
- Notify British Orienteering of the names of at least 3 Officers, typically Chair, Secretary, Treasurer who may form the minimum number required as the club committee.
- Have a constitution and return a copy to the National Office.
- Take responsibility for the maintenance of correct financial records. These shall be audited or examined annually, by a person that is independent of the committee and not related to a committee member. These accounts must be presented annually at a Club AGM and approved by club members. The minutes of the AGM should be returned to the National Office.

More detailed information about the scheme has been communicated directly to clubs and will be available on the website. If you have any further questions please contact the National Office.

THE FUTURE OF ORIENTEERING

By Mike Hamilton, Chief Executive

In the 2009/13 Strategic Plan to develop orienteering, the approach British Orienteering adopted to growing participation was via the Community O initiative which provides local and frequent orienteering opportunities from a fixed venue. Although Community O has been a success it has not produced the significant growth that had been planned. Three years' experience of delivering Community O has provided insight and a better understanding of growing participation and this learning is the basis on which the 2013/17 plan is built.

British Orienteering has communicated widely with members via Focus and the website about the Strategic Plan. We have published several articles about the Whole Sport Plan, Competitions Review, Talent and Development Programmes and Strategic and Governance issues via the Chief Executive Summaries. These articles were used to both inform members and to request feedback in order to shape British Orienteering programmes in the future.

OPPORTUNITIES AND POTENTIAL

From these insights we have concluded that the most significant opportunities to increase participation and develop talent in orienteering include:

a) Target markets: British Orienteering has consulted widely, undertaking market research via questionnaires and focus groups. We have also used our experience of delivering Community O and traditional orienteering to gain insights into our current and potential target markets. Thanks to the market segmentation research completed by Sport England (www.sportengland.org/research/market_segmentation.aspx) and the kind offer of Experian, British Orienteering has also been able to analyse the entire English membership of British Orienteering. With this information it was possible to deduce which market profiles are most attracted to the current orienteering offer and form the majority of our current membership. If orienteering is to grow and increase participation it is essential to not only retain members but to also make orienteering more attractive to other market profiles and deliver orienteering in a format that meets their needs. Based on the market segmentation and our experience of delivering orienteering, the following target groups have been identified as good investments:

- **Singles/couples aged 16-30**
- **Families with children up to 14**
- **Students aged 16-25**
- **Recreational runners**
- **School aged children: aged 7-11, 11-14, 14-16**

Orienteering is a 'sport for all'; with the age range of current participants from 5 to 95. This is both a strength and weakness. Research and experience has demonstrated that creating a product and promoting this product to 'all' is incredibly difficult if not impossible. The needs and aspirations of different target groups will vary and consequently how these target groups are marketed to will need to be customised. For example

young people want to take part in activities that are social and enable them to meet up with their peers. They prefer digital communication methods and are responsive to innovative and entertaining messages. Families with young children want social activities that cater for their children's needs and prefer more traditional communication methods with practical, family orientated messages.

Orienteering may be a sport for all, but the ways in which orienteering is promoted and delivered to groups needs to be different. Promoting and delivering orienteering that caters specifically for target groups will increase the number of people willing to try orienteering and the numbers that are retained.

Additional research into promoting orienteering to retirees is currently being conducted. Retirees are a group of considerable interest to orienteering as many current members fall into this category. However until further market insight is researched to ascertain how orienteering may target retirees they will not be added to the initial target markets.

b) Running+: Active People (AP) show almost 2,000,000 people taking part in running weekly. British Orienteering views orienteering as 'Running+' which can be described as an activity that is attractive to many established runners and adds variety to their running. If 10% of these runners can be encouraged to try orienteering once or more it would significantly increase the footfall of orienteering; if 10% of those that try it continue that is 20,000 more participants. Orienteering already forms a large part of some established activities that are based on Running+ e.g. the Rat Race and Adventure Racing both successfully combine running with simplified orienteering. Park Run is also a successful series of social running events. Through the analysis of the market segmentation profiles we believe that Running+ is a particularly attractive offering to young people. For instance young women often already take part in sport on a regular basis with 28%

attending the gym and 14% running. 70% would still like to do more sport with 8% wanting to do more running.

The World Orienteering Championships (WOC) 2015 will be held in Scotland and this will enable British Orienteering to promote orienteering as a competitive running sport, which may attract more of this target group.

c) Orienteering on Demand: Currently, orienteering is predominantly a competitive sport with participation based on events. Anecdotally there is a huge market to deliver orienteering to as an 'anytime, anyplace' activity for individuals or small groups of participants. Marketing orienteering as an activity to participate in during lunch breaks and after work will be a new approach and has the potential to raise participation significantly. One of the main reasons that people find gyms an attractive way to keep fit is that they can choose on what day and time they attend. It is fitness on demand. Research on young men shows that 24% go to the gym and 15% run. 62% of this target would like to do more activity and this includes 6% specifically wanting to do more running.

d) School Participation: Success in introducing orienteering in primary schools during the period 2002 onwards has created a market that is familiar with orienteering and if presented with activities that meet their social needs, is receptive to taking part in the sport. It is estimated that over 3 million people have experienced orienteering in the 14-20 age group (extrapolated from the PESSYP survey and Office of National Statistics stating orienteering is delivered in 59% of all schools, 57% of primary and 71% of secondary). Many of these people enjoyed orienteering and are happy to try orienteering again if the activity meets their needs and the opportunities are provided. From the research, charity events come across as an excellent way in which to initially engage with this age group. Major charities such as Breast Cancer Care

have already shown an interest in a mass participation charity orienteering event.

With 57% of primary schools teaching orienteering, this has raised awareness of orienteering within thousands of families. Many families start a new activity after a request from their children via 'pester power' but it has to be an attractive activity for their parents if they are going to become participants. There is a need to create an orienteering offer that meets the needs of young mothers. They are 'forever taking the children to one activity or another both during the week and at weekends' but 67% of this segment would still like to do more sport. The main motivators for young mothers are keeping fit (39%), enjoyment (36%), taking the children (25%) and losing weight (12%). Therefore, if we can create an offering that would meet the requirements of the whole family and be a fun and

enjoyable way to keep fit, then this would increase the number of participants in these target segments.

Additionally, many children now aspire to become elite athletes particularly with the London Olympics emphasising the success of British athletes. WOC 2015 provides British Orienteering with an opportunity to promote orienteering as an international elite sport and reinforces the need to maintain a talent pathway that will move these school children from school orienteering activities to WOC athletes in the future.

e) First Impressions: Research demonstrated that first impression is critical; therefore there is a need to establish a delivery mechanism that is capable of managing first impressions far more rigorously. Creating a good first impression

will increase participation both in attracting newcomers and in retaining them.

f) Talented: There are currently 50 participants within the nationally managed Talent Pathway, with a further 180 athletes who receive coaching through their regions. Evidence for 2011 demonstrates that when open access is provided to athletes wishing to try orienteering and be considered for intensive development, it is appreciated. A series of open access Talent ID days were staged in 2011 and over 30 athletes engaged with the process. This was British Orienteering's first attempt at staging such a programme and the event was promoted through a few channels such as British Orienteering's Performance Newsletter and Talented Athlete Scholarship Scheme (TASS) website. However, hindsight suggests that this event should have been promoted more widely.

The annual WOC is the competition that all elite athletes should be striving to perform at and win medals. With WOC 2015 being held in the UK it provides an additional focus for our young talented athletes to work towards and we hope will be a catalyst to inspire more young people to work towards becoming an elite orienteer. This should create a larger pool of talented orienteers from which to select athletes to the annual WOC and this should consequently improve performance standards and results.

g) Delivery: The internal resource pool of club volunteers who have delivered Community O is at the limits of its capacity. Research has shown that there is a market of Local Authorities, commercial and other organisations who want to become involved in the delivery of a targeted approach to orienteering. These potential partners have already demonstrated that they are prepared to supply a workforce given that British Orienteering is willing to provide a product and train the workforce.

THE KNOWN GAPS IN CUSTOMER INSIGHT REMAINING ARE:

- a) Data or information that will enable estimates to be made on the number of runner/joggers that can be encouraged to try orienteering across all of the offers but particularly across 'Orienteering on Demand'. This work is on-going.
- b) The views of retirees that are currently non-participants and will be willing to try orienteering. This particularly applies to the manner in which orienteering might be delivered to retirees. This work is on-going.
- c) Marketing best practice, particular in regard to digital marketing aimed at young people. Expertise and resource will need to be sought in this area.

CHALLENGES

Experience of delivering programmes during the period 2009/13 combined with the review process has enabled a reasonably clear picture to be built of the challenges and barriers facing increasing participation and talent in orienteering.



The significant challenges for British Orienteering are:

a) **Culture Change:** Orienteering, like many sports, has a strong background of traditions and habits. There are a series of ways in which orienteering is delivered that could be modernised:

i. Currently, orienteering is predominately event based and club training and activities need to be more widely embraced. The opportunities to orienteer ‘on demand’ also need to be explored to make the sport more attractive to today’s modern lifestyles. This is probably the biggest challenge orienteering faces.

ii. Organisers of orienteering events often complicate orienteering, making it harder for new participants to understand and get involved. In its basic form orienteering only requires a simple map and basic skills and can take place in school grounds or local parks. Simplification is key to enable orienteering to be delivered more easily and cost effectively. Demanding and challenging events have their place within orienteering and they remain significant motivators for the elite and experienced club members, however introduction to them needs to be more gradual for newcomers and less experienced members.

iii. Orienteering is traditionally a ‘sport for all’ and has tried to attract ‘people for life’. This has led to events being organised that try to cater for all demographics and all of these people’s needs. This has arguably led to events that do not fulfil the aspirations of any demographic and make increasing participation more challenging.

iv. Orienteering clubs in the UK are not clubs in the way they are in most sports. Rather, the orienteering club is an event organising body that has no club house or, in many cases, no significant social role. Encouraging clubs to operate in a more social way and think about social activities is key

to attracting new participants.

v. British Orienteering and the Board of British Orienteering is aware that there is a need to operate effectively in the market place and this requires the NGB to consider the needs of potential participants in addition to the needs of current members. There is unfortunately a degree of conflict



between these needs and the Board is seeking to operate more effectively as a body taking market place decisions in a more business-like manner.

b) **Orienteering opportunities:** Traditionally orienteering clubs have offered a number of local activities/

events and one or two larger events throughout the year. In trying to deliver more frequent orienteering opportunities at a local level, club volunteers have been considerably overstretched and clubs have to rethink how they are organised and operate.

c) **Social Media:** Promoting orienteering to young adults in particular requires greater social media awareness. The governing body currently has neither the expertise nor the resource to explore these lines of communication. With over 30.7million users of Facebook in the UK it is clear that social media must be at the forefront of any future marketing strategy.

d) **Workforce:** Volunteer capacity is overstretched at the current time and a new workforce is required to bolster the significant expertise currently held by the volunteer workforce. There is also a mismatch between what is being asked of the workforce and what they have been trained to deliver.

e) **Talent Programme:** British Orienteering is encouraged by the number of qualified volunteer coaches. However to meet the proposed needs of the programme which includes increasing the numbers of quality athletes at each level of the pathway there is a challenge in recruiting coaches with the appropriate skills. We need to understand whether there are any gaps in their knowledge and provide a coach education and development programme to meet those needs.

f) **Performance Programme:** The pending loss of UK Sport Funding which underpins British Orienteering preparing for and competing in the annual World Foot Orienteering Championships (WOC) has left a significant gap in the budget, and despite the Board trying to fill this gap, there is as yet no solution to this challenge. This is disappointing especially as WOC 2015 is being hosted in Scotland. Without funding, supporting our ‘top end’ athletes to achieve podiums will be challenging.

A brief overview of each segment of the pathway

	Participation Pathway	Function regarding participation	Target Market	What is it?
1	National Competitions (Levels A & B)	To retain participants	All or as targeted	Level A competitions are British Orienteering’s most prestigious events intended to provide opportunities for competitors to take part in the ultimate orienteering challenges in the UK and support a programme of Major Competitions. Level B events provide opportunities for more experienced competitors seeking a wider variety of terrain, challenging courses and competition, and who are prepared to travel longer distances for this.
2	Regional Competitions (Level C)	To retain participants	All or as targeted	Level C competitions provide opportunities for participants seeking competition at a wider variety of venues and against a varied group of competitors but without wishing to travel great distances.
3	Local Competitions (Level D)	Gateway into ‘proper’ orienteering: to acquire & retain	All or as targeted	Level D competitions encompass the wide range of events that clubs in the UK wish to put on in order to provide opportunities for participants to orienteer at a venue near to them and at relatively low cost. Events are aimed at providing local competition and increasing participation.
4	Club nights & Activity sessions	Gateway into ‘proper’ orienteering: to acquire & retain	All or as targeted	Sessions at which training takes place to improve the ability of participants to orienteer.
5	Park Orienteering	To acquire new participants, retain & provide a gateway into other forms of orienteering	Families with children 14 and under; Disabled	The format will be a 45 minute score event. Options of working in teams/groups will be encouraged. The map will be designed to provide the appropriate level of challenge to meet the needs of the target participants. In the longer term the potential to use maps downloaded to a smart phone will be investigated. Motivators: For parents to get or stay fit and healthy in an activity the whole family can take part in and enjoy. Some participants saw managed adventure in the ‘countryside’ as an attraction. Incentive schemes via ‘collector’ cards were an added motivator with trophies for participants completing all events and small incentives for those completing fewer. The activity has to be welcoming, accommodating and social. Importance is placed on the ‘non-orienteering’ presence at the activity and social activities and facilities have to be accentuated (for example cafes, play areas, etc.).
6	Running Challenge	To acquire new participants, retain & provide a gateway into other forms of orienteering	Singles/ couples 16-30; runners	The format will be a 45 minute score event, similar to the Park Orienteering event. Motivators: To meet up with friends/meet new people; the social aspects of the offer is the key driver whilst challenge, fitness and trying something new also scored highly. The activities must be welcoming, accommodating and social.
7	Student Starter	To acquire new participants, retain & provide a gateway into other forms of orienteering	Students 16-25	The format will be a 45 minute score event, similar to the Park Orienteering event. Motivators: To raise funds for a charity and meet up with friends/meet new people. The social aspects of the offer are the key driver whilst challenge, fitness and trying something new also scored highly. The activities must be welcoming, accommodating and social. Market research found that around 70% of students would be encouraged to try orienteering if it culminated in a charity event as part of a ‘feel good factor’.
8	Virtual Orienteering	To acquire new participants, retain & provide a gateway into other forms of orienteering	Singles/ couples 16-30; runners	This provides orienteering opportunities wherever and whenever the participant wants and is of interest to those people who are looking for activities for; early morning exercise; commuting into work; seeking lunchtime activity; wanting release after work, seeking an interesting route through a town/city, in addition to exercise or escape as a leisure activity. The offers are based on the use of a smart phone containing an application that will either be used as a navigation and monitoring device around a fixed pre-determined course (IPOC) or with the ability to overlay a bespoke course of any length or time onto a map with a series of points to visit (VOCI). The user will be able to choose the start, end, distance, time and whether they wish to publish their time for others to try to beat or to keep it private. Social media and web based technology will be used to generate an interactive leader board for the courses and any comments and feedback.
9	How to O	To acquire new & gateway	Newcomers	This is for people wishing to learn the introductory skills of orienteering. Participants may be total newcomers or those that have tried Park Orienteering, Running Challenge or Virtual Orienteering. Motivators: Demand for this type of product is evidenced by the increase in adventure racing which requires orienteering or navigational skills and the figures for mountaineering which includes hillwalking.
10	School Orienteering: Primary, 11 to 14; 14 to 18	To acquire new participants, retain & provide a gateway into other forms of orienteering	Pupils Primary; 11-14; 14-18; disabled	Orienteering is taught as a part of the curriculum or provided as a club for extra curricula activities.

There will be further information regarding our plans to increase participation and develop the talent pathway in the next edition of Focus. Further items may also be published on the British Orienteering website under News>Hot Topics.

