

Orienteer

Focus

SUMMER 2014

THE OFFICIAL VOICE OF BRITISH ORIENTEERING

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European
Championships

JK Festival of
Orienteering

British
Championships

Xplorer Update

More People, More Places, More Podiums (MP3)

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New Head of Development

British Orienteering would like to welcome Craig Anthony to British Orienteering who joins us as the Head of Development.

Craig says, "I'm excited to be joining the team as my experience of working with orienteering, as part of my previous role at Greater Sport, has always been extremely positive and I look forward to working with the wider orienteering community to achieve growth in participation.

At GreaterSport I was the lead contact for national governing bodies (NGB) and have worked with the majority of the 46 nationally funded NGBs at all levels of their organisations from Chief Executives to local officers to develop projects and programmes to increase participation. I worked closely with British Orienteering to develop and roll out a programme around the Community O initiative where we recruited, trained, developed and deployed Community O

coaches into 4 communities across Greater Manchester.

Previously I was also the club development lead in Greater Manchester where I worked with voluntary clubs to assist them in identifying funding, work towards accreditation and develop their governance structures.

Sport has played a large part in my life; it has opened up lots of opportunities to me and has always provided me with a large group of friends who share a similar interest. As a qualified coach in a number of sports I have the ability to support and develop the skills of others. I see sport as a vital component in any person's life and as such feel it is my duty to encourage everyone to maintain a lifelong participation in sport and physical activity.

Mike Hamilton says, "After an extensive recruitment process the Board and staff welcome Craig to British Orienteering as our new Head of Development.



He joins the team at an exciting time as we aim to build on the success of last year, which saw the creation of our new Sport England funded products and an overall increase in participation. Craig will also be using his past experience to support and develop clubs and volunteers to ensure a gateway into traditional orienteering is provided and that club officials and volunteers are adequately supported. On behalf of all our members I would like to wish Craig every success in his new role."



WOC 2015 Maximising Development Opportunities

By Hilary Quick

My last article for Focus referred to the notion of "momentum" rather than "legacy" as the key to developing the sport (ie. don't expect to suddenly start stuff after the event), and I raised some questions. Quite a number of people contacted me with positive views, and I hope there's been some fruitful discussions in clubs. Here's a reminder of what I asked:

- how do you welcome new members?
- how do you build members' orienteering skills?
- what do you do as a club?
- how well would you cope with a sudden influx of newcomers?
- how do you support your coaches?
- how effectively do you draw newcomers in?

The first three questions can

be well addressed with regular (preferably weekly) club meets where you go out and play, perhaps with an element of racing, but not necessarily. Various "clubnight" formats exist and these can be adapted to suit the situation.

Articles elsewhere have described novel competition formats, but I suggest that clubs should encourage the kind of playing that reminds us of the fun and satisfaction that our sport gives. It's well known that if you're always racing, you're not going to improve your skills as much as if you just get out there and play. A race has only one winner, but if everyone masters a skill, you're all winners!

A good coach will be able to produce ideas for activities quite easily, and many have appeared elsewhere (indeed there are several excellent books that

describe suitable activities well). Some of these activities need resources to be created and a selection will be available via the WOC2015 website soon. Your additional suggestions will be most welcome.

Across Scotland we will be providing free one-day "Coaching Foundation" courses. This course will give experienced orienteers an introduction to the skills and techniques they can use to ensure that a newcomer's early experience of the sport is totally positive – hence the inclusion as part of WOC "Development". These free courses are exclusively for members of SOA clubs, as they have been funded by sportscotland; however, we are looking at possibilities of running similar courses in England.

Please get in touch if you'd like a course to be run near you:
hilary@scottish-orienteering.org

Welcome to Focus

It is with great sadness that I am leaving British Orienteering after 9 happy years with the organisation. Working at British Orienteering has been a great experience and I have been fortunate to work with a fantastic team of people, ably led by Mike Hamilton.

When you are caught up with the day to day workload it is often easy to forget all that you (and the team) have achieved over the years, but on reflection now I can see that we have taken great strides forward within the sport and achieved many things that I am very proud of.

One of my favourite jobs is putting together Focus magazine. It is always a challenge sourcing editorial right up to the last minute but I then have the pleasure of bringing it all to life with our designer Glynn at GR Creative who I must thank for making our magazine one of the best looking of any National Governing Body. I will be editing the next edition in October so you will be hearing from me again! As always, if you would like to contribute to Focus magazine, email: marketing@britishorienteering.org.uk

On a final note, many members regularly ask me about my shooting career and I am delighted to announce that I will be competing at the Commonwealth Games in Glasgow. As an athlete myself, I appreciate how much hard work is required to compete at the highest level and so I will of course be looking forward to reporting on WOC in the next edition. Good luck to all the team!

Caroline Povey
Marketing Manager

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Chief Executive's Update

By Mike Hamilton,
Chief Executive



A lot seems to have happened since the last edition of Focus. I'll try to highlight the key issues that you should be aware of with a series of short updates.

Board of Directors

The Board is now in its next incarnation with 6 elected directors, 3 independent appointed directors and the Chief Executive. The elected directors are all members, active orienteers that are elected at the AGM by you as members and the independent directors are openly recruited and appointed by an appointments panel. We use the independent directors to fill skill gaps on the Board and we now have an independent with legal expertise, an independent with financial and governance expertise and the latest appointment of Rosie Williams OBE brings an independent with talent and performance expertise.

We also have a more balanced Board with 3 from 10 directors currently being women.

Scott Collier stepped down as an elected director at the AGM. Scott has been extremely active as a director and his opinions and views have always been worth paying particular attention to. Personally I will miss Scott and his advice and guidance greatly. I hope that we will see him return to the Board at some point in the not too distant future.

Coaching

Like most governing bodies of sport we have been battling with a qualification system that has not quite met our needs. After a great deal of reflection the National Source Group for Coaching has reached the conclusion that we need to focus far more on producing coaches that can operate independently rather than as an 'assistant' coach to a more experienced coach. We are going to encourage more of you to move directly to UKCC Level 2 rather than starting at Level 1.

By using a variety of delivery methods we should be able to make the process of helping you demonstrate your competence against the criteria easier and less costly – financially and in your time.

UKCC Level 1 will still be appropriate for those of you that are working in an assistant role but we feel that moving the emphasis for entry qualification directly to Level 2 will be a more practical solution for you.

We have also been looking at how we can provide more support to our coaches and once a survey that is currently in progress is analysed we should better understand the views and needs of our coaches. This is really important to us; our CPD Group has been doing some great work to try to make it as easy as possible for our coaches to keep their knowledge and practice in line with good practice. We recognise how important it is for our active coaches to stay up to date particularly since there is a requirement to do so under the 'duty of care' that a coach has. We hope as a part of this exercise to

be holding some regional coaching conferences during 2014 and a national conference probably early in 2015.

Alongside this work we have also been working with Sport Coach UK to look at coach licencing schemes to see where we can learn from other governing bodies of sport and to update our scheme to make it more meaningful to our coaches. We need to start to promote our licenced coaches more strongly and encourage our parents, clubs

and associations to use licenced coaches – using a licenced coach gives you the confidence that the coach is not only qualified but is up to date in their knowledge and practices and carries £5m professional indemnity insurance cover.

There remain a few issues with the CPD aspects of the licence but we are hopeful we will be able to resolve these shortly. It is also worth noting that the licence does not provide assurance that



A COMPETITOR
AT THE JK2014
SPRINT RACE

a coach has been through the criminal record checking process and you should always make sure any coach you are using to coach children or vulnerable adults has been cleared. Due to the changes in the law the checking process is slightly different in each of the home nations and we cannot require a check if a coach is not working directly with children.

Insurance

There's been quite a lot of email traffic regarding the insurance scheme, particularly from clubs in Scotland, although the issues raised certainly apply to clubs in the remainder of the UK.

The problems raised are particularly around how our public liability insurance covers non-members attending events.

The insurance situation is currently very clear and is exactly the same as it has been for 5 years or more. Non-members attending events can participate in 3 events under the 'come and try it' approach and will be covered for public liability. However once they have attended 3 events they will no longer be covered.

The queries raised are about where this leaves the organising club and its officials.

Under the current cover the following applies:

- The club and its officials will be covered by the public liability insurance regardless of the non-members situation
- All members participating or volunteering as an event official will be covered
- Non-members will be covered by public liability for 3 events but will not have personal public liability cover for participating in further events.

In discussion with our insurers there is a way we can provide public liability insurance for non-members who attend more than 3 events.

- The club can charge non-members £5 for seniors and £2 for juniors and we can make them members of British Orienteering. They will become 'floating' members and effectively it costs them little to have the security. The club takes their details and passes them on to the National Office whilst providing the non-member with a welcome letter in addition to regular communication about the clubs activities.

The insurers cannot provide public liability cover at a reasonable price for all participants at an event in a single package, members and non-members; it is simply not a sustainable solution for us as it will cost too much per event and entail significant administrative overhead.

The insurers accept that some participants can 'play' the system by travelling to events in different areas and participating in more than three 'come and try it' events. Clubs, club officials, event officials and members all have public liability cover regardless and all clubs need to keep lists of people attending all events.

Staff Update

Craig Anthony has joined British Orienteering as Head of Development and is settling into his role well. Craig places a high level of importance on meeting with club officials and will be trying to create opportunities to meet all clubs in due course.

Sarah Hague is leaving British Orienteering and can take great pride in the improvements she has led within the Talent and Performance Programmes. Whilst not everyone will welcome the changes Sarah has made there is no doubt that we have a programme that is more aligned to good practice as determined by UK Sport and the other sports councils than at any time over the last 8 years. The programme has to date also hit its targets agreed with funding partners which is no mean task in itself. Sarah is now recognised by UK Sport and the sports councils, particularly Sport England as an expert in talent development and recruiting her replacement will be challenging.