RESPONDING TO MARKET NEEDS

The market insight developed and outlined above has enabled us to develop types of ‘recreational orienteering’ that could meet the needs of potential participants within the target markets. These are shown in the diagram below and the table opposite. The current participation pathway is essentially the blue squares with Community O being ‘Club nights’. The programmes for which funding is being sought from Sport England are the red squares. School orienteering during curriculum time continues in partnership with schools, Youth Sport Trust, British Schools Orienteering and British Orienteering. Additional orienteering for pupils aged 14+ is being offered out of curriculum time as part of Community O+.



BRITISH SPRINT & MIDDLE DISTANCE CHAMPIONSHIPS

PHOTOS BY ROB LINES & MARTIN WARD

Catherine Taylor and Chris Smithard won the British Sprint Championships and their first senior titles at the exciting race at York University. Catherine Taylor (EUOC) took an impressive if close victory from experienced international Helen Bridle (ESOC). Catherine's time of 13.44 was a narrow 2 seconds clear of Helen, with Claire Ward (ESOC) a further 16 seconds adrift. This was Catherine's first national title and a significant step up for the young athlete.

Catherine said, "Technically, it was mostly a case of avoiding talking about the event with my dad, who made the ISSOM survey. I looked at Google maps during the week before the race, and a copy of the old 1:7500 map. I could see some good route choices around the lake and the buildings and that the bridges over the road might be confusing. Physically, I've been training hard all winter to prepare for this season, but I knew it would be a tough weekend so I got some extra rest in the days before the races.

then stood in the wrong box when I was called up. Small things, but I had to laugh at myself, and maybe it was helpful in making me relax. I started the final not pushing too hard, not thinking about the occasion or waiting to hear Riina or Linnea (the two starters after me) coming to overtake. I made no real mistakes but did hesitate a bit

I was really excited to race the first sprints of the year and wasn't disappointed with the terrain or courses. However, the heat didn't go so smoothly - I was rushing and making mistakes, feeling a bit distracted and under pressure with so many people about. Luckily I was able to put it behind me with a cup of coffee and catching up with the friends I had missed seeing all winter.

The last few minutes before the final were hectic: I forgot to take pins to the pre-start, and arrived a short jog later at the start box holding my number and begging for pins. Rushing to pin it to my top, I forgot to clear my SI, and



Chris Smithard won the British Sprint Championships for the first time



a senior national title before, and it helped with my confidence going into the rest of the season. I tried to enjoy every moment of it. It was equally good to see the whole weekend work out so well for everyone who had put so much effort into making the races happen and great to be treated to some warm Yorkshire sunshine!"

In the men's competition it was another newcomer taking the

win. Chris Smithard (DEE) also secured his first national title in 12.32. The Deeside athlete deprived Oli Johnson (SYO) from his first elusive sprint title by 6 seconds, with Hector Haines (AIRE) in third place.

Chris said, "I was looking forward to the race. I hadn't done as much speed/interval training as I would have liked in the proceeding weeks but I had done a lot of orienteering which I was hoping would make the bigger impact.

In the qualifier I made a couple of mistakes and was a bit nervous that I had missed the A final, but fortunately I'd made it so I tried to rest and recover as much as possible. In the run up to the final I thought I had a good chance of doing well. I knew that I was running quickly enough for a good result, as long as I could keep focused on the race and minimise mistakes.

The first part of the race went well with only a few seconds dropped. In the middle of the course I overshot a passageway, too busy planning ahead, but realised quickly what I had done. Coming through the spectator control I knew I was doing well but I was just trying to keep focused though I lost a little bit on the next 2 controls (but fortunately Oli lost a bit as well).

As soon as I finished the commentators were saying I could take the win but with 6 more people to finish I wasn't going to build my hopes too much until they had all finished. Even once I knew for sure I had won, it took a while to sink in."

MIDDLE CHAMPS

The following day, glorious spring sunshine welcomed the record entry of 1043 competitors to Strensall Common near York for the British Middle Championships. Strensall is a flat area of heathland with surprisingly wet areas of marshland, with challenging vague contour and vegetation detail. It was a good day for Oliver Johnson who took a record 5th title in a tightly fought race. The South

Yorkshire athlete was just 10 seconds clear of Kristian Jones (SBOC) with Peter Hodgkinson (NOC) taking the bronze.

In the women's competition it was world champion Linnea Gustafsson who set the fastest time of the day with a big margin over Claire Ward from Edinburgh, but as Linnea Gustafsson is not a British citizen it was Claire who was crowned the British Champion ahead of Helen Bridle also from Edinburgh. Catherine Taylor rounded off a successful weekend taking the bronze.

Oli said afterwards, "It's not getting any easier to keep up with the talented younger athletes who are coming through, so I was really pleased to scrape a narrow win. The course was more difficult than expected with plenty of short legs and direction change and the vague terrain was quite unique, so I think that experience counted for a lot in this race."

Claire also had a tough race saying, "I had been ill all weekend and my mind dragged my body around the whole way. It was painful but satisfying!"



Oli Johnson won the middle title

Organising the Championships

Report by Jim Harrison, Event Organiser

Discussions about access for both areas started back in 2008. Despite this, land access and permissions provided a number of worries close to the event. We had always known that Strensall Common might be taken from us as late as 2 weeks before the day if military priorities demanded. What we had not expected was that we would get so advanced in our discussions with the University authorities then find them suddenly withdrawing permission fearing impact on their conference activity planned for the same weekend.

It is now clear that the University staff given the responsibility to discuss matters with us had difficulty comprehending the structure and general effect of the event. They became more enthusiastic as time passed and we had an extremely positive meeting in April 2011. By autumn however, permission had been withdrawn from the main campus and we were told that the decision had been made that the best option for us was to use the playing fields and local streets. Hardly British Championships standard! At this stage with only four months until the event, we seriously thought we may have to start all over again at another location.

Fortunately we were able to use a personal contact to find a suitable manager with whom to discuss the matter and hopefully get a reversal of the decision. Fortunately this worked. Within 2 weeks we were back on course with a meeting with a different approach and different people (crucially one of whom had some experience of orienteering). We now had whole-hearted support from the university which contributed to the success on the day. With the splendid help from the team of volunteers, on the day organisation was a doddle in comparison!

In direct contrast, the arrangements at Strensall went pretty smoothly. When negotiations started, the firing ranges were under extreme pressure and though permission was granted this could be withdrawn very close to the event. However after advice from military contacts the decision was made to accept the risk as the likelihood of loss of permission was low. Whilst the parking field might have been too wet and restrictions from Natural England might have affected the quality of the event, the woodlarks, snipe and curlews arranged themselves nicely and we had the driest March ever.

After these pre-event worries it was a relief when things finally got underway. We appointed team leaders and work teams for the whole weekend and this helped us to both spread the management workload and provide continuity. The teams efforts cannot be praised enough.

There are some unusual challenges in running the Sprint Championship. With the heats being completed less than two hours before the start of the first final, the middle of the day becomes very pressurised. Time taken up resolving protests aggravates that situation. This period stretched our resources considerably but probably the only visible consequence was the need to ask the elite finalists to re-use their pins for their new numbers in the afternoon as we failed to get our supply to the pre-start in time.

We encountered a separate problem later when we ran out of maps for the Men's Open B Final. As a result four competitors had a delayed start whilst maps were found. This arose due to a late reduction in the number of B final qualifiers. We somehow omitted telling the results service manager about the change and therefore the final start lists were prepared on the basis of the earlier qualifier numbers.

Fortunately by comparison the Middle Distance Championship presented few management problems. The event runs much like a normal Sunday event so team leaders were dealing with processes that they had encountered many times before. The only unusual feature was the change from GMT to BST between the two events. Clocks which could otherwise have been left with the start team overnight needed to be brought back for re-calibration. In practice however the hour change caused more problems for competitors than for event management. Despite multiple warnings, some still missed their starts. Given these warnings, we took a hard line and refused requests to change start times.

The decision not to provide string courses was raised by a number of people. We felt that the nature of the university location did not lend itself to a string course and at Strensall we saw the child orientated facilities at the Farmer's Cart as an alternative attraction. Above all however we knew that we simply did not have anyone to take on the job. As a club we knew that the two championships would stretch our resources to the limit. We now have neither young families nor grandparents so the job would have fallen on the main officials who had more than enough to do. The decision was a disappointment to some and we offer our apologies. We remain of the view however that we could not sensibly have adopted an alternative course.

British Orienteering would like to thank Jim and the other volunteers who made the weekend such a great success. We would also like to thank Buff for providing the prizes.



Helen Bridle, Claire Ward and Cat Taylor made up the women's podium



Cat Taylor in action

BRITISH ORIENTEERING CHAMPIONSHIPS

PHOTOS BY ROB LINES

Organising the British Championships

By Helen Errington, Event Manager

The British Long Distance Championships took place in the Eskdale valley on an area known as Dalegarth. This is classic Lake District open fell with lots of contour and rock details interspersed with marshes of various sizes. The runnability was good with a few areas of rocky ground and tussocks in some of the marshes. Competitors came from far and wide, with those taking part ranging from the very young doing the string course in the area to the south of the river Esk, through to the elite men running 15.6km and 690m climb, the elite women running 9.8km and 505m climb to the very senior M85 who took just over 2 hours to do 4.7km and 205m climb.

The women's Elite race was a closely fought competition with Sarah Rollins (BAOC) out performing Heather Gardner (SROC) by a mere 5 seconds. Heather said afterwards, "I was aiming for a top 3 so was very pleased with the result, but afterwards it was difficult not to think of all the places I could have saved 5 seconds!" Claire Ward (ESOC) continued her run of top performances by coming third.

Sarah said, "I hadn't realised quite how much I wanted to win the British Elite Long Champs, perhaps because I hadn't realised that I could...I thought that Claire Ward was too strong. But I guess out of the Scottish forests and into the open terrain I was able to fight for the podium and I managed to just claim the title, a few seconds ahead of an impressive run from Heather Gardner. I know Claire made some mistakes but as always



Mhairi Mackenzie, Helen Winkill and Rosie Watson won the women's premier relay for WCOC

you can only control your own performance and I fought hard against my own body up some of those hills. I nearly lost it in the last section of forest at the second to last control which wasn't quite how I had read it on the map. Then there was also the group of elite guys who passed me on the way to the last control and nearly took me off to investigate an alternative way of getting into the assembly field rather than aiming for the bridge....thankfully I trusted my own navigation at that point!

So I'm delighted to be British Elite Long Champion having almost specialised in sprint the last couple of years.

The last thing that should be said is that many were worried that the British Champs we're going to be a logistical nightmare. Instead, my son and I enjoyed a steam train journey to the event and at the end of the day were greeted by

many cheerful faces at the short and efficient bus queue. In fact this meant that it deprived my husband of a pint of real ale - he was told the bus would be here too soon for him to enjoy it! I can't fault the organisers who had clearly worked so hard to make it work. Thank you!"

A special mention must go to Pippa Archer who competed bravely using her crutches! Pippa said, "Whilst I'm coming back from injury I've dropped down to the shortest course which is still technical difficulty 5 so that I can keep my map skills up to scratch. It was a fantastic area which kept me on my toes even at walking pace. I can highly recommend dropping the speed right down on technical terrain to make sure you really understand the map, and ensure you don't end up having to cover extra distance - something I definitely don't want to do!"

In the junior classes it was wins for the Harding family (SROC) with Katrin victorious on W20E and Zoe victorious on W18E. You

can read more about their races in Ozone magazine.

In the Men's Elite Course Hector Haines (EUOC) won the Elite title for the first time, closely followed by Murray Strain (INT) and Chris Smithard (DEE). Hector said, "I felt good coming into the race and was probably a favorite after winning BUCS earlier this year in similar terrain, but I was a bit concerned about threats from Murray and Oli. Still, I went out hard and kept a good pace, just managing to stop myself 'falling off the cliff' at the end, with only a few small mistakes and hesitations.

It was great to be able to compare myself to Jan Fjaerestad, who won the 1976 Jan Kjellstrom Championships held at Dalegarth, and my run on Saturday managed to match his pace from that championships, so that's something special I guess."

In the junior Classes there were wins for Ciaran Allen (DEE) in M18E and Jonathan Crickmore (SO) in M20E.

Ciaran said, "I knew going into the race that this was my type of area as I enjoy tough moorland. However it is also very fast, so throughout the race I made a conscious effort to take the fastest and most simple route choices. I kept in contact with the map the whole way and only made a small 30 second error as we dipped back down into the woods halfway round the course (No. 14) and another 30

seconds as I got distracted by converging runners on the way down to the finish (No. 21). I am really pleased with the result."

Jonathan said, "The long has always been my favourite discipline and I was looking forward to an enjoyable race. On the day the weather was great and I just went out to have a good race. I was able to navigate and run well through the terrain and as the race got on I was able to push harder on the open moor. To finish off, the race had a short technical section in the woods which

running from Oleg on Leg 2 gave the team a clear lead for Murray Strain to finish the race off. This was a second title of the year for the Interlopers team after their win at the JK. Making up the podium in second place was Anthony Squire, Richard Robinson and Peter Hodgkinson of Nottinghamshire Orienteering Club with third place going to Rob Baker, Neil Northrop and Oli Johnson of South Yorkshire Orienteers.

In the Women's Premier class, West Cumberland Orienteering Club were the winners. The

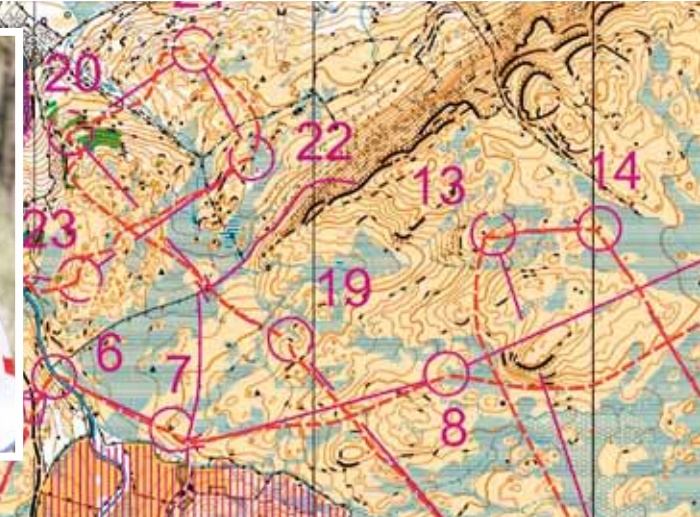
cheering from the masses of WCOC juniors and clubmates on the run in!"

In the other classes there was a double win for Forth Valley in the 40 age group with the Scottish Club winning the Men's and Women's age class. Forth Valley were also winners of the M60 class. South Yorkshire were winners of the Men's 50, South Ribble were winners of the Women's 50 and the Women's 60 trophy went to Derbyshire with Derwent Valley the winners.

In the Junior classes, South Yorkshire Orienteers held off



Hector Haines and his winning route choice



caught me out a little bit but I managed to keep the mistakes small. In the end I was happy with my performance and it was great to win the British Championships against a strong field."

The British Orienteering Relay Championships were held the following day on Helsington Barrows, a fast open limestone area with intricate areas of contour detail. Teams needed to be on their guard as there was a tricky last section in the open field and a number of wall crossings to contend with.

In the Men's Premier class Interlopers with the combined might of Alan Cherry on Leg 1; Oleg Chepin on Leg 2 and Murray Strain on Leg 3 managed to win the class by just over 3 minutes. Strong

team were in contention after the 1st leg with Helen Winkill coming through in 2nd place behind Heather Gardner of South Ribble Orienteering Club. Rosie Watson on 2nd leg for WCOC then took the lead and Mhairi Mackenzie on third leg took the win by 2 and a half minutes from SROC runners, Heather Gardener, Katrin Harding and Zoe Harding. Sheffield University Orienteering club were third with a fast time from Anwen Darlington on 2nd leg complimenting runs from Kirsty Coombs and Laura Daniel.

Mhairi Mackenzie said, "Helen and Rosie did a great job of setting me off in the lead which made me a bit nervous but I managed to get round safely. The best thing was all the great

Deeside Orienteers for the win in Men's 18 with local club Lakeland the winners of the Women's 18 class. Interlopers replicated the success of the senior team and won the Men's 14 and Forth Valley won their fourth title with success in Women's 14. Bristol were the winners of the Mens/Womens 12 Mini Relay.



Sarah Rollins in action

Many thanks to the local organising clubs and the North West Orienteering Association for putting on such a great event. Thanks must also go to our generous sponsor Buff.

The British Orienteering Championships was an example of just how much hard work and time volunteers are prepared to put into the staging of an orienteering event and also how good it can be when all that hard work and preparation finally comes together and culminates in a successful weekend.

Most competitors only get to see the hours that are put in on the day, however there have also been many hours of work carried out in advance to ensure that an event will take place. Typically the process starts 2-3 years before the event date.

Thanks to Lynne Thomas, Event Co-ordinator and her team for all the hard work and time they put into the event for the rest of us to enjoy. Of course one of the things that Lynne and her team have no control over at all is the weather. All too often the weather can make or break an event and its variety and unpredictability has a great influence on how things are organised and why certain decisions are made. E.g. The decision to use busses was down to the Eskdale showground flooding the previous year.

One of the principles that Dave Peel and I in our role as Event Manager have tried to embed into Major Event organisation is that of risk management. We ask Event Co-ordinators to look at their event from all angles and try to anticipate what might go wrong and at least have 'Plan B' in place.

There are lots of numbers I could give to demonstrate the achievements of the BOC 2012 team - how many cars parked, how many busses used, how many volunteers were involved, how many controls put out & collected in each day, how many toilets, how many relay maps checked and double checked, folded, labelled, sorted. There were over 50 trophies handed in and handed back out along with 240+ medals and prizes in a slick Prize Giving that only took 40 minutes for both the individual and the relays.

I would anticipate that everyone who was involved with BOC 2012 is feeling very proud of what they achieved and glad to have been part of the weekend.

Thank you to everyone who has helped put on a Major Event in 2012, no matter how small or large the part you played. Volunteers have been essential to the staging of the British Orienteering Major event programme in 2012 and will be for the events to come.

JK Festival of Orienteering

Photos by Rob Lines

The JK 2012 was held in Scotland and provided orienteers with fantastic terrain in a stunning location and was the perfect way to spend the Easter weekend.



JK SPRINT RACE

The first of 4 races took place in Livingston with the Sprint race. The terrain was tricky in places and the results were close in a number of classes, most notable the Men's Elite.

W18E was won by Lucy Butt (Sarum), W20E was won by Charlotte Watson (WCOC) and the W21E was won by Sarah Rollins (BAOC).

Lucy Butt was really happy with her race and said, "I started well and around three quarters of the way round I caught up Kirstin Maxwell and Rozy Shepard, but just before we crossed the river I made a few little mistakes which reminded me to keep concentrating. I really enjoyed

the last part of the sprint in the semi-open area and was really pleased to win."

Charlotte Watson said, "The Sprint isn't my strongest discipline and I had overcomplicated things at the British, so for this race I kept things nice and simple and just focused on the orienteering, taking it one control at a time. I didn't have a perfect run but I was pleased that I managed to stay

calm throughout the race and not panic when anything unexpected happened.

Sarah Rollins was 'over the moon to win the JK Sprint' She said, "After a slightly shaky start coming out of number 2 where there was a tricky route choice I then ran completely smooth and clean round the rest of the course. I thought it was very well planned and a great area for a sprint race. I waited at the finish to hear that Holly and Claire had gone faster in the first half than me but I knew I had run clean at the end so I could only hope that would let me take the win. Having looked at the splits now I can see that I finished well and it is this that moved me into first place. I have won the JK sprint before, but I think it is this one that I am most proud of."

In the men's event, M18E was won by Ciaran Allen (Dee), M20E was won by Jamie Stevenson (EUOC) just three seconds ahead of Jonathan Crickmore (SO), however Murray Strain (INT) beat Scott Fraser (INT) by a mere 1 second to take the M21E title.

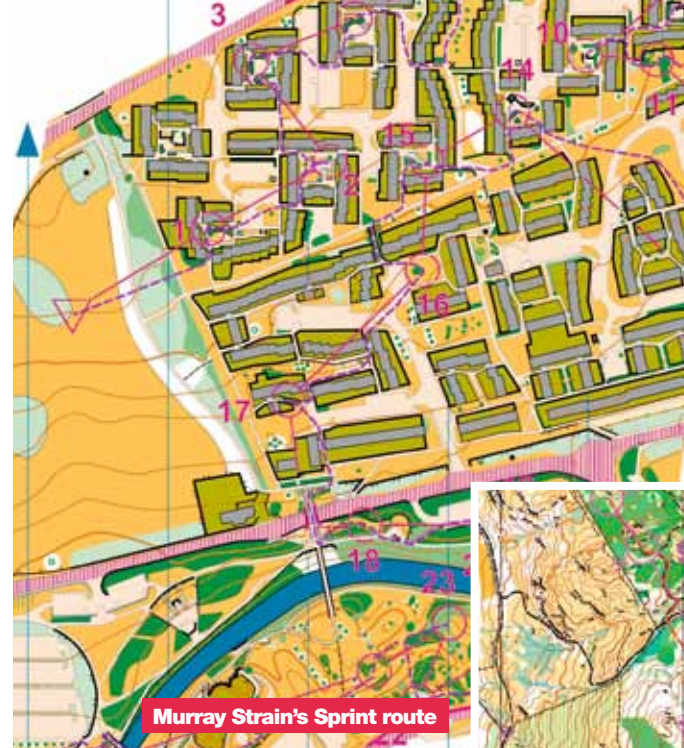
Ciaran Allan said, "I had an unsure start on number one as I didn't want to rush into an early mistake but I soon picked the pace up as I knew I had time to make up. On the longer leg between 4 and 5 I

had spotted the right route early where many people lost time in the cul-de-sacs. The middle part of my race was fast and smooth with small route choice errors on 9 and 10, before I pushed hard over the more physical parkland area on the final controls."

Jamie Stevenson thought the race was very similar to the WOC selections at Erskine a few years ago where he'd been caught out by the rate at which decision points appeared. He said, "It was tricky to stay controlled during the race but I dropped my speed enough to make sure I was ready for the decision points which gave a great feeling of flowing between the controls which is something I love about Sprint racing when it goes right."

Murray Strain gave an outstanding performance and said, "Livingston, like many new towns, is notorious for being a confusing riddle of housing estates and subways, dual carriageways and cycle paths so my plan was to focus on planning ahead - I knew running speed was going to be far less critical than smooth orienteering.

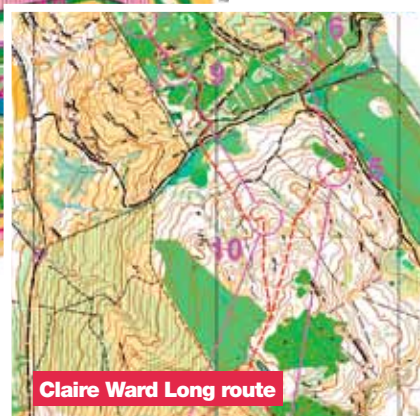
From the start this worked quite well and I felt like I had a good flow through the first controls. The route choice to the 5th control was slightly confusing



Murray Strain's Sprint route

and I don't think anyone chose the best route: it was maybe too early in the course to have a chance to spot the unintuitive route backwards out the 4th control. I think it was about the 10th control before I really felt able to run hard and on the longer uphill 13th I took a slightly longer route which allowed me to open up the throttle a bit and get some speed up. I used the long run to the bridge to plan ahead into the parkland terrain for the last few controls, memorising the route for the first two. Once into the park and running on the slippery grass it was hard to plan ahead at all. My race nearly came unstuck when I took a "banana" route to the 3rd control but fortunately I managed to relocate quickly and only dropped 6 seconds to the best split.

From there to the finish it was just a case of putting my head down and charging to the end - and then suffering the nervous wait



Claire Ward Long route

until the results were confirmed - I was ahead of Scott Fraser by 1 second! I was really happy to finally get one over on Scott especially after he just pipped me in three PWT races in Italy the previous month. Looking at our splits from the JK we are amazingly similar - within a second on 90% of the legs. He gave me 8 seconds on 5 and I gave 6 back on the 23rd - and that was the crucial difference!"

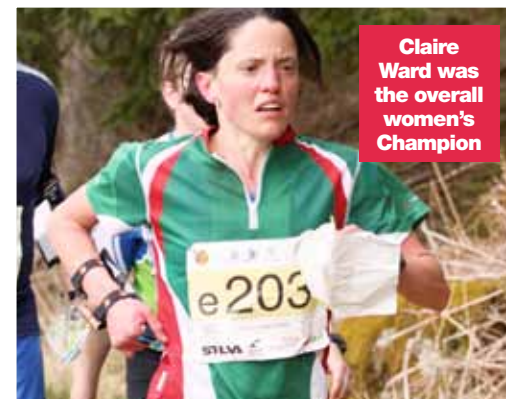
OVERALL CHAMPIONS

The action then moved to the spectacular Craig a Barns for some intense races in fantastic terrain.

The overall winners in the Elite Classes were: W18E - Lucy Butt (Sarum), W20E Charlotte Watson (WCOC), W21E Claire Ward (ESOC), M18E Aidan Smith (SYO), M20E Peter Bray (SO) and M21E Scott Fraser (ESOC).

A few other classes were won by the same person each day, M10A David Borg, M10B Ewan Musgrave, M12A Jack Chapman, M14A Harrison McCartney, M35L David Godfree, M40L James Logue, M45L Per Olaussen, M50L Martin Bagness, M60L Andy Hemsted, M65L Peter Gorvett, M70L Brian Shaw, W10B Tamsin Ker, W12A Grace Molloy, W14A Fiona Bunn, W45L Hazel Dean, W55L Stella Lewsley, W60L Inara Gipsle and W65L Carol McNeill.

Lucy Butt says, "I was looking forward to the middle distance race, however I had an awful start after getting confused with a vegetation boundary and I



Claire Ward was the overall women's Champion

was caught by Katrin Harding (2 minutes behind) and then by Rona Lindsay (4 minutes behind). However I enjoyed the last part of the race as it was faster than the previous bit. I knew I hadn't done my best so I wasn't surprised to find I'd come 5th, 4 minutes down on Rona.

For Day 3, I knew there was more pressure on me to perform but I just relaxed at the start

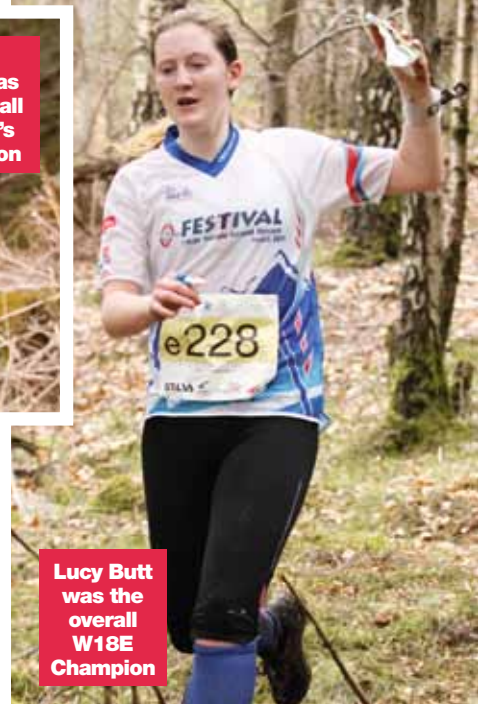
and went off slow. I went for a little detour at number 1 but I soon focused again and sped up catching Katrin Harding and Sophie Kirk. The last part of the course was definitely the most fun, I loved the downhill and was quickly at the bottom and the finish. I'd really enjoyed the course and was so pleased to find out I'd



Aidan Smith was the overall M18E Champion

won by 4 minutes giving me an overall lead of a minute after the times were combined."

Charlotte Watson said, "The middle race did not go well for me, I rushed my orienteering too much and made a lot of mistakes in the first half of the race. After the spectator control I heard it was very close and I told myself I really could not make any more mistakes. The last part of the race went better and I was pleased I managed to keep pushing until the end of the race and didn't give up.



Lucy Butt was the overall W18E Champion

I was really excited about the long as the terrain looked so much fun and I felt confident on the start line. My aim was to focus on the orienteering and enjoy it. I didn't have a very good start making quite a large mistake on number one. But after that I restarted my race and felt like I orienteered smoothly, although I never really felt as though I managed to attack the terrain and get up to full speed.

I really enjoyed the JK and was pleased with my results but not so much with my runs. I came away with lots of things to work on and very motivated for training for the next couple of months."

Claire Ward was the Overall JK Champion and said, "After losing a lot of time at the first control on the middle race, I was relieved to be sitting in 3rd place and still in the running on the morning of the JK long. I had a cold all week, and an injury addled winter, so I went into the long race with very low expectations, merely looking forward to the spectacular terrain that Craig a Barns offers. This attitude paid dividends in the tricky early controls, which I ran through calmly and cleanly. We had a nasty number 8 in the green in the north of the map, and I quickly became disorientated. Last year I would have panicked and this would have become a 5 minute mistake, but over the winter I have been working on remaining calm under pressure and relocated quickly, dropping only 1 minute. I cruised the next few controls to regain confidence, before attacking the final descent into the finish - shocked and delighted to have won the overall JK title. Growing up orienteering in Scotland, Craig a Barns to me epitomises the very best of



Scott Fraser was the overall men's Champion



Murray Strain won the Sprint by one second



British orienteering terrain, and I loved every single second of the course. I am so proud that Scottish Orienteering hosted such a successful JK, and thank all of those that worked so hard to make it happen."

Aidan Smith is having a great season and has recently been selected for JWOC. He said, "Approaching the JK I was feeling very fit, and was confident that physically I would definitely be in contention. In the middle race I rushed off at the start and missed number 1. I spent over a minute relocating, before realising I had been going the right way initially, but had stopped too soon because I couldn't make the vegetation mapping fit the ground. After that I was quite scrappy until the spectator, and overemphasised the mistake in my mind, thinking the best I could do at that point was leave myself in touch for the long time wise. I was clean through to the finish, and very happy to find out I'd won the

a JK before so I thought this would be a great chance to do it, even though I always expect tough competition here from the Scottish boys. I had a few inefficiencies in the races but I managed to come out on top which I'm happy with."

JK RELAYS

The Relays provided fast and furious races round the bracken covered hills of Newtyle. The views of runners going up the hill out of the start, appearing on various hill tops and then racing along the paths to the finish were excellent. The commentators did an excellent job of trying to keep up with the team positions but did admit that they were beaten at one point as the system could not manage the number of changeovers taking place. They did however manage to announce Rebecca Harding, when she stormed in on the run in, winning the JK Women's relay for EUOC, four minutes ahead of second place WCOC



Winning Womens Relay Team Cat Taylor, Rebecca Harding and Hollie Orr

18s and very surprised to have beaten the 20s as well. I guess most people must have had a bad day out there.

I knew the Long was going to be tough and set out hoping to avoid any large mistakes. I made quite a lot of smaller errors and the terrain did seem to discriminate somewhat towards someone 6'4", so I wasn't entirely happy with my performance, and was over 7 minutes behind the winner (my worst percentage behind the winner in the selection races) but I managed to come first in the 18s, a result I was very happy with."

Scott Fraser became the Overall JK Champion and added another title to his list of great achievements. Scott said, "I had planned to do this race ever since I heard it was going to be in Scotland. I had never won

(Mhairi McKenzie, Helen Winskill and Charlotte Watson) and ESOC (Helen Bridle, Jo Stevenson, Claire Ward).

The Men's Premier Relay was won by INT with a formidable team of Scott Fraser, Oleg Chepelin and Scott Fraser. They were 2 minutes exactly ahead of second place EUOC (Doug Tullie, Mark Nixon and Hector Haines) with SHUOC (John Rocke, David Schorah and Kris Jones) in third place.

Scott concludes, "It was great to be able to win the JK relay with Murray and Oleg as we've been through the 'journey' together from the start - they had finished the relay off before I had even started on the last leg!"

JK 2012 Coordinator's Report

By Colin Matheson, Scottish
Orienteering Association

The Scottish Orienteering Association (SOA) was "commissioned" by British Orienteering to stage JK2012. Initially, there was some reluctance to sign up to what some considered to be a rather one-sided and prescriptive "partnership" agreement for the event. The final agreement was signed on 17 May 2011, leaving us all to work to a rather compressed timescale.