It is clear that there are a number of points of conflict between the programme under Sarah's leadership and some of our membership but it is also clear to me that there remains a need for further change and that talent development and performance sport have changed significantly over the last 10 years. British Orienteering is not provided with government funding for doing what it has 'always done' it is only provided funding for delivering modernisation / change and additional or enhanced services to our talented athletes.

Caroline Povey is also leaving British Orienteering at the end of the summer. Caroline has been 'head hunted' by a local company

in what is a good deal for Caroline and the company. Caroline has made a massive impact on British Orienteering and has acted as my 'second in charge' during the last few years. Much of the work Caroline has led on including the print portal, our website, membership database, Focus magazine and the branding and resourcing to support Xplorer are held up by our funding partners as examples of good practice, even though we are a small governing body.

Personally I will miss Caroline's support and friendship but know this move, after 9 years with British Orienteering, is the right move for her. She leaves British Orienteering in a great position and whilst it will be challenging for another person to follow in her footsteps there is a real opportunity for a

recruit to build on the foundations Caroline has created and to refocus on promoting orienteering and communicating with members and others interested in orienteering.

Hopefully by the time you read this you may also have had the pleasure of watching Caroline competing at the Commonwealth Games in Glasgow. Caroline is a regular member of the Great Britain Shooting team and is the current British Champion but this will be her first Commonwealth Games.



On behalf of all the National Office staff I would like to wish her a successful competition where I'm sure all her training and experience will pay dividends.

National Office

After much discussion and debate the Board have agreed to relocate the National Office. I'd always hoped to be able to move our National Office to one of the governing body centres such as Sheffield, Loughborough or Manchester. Unfortunately after much discussion I've had to accept that those option would have increased our running costs considerably. Although such a move would have improved our ability to work with, network and learn from other governing bodies of sport, it could not be achieved without an increase in our costs.

The current office costs us around £20,000 per annum and we hope to be moving later in the summer to offices on the other side of Matlock that are roughly half the space and at around one third of the current costs. We do have a reduced staff now from 3 years ago and more of the staff are remote workers reducing the need for the large office space we currently use.

We will of course let you know when we have secured a lease and when we will be changing our address and contact details.



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

British Orienteering AGM

After a great day of JK Sprint orienteering at the Singleton Campus of Swansea University, British Orienteering held its Annual General Meeting at Fulham House on the campus. This year's AGM was the first to be chaired by Martin Ward (SYO), and had 60 attendees representing a wide range of orienteering clubs and regions.

Having addressed all the standard AGM business, the meeting proceeded with a vote on the 4 proposals. The results were as follows:

- The 2013 Accounts were accepted by a show of hands
- Grant Thornton UK LLP were approved as auditors for the 2015 accounts by a show of hands

Regarding proposal 3, the Membership and Levy Fees for 2015, a question was raised concerning British Orienteering membership trends. After a vote, the proposal to increase the levy fees by 10% was carried by a show of hands.

Members of the meeting then went on to discuss proposal 4 regarding Map Scales at Level A and B events. An in-depth discussion was held, where members raised a number of interesting and insightful points. The vote results were 75.4% FOR and 24.6% AGAINST and therefore the proposal was accepted. Regarding elections, there being two vacancies for Member Elected Directors on the Board and only two nominations, Judith Holt (DVO) and Martin Ward (SYO) were elected to the Board.

Finally as a retiring director, presentation and thanks were made to Scott Collier (JOK). British Orienteering would like to take this opportunity to thank Scott for his dedication and hard work.

Many thanks to all who attended the AGM and congratulations to the JK organisers for a successful weekend of orienteering.

University Club of the Year

University of Bristol Orienteering Club (UBOC) are the 2013 British Orienteering University Club of the Year whilst Cambridge University Orienteering club were the runners up.

To highlight the excellent work that these Clubs are undertaking, below are some quotes from their applications:

University of Bristol Orienteering Club

"In the past three years we have grown from taking 5 people to BUCS to almost 15, and increased our offering from a simple run on a Monday plus weekend trips to; three, more social, sessions a week; better attended weekends; and staging our own events. We were 6th team at BUCS and took a historic 4th place in the men's relay. At the end of Freshers' Week we organised our first self-sufficient competition using our own



equipment, map and publicity. It was a sprint race around Bristol's Old City attracting over 40 competitors and many positive comments."

Cambridge University Orienteering Club

"CUOC is an extremely active club, providing a wide range of activities for its members from races to training sessions and social activities. Usually there will be at least four to five activities



organised each week. Participation is high too: in a typical week 15 students participate in at least one of these events. The highlight of their calendar is the annual Varsity match against Oxford University. In 2014 this will be held in Sweden, with 22 members travelling out to Stockholm for a week of training and the race itself, showing the high level of enthusiasm within the club.

Congratulations to both clubs.