The SOA, through the Scottish 6 Day Company, has well developed structures and procedures for staging the Scottish 6 Day event every two years, but of course the very success of that event means that taking on other major events can induce feelings of fatigue/reluctance/antipathy amongst even the most enthusiastic volunteers. Somehow my role as Assistant Coordinator switched to JK Coordinator and along with my role at Oban 2011 and involvement with the WOC 2015 bid, I was determined that we could and should deliver a quality event that also met the financial criteria laid out by British Orienteering.

Thank goodness that I did get volunteers for nearly all the main roles in the end as at times we seemed a bit too close to breaking point for comfort. Thanks must also go to all the volunteers who made the event a success.

A JK can be delivered successfully in just over 10 months, but this can cause issues, including the difficulty of getting mappers onto the area 12 months before the competition to see exactly what the vegetation boundaries will look like!

Splitting the JK between West Lothian and Highland Perthshire wasn't an ideal scenario, and added an extra layer of administration and complexity to the process. Perthshire unfortunately didn't have another suitable city (Perth having previously been used for competitions such as the Park World Tour) and despite some of my early misgivings, Livingston proved to be a very good choice of area with a good mix of mean streets and complex contour detail.

The capercaillie is an iconic and well-protected species in Scotland, but has the same love of habitat favoured by homo sapiens orienteerus. Rannoch had already

been identified as a prime location for the Middle Distance, but the possible presence of capercaillie forced us to look elsewhere and thanks to the Dunalastair Estate we were able to use a largely unknown area for the World Ranking Event.

Craig a Barns was affected by gales after mapping and planning was complete and thanks go out to Atholl Estates for bringing in the chainsaws to clear the many trees obstructing paths and tracks.

Newtyle on the Dunganhill Estate was blessed with more sunny days that anywhere else in Perthshire according to the planner, but gaining access in between shooting parties to plan, control and update the map proved very difficult. Bracken was very high and it was a big relief the day the area had bad weather and the bracken was flattened sufficiently. Relays seem



to consume more resources than any other orienteering discipline, and of course we don't do Relays at the Scottish 6 Days so have little experience to fall back on. The positives of the day far outweigh a few negatives, and we have learned about your toilet and eating habits and will factor these in next time. I apologise for the long queues for both, and hope that at our next event someone steps in to fill the much-missed Wilf's. We learned and can hopefully pass on knowledge to those fortunate enough to be hosting major partnership events in the future.

Another troublesome area was coordinating the prize and lessons need to be learned about inviting VIPs such as Lord Provosts and landowners to such events when everybody wants to go home.

And the future of the JK? Some are calling for Middle Distance Races, some for more than one Sprint Race - I personally am hoping to be back competing as an M65 next time the event is in Scotland.

Club of the Year

Mar Orienteering Club (MAROC) is the 2011 British Orienteering Club of the Year. MAROC have been at the forefront of developing their club throughout 2011 with the club involved in delivering a series of regular activities for club members and newcomers. 2nd place went to Sheffield University Orienteering Club (ShUOC) and third place went to Swansea Bay Orienteering Club (SBOC). The competition was incredibly strong with a number of clubs delivering excellent projects to support their development. It was great to also see two very good applications from University orienteering clubs.

To highlight the excellent work that these Clubs are undertaking, below are some quotes from their applications regarding, "What activities does your club provide for its members and how do you ensure participants can progress and develop?"

MAROC - We hold regular junior training sessions, led by a team of 5-6 coaches, on weekends when there are no other local events. These generate a healthy social environment in which youngsters can enjoy practising the sport with



Jon Musgrave of MAROC is presented with the award at the AGM

their peers and developing their skills at a suitable level. These sessions attract about 30 juniors on average.

ShUOC - We offer a structured training programme that caters for all ages and abilities. We have athletes who train with us who are World Champion orienteers but we also have those that have hardly ever run before they joined the club.

Swansea Bay (SBOC) - We are a small club of about 50 membership units but we contribute a significant amount to orienteering both locally and throughout Wales and the UK. We aim to put on regular activities for our members throughout the year at all levels of the sport. We have an event or activity every week of the year (Wed. evening) with several additional events held at weekends.

Congratulations to the three clubs above and well done once again to everyone who took part.

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Development

EAST RIDING SCHOOLS ORIENTEERING CHAMPIONSHIPS

Report by John Butler

Some 180 pupils from 39 primary schools from all parts of the East Riding of Yorkshire came together in May for the final of this year's East Riding Schools Orienteering Championships.

The event was the culmination of a joint project between HALO and the two School Sports Partnerships that cover the East Riding schools. Over 600 pupils from 55 schools, many of whom had little or no experience of orienteering, took part in the twelve heats that had been held at various venues throughout the East Riding in the past two months.

The top twenty pupils from each of the heats were invited to take part in the final and could run either as individuals or as pairs. 58 teams/individuals took part in the Year 6 competition and the winners were Henry Palmer and Ned Lyon from Bugthorpe School, followed by Patrick Cooke from Driffild Junior School and James Drewery and David Weston from South Cave CE Primary School.

34 teams/individuals took part in the Year 5 competition and the winners were HALO member George Van Dam and Taylor Stanton from Stamford Bridge Primary School, followed by Harriet Dobson and Caitlan Poole from St Mary's CE Primary School in Beverley and Isaac Reid and Matty Blake from Molescroft Primary School. The winning Year 6 school was Bugthorpe followed by Airmyn Park Primary and Hook CE Primary and the winning Year 5 school was Molescroft Primary followed by St Mary's CE Primary and Martongate Primary.

Partnership Development Manager for the Bridlington School Sports Partnership, Angel Sanderson said, "It is fantastic to see so many pupils at the event having made the step up from their local school competitions. To have such large numbers at what is a normally a minority sport just goes to show how the Partnership work is proving successful".



Many congratulations to the medal winners, who also received vouchers entitling them to free entry to any HALO event in the next 12 months.



Issue 22 - Summer

FOR JUNIOR ORIENTEERS



Cover Photo: Lewis Taylor competing at the British Orienteering Championships. Photo by Rob Lines

Inside this Issue:

**British Long and
Relay Championships**

**British Sprint
and Middle
Championships**

**JK Festival of
Orienteering**

More People, More Places, More Podiums (MP3)

www.britishorienteering.org.uk/page/ozone



JK ORIENTEERING FESTIVAL

... from a junior brother & sister perspective.

Photos by
Rob Lines



Kathryn and Andrew Barr enjoyed their weekend at the JK

Andrew (14 years, M16) and Kathryn (12 years, W12) are based in Moray, northern Scotland and are members of Moravian Orienteers. Andrew has been in the Scottish Junior Orienteering Squad (ScotJOS) for two years, whilst Kathryn is in her debut year.

ANDREW: This year's JK Orienteering festival was over the Easter weekend in Livingston and Perthshire. I was looking forward to it because it is a big event that attracts people from all over the country and beyond. I would also be able to see the friends I made at Lagganlia training camp last year.

Day 1 started badly as we got lost trying to find the event because dad did not follow the instructions, thinking that he knew better! When we eventually arrived, the weather was average, but at least it wasn't raining! We could tell it was a big event because of the steady line of cars arriving. It was all very organised though and everything ran smoothly.

I enjoyed the course on day 1 – it was not too technical and very runnable. I liked the mixture of terrain with housing estates and parkland. Unfortunately though, I mis-punched one of the last controls because there were 2 close together and I did not read the number! Lesson learnt...again!

KATHRYN: This was my first ever JK so I didn't really know what to expect but I still felt quite nervous when I walked up to the Sprint start in Livingston with my brother and his friend. It was quite cold and damp so I ran to the bottom of the hill and back up to warm up with my dad but before I knew it, I was being called up to get into the boxes ready to start my race. I pushed hard all the way round my course and I thought I was doing really well. When I came into the finish the commentator even said "Here comes Kathryn Barr for Moravian coming in to take the lead in the W14 category". Woweee! Unfortunately when I downloaded I found out that I had actually mis-punched. As I was coming to number 16, I punched the wrong control. I should have checked my control descriptions! I was so disappointed and annoyed



because in the end I would have come third and ended up with a championship time. Next time it will be different. I enjoyed the atmosphere in the Civic Centre and meeting all the people from the ScotJOS again.



ANDREW: Day 2 started earlier because it was our help day. I had to type entry-on-the-day information into the computer which was rather boring! I was supposed to hand over to my mum but she got lost on her course so took absolutely ages! The most memorable thing about day 2 was the really long walk to the start. I did not like the terrain for the first half of the course, but it was better in the second half over the open moorland.



KATHRYN: Today was our help day and all I had to do was collect in the money and give my dad their entry form, their SI-Card and their bib. Dad had a bit bigger job so he got a little bit frustrated! When my shift finished, I got myself ready then jogged down to the start. I had a punching start on course 25 so I decided just to go for it. There were quite a lot of people waiting around at the start, so it was quite hard to get through to the boxes. The ground was also quite wet and when I came back I had thick brown mud all the way up to my knees. It was a really good day and at this stage of the JK I was really enjoying it. It's great to see so many people orienteering!

ANDREW: Day 3 was my favourite day because I loved the hilly terrain. The navigation was technical with lots of intricate contour detail. Getting to the start was a challenge in itself because of the mountain we had to climb to get there! The finish

KATHRYN: Day 3 was nice and I was quite glad that I didn't have to walk all the way up the side of Craig a Barns to get to my start like Andrew did. It was a nice walk up to my start, through the lovely track in the woods. I walked/jogged up there with my mum; we got there quite early so we sat down and watched some of the people go up the side of the mountain to the other start. It looked a long steep path.

Soon it was time for my start. I was quite happy with most of my route choices but on some, I knew that I could have made some time up on them. Overall it was a really good run and I came third so I was really pleased with myself. Unfortunately because I came 6th the day before, it meant that I came 4th overall. I was really pleased with that, but I missed 3rd by 50 seconds! At the end I stayed with my dad at the finish to watch Scott Fraser, it was really good to see him.

ANDREW: The final day was the relays and some other juniors from our club travelled down to make up two teams. It was a bit of

a trek to the assembly field from the car park, but the area was great because we were on a hill and we could see lots of the action on the hill opposite. We had a good view of the last control and the run-in as well. Sadly I had a dibber failure on one of the controls – I was absolutely certain I had been there, but must have been too quick and did not make sure it beeped so I was disqualified again. I was really annoyed about it and slightly embarrassed as the others had come all the way down from Moray just to be part of my team for the day! Overall I loved being part of such a big competition and would really love to do it again next year – hopefully without mis-punching twice next time.

KATHRYN: I really enjoyed being part of the relay teams and the assembly area was great. My run didn't quite go as well as I had expected and I never seemed to get into the flow of things. In the end, I wasn't really as good or as fast as I know I can be, but I enjoyed it all the same. I'm looking forward to the next event already.



area was great with an amazing atmosphere because of the commentary and everyone cheering as you ran in. It was really good to watch the elite runners coming in and seeing how fast they were.



BOC 2012

By Katrin Harding, W20 (SROC)

This year, the British Long Distance Orienteering Championships were held in the picturesque, but hard to get to, Eskdale valley. However, I couldn't pass up the opportunity to take part in a British Champs so close to my family home and on some of the best terrain in the country, so for me, the weekend started with a long car journey from Cambridge University on Friday night.

A family sport - Katrin, dad Quentin and Zoe Harding with their trophies

After the intense period of the selection races for JWOC at York and the JK, the British had felt quite a long way away, and we had just got back into the swing of school and university after the holidays which meant that it came round very quickly. Perhaps my preparation that week hadn't been the best, but after a solid winter of training and good results at races earlier in the season, I came to the event intending to give it my best shot.

Driving over to the car park on Saturday through the Lakes reminded me how much I love this part of the country. The views across the hills under the sun were fantastic, and made me just want to spend the day running in the hills. However, this was not the day for it; this was a day for racing! All the transport arrangements worked incredibly smoothly, and though we were tempted to take the train, we decided to opt for the bus. Dad

thought it was very much like the 'Knight bus' from Harry Potter in the way we squeezed down the narrow lanes, somehow managing to not hit any cars or walls!

Waiting in the assembly area before going to our quite late starts, we met up with friends and cheered other club members from our seats just outside the South Ribble tent. Everyone looked very tired on the run-in, and there were reports of it being 'very physical'.

My sister Zoe had a potentially nerve-kindled sore Achilles tendon and a 'niggling' right knee. She wasn't particularly certain of her performance, but after warming up and getting started, she soon got into the swing of things, forcing herself to forget about her legs and concentrate on navigating precisely into the controls.

The race for us was broken up into a few sections. Most of it was in the open, with some steep climbs, patches of intricate contour detail and some rock features. For the most part, it was really runnable underfoot, but slower through the marshes and a few patches of dead bracken. We had a few medium length legs before a bit of a control pick at the far end of the course in the most intricate bits of contours. This was the time to slow down and really make sure you got the navigation right. Having a 1:15000 map scale made it very difficult to read the map on the run, so I took a moment to slow down and make sure I really knew where I was

going to number 6 - it looked very easy to accidentally go down the wrong re-entrant! Luckily this moment of pause paid off and I spiked the control.

Coming out of the control pick we had a long leg, where there was a route choice around a large area of out of bounds. This was a great challenge put in by the planner as we hadn't had much of a chance to plan ahead and had to commit to a route. Quick decision made, we just had to go for it!

After this leg, I felt like I was on the home run, possibly because it was mainly downhill. I really picked up the speed and was orienteering right on the edge of my comfort zone, running through the terrain and just hoping to pick up the features I'd identified by the controls. This made for a hectic but speedy end to the course, only slightly losing it going into the last couple of controls in the woods. Running down the run-in and hearing that I was in the lead was a great feeling, as I knew there was only one person still out there who could come in and beat me.

It was such a great day, with the weather pretty much perfect, and a rather amazing result for our family! As Zoe said, 'The Lakeland fells are where I feel most at home orienteering'. Plenty of practice on the fells over the years meant we could trust our well honed skills to take care of the navigation. While Zoe and Florence Haines (both competing as W18's) had beaten me on time, I was still happy with my result as top W20 and delighted to have had such a

good run when it mattered. Spirits were high in the car on the way home!

The Relay Championships on Sunday was also a great event. At Helsington Barrows; a mainly-open, limestone based hillside; we were met with fast and furious courses, perfect for a Relay. Zoe and I were running with Heather Gardener (2nd on W21E) on the Women's premier Relay. Having come 3rd last year and all having such great results on Saturday, we knew we should be competing with the top teams.

Heather had a great run, coming in well in the lead on first leg. Unfortunately I lost too much time on the middle section by not following my compass closely enough over the fairly vague hillside. I handed over to Zoe at the same time as Rosie Watson from West Cumbria handed over to Mhairi Mackenzie. To beat Mhairi was a tall order, but Zoe had a good run to finish about 2 minutes down on last year's champions WCOG. We moved up a place from last year, so maybe next year is our year!

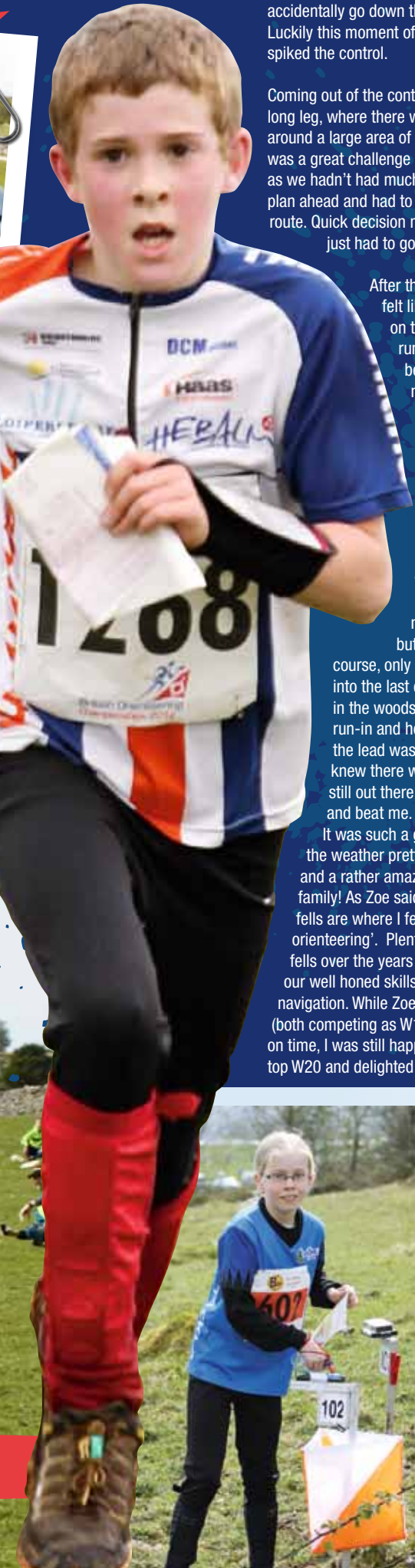
After I finished my run, I spent the time cheering our teams in the other Relays. It was a great day for South Ribble, with podium places in 5 relays. Mum anchored the W50 team to 1st place, so everyone in the family was a British Champion!



MW20 Winners



MW18 Winners



THANKS TO ALL THE HELPERS FROM THE NORTH WEST CLUBS FOR ORGANISING AND RUNNING SUCH A GREAT EVENT.



British Sprint and Middle

Ozone magazine caught up with some of top juniors from the Championships to see what they thought of the event:

Julie Emmerson was the top W16 in the Sprint and Middle.
 "In the week running up to the British Sprint and Middle Championships I did no training at all as I had a cold which I really didn't want for the weekend. This meant I started the weekend feeling well rested and ready to race."

The sprint qualifier went well but I ran much faster than I needed to as I wasn't sure how much I had to do to qualify for the A final but as it happens I won my heat comfortably. The final was very nerve-wracking as everyone started at 1 minute intervals. I tried to forget about the other heat winners who were starting behind me and the race went nearly as well as the qualifier with just two small mistakes. After everyone had finished we knew it was going to be close and it was. I won by a second with just 8 seconds separating the top 4! I've always enjoyed sprints but have never done particularly well at them. It is down to speed rather than navigation, so I'm glad my training this winter has paid off.

After winning the sprint I really wanted to have a good run at

the middle, especially as it was a selection race for EYOC and summer tours. The area was perfect for a middle distance and I really enjoyed my course. I made a few small mistakes but nothing big. I knew before the race that I could win but I was still surprised when I did!"

Dane Blomquist was the top M16 in the Sprint and Middle.

"I arrived early at the sprint and feeling prepared and ready, I knew I had to have a clean and strong run to get through my heat and still have the energy for the final. I entered the start box feeling nervous and took the first controls slowly before really pushing into my flow. The heat was amazing I had a great run and won by around 30 seconds without feeling too tired, qualifying for the A Final. After my run I made sure I was recovered and had taken in the sufficient fuel and liquid for the final. Again, I left myself 20mins before my start and went through my pre-race routine; stepping into the box this time around I felt 10x more nervous knowing that I had a lot of good competitors in my class. I started well but made a few mistakes and route choice errors on controls 6, 11 and 14 which I thought had cost me the race. I still pushed hard and was so shocked to find out I had won when I finished! In my eyes it was

nowhere near the perfect run and I was lucky to win the race.

I felt confident for the Middle race and knew I had to perform well as it was the first GBR selection race for EYOC. I set off to the start with high hopes and felt confident in the box, thinking just do what you've been doing all year in training. I set off well and adapted a good flow around the course. Being second to last starter on my course I knew when I came in to the field first it was a good result and when I found out I had won I was so happy! Reflecting on my performances I feel that everything went amazing and that all my hard training has been worth it, especially after getting selected for Great Britain at EYOC.

I'd like to say a big thank you to my Dad, Axel for all the support he has given me and to my Coach Colin Dickson for all the hard work he's put in this year to support and improve my orienteering development."

Charlotte Watson was the top W18 in the Middle.

"A disastrous performance in the British Sprints the day before meant I was determined to do well in the Middle. I was feeling a lot more confident about the middle but was still a bit nervous as it was in very different terrain from what I'd be

training in all winter. The races hadn't started in Sweden yet but I'd done some middle courses at race speed every Sunday for the past three weeks at the Vinterserien (a local winter series in Stockholm) which had gone well, so I was feeling fairly confident. As I was warming up I felt ok but didn't feel in the most positive frame of mind. I told myself to snap out of it and began turning all the things that were bothering me into positives and I began to feel a lot better.

My strategy was to focus on the orienteering, make sure I used my compass properly and have a good picture of the control circle so I could have my head up coming into the control circle and be able to spot the control as soon as possible. This mostly worked well for me; I found on the legs where there wasn't much to use on the ground I was able to run confidently on my compass knowing what I was going to see. I was fairly pleased with my run; I've never felt very confident on flat fairly vague terrain and this was the first time I really felt that I'd managed to race on that sort of terrain. I have now got lots of things I want to improve on from the race but I did as well as I could on the day so I was satisfied."

Aiden Smith was the top M18 in the Middle.

"Starting the British Middle Champs I knew it was going to be a fast physical race. I was a little tired and disappointed with my performance in the Sprint Champs the day before, as I don't think I got the best out of myself physically, but I knew I just needed to run fast and straight. The race started well, although I lost some time at number 3 standing 5m away and not seeing the gully or flag. Then I was clean through to 8, where I ran into the circle expecting to see the depression and flag and overshot. I recovered well from the mistake and finished the rest of the course with no large errors, though some hesitation. I was very pleased to win M18E and with my physical performance. It was great to be 4th junior on an area that wasn't really suited to my strengths (no hills!) and I really enjoyed the event."

Lucy Butt was the top W20 in the Middle.

"At the start of the race I was a little far left to number 1 and found the M18E number 1 first,

however I relocated off this and soon after I got into the course. There was a really nice part of forested area around half way round which I really enjoyed as the runnability was good. The rest of the course went well, I came off my planned route a few times where I was running too fast but had no major mistakes so was really pleased with my race and result when I came back in first."

Jonathan Crickmore was the top M20 in the Middle.

I knew this would be an interesting Middle Distance Championships as the area lacked any large features making navigation quite hard. I set off fast, pushing hard on the tough running through the tussocks. I got into the map quite nicely using the distinctive trees as much as I could. Then after about 10 minutes I caught up Peter Bray and we pushed on together until the end leaving me pretty exhausted at the finish after a hard weekend racing. I had a really enjoyable race with only a few 10 second mistakes here and there.

Congratulations to all the class winners and everyone who achieved a personal best performance.



L-R: Lewis Taylor, Jonathan Crickmore & Duncan Birtwistle, M20



L-R: Tamsin Moran, Lucy Butt & Florence Haines, W18

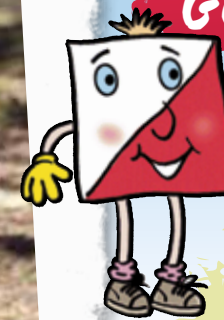


Aidan Smith won M18



L-R: Natalie Beadle, Julie Emmerson & Helen Wood, W16

Orienteering Games & Tips



Charlie Control asks,
 How can I improve my race results?

millie map says,

The route to success is to focus on the skills that you have practiced during training rather than the end result. Finding controls at speed during a race challenges you both physically and mentally so it is important to concentrate on doing the small, but important things accurately e.g. compass bearings, pacing, aiming off.

To practice your skills whilst meeting up with friends, go along to your clubs weekly training night. They are great fun and coaches will be there to help you improve your orienteering skills.



Orienteering Word Search

Find some of the winners of this year's JK and British Championships:

- ☐ Garan Allen
- ☐ Lucy Butt
- ☐ Jonathan Crickmore
- ☐ Scott Fraser
- ☐ Graham Gristwood
- ☐ Hector Haines
- ☐ Katrin Harding
- ☐ Zoe Harding

- ☐ Sarah Rollins
- ☐ Aiden Smith
- ☐ Chris Smithard
- ☐ Jamie Stevenson
- ☐ Murray Strain
- ☐ Cat Taylor
- ☐ Claire Ward
- ☐ Charlotte Watson

F E F H J Z A X A S D G V F E Z X B L U
 A G R A H A M G R I S T W O O D H U J K
 J D R O U G H C Q W K L N D B R Y K A V
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JUNIOR PROFILE:



Natalie Beadle

BRITISH SCHOOLS SCORE ORIENTEERING CHAMPIONSHIPS 2012

SATURDAY 13TH OCTOBER 2012

Kingsbury Water Park
Warwickshire
Hosted by Octavian Droobers
Orienteering Club

BRITISH SCHOOLS ORIENTEERING CHAMPIONSHIPS

SUNDAY 18TH NOVEMBER 2012

Delamere Forest, Cheshire
Hosted by Deeside Orienteering Club

A training event will be staged on Saturday 17th November. There will also be a special qualification race to select the England teams for the ISF World Schools Championships in 2013.

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

PETER PALMER JUNIOR TEAM RELAY

**8TH/9TH SEPTEMBER, SUTTON PARK,
BIRMINGHAM**

The race will start at around 5.00 a.m., with Leg 1 runners completing their courses in the dark and daylight breaking as the Leg 2 leaders come in for their handover. The four daylight legs range from Yellow and Orange standard through to the final long Green leg which will test the most experienced. The Peter Palmer Relay is a great opportunity for clubs to give all their juniors the experience of competing in an exciting relay competition, as well as having a social weekend away. Make sure you have a team there in September.

All the details and an entry form can be found at www.coboc.org.uk.



Age: 15

Club: LOC

Age started orienteering?

About 6 but I only really started enjoying it and taking it anywhere near seriously when I was 12.

Do your parents orienteer?

Mum does, but Dad won't go near it!

Why/where did you start orienteering?

I started off going to local events with my mum when I was little, then primary schools' league, which was when I decided I actually liked it.

What do you enjoy about orienteering?

I really like the running, but then the technical side stops me from getting bored as can happen in cross country races.

Do you have a coach?

I do, Carol McNeill

If so, how has this helped you?

Carol is very experienced and professional. I find it really helpful learning how she does things, and combining what works for her, with anything I figure out myself.

Where is your favourite place to orienteer?

Either Culbin, or Haverigg; Culbin because it's pretty, Haverigg because it's so familiar.

What kind of training do you do?

Mostly running with Hannah Cleary-Hughes and my sister and also doing hill reps/intervals. I also train with the LOC talent squad and attend local evening events each week.

What is your best result?

2nd at the JK last year.



Natalie
competing at
EYOC

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

To enjoy it and not to worry too much - which I think is the mistake I've made a lot recently!

What do you enjoy doing outside of orienteering?

Swimming in the river near my house, and playing rounders, so not a lot to be honest!

Eborienteers Increase Membership



During the last 18 months EBOR have seen a large growth in their membership due to the continued development work of their club volunteers in and around York, Scarborough and Pickering. The club have developed two thriving weekly Community Orienteering Clubs in Pickering and York which has produced an 800% growth in their junior membership. Publicity and promotion has been key to the success; for example in Pickering, every year 4/5/6 child in the four feeder primary schools (about 400 children) each get a flyer put into their homework bags by the school inviting them and their parent to the Club Night.

The regular local event scene around York has also been a mechanism to increased membership and general interest in orienteering. The York and Ryedale Summer league is an example of this with a series of eleven local orienteering races in the York, Ryedale and Scarborough areas in May and June 2012. In addition to this, EBOR regularly attend open days and community events to deliver activities such as Maze O to promote orienteering and the club.

	2010-2011	2011-2012	growth
Senior	44	54	23%
Families	30	34	13%
Students	3	4	33%
Juniors	2	18	800%
Total units	79	110	39%
Total individuals	137	175	28%

The table above shows an exact comparison of data from 16/5/11 - 16/5/12, which shows how the clubs hard work invested in activities and community events as well as following up contact with newcomers by email etc, has worked wonders in getting membership and participation up across all membership types - but especially juniors.

EBOR Community Orienteering Nights - www.eborienteers.org.uk
Mondays: 6pm – 7.15pm. (School Term Time Only) Acomb Primary School, West Bank, York YO24 4ES.
Thursdays: 6pm – 7.30 pm. Lady Lumley's School, Swainsea Lane, Pickering, YO18 8NG.

RUSHCLIFFE COMMUNITY CLUB NIGHT

Nottinghamshire Orienteering Club launched their fourth club night at the beginning of May. Set in the beautiful countryside about half a mile south of Ruddington and with a network of over 8km of footpaths, grassland, conservation and landscaped areas, Rushcliffe Country Park is an ideal place to deliver a variety of orienteering activities. The club meet on a Tuesday evening from 6.30 – 8pm with sessions planned and delivered by NOC coach Hilary Palmer.

PUBLICISING THE NEW CLUB NIGHT

We put out publicity in various ways including support from Rushcliffe Council (who for example used 'Twitter' to retweet @Rushcliffe to 1,250 of their followers). We also used Print Portal and distributed within a 5 mile radius of Rushcliffe Country Park leading up to the launch of the club night.

Using a new British Orienteering email facility, we were also able to create a professional looking article that was sent to editors of newspaper's as well as additional contacts found via internet research (for example the local rambles association). For this club night - the free local newspaper was the most successful in attracting the 20 newcomers who attended the first night. These individuals (all new to the sport) ranged in age from young children with their parent(s), to a 60 year old lady with every age in between.

COACHING A CLUB NIGHT

When Hilary Palmer was asked why she was willing to run a Community Orienteering club night and what she was doing to cope with the big spread of

ages she said, "I very much enjoy meeting new people at the community club night and sharing my love of the sport with them. In Rushcliffe Country Park I am planning on using 3 or 4 different start/base points each week in rotation so that we aren't seeing the same part of the park all the time. It's not a technical area



Hilary Palmer shows the newcomers how to punch the control

but each week I can plan and use between 10 and 12 control points in different ways to give everyone a challenge.

For example, this week I had a star of 5 controls within sight of me for the under 11s and 2 loops of about 1km for everyone else using some of

those controls and others in an adjacent small wooded area. If orienteers had come, I planned to ask them to do a loop by 'map memory' and for the people who finished the 2 loops quickly I also had some route choice legs using the parks permanent controls to give them a bit more of a run and navigational

challenge. As people returned from their exercises we talked about how they found the controls and for the last quarter of an hour we had fun with the SI kit and 'Naughty Numbers'. Each week I ask the participants to collect in the controls - sometimes it's a team competition but this week

I showed people a control on a map and they memorised its location and brought it in."

NEWCOMERS AT THE RUSHCLIFFE CLUB NIGHT SAID.....

"We are a family of 4 and this is the first time we have been able to do something together as a family."

"It has been fun and exciting learning map reading" Molly aged 11.

"I want to get fit to do a marathon and I find that just running is boring" Jason, 40.

"We want to exercise but are bored of the gym. Navigating helped to distract us whilst we ran!" Jenny and Katy both 24.

What was fantastic is that nearly everyone returned the second night and those that didn't had emailed to say they will be back. This is testament to the engaging exercises and social environment created by the Coach. The answers above on why our newcomers want to attend our new club night were maybe nothing new but interesting to hear and reinforces the fact that as a sport we still have a lot of appeal to a wide range of people.

SOCIAL WEEKEND FOR NATO JUNIORS

By Paul Boyles



Newcastle and Tyneside Orienteers (NATO) have been trying to create a social family friendly atmosphere throughout the club in conjunction with the new club night. In April the NATO junior team consisting of 20 juniors aged between 4 and 20 and 16 adults headed up to Kielder for a weekend consisting of training, social activities and a Level C event.

Training started at 10.30am and consisted of a variety of techniques including map walks, compass bearings and using line features other than paths to navigate. This was interspersed with lunch before a final relay race where the juniors were split into teams with an adult team leader. This led to a fast and furious relay with some very competitive adults trying to beat each other! After the training finished at 2pm we went swimming for a chance to get to know each other and relax.

Due to the wide catchment area for NATO several of the juniors hadn't met before and this was a great chance to get them together. We all stayed at Kielder Youth Hostel and following the evening

meal, the juniors were taken round to the Maze at Kielder for a game of Hide and Seek tag to try and tire them out before bedtime - it seemed to work!

That evening the juniors were all presented with a Buff and other merchandise, donated by Buffers. Our thanks go to Buff, for this offer, as the delight on the juniors faces when they received them was brilliant. The deal was that they had to wear them for breakfast, although the majority of them put them on that evening and actually wore them in bed overnight.