New Independent Director

British Orienteering are pleased to announce that a third Independent Director has been appointed to the Board and we are delighted to welcome Rosie Williams OBE.

Rosie is a versatile and collaborative leader with a broad range of experiences drawn from sporting organisations both in Australia and the UK. She has a strong background in the management of people and change in challenging

situations, while balancing the needs of staff and volunteers. Her professional experience includes being Managing Director of the Rugby Football Union for Women and Tournament Director for the highly successful Women's Rugby World Cup in 2010. Other experience includes equestrianism, volleyball and sports medicine.

She was recently awarded an OBE in



the Queen's birthday honours list for services to rugby, having overseen a 103 per cent increase in women and girls playing rugby in England since 2004, and she is currently studying a performance coaching qualification.

BRITISH ORIENTEERING

Membership Pages

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Silva Award 2014

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 2014 the award was given to Carol McNeill (LOC).

Carol has been a mainstay in organising, planning and controlling events for many, many years; and promotes all aspects of the sport. Carol is also a very competent, experienced runner that has won many trophies both local and worldwide.

Carol plans and controls many events and is the back bone of many others.



Carol is a committed coach and regularly takes juniors on training runs and helps them progress with their orienteering.

Carol is never too busy to help anyone with any aspect of the sport and until recently she was also the lakes access officer.

Congratulations Carol!

National Rankings

Congratulations to Graham Gristwood (FVO) and Tessa Hill (HOC) who are both number one in the British Rankings as of the 11th June 2014.

Pos	Name	Club	Points
1	Graham Gristwood	FVO	8326
2	Murray Strain	INT	8280
3	Hector Haines	INT	8269
4	Kristian Jones	SBOC	8251
5	Matthew Speake	EBOR	8246
6	Richard Robinson	NOC	8241
7	James Tullie	BASOC	8226
8	Oleg Chepelin	INT	8219
9	Oliver Johnson	SYO	8216
10	Peter Hodgkinson	NOC	8211

Pos	Name	Club	Points
1	Tessa Hill	HOC	7841
2	Claire Ward	ESOC	7837
3	Riina Kuuselo	OD	7806
4	Hollie Orr	LOC	7738
5	Sarah Rollins	BAOC	7730
6	Jessica Tullie	BASOC	7715
7	Charlotte Ward	WCOC	7662
8	Jo Shepherd	EUOC	7651
9	Zoe Harding	SROC	7640
10	Ruth Holmes	SN	7637

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

Promoting Sport and Recreation in Forests

The Sport and Recreation Alliance has produced a guide Promoting Sport and Recreation in Forests. The Alliance has a strategic partnership with Forestry Commission England which aims to improve the working relationship of the two organisations and ultimately increase the opportunities for sport and recreation in forests and woodland. This document is part-guide, part-communication tool. It is designed to assist those staff within Forestry Commission England who have responsibility for managing and promoting sport and recreation opportunities in the Public Forest Estate.

Ian Gambles, Director of the Forestry Commission England said, "The Forestry Commission is the largest provider of outdoor sport and recreation opportunities in England. Working with the Sport and Recreation Alliance and its members helps us to improve the opportunities for people to get outdoors and active in England's forests – benefiting people's health and wellbeing and helping to develop a sporting habit for life. This guide to promoting sport and recreation in England's forests will help our managers to understand the needs of different activities and ensure that they have the contacts in relevant associations and national governing bodies to make sure activities suit a wide range of forest visitors – both repeat and new."



Sallie Barker, Interim Chief Executive of the Sport and Recreation Alliance said, "Forests and woodland are valuable facilities for a great variety of sport and recreation activities and we hope that by working closely with the Forestry Commission on projects such as this guide we can maximise the use of this important natural resource."

Mike Hamilton, Chief Executive of British Orienteering said, "We are extremely grateful for the support that the Forestry Commission provides to British Orienteering, our clubs and our members. By working in partnership we are able to organise orienteering events in some of the country's most stunning forests and provide our members with the opportunity to run in diverse woodlands. This guide will be a valuable tool for our volunteer event organisers and will ensure that our events continue to be mutually beneficial."

TOP TIPS FROM NFU MUTUAL

This is the time of year when we typically think about spring cleaning. We turn our attention to those corners and places in the house that get missed when doing our regular chores.

The keen among us often feel the urge to "tidy the garage" de-clutter. It gives us a sense of satisfaction when we know where everything is and it makes our lives seem better organised and we feel more in control.

What we forget is that our finances also need a regular sort out. So take time to have a look at your investment, pension and savings options and make sure they are working as well as they can for you.

A Bronze Medal and Two Further Podium Finishes at the European Orienteering Championships

REPORT BY SARAH HAGUE
PHOTOS BY DAVE ROLLINS

The European Orienteering Championships takes place every other year, and this year each nation was allowed to enter six runners in each discipline, which meant that the competition was characterised by large and competitive fields. There was a qualification and final for each of the individual disciplines and each nation could enter two men's and two women's teams in the relays.