Sunday morning came and the juniors woke up excited by the prospect of competing at Kielder. They were allocated courses that were deemed suitable for their ability. Some of the juniors had not experienced an area like Kielder so it was a great experience for



them to compete in a technically challenging area. Some had only competed at local level in school grounds or in parkland but all the juniors put in good runs. It was really pleasing to see them all come back with a smile on their faces. For me, that is what orienteering is all about. Seeing the juniors come back with a smile on their faces makes it all worthwhile and is the main reason why I got involved and am still involved with orienteering.

Looking at the results from the weekend, it is noticeable the impact the club night is having on the juniors. On the Yellow course, the top four places were taken by juniors who regularly attend the club night and the top finishing junior on the Light Green course is also a regular attender.

The impact of such a weekend will hopefully have a lasting effect bringing the club together to create a team spirit, and a social side to the club that will ensure orienteering is enjoyed by juniors and families for years to come.

The Club Night takes place every Wednesday from 6:30pm - 8:00pm at Prudhoe High School, Northumberland. www.newcastleorienteering.org.uk

HUMBER NIGHT CHALLENGE

By John Butler

Twelve HALO members were involved in this year's Humber Night Challenge which was organised jointly by Humber Police, Humber Fire and Rescue, the Tribune Trust and HALO. As well as the Night Challenge, three members also put on five navigational training sessions for the competitors in Beverley, Driffild, Hull, Grimsby and Scunthorpe prior to the event.



126 youngsters aged between 12 and 16 from East Riding, Hull, North East Lincolnshire and North Lincolnshire in 27 teams successfully completed 20Km of night orienteering. The teams were recruited through Neighbourhood Policing Teams from young people they know and youth and community groups they work alongside. The aim was to include young people who may not have had the opportunity to take part in this kind of outdoor experience in the countryside before.

The brackets in the results show the position and how long the teams took to complete the course, excluding the time taken to tackle the six challenges which they encountered on

RESULTS

1st	Village People (Worlaby)	(2nd - 3:56:20)
2nd	Hedon Youth Group (Hedon)	(4th - 4:10:53)
3rd=	Storm Troopers (Immingham)	(8th - 4:28:28)
3rd=	Bridlington Spartans (Bridlington)	(9th - 4:39:15)

route. The final positions were adjusted to reflect their scores for the challenges. The fastest team took 3:50:04 but clearly did not do so well on the challenges.

The first challenge run by HALO, was to plot 10 map references which identified the route to be followed. The last challenge was also run by HALO and was a maze where individual team members had to collect letters of the alphabet that when put together in the right order spelt the name of a place connected to the event. The other challenges, which included creating a wigwam, securing a team member in a stretcher and facing a mock crime scene, were run by our partners.

Permanent course or training markers from £20.00 per set



Celtica MAPPING

Contact Helena Burrows
info@celticamapping.co.uk

☎01407 710528

or visit the website
www.celticamapping.co.uk

The winning team won a week's adventure course in the Lake District and a special award of a place on an Outward Bound Course was made to the outstanding individual competitor. The top four teams were also given free entry to a HALO event.

The Value of the Coaching Workforce to support Community Orienteering

The participation data from last quarter (Jan – April 2012) illustrates that WAOC's Cambridge based club night has a really good overall attendance across their weekly sessions and a large number of registered attendees. What these figures don't show is the fantastic efforts of the lead club night coach Peter Allen (Level 3 Coach) along with other key members of the club to provide activities in a variety of areas as well as supporting the development of new coaches.

Natalie Shaw - Participation Manager (East) talks to WAOC about the importance of developing their coaching workforce and profiles new UKCC Level 1 Coach Helen Bickle.

Natalie: What makes your club night work well?

Peter: We love going to new and interesting places in Cambridge including Fellows Gardens, local parks, the university sites and the Centre for Mathematical Sciences, which rivals the Barbican for route choice complexity. We also keep the club night very informal.

Natalie: What does your current club night coaching network look like?

Peter: The coaching team of eight from WAOC and CUOC cooperate and I acknowledge as coordinator their contribution. We seldom use outside coaches, although they do assess us! The 8 of us together deliver the club night, with up to 3 coaches at each club night taking different activities for sometimes over 30 people.

Natalie: Does having this network of coaches make it easier to plan or manage mixed ability groups or different age groups on club nights?

Peter: Club nights need a lot of advance planning (we plan 3 months ahead) to put on interesting activities. To illustrate this, on the third Wednesday of the month we put on a 5km technical, 3.5km medium and 2km easy course because that caters for what the club likes, what the university orienteers like who want loops they can memorise and do without the map, and what the the University of the third age members like, who just want to learn something new and get involved (we recruit many new members from these groups).

It also means we are able to draw on the skills and experiences of a variety of coaches and cope with different age groups - e.g. in April, Caroline Louth, one of our most experienced urban mappers took us through the practical steps in creating a map of the Science Park in Cambridge, whilst in March, Ursula Oxburgh ran a club night using a line map of streets and footpaths.

Natalie then spoke with Helen Bickle on how she went from being a regular club night attendee to newly qualified UKCC Level 1 Coach.

Natalie: How did you get involved in coaching orienteering?

Helen: There is no point lying - I was guilt tripped into it. I'm a keen attender of club nights as its far more exciting than going for a run and orienteering relies on volunteers such as coaches.

Natalie: What do you enjoy most about coaching orienteering?

Helen: The smiles. I've only coached one proper session, but seeing happy faces finishing the maze made it worth it.

Natalie: What sort of coaching sessions have you ran with WAOC?

Helen: We have a pool of trained coaches at WAOC and with CUOC coaches as well, the club night sessions are divided up so that I've

only been asked to organise one so far.

I divided the session into two. The first half was extremely short sprint courses of 5 to 7

controls around a maze made out of 1/2 km of tape (I did need help setting it out) to test quick thinking.

The second half was pacing practice. The orienteers ran/walked 100m (on the handy running track) three times to find their rough pacing count and then had a choice of a long or short pacing activity on a blank or full map.

Natalie: Did you enjoy the UKCC L1 Coaching Course and would you recommend it to others?

Helen: 100% yes, there were many aspects of the sport made a lot clearer by the leader and assessor.



Club night coach, Peter Allen, with the University of the Third Age preparing for the first leg of their course



Juniors set off for a run with Ben Windsor, the senior CUOC coach

Community Orienteering Leader Award

British Orienteering has introduced a one day award to support new leaders delivering Club nights and Activity nights through the Community Orienteering programme. The award introduces candidates to the knowledge, understanding and practical ability to lead Community Orienteering activities and sessions safely on enclosed sites such as schools or parks.

Primarily for coaches qualified to a minimum of Level 1 standard in another sport with limited orienteering experience, the course is also suitable for existing orienteers to support delivery of club night activities. The course reinforces leadership skills such as organisation,

planning, communication and teamwork and introduces basic orienteering skills and techniques through interactive sessions. This award will therefore enable leaders to be capable of demonstrating the techniques employed, and the skills to supervise a group safely at club nights and activity nights.

What would I have to do as Community Orienteer Leader?

The leader is the key motivator and deliverer of activities within the Community Orienteering Programme. This course introduces the knowledge, understanding and practical ability to lead club nights safely. You will be able to deliver task card activities on enclosed sites such as schools or parks



and following the course will be insured to deliver these activities if you are a member of British Orienteering. Equipment, such as the 'Year in a Box' can be provided by British Orienteering.

British Orienteering has now run two successful courses with one in Worcester and another in Peterborough. Helen Clarke from Living Sport County Sport Partnership – who attended the course in Peterborough, commented;

"We are working with British Orienteering to set up and support Community Orienteering in Cambridgeshire and Peterborough and have been surprised by the variety and flexibility that the sport offers. We will definitely be working

hard to recommend people visit the local West Anglian Orienteering Club and British Orienteering websites for more information and to dispel any pre-determined opinions. This course is the first in what I hope to be the start of up skilling our local coaches and growing Community Orienteering in areas such as Peterborough and Huntingdon. I personally learnt a lot from the course and was shattered by the end of it".

Many more courses are planned over the next year so please check the website for an updated list. If you are interested in becoming a Community Orienteering Leader please contact your local British Orienteering Participation Manager or the Development Manager.

NOTICE BOARD

Why not try using Twitter to promote your club nights and communicate with members? Many successfully using Twitter and by 'following' Local Authority's, Councils, Schools and County Sports Partnerships you can gain more followers by asking them to 'retweet' your latest news or com! for more information on how to use twitter. Here are some orienteering club night 'twitter' user names to have a look at @SYOrienteers @DVOrienteers @sloweb @ngocclub

If you haven't yet seen or used the Luc Clusterman 'Go 4 Orienteering' activities please email your Participation Manager for a copy of the resource CD. The activities are great for both beginners and experienced orienteers and are primarily aimed for training exercises on small sites such as a school grounds, parks or an indoor sports hall.

Children from Jersey really enjoyed their inaugural trip to last year's British School Orienteering Championships, and since then more orienteering has been taking place on the island, including the second Under 11's Jersey Orienteering Championships. St George's Preparatory School picked up both the Team and Individual trophies and with so many smiles on the competitors' faces, it is clear that they are all looking forward to this year's BSOC.

Chigwell and Epping Forest Orienteering Club (CEFC) have launched 'Stortford Maprunners'. It is held at Birchwood High School, Bishops Stortford every Wednesday from 6.30 until 7.45pm.

Nottinghamshire Orienteering Club (NOC) have launched a weekly club night in Rushcliffe. It will be based at Rushcliffe Country Park on Tuesday nights from 6.30-8.00.

Southern Navigators (SN) have set up Fleet Community Orienteers to provide children and parents with an opportunity to learn how to map read, navigate and problem solve in a fun and social environment. It is held at Velmead Junior School, Fleet on Monday evenings.

Manchester and District Orienteers (MDO) have launched another new club night in Glossop. It is held at Glossopdale Community College Sports Centre every Thursday from 6.30 - 8pm.

South Yorkshire Orienteers (SYO) have launched a club night at Forge Valley Community School Sports Centre, Sheffield every Thursday from 6.30-7.30pm.

Pendle Forest Orienteers (PFO) have launched a club night in Burnley. It is held at Spirit of Sport, Ormerod Road, Burnley every Tuesday from 6.30pm - 8pm.

Don't forget to keep checking the Print Portal for new flyers. The new templates give clubs the option to choose photos, colours, logos and different messages depending on their target market. There are now variable templates available to promote a club/community O night, a single event, a series of events and a template aimed at runners.



BRITISH UNIVERSITY ORIENTEERING CHAMPIONSHIPS

Report by Lucy Fryer // Photos by Ian Buxton

On Saturday 17th March 2012, approximately 150 university students descended on Ambleside to battle it out for university placings in the annual British University Orienteering Championships, otherwise known as BUCS.

This year it was being hosted, for the first time in history, by Cambridge University (CUOC) and unusually a couple of hundred miles away from their city – in the Lake District. This was made possible by a number of CUOC members hailing from the North West and a huge amount of assistance from Lakeland (LOC) and South Ribble (SROC).

The individual was held on Loughrigg Fell with assembly at Charlotte Mason (University of Cumbria). The weather managed to stay pleasant for much of the day although later competitors were caught in heavy rain.

BUCS is a lovely event where beginners are very much involved and it was great to see many coming with various universities, in particular Leeds, East Anglia, Newcastle and Imperial. Men's B and C courses and Women's B are available for those who don't wish to do the full A course – however, to ensure that beginners can also count towards university scores, points are now awarded to B and C courses enabling universities to not require a full experienced team.

Imperial College swept the podiums on Men's B with Richard Flint, Milan Misak and Alwyn Elliot taking 1st to 3rd respectively. The two completers on the Men's C course hailed from different universities, Oliver Farren of Durham took 1st with a significant lead over Jonny Lyon of York in 2nd. On the



The top three on the men's course - 1st: Hector Haines, 2nd: Oleg Chepelin, 3rd: Peter Hodkinson

Women's B, the competitors were again from different universities – Sarah Hutton of Durham was 1st, Heather Hale of Edinburgh 2nd and Becky Hemsley of York took 3rd.

The A courses were hotly contested. In the Men's event, Edinburgh, Sheffield, Sheffield Hallam and Oxford dominated at the top but Edinburgh carried on their domination of the points by taking 1st (Hector Haines), 2nd (Oleg Chepelin) and 4th (Douglas Tullie). Peter Hodkinson of Oxford split them up to take 3rd. Hector won by 3 minutes but the next 10 competitors were split over just 4 minutes – a close race!



Mens A

Hector said, "I knew that I wanted to perform well at the BUCS championship. It was the first big domestic race and I wanted to hit the season hard to show everyone what I am all about this year. I did quite a lot of good preparation for this race, lots of hill reps and geeking with the map. I went off hard and stuck to the pace, running through everyone I managed to catch up. I made only around 10 secs of hesitation and around 40-50 secs on slight route choice errors, but I was very happy with both the result and the performance in the end. The race confirmed

what I already knew; this year is going to be a good one for me!"

In the Women's it was Edinburgh, Sheffield and Cambridge dominating with Rebecca Harding of Edinburgh taking the top spot over Anwen Darlington of Sheffield (2nd) and Cat Taylor of Edinburgh (3rd).

Rebecca said, "The BUCS individual race was as near a perfect race as I have ever run. I loved the open hill side, the map was great and enabled me to picture and predict what was coming up! The course was technically fairly easy but physically challenging and I felt I had worked really hard to get to the finish. It's just a shame I didn't take a second to admire the views!"

The social for the Saturday evening consisted of a scrumptious buffet dinner at the Coronation Hall in Ulverston followed by a ceilidh led by local band Wooden Leg. In the middle of the evening the medals and trophies were awarded and current university rankings announced. The top five were:

1.	University of Edinburgh	16
2.	University of Sheffield	50
3.	University of Oxford	122
4.	University of Cambridge	123
5.	University of Bristol	169

This was followed by the hotly contested Boat Race which a number of teams had been practising for over previous months. Sheffield took the Tankard Trophy this year – taking it back from previous winners Edinburgh. After the ceilidh, the students drove back to accommodation at Victory Hall in Broughton and some continued their celebrations in the upstairs room of a local pub.

The second day came and competitors packed up and travelled to Bigland (East) for the Relay competition. The terrain was a mixture of grassy fell and intricate, marshy forest with

plenty of opportunity for errors in such a fast and furious relay format. The start/finish area was particularly exciting as runners could be tracked all the way to the top of the hill as they ran out of the start and for the last 3-4 minutes of their course as they came into the finish.

There was almost 50 full teams competing in the three classes of Men's, Women's and Ad-Hoc. There were some interesting teams put together for the Ad-Hoc with 'Edinburgh D-Day' made up of Edinburgh current residents (Laura Ramstein, Alison Campbell and Peter Gardner) taking top spot just ahead of a DRONGO helpers team 'Helper1' (Adam Bennett, Loz Colyer and Ian Buxton).

In the Women's relay, Edinburgh showed their dominance again taking all

3 podium spots with 'EUOC Legendesses' (Cat Taylor, Jo Shepherd and Rebecca Harding) in 1st place, 'EUOC Maidens' (Kirsten Strain, Kirstin Maxwell and Jessica Orr) 2nd and 'EUOC Bbz' (Alice Leake, Lauren Eyre and Rona Lindsay) in 3rd.

In the Men's relay there was a little more variation with Sheffield's 'Men of Steel' team (Robert Gardner, Jonny Crickmore and John Rocke) taking 2nd place and splitting up Edinburgh's 'EUOC Myths' (Jamie Stevenson, Mark Nixon and Alasdair McLeod) in the top spot and 'EUOC Legends' (Doug Tullie, Oleg Chepelin and Hector Haines) in 3rd. Special mention should also go to the Surrey 'team' in which British Orienteering Director Scott Collier ran all three legs!

The Oxford Men's team unfortunately missed out on taking the gold medals in the Men's Relay. On the last leg Peter Hodkinson caught up the leading group and, in a close finish, crossed the line first. It seemed that Edinburgh's long-term domination had at last been broken. However, he was subsequently disqualified for taking a route that crossed a dry stone wall. The final details stated that it was forbidden to cross walls. Oxford lodged a complaint and it became a protest which the jury then considered. They decided



Rebecca Harding won the women's course

Thank you to all of the universities who sent competitors this year. There were 16 different universities represented which is a healthy increase from the 12 last year. A particular congratulations to those who are relatively new to the sport and tackled the tricky courses in Bigland! Also a huge thank you to everyone who helped – it was a large team made up of members from CUOC, LOC, SROC, DRONGO and the BUCS Orienteering Sport Management Group. In particular, Ben Windsor (overall co-ordinator, CUOC), Matthew Vokes (relay organiser, CUOC), Dick Towler (individual planner, LOC), Roger Smith (individual controller, LOC), Quentin Harding (relay planner, SROC) and Andy Lewsley (relay controller, BL).

Congratulations to the following athletes who have been selected to represent Great Britain at the World University Orienteering Championships, 30th June to 7th July, Spain.

Men	Women
Hector Haines (EUOC/AIRE)	Anwen Darlington (SHUOC/ERYRI)
Peter Hodkinson (OUOC/NOC)	Anne Edwards (TVOC)
Kris Jones (SHUOC/SBOC)	Rebecca Harding (EUOC/HH)
Mark Nixon (EUOC/FVO)	Hollie Orr (EUOC/CLYDE)
Dave Schorah (SHUOC/DEE)	Mairead Rocke (CUOC/SYO)
Doug Tullie (EUOC/RR)	Catherine Taylor (EUOC/CLOK)

EUROPEAN ORIENTEERING CHAMPIONSHIPS 2012

Report by Sarah Hague // Photos by Anders Öberg

The European Championships (EOC) were held in Dalarna, Sweden with the competition races held in fantastic, virgin terrain in Mora and Orsa and in challenging, spectator friendly arenas in Falun. British Orienteering selected a team of 18 athletes which included athletes with experience and who were treating EOC as a 'warm-up for WOC2012' as well as those developing athletes who needed to be exposed to racing against the world's best orienteers.

QUALIFICATION RACES

The first day of EOC was a disappointing one for the British team as unfortunately none of our men managed to qualify for the Middle Distance final. Fortunately a different story emerged for our women and Claire Ward (4th) and Helen Palmer (15th) qualified for the final.

In the Long Distance qualification, the team moved back on track, and Scott Fraser (4th) and Mark Nixon (16th) qualified for the men's final whilst Claire Ward (5th), Rachael Rothman (12th), Catherine Taylor (14th), Heather Gardner (15th) and Helen Bridle (17th) all qualified for the women's final.

In the Sprint Distance qualification both John Rooke and Ewan McCarthy narrowly missed out on competing in the final, but the rest of the British men qualified: Scott Fraser (3rd), Dave Schorah (6th), Christopher Smithard (12th) and Richard Robinson (16th). A similar pattern emerged for our women with Sarah Rollins (4th), Claire Ward (5th), Catherine Taylor (6th) and Helen Bridle (9th) all qualifying. Unfortunately Lucy Butt missed out but said, "Having the chance to run with the seniors was amazing as there was such a good team feeling and I have learnt a lot about my orienteering processes."

Dave Schorah did qualify and he said, "I found EOC to be a great learning curve. It was hard work because of the strength in depth of international orienteering at present, but I have taken plenty of positives as well as some key learning points that I need to improve upon and an understanding of what is required to excel in the future."

MIDDLE DISTANCE FINAL

Claire Ward was Britain's best performer and finished in 20th place. Claire was hunted down by Annika Billstam (WOC Long Distance Champion, 2011) and finished 5:38 minutes down on the eventual winner, 23 times gold medal winner at EOC and WOC, Simone Niggli who, after a cautious start ran a dominant race to beat the rest of the field by 1:25 minutes. Helen Palmer finished 36th overall. Helen said that EOC had provided her with a great opportunity to practice her orienteering routines under pressure and whilst she knows that she didn't arrive in the best physical shape due to illness, she still got a lot out of competing against the best in the world in fast terrain. Her race has given her the confidence for the rest of the season.

LONG DISTANCE FINAL

In the men's final, Olav Lundanes from Norway showed his power and celebrated his second EOC 2012 gold by completing the 15.4km course in 87:43 minutes. Scott Fraser finished in 29th place and said he was extremely disappointed with his result. Mark Nixon finished in 45th.

In the women's race, Simone Niggli showed her invincibility and flew through the 9.7km long course in 61:34 minutes, beating her nearest rival by 4 minutes. Claire Ward was again Britain's top performer and finished 21st, whilst her team mates, Rachael Rothman, Helen Bridle, Catherine Taylor and Heather Gardner finished 39th, 44th, 47th and 48th respectively.

After her race, Rachael said the terrain was amazing and great fun to race in. She also commented that during EOC 2012, she had orienteered for 201 minutes through 66 controls and was pleased that she had made less than 2 minutes of mistakes, although due to illness was below par physically. Heather said that running the Long Distance final was her favourite orienteering experience to date, and that it has given her even more motivation to train hard to improve on her results in the future.

SPRINT DISTANCE FINAL

Thousands of people cheered the Swedish athlete, Jonas Leandersson when he won his first EOC gold medal by 5 seconds. Scott Fraser put the disappointment of the Long final behind him and claimed a well deserved 5th place, only 14 seconds behind the overall winner. His team mates, Dave Schorah, Richard Robinson and Chris Smithard finished 37th, 45th and 49th respectively.

In the women's race, Claire Ward competed in her third final and after a shaky start, she managed to claw her way up the field and finish in 11th place, only 1:41 minutes behind the invincible Simone Niggli who won her third gold medal by an incredible 32 seconds. Catherine Taylor, Sarah Rollins and Helen Bridle finished 22nd,

23rd and 35th respectively. After finishing Claire said she found the week intense, especially when having to compete against world class competition in physically and technically demanding terrain. She has learnt a lot from the experiences though, and is looking forward to building on this knowledge in the run up to WOC 2012.

Sarah Rollins said, "I decided to accept my selection to compete at EOC 2012 to test myself in the Sprint following some early season UK success. It is always good to do qualifiers as they can be the stumbling block for so many. I got in the right frame of mind and was pleased to finish 4th in my heat after a steady race. Unfortunately in the final, I was outrun by many of the other girls in the downhill forest start and I then made a stupid error as I picked up my new map. Steve Sylvester (ex-GBR sport psychologist) always said to love our mistakes as they make us better. On this occasion I agree strangely. I don't think I'll do it again - I ran out of the spectator area too quickly, failed to spot the new start kite and lost 20 seconds working out where I was. Some faster splits in the urban section couldn't bring me back up the field so I had to settle with 23rd.

In the relay I had more success. I had a steady start and at the first radio/TV control I was in 17th, and at this point I spotted a track route. Almost without thinking I took it and suddenly I was on my own. After

a good hard run along a track I arrived at the second radio/TV control in 1st. This has to be my best route choice ever! Unfortunately my legs couldn't hold the lead for long, but I continued to run my own race and despite a small miss at number 6, I finished 1:40 minutes behind the leaders. I know I still have lots to learn and build on, but I received a massive confidence boost and for me, I realised that the key to relay running has to be doing my own thing and being bold about it."

Anthony Squire who was on his first international as part of the GBR team concludes, "From a team point of view, I think it was an encouraging week for a number of new members to the GB team, who are performing at this level of competition for the first time. The majority of people qualified for at least one A final and where they didn't, still produced strong B final results. Every (good or poor) run will have provided valuable information to the athletes that they can learn from and build upon in future competitions."



Ewan McCarthy



Claire Ward was Britains best performer



Cat Taylor



Mark Nixon



Rachael Rothman

NATIONAL TALENT DEVELOPMENT COACH UPDATE

By Jackie Newton

It has been almost three months since I went into the National Office on 1st March for induction to my new post as National Talent Development Coach and how the time has flown! It was clear that the next few months were going to take me on a voyage of discovery: there was so much to get my teeth into, not least contacting and meeting as many of the athletes in the National

Development Squad have been successful in being selected for EYOC and JWOC. I was pleased to get to the selection races at York and at the JK in Perthshire. I will be accompanying both teams to the competitions in France and Slovakia respectively and it was good for me to get an insight into how the athletes respond to competition and pressure.

another, provide information about the competitions, travel arrangements etc. and to give the athletes time to devise an action plan up until the competition. To achieve the objectives the athletes were engaged in team building activities, including climbing up trees and sailing rafts on Lake Windermere, classroom workshops to discuss preparation for competition, a recovery session modelling exercises they can do during the week of competition, and just one easy training session of a recovery run at 0730hrs on the Monday morning. I got the feeling that running at this time was foreign to a few of the athletes and there were a few who looked somewhat unimpressed to be training before breakfast but, hats off to all,



Team building on Lake Windermere



Talent Development Squad and their coaches as I possibly could. I am still on this mission, as I haven't yet got around everyone, but it has taken me near and far to observe training sessions and competitions; sit down face to face, telephone, skype, email and I had one opportunity to shadow an athlete during an evening event (which was fine whilst the going was smooth but I had bitten off more than I could chew in the rough!) Over the past ten weeks I have begun to build up a picture of each athlete. The conversations and observations, including several videos and stills of athletes performing running drills have helped to give me a good picture of stages of development, strengths and weaknesses and this is feeding into the plans for the programme as it moves forward.

This is not all about the athletes though. I have had the pleasure of spending time with some of the personal coaches, to pick their brains on how the athletes have got to the level they are at and the coaching environments and philosophies that support the talented athletes on their journey. The coaches also have areas they want to develop and so this is also feeding into the programme that aims to support the coaches to support the athletes! This has also been a time for selections into the Great Britain teams for international competitions. Many of the Talent

Selected to compete at EYOC are Ciaran Allen (ERYRI), Christopher Galloway (INT), Dane Blomquist (BAOC), Alexander Chepelin (GRAMP), William Rigg (LOC), Joe Woodley (AIRE), Katie Reynolds (SBOC), Rosalind Shepherd (INVOC), Rosie Watson (WCOC), Julie Emmerson (OD), Katherine Hall (SYO) and Sarah Jones (BARRO).

Selected to compete at JWOC are Duncan Birtwistle (CLARO), Peter Bray (SN), Jonathan Crickmore (SO), Thomas Fellbaum (MDOC), Aidan Smith (SYO), Jamie Stevenson (FVO), Lucy Butt (SARUM), Florence Haines (AIRE), Katrin Harding (SROC), Zoe Harding (SROC), Rona Lindsay (ESOC), Charlotte Watson (WCOC)

Once the selection races were over, it was time to get both teams together for a Pre EYOC and JWOC camp. I decided upon the Great Tower Activity Centre for the camp. It is close to Kendal where the athletes were likely to be competing at the British Champs so we could meet there and then get everyone to stay over until the Bank Holiday Monday.

The objectives of the camp were to allow the athletes and team managers to get to know one

everyone was there and ready to go on time and they ran for between 50 and 60 minutes at a leisurely pace.

Since the camp the athletes have sent through their plans for training between now and the competition and have chatted through their targets, preferences for start blocks, relays etc.

Their coaches have also been in touch regarding the best way that the team management can support the athletes. I am now in the process of collating all of this information so that we can support each athlete to perform to the best of his or her ability. On top of all of this there has been the organisation of trains, planes and automobiles to get to and from the competitions!

Once these competitions are over it will be time to reflect on what's gone well and what could be improved and then it's onwards and upwards with the programme. There are plans in the pipeline already and there are sure to be more that come in as a result of the activities of the next month but you'll have to watch this space to find out what they are!

MTBO Training Camp

Hilleroed, Denmark // By Steph Fountain

There is a MTBO training camp, held in Denmark each year, for the world's elite and others to prepare for the season ahead. This year the camp consisted of 6 races over 5 days, plus training sessions which focussed on different aspects of MTBO. The races were rather informal and the terrain was mostly forest, however there was one leg that went along the beach, which was very hard work to pedal through!

There was a night race to kick proceedings off and then a middle-long, a sprint and an ultra-long. The middle-long had a Tour de France start and the ultra-long had a Le Mans start with some clusters of free order controls. There is also the annual 'Diavalo Punching Challenge', where riders go head to head in a short 100m course. It really is an opportunity to practise everything MTBO!

A new SPORTident system called Active Card was on trial for the



camp. It is a contact less system and checkpoints are registered when the dibber comes into range (within a metre or so) of the control. The dibber beeps a lot and green lights flash to show it has registered. If you ride close to the control and stick your hand out you do not really even need to slow down too much!

The Active Cards effect route choice as it is much quicker to sail straight past a control with your arm out than it is to stop and turn around. It is also a lot more important than usual to know your exit plan at each control prior



to arrival, to avoid stopping or slowing down too much. There were a few teething problems, but when the problems have



been ironed out it seems like a great solution for MTBO. It was easier to achieve a nice flow in the races, especially for the shorter more intensive ones.

The camp is a great place to mix with a wide variety of riders and racing alongside elite athletes is both interesting and rewarding. It is a chance for existing and budding GBR team members to race against the best in a relaxed and friendly environment. The camp is very highly recommended for anyone considering international racing.

BRITISH AND JK TRAIL O CHAMPIONSHIPS

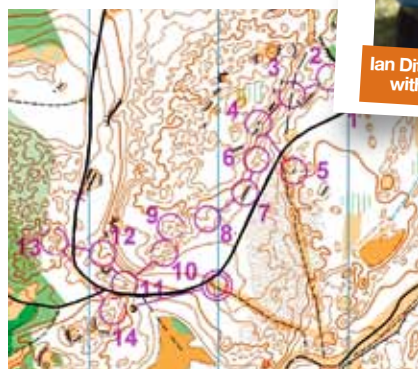
Report by Dick Keighley

The British Trail O Championships were held in the forested sand dunes of Newborough Forest, Anglesey. With WTOC 2012 being held on similar terrain there was a strong international presence with trail orienteers attending from Sweden, Finland, Norway, Italy, Germany and Japan.

Lots of Trail O was on offer, and on Saturday it began with a 10 control short course (something of an innovation in British Trail O), a 14 control middle distance course and to finish with, an 8 control Night Trail O course, probably the first such event in the UK.

On Sunday, the British Trail O Championships took place on a long and demanding course on the most complex of the Newborough areas. With such a strong entry from overseas, and on such a technical course, it was perhaps no surprise that the top three competitors, and the only three to achieve perfect scores, were all WTOC gold medallists – 1st Martin Fredholm (SWE), 2nd Ola Jansson (SWE) and 3rd Anne Straube (OD). A testament to the quality of the terrain and the excellent planning.

Before the Rule change, Anne, who competes for Germany but lives in the UK would have been crowned British Champion but subsequently the Open title went to Ian Ditchfield



(MV) whilst John Crosby (NATO) retained his British Paralympic Champion title.

The JK Trail O competitions were held in Perthshire and on both days there was a healthy pre-entry in the Open class, whilst the EoD course attracted plenty of support, with 40 competitors at Faskally and over 50 at Dunkeld.

The scenic Dunkeld course followed the public footpaths through the forest which were



Ian Ditchfield is presented by Dick Keighley with the British Trail O Champs trophy

very popular with the public on Easter Sunday. Unfortunately, with no spare officials to guard the control clusters, it was unfortunate that person(s) unknown chose to move or remove two or three of the most vulnerable flags and possibly moved a viewing point. As a result the decision was made to void three of the controls.

Three competitors finished level on 28 points over the two days, with the results decided on time penalties. Declan McGrellis (LVO) was the overall winner in the Open, followed by Charles Bromley-Gardner (BAOC) and Christine Roberts (EBOR). British Orienteering director Scott Collier (KERNO) was a clear winner on the EoD course.

European Trail O Championships, Falun, Sweden.

With the improved technical levels of international competitors and more consistent fairness in course setting, over a quarter of the competitors in the Open class achieved perfect scores on at least one of the two days. All six athletes placed on the podium in the Open class had perfect scores on both days with placings being decided by speed in answering the timed controls.

The level of competition in the Paralympic class was not as high due to the recent eligibility changes. This has led to many experienced internationals, including most of the former GBR team members, becoming ineligible to compete. John Crosby who did take part came 16th on 34 points.

Although the GBR team performed well, there were no medals for us this year, but there were some highly promising debuts from Sarah-Jane Gaffney who made only one error each day and finished 17th on 42/44 points and Charles Bromley-Gardner (38th) who on the second day scored maximum points. Ian Ditchfield was 24th, John Kewley 25th, Nick Barrable 43rd and Clive Allen 46th.