As a result of the competition being included within the Talent and Performance 'Programme of Activity', the GB team was

selected back in September 2013. Our Performance athletes were selected to run in two disciplines each, and our Elite Development athletes were selected to compete in one discipline. This presented a unique situation where our athletes had six months to prepare for a major international race in the certain knowledge that they would be in the team.

Not only did this approach provide some of the athletes with their very first senior international race, it was also a great opportunity for the athletes to continue with their international development and their ability to strive for medals and podium positions.

The athletes ran in the following races:

Sprint	Middle	Long	Relay
Tessa Hill Catherine Taylor	Lucy Butt Zoe Harding Hollie Orr Helen Palmer Claire Ward Charlotte Watson	Anne Edwards Tessa Hill Catherine Taylor Claire Ward	1) Tessa Hill, Hollie Orr, Catherine Taylor 2) Helen Palmer, Claire Ward, Charlotte Watson
Jonny Crickmore Scott Fraser Peter Hodgkinson Kristian Jones David Schorah Murray Strain	William Gardner Graham Gristwood Ralph Street Doug Tullie	Peter Bray Scott Fraser Graham Gristwood Hector Haines	1) Scott Fraser, Ralph Street, Murray Strain 2) Jonny Crickmore, Hector Haines, Doug Tullie

A summary of the performances are below:

- **Sprint Distance** - 6 out of 8 athletes qualified for the final. Kristian Jones achieved his first podium in a senior international and placed a brilliant 6th. Tessa Hill continued with her fantastic sprint form and finished 9th and in the Top 10. Other results were Murray Strain (20th), Peter Hodgkinson (25th), Scott Fraser (DSQ), and Catherine Taylor (30th).
- **Middle Distance** - 4 out of 10 athletes qualified for the final, but all qualifying races were voided, so all athletes ran in the finals which produced solid results. The women's results were Hollie Orr (25th), Claire Ward (42nd), Helen Palmer (44th), Zoe Harding (53rd), Lucy Butt

- (57th) and Charlotte Watson (58th). In the men's race, the athletes positions were Ralph Street (23rd), Graham Gristwood (28th), Douglas Tullie (67th) and William Gardner (95th)
- **Long Distance** - 5 out of 8 athletes qualified for the final. Catherine Taylor celebrated with her first ever senior international medal when she came 3rd. Other results in the women's race were Tessa Hill (21st) and Claire Ward (34th). In the men's race the results were Graham Gristwood (16th) and Peter Bray (42nd).
- **Relay** - The men's first team fought hard and came home in 5th, whilst the women's team finished 12th



Relay Racing

BY RALPH STREET

The relay was the final race of the European Championships programme and what with everything else going on it was not until the evening before that we, as a team, thought specifically about the relay. The relay was being run on the same terrain as the long and middle and from looking at the courses from those races we were able to see that a section of the map had not been used. This was a quite hilly area with areas of denser vegetation providing many route choice challenges and we expected this area to contain the majority of the relay course. As a team we sat down and discussed what options we would take in what situations and this helped boost our confidence for the race. We knew we had the ability to get a good result, the key would be to string together three good performances.

On the morning of race day the team set up changed. Graham was feeling tired after running the long race the day before so he dropped out and was replaced with Murray. This meant the running order would be Murray, myself, Scott. I felt really comfortable with running the second leg as I had confidence that Murray would do a good job on the first leg and start me off with the leaders, this meant I did not

have to waste any energy worrying about different situations I could find myself in. I also knew that I did not have to do anything special in my race because Scott would be able to keep up with anybody he started near. This meant I could relax during my race and not try and make a gap to any of the teams I would be running with.

The race went almost exactly to our plan. Murray came back 30 seconds down on the front and I had a clean run and changed over within a pack of five teams just over one minute behind the leaders. Scott held his position against some of the best guys in the world to bring the team home in 5th.

As a team we were very happy both to have performed well and achieved a good result. It is always fun to run well in relays and we now aim to build on this result over the coming years.



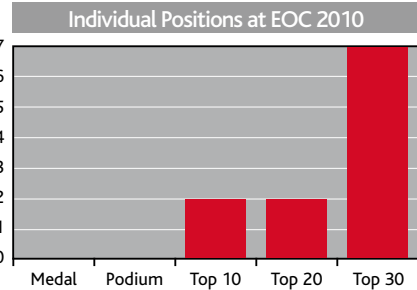
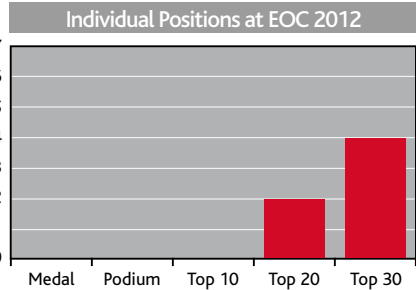
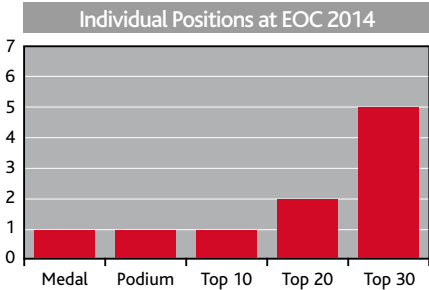
My Podium Finish

BY KRIS JONES

My podium at the European Championships came as a big surprise to me. I knew I was fit and I knew that I had done the work to put together a good technical performance but I never really thought that I would end up on the podium. My goal heading into the race was to consolidate on my 16th at the World Championships last year and try to consolidate my position as one of those who was consistently bothering the top 20.