MAPPING UPDATE

BY DAVID OLIVANT, CHAIR, MAP GROUP
MAPCHAIR@BRITISHORIENTEERING.ORG.UK

ORDNANCE SURVEY AND SCHOOL ORIENTEERING MAPS

Mappers who produce orienteering maps of schools and other educational establishments should be aware that the Ordnance Survey have changed their licence arrangements following the introduction of schools opting out of Local Education Authority (LEA) control and that this affects the production of orienteering maps for academies and private schools.

THE ORDNANCE SURVEY HAS PROVIDED THE FOLLOWING ADVICE:

Where the school remains in LEA control the Local Authority can, as previously, extend the use of their OS data and licence to include LEA schools.

This does not cover academies, even those that may have buy-in to LEA services, or private schools. In these cases it would appear that the OS would prefer to deal directly with the school regardless of status and they see the school as a client and the orienteering club/mapper as a contractor. They prefer that OS data is supplied and licensed to the school, and that the school provides this data for the production of their orienteering map under contract. Once the task is completed the data would be returned to the school along with the orienteering maps. That is the school should take the lead in the process.

The OS Digimap for Schools service is a method of delivering OS map data to schools for educational use. The service is designed for teachers and pupils to have access to OS data for the production of maps. There is guidance available on the OS web pages about the key rights granted to educational establishments using OS mapping.

The Ordnance Survey advise that In addition to the copyright acknowledgement, and to prevent a map being confused with those commercially produced, maps should clearly show the educational purpose and that it has been produced for the school.

If the orienteering map is for pupils' use and of an area outside of school (and where the information is derived from OS MasterMap Topography Layer), then mappers should consider the OS guidance about copyright licensing for publishing.

Where school grounds are used by community orienteering, not for a school activity and the event or activity is registered on the British Orienteering website then the British Orienteering OS licence will apply along with their insurance.

Note that publishing a map sourced from the OS OpenData does not require a publishing licence but a separate statement on the map.



OCAD COURSE SETTING:

Symbol 707 Uncrossable Boundary

OCAD have confirmed that the width of the purple overprint 707 Uncrossable Boundary line in their OCAD CS course setting symbol set is incorrect. It should be 0.7 mm wide at 1:15,000 scale (not 0.35 mm). Apparently it has been wrong for 10 years. The symbol width is correct in the OCAD and British Orienteering map symbol sets.

ISOM states that the overprint symbols should be the same dimensions for 1:10,000 as for 1:15,000 scale maps. However for multi-age competitions in which both scales are used, the size of overprint symbols on the 1:10,000 maps may be 150% greater, which keeps the control descriptions the same at both scales as the control circle covers the same features. In this case the 707 symbol should be enlarged to 1.05 mm.

As recommended in Appendix H, the map symbol set for single 1:10,000 scale maps has the width of 707 enlarged by 115% to 0.8 mm (and other overprint line dimensions to 0.4 rather than 3.5 mm) to improve legibility. The OCAD course setting symbol sets on the website now have symbol 707 updated to 0.7 mm and 0.8 mm respectively and Map Group recommends downloading these if you use OCAD CS. Both Condes and Purple Pen have this line set to 0.7 mm as required for 1:15,000 and this can be enlarged as above for 1:10,000 overprints.

There are other considerations that should be taken into account depending on whether litho or digital printing is used. These include the use of transparent purple ink in litho printing and manipulating the OCAD colour table to allow the feature not to be crossed to show over the purple line in digital printing.

Mapping Awards

Congratulations to the following mappers who received awards at the AGM:

Chichester Trophy - Peter Leverington (NOR)

Bonington Trophy - Chris Burden (AIRE)

Walsh Trophy - Rod Postlethwaite (WRE)

Silva Trophy - Graham Gristwood (SHUOC)



Chris Burden receives the Bonington Trophy



Peter Leverington receives the Chichester Trophy

Role of Associations

By Lyn West, Chair

The AGM has come and gone and it was good to see so many of you there. The debate was lively but conducted in a good spirit. I am pleased that the proposals received the support of a majority of the membership. The staff will now be working to implement the membership changes ready for renewals at the end of the year.

For me, the most important issues were raised in relation to the Articles. The points made were all applicable to the old Articles. As promised, the Board will consider these in due course and take a view on appropriate action. As is often the case, queries often produce more questions than answers. Clarification of the requirements for recognition of Associations was requested. Constituent Associations are listed in the Articles but there is no definition or list of functions. It was suggested that there should be. I am not sure whether this is necessary but it does raise an interesting question. What is the role of the Associations? I am not sure that I know the answer.

Associations vary considerably. We have three Home Nation Associations with specific functions, a distinct identity and a common bond but is this true of the English Associations? Historically these were drawn up

to coincide with regional sports council boundaries but this is no longer relevant. Scotland, Wales and Northern Ireland do still have important relationships with the appropriate funding bodies and a strong role in driving development of orienteering.

I am certain that if I asked each Association committee for a view, I would get 13 different answers. A whole list of possible functions spring to mind, in no particular order; fixture coordination, support for junior squads, running training workshops for volunteers, forum for consultation, channel for communication with the membership, facilitating cooperation between clubs for the staging of major events and plenty more that I am sure I haven't thought of.

So, what role do Associations see for themselves in the structure of British Orienteering? Are Associations providing for the needs of clubs and British Orienteering members?

This is perhaps something that needs to be discussed further at the Club and Association Conference that will be taking place at Sheffield Hallam University on Saturday 20th October 2012.

Brian Porteous Nominated for IOF President

We are pleased to announce that Brian Porteous (FVO) has been nominated for the position of IOF President. The key role of the President is in leading the implementation of the IOF Strategic Directions set by the General Assembly and to get the best out of the Council and its Commissions. The President also has to ensure that they have close working relationships with federations around the world so that orienteering can become a global sport.

Focus asked Brian to tell our members a bit more about himself and the role, "I have been involved in the sport since 1968 when I started at school. My first involvement with the IOF was when I was on the Development and Promotions Committee back in the late 1970s but my main involvement started when I was appointed Chair of the Foot O Commission in 2002. I was then elected as a Council member in 2004 and as Vice President in 2008 so I 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.

One of the most important aspects of that experience is what I have learned from our federations around the world. One can only hope to lead an international body effectively if one understands the interests, hopes and aspirations of the member federations and because I have played a major role in the IOF work in Regional Development, 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."

An in depth interview with Brian can be found via a website news item from the 26th April.

First list of Championship Awards for 2012 (as at 1st May 2012)

Congratulations to the following orienteers 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 and the Midland Championships.

As it stands at present the following 11 orienteers have obtained Championship standard in all 7 events. Julie Emmerson (W16), Rachel Rothman (W21), Anne Straube (W35), Alice Bedwell (W50), Jackie Hallett (W55), Joe Woodley (M16), Anthony Squire (M21), Geoff Ellis (M35), Richard Barrett (M40), Mark Saunders (M50) and John Britton (M60). There are no classes for the under 16's at the British Night Championships, so the following 4 juniors have also obtained Championship standard in all their events; Rachel Duckworth (W10), Fiona Bunn (W14), Zac Hudd (M12) and Harrison McCartney (M14).

THE FOLLOWING ORIENTEERS ARE ELIGIBLE TO CLAIM A CHAMPIONSHIP AWARD:

MEN

- M10 Joe Hudd BOK, Oliver Tonge BOK.
- M12 Alistair Chapman MAROC, Jake Chapman MAROC, Zac Hudd BOK, Harry Scott LOC, Alastair Thomas WCOC.
- M14 Alex Carcas INT, Matthew Fellbaum MDOC, Samuel Fielding HH, Laurence Johnson SROC, Harrison McCartney OD, William Reynolds SBOC, Aidan Rigby CLOK, Euan Tebbutt LEI.
- M16 Michael Adams SYO, Andrew Barr MOR, Adam Bartlett LOC, Dane Blomquist BAOC, Alexander Chepelin GRAMP, Angus Dobson LOC, Jake Field SYO, Matthew Galloway INT, Nicholas Jarvis SO, Nathan Lawson DVO, Tim Morgan SOC, William Rigg LOC, Hamish Rogers OD, Alistair Thornton MDOC, Callum White INVOC, Joe Woodley AIRE.
- M18 Ciaran Allen DEE, Jack Benham SARUM, Ben Beresford NOC, Simon Bradbury SYO, Matthew Elkington OD, Zachary Field SYO, Christopher Galloway INT, Andrew Lindsay ESOC, Ben Maliphant BOK, Chris Owens DEE, Matthew Penellum LOC, Adam Potter BOK, Aidan Smith SYO, Olly Williams DEE.
- M20 Daniel Birtwistle UBOC, Peter Bray SN, Thomas Butt SARUM, Jonathan Crickmore SO, Carl Edmonds LOC, Thomas Fellbaum MDOC, William Gardner OD, Ben Mitchell SBOC, Jamie Stevenson FVO, Lewis Taylor WCOC, Matthew Vokes DEE.
- M21 Nick Barrable (M35) SYO, Oleg Chepelin INT, Alan Cherry INT, Duncan Coombs FVO, Scott Fraser INT, Peter Hodgkinson NOC, Oliver Johnson SYO, Ewan McCarthy BASOC, Mark Nixon EUOC, Neil Northrop SYO, Marcus Pinker (M35) FVO, Richard Robinson NOC, John Rocke SHUOC, Dave Schorah DEE, Christopher Smithard DEE, Anthony Squire (M35) NOC, Murray Strain INT, Romualdas Stupelis HOC, Douglas Tullie RR.
- M35 Geoff Ellis RAFO, Roger Goddard FVO, Matthias Mahr SLOW, Ian Marsden HH, Andrew Preston SYO.
- M40 Richard Barrett SBOC, Simon Bourne EPOC, Paul Gebbett BOK, Ben Hartman INT, Jason Inman FVO, James Logue EPOC, Declan McGrellis LVO, Andrew Monro HOC, Steve Watkins AIRE.
- M45 Charlie Adams SYO, Tony Burton MV, Mark Chapman SYO, Jon Cross FVO, John Duckworth DVO, Clive Hallett BOK, David Lawson DVO, Kenny Leitch SO, Steve Linton NWOC, Dave Robertson CLYDE, David Rollins BAOC, Colin Smith SYO, Alan Velecky SO, Martin Ward SYO .
- M50 Charles Bromley-Gardner BAOC, Neil Crickmore SO, John Embrey HOC, Kevin Harding HH, Quentin Harding SROC, Keith Masson MV, Mark Saunders BOK, Paul Thornton CLOK, Steve Webb AIRE.
- M55 Gavin Clegg WSX, Charles Daniel BOK, Martin Dean FVO, Colin Dickson BAOC, Ian Ditchfield MV, Philip Eeles SOC, Mikhail Gryaznevich TVOC, Peter Haines AIRE, Alun Jones TVOC, David Kingham TVOC, Rob Parkinson DEVON, Donald Petrie CLYDE, Andrew Quickfall SROC, John Tullie RR.
- M60 Axel Blomquist BAOC, John Britton MDOC, Tony Carlyle AIRE, Bob Dredge WCH, Eddie Harwood MOR, Andy Hemsted HOC, Paul Johnson BL, Don McKerrow SLOW, Richard Payne EPOC, Martin Roome SROC, Mike Smithard DEE, Tony Thornley AIRE, Steve Whitehead EBOR, Alistair Wood AIRE.

- M65 Simon Cane LOC, Ian Cooper SYO, Peter Gorvett SYO, Mike Hampton OD, Brian Hughes HOC, Julian Lailey SROC, David May SLOW, Ian Peirce SARUM, Jim Prowting TVOC, Chris Rostron MDOC, Andy Tivendale MAROC, Martin Wilson BKO.
- M70 Keith Henderson WIM, Frank Ince SWOC, David Mawdsley MDOC, Trevor Simpson OD.
- M75 Andrew Gregory MDOC, Frank Martindale LOK, David Parkin DVO, Colin Spears HOC.
- M80 Roger Baker TVOC, John Spence TVOC.
- M85 Geoffrey Geere TVOC.

WOMEN

- W10 Eve Conway AIRE, Rachel Duckworth DVO.
- W12 Hannah Hateley, Grace Molloy FVO.
- W14 Louise Adams SYO, Fiona Bunn TVOC, Lucy Haines AIRE, Laura Hindle MDOC, Abigail Mason MAROC, Chloe Potter BOK.
- W16 Natalie Beadle LOC, Megan Carter-Davies POW, Julie Emmerson OD, Katherine Hall SYO, Beth Hanson HH, Katrina Hemingway WCOC, Sarah Jones BARRO, Alice Rigby CLOK, Helen Wood AIRE, Katie Wright LOC, Becky Young HH.
- W18 Lucy Butt SARUM, Florence Haines AIRE, Zoe Harding SROC, Rona Lindsay ESOC, Tamsin Moran SOC, Rozy Shepherd INVOC, Rosie Watson WCOC.
- W20 Katrin Harding SROC, Sophie Kirk OD, Kirstin Maxwell RR, Charlotte Watson WCOC.
- W21 Helen Bridle ESOC, Heather Burrows LOC, Anwen Darlington SHUOC, Anne Edwards TVOC, Heather Gardner SROC, Rebecca Harding EUOC, Tessa Hill HOC, Riina Kuuselo OD, Hollie Orr EUOC, Mairead Rocke SYO, Sarah Rollins (W35) BAOC, Rachel Rothman SYO, Catherine Taylor EUOC, Claire Ward (W35) ESOC, Helen Winskill (W35) WCOC.
- W35 Fiona Forrest RR, Helen Marsden HH, Anne Straube OD.
- W40 Sarah Dunn MAROC, Julia Jarvis SO, Jenny Peel SYO.
- W45 Jane Ackland INT, Rebekah Beadle LOC, Sue Bett SN, Sara Campbell DEE, Hazel Dean FVO, Lorna Eades INT, Ruth Ker AIRE, Helena Nolan ESOC, Lesley Ross OD, Susan Skinner WCOC.
- W50 Alice Bedwell BOK, Janet Evans NOC, Jane Halliday OD, Alison Harding HH, Joyce Marshall AIRE, Jane Morgan SOC, Margaret Reynolds SBOC, Vicky Thornton MDOC.
- W55 Anne Cranke CLOK, Carol Edwards TVOC, Jackie Hallett BOK, Stella Lewsley BL, Jill Libby CLOK, Janet Rosen HH, Alison Simmons BOK.
- W60 Sarah Brown SLOW, Helena Burrows LOC, Helen Gardner EBOR, Inara Gipsle TVOC, Sue Hands WIM, Judith Holt DVO, Christine Kiddier GO, Christine King BOK, Gill Manning SWOC.
- W65 Sheila Carey OD, Jean Lochhead EPOC, Carol McNeill LOC, Hilary Palmer NOC.
- W70 Janet Clark ESOC, Vikki Crawford WIM, Janet Gibson BKO, Judith Goodair EPOC, Rae Lomas MDOC, Ruth Rhodes SO, Hilary Simpson OD.
- W75 Sue Birkinshaw MDOC, Alison Sloman HOC.
- W80 Eileen Bedwell CLOK.

National Rankings

Position	Men	Club	Points
1	Kristian Jones	SBOC	7947
2	Oliver Johnson	SYO	7983
3	Alistair McLeod	EUOC	7929
4	Murray Strain	INT	7927
5	Matthew Crane	BOK	7920
6	Richard Robinson	NOC	7908
7	Peter Hodgkinson	NOC	7906
8	Mark Nixon	EUOC	7905
9	Hector Haines	AIRE	7867
10	Dave Schorah	DEE	7841

Position	Women	Club	Points
1	Claire Ward	ESOC	7584
2	Sarah Rollins	BAOC	7469
3	Tessa Hill	HOC	7429
4	Rachael Rothman	SYO	7414
5	Riina Kuuselo	OD	7405
6	Catherine Taylor	CLOK	7386
7	Helen Bridle	ESOC	7374
8	Hollie Orr	CLYDE	7328
9	Julia Blomquist	BAOC	7300
10	Pippa Archer	CLOK	7288

Congratulations to Kristian Jones (SBOC) and Claire Ward (ESOC) who are both number one in the rankings as of the 24th May 2012.



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



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