Qualifying was not dramatic, although the seaside town was quite tricky, I had a good race and made it through comfortably. My main worry for the final was the heat and the four hour wait in quarantine. The race itself was also pretty average, I pushed hard, made a couple of small mistakes and hesitations but on the whole it was a good race. I knew I was doing

quite well when I passed the arena and had the team cheering me on. The worst bit was the wait. No-one seemed to know what was happening and although I sort of knew it was good enough for a top 10, I sort of wanted a podium. It puts a different spin on things mentally to stand on the podium rather than to know you were nearly there and I was lucky enough to sneak onto the podium. I was really pleased to be on the podium but I was even more pleased to have a really good outcome from a pretty normal race. Can I do better? I'm working on it.



SUMMER 2014 PERFORMANCE Update

Following on from the domestic selection races which included the World Orienteering Championships (WOC) and World University Orienteering Championships (WUOC) Test Races at the end of March, and all days of the JK, the teams have been selected for the following competitions:

- European Youth Orienteering Championships - Strumica, Macedonia (25th - 28th June 2014).
- World Orienteering Championships - Venice, Italy (5th - 12th July 2014).
- Junior World Orienteering Championships - Borovetz, Bulgaria (22nd - 27th July 2014).
- World University Orienteering Championships - Olomouc, Czech Republic (12th - 16th August 2014).

Congratulations to all of the athletes who have been selected.

- **European Youth Orienteering Championships (EYOC)**
 - > **Men 16** - Alex Carcas (INT), Matthew Fellbaum (MDOC), Harrison McCartney (OD) and Aidan Rigby (CLOCK); **Women 16** - Kathryn Barr (MOR), Fiona Bunn (TVOC), Pippa Dakin (SYO) and Emma Wilson (CLYDE). Non-travelling reserve - Laura King
 - > **Men 18** - Andrew Barr (MOR), Dane Blomquist (BAOC), William Rigg (LOC) and Joe Woodley (AIRE). Non-travelling reserve - Daniel Stansfield (FVO); **Women 18** - Megan Carter-Davies (MWOC), Hannah Cox (LEI), Sarah Jones (LOC) and Alice Rigby (CLOCK)

- **World Orienteering Championships (WOC)**
 - > **Sprint Distance** - Scott Fraser, Kristian Jones, Murray Strain, Tessa Hill and Ruth Holmes. Reserve - Peter Hodgkinson.
 - > **Mixed Sprint Relay** - The following athletes are being asked to prepare for the mixed sprint relay. Scott Fraser, Kristian Jones, Murray Strain, Tessa Hill and Catherine Taylor.
 - > **Long Distance Final** - Scott Fraser, Graham Gristwood, Hollie Orr, Catherine Taylor and Claire Ward.
 - > **Middle Distance Final** - Hector Haines, Doug Tullie, Hollie Orr, Helen Palmer and Claire Ward.
 - > **Relay** - The following athletes are being asked to prepare for the forest relay. Scott Fraser, Graham Gristwood, Hector Haines, Murray Strain, Doug Tullie, Tessa Hill, Hollie Orr, Helen Palmer, Catherine Taylor and Claire Ward.

- **Junior World Orienteering Championships (JWOC)**
 - > **Men** - Ciaran Allen (DEE), Alexander Chepelin (GRAMP), Christopher Galloway (INT/EUOC), Adam Potter (BOK), Aidan Smith (SYO/OUOC), Oliver Williams (DEE/ShUOC). Non-Travelling Reserve - Ben Maliphant (BOK/ShUOC)
 - > **Women** - Lucy Butt (SARUM/UDOC), Megan-Carter Davies (MWOC), Julie Emmerson (OD), Zoe Harding (SROC), Tamsin Moran (SOC/ShUOC), Katie Reynolds (SBOC/EUOC). Non Travelling Reserve - Rhona McMillan (MAROC/ShUOC)

- **World University Orienteering Championships (WUOC)**
 - > **Mixed Sprint Relay** - Kristian Jones, Peter Hodgkinson, Rebecca Harding and Kirstin Maxwell.
 - > **Long Distance Race** - Alan Cherry, Jonathan Crickmore, Scott Fraser, Dave Schorah, Lucy Butt, Rebecca Harding, Rhona McMillan and Charlotte Watson.
 - > **Sprint Race** - Jonathan Crickmore, Scott Fraser, Peter Hodgkinson, Kristian Jones, Kirstin Maxwell, Rhona McMillan and Tamsin Moran.
 - > **Middle Distance Race** - Alan Cherry, Peter Hodgkinson, Kristian Jones, Dave Schorah, Lucy Butt, Rebecca Harding, Tamsin Moran and Charlotte Watson.
 - > **Relay** - **Men's A:** Jonathan Crickmore, Scott Fraser and Peter Hodgkinson. **Men's B:** Alan Cherry, Kris Jones and Dave Schorah. **Women's A:** Lucy Butt, Rebecca Harding and Charlotte Watson. **Women's B:** Kirstin Maxwell, Rhona McMillan and Tamsin Moran.

In the next issue of FOCUS, I look forward reporting on how the athletes have performed in the international races during the summer.

Cat Taylor

IOF ATHLETE OF THE MONTH

Catherine Taylor was named athlete of the month by the IOF in June 2014. Below you can read her profile. Thanks to the IOF for allowing publication.



PHOTOS BY
JOAQUIM MARGARIDO

One of the big surprises at the European Orienteering Championships in Portugal was the bronze medal of Catherine Taylor in the long distance. Though the Brit has been near the top before, not many had dared to hope for a medal for the Great Britain athlete just yet. Catherine, our IOF Athlete of June, says she has been dreaming of a World Championships medal since she was 7 years old. Now she is one step closer to that! We asked her how she has got here and where she aims to go with her career from now on.

Living in Sweden

For three years, Catherine has lived in Sweden to train with Swedish orienteers. She has finished studying now and she has two smaller jobs besides training. Catherine says, "The first job is translating from the Scandinavian languages into English, where I work by myself at home. The second is coaching orienteering at Uppsala Idrottscentrum, a programme to help the development of orienteers from high school age through to university. I work with the youngest group, aged around 12-15. I really enjoy training with them, helping them learn how to train smartly for orienteering and having fun along the way."

Started early with big dreams

Catherine started orienteering at a young age. "I didn't have the choice (laughs). My mum and dad were orienteers before I was born so...." She also dreamt of becoming an

elite orienteer from the start. "My parents report that soon after I started running easy courses on tracks, I went on an orienteering training weekend led by Carol McNeill, a top international orienteer in the 1970's and a great orienteering instructor. Here, we read contours and ran off the tracks and I must have been inspired as suddenly I was saying, "Mum, Dad, I want to be World Champion at orienteering." My parents did a very good job of accepting and nurturing the unusual dream of their seven-year-old daughter without putting any pressure on me and keeping enjoyment as the most important thing."

"I do some "normal" running in addition to orienteering, but it's always been as training for orienteering. Maybe I would have done another sport in other circumstances but when I was little my mum and dad went orienteering at weekends, so me and my sister Lucy went



too. We liked seeing friends and making dens in the forest so we were usually happy to go and it was natural to start orienteering ourselves. I stopped competing for a while when I was about 14. I'd put too much pressure on myself and it had stopped being fun. But I was really unhappy without it and I started again, knowing this time that it was definitely for me."

Training and the other orienteering disciplines

We asked Catherine how she trains at the moment and she said, "My training varies according to the time of year. I don't do any huge volume but I try to keep it consistent from week to week and nearly all my training sessions are running or orienteering, though I do run quite a lot in the pool and try to remember to do some strength

training. A normal winter week in Uppsala would be 12-13 hours with three harder running or orienteering sessions; usually one running intervals, one progression run and one faster orienteering training. In competition season of course I rest more. I like the variation you can get in orienteering training; there's so much to work on that you never get bored."

"I did a bit of MTBO when I was young but I like how running is simple, without so much equipment. I also tried PreO once but I'm not patient enough to take the time to get it right – I just want to punch the control and run off! I've never tried SkiO but



anyone who's ever seen me ski can confirm that taking my eyes off the track to look at a map would not be a good idea. So I think I'm stuck with running for now."

It's all about the best possible race

When asked about her best races so far, she answers, "Tough question! I've run so many races but I'm not often happy with a whole race. I'm quite happy with my WOC Long final from last year as I prepared well for the race and even though I know I can do better I don't think I could have done much better on that day – it was my first forest final at WOC, a new experience. I feel the same about EOC Long this year; I hope I can run better

another time but I got all I could from myself on the day."

She admits having been surprised after the bronze medal, "Yes, I was. I've been aiming to win medals but not this soon and from the feeling before and during the race I was really surprised that it came on that day. My aim had been a stable run and getting a top 10 result. It took a week or so for it to sink in, but luckily there's so many other races to work towards and that helped me refocus."

At the World Championships in Italy, Catherine's goal is to run the best race she can, both in individual races and in the relays. "I can't have any pure results goal in this sport where everything is so different in each race. In Long, my individual race, of course it would be good to have my name further to the top of the list than last year but I will focus on running the best race I can. In the relays the aim is the same. In the Sprint Relay, we have a very strong team and I would like to be in the fight for the win and for medals. I also think our forest relay team could do very well if we

all run like we are capable of. As for my own part in those races, I would like in each case to get the feeling that I made the most of whatever the situation is on the day."

She says she likes all the distances, but if only one is to be chosen, it is the long distance. "I like the feeling of running fast and still being just in control and you can get that on any distance. So I like all of them! But I guess I'll have to choose Long as my favourite. A good Long race is always a bit of an adventure. In that amount of time there's always a battle against tiredness, a good patch and a bad patch to deal with and something unexpected, as well as the orienteering itself."

Long-term ambitions

"I still have the same dream as when I was seven years old; I would like to win a WOC gold medal one day! I've learnt to accept my best performance even if it's not a win but I still have high ambitions. I'd also like to further improve my orienteering technique and mental resilience, so I can race well in all situations and all kinds of terrain. Just now I'm still inconsistent and can race both well and badly."

"I've only run at WOC twice and have so much left that I want to do, both in terms of achievement and experience. I'll continue as long as I enjoy competing and my body is happy for me to do so. I hope there will be many more years!"



My First International Medal

by Cat Taylor

After a turbulent build-up, with my orienteering in the preceding races not being very successful and some stressful organisational mishaps (both by me and the EOC organisation), this success came as quite a surprise.

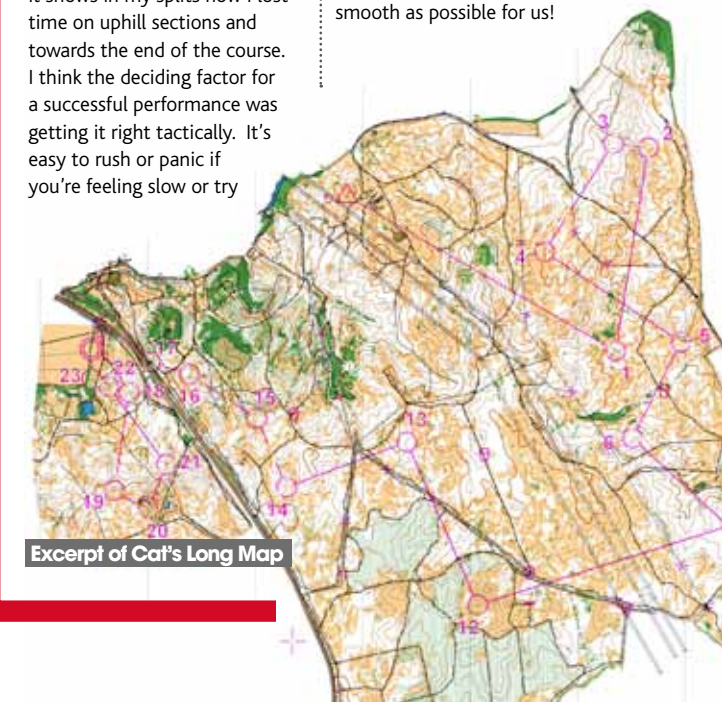
The race terrain was fast and open, with widely spaced cork trees over long grass and gently rolling hills that weren't high or steep enough to give many significant route choices. I guess a lot of people would call it easy terrain but this meant that the margins for error were small. It wasn't enough just to get to the control without any major problem and each route had to be exactly right to save vital seconds.

I was actually having quite a bad day physically, or a bad feeling anyway, and felt tired much earlier than usual. I think it shows in my splits how I lost time on uphill sections and towards the end of the course. I think the deciding factor for a successful performance was getting it right tactically. It's easy to rush or panic if you're feeling slow or try

too hard to run faster, and then make mistakes. I think most of the mistakes from top runners in the race were from trying to have too much speed. I often get it wrong here but this time I didn't fight to run any faster than my legs wanted and just concentrated on orienteering efficiently, not running any extra distance.

Although I didn't expect it so soon, the medal has been some time in the making. I've trained hard not only this winter but for the past few years. I'm lucky to have so many opportunities for high quality training and expert training company where I live. I try and make the most of these and to train hard whilst listening to my body to avoid getting ill or injured and I think it's a combination of these things that creates a good base for success.

Many thanks to everyone who cheered both in the arena and from home and it's wonderful to have so much continued support from the rest of our strong GBR team and the staff who went beyond the call of duty to make the week as smooth as possible for us!



Excerpt of Cat's Long Map

JK2014

A diary BY DAVID MAY (SLOW/WOA) // PHOTOS BY ROB LINES



We knew that the JK was coming to Wales in 2014. We also knew that Wales has only about 300 club members and many of those had been heavily involved in the 2012 Croeso. So would we be able to take on a JK just two years later, the first in Wales for some 16 years?

A steering committee had been set up in January 2011 and the few individuals involved were able occasionally to tear themselves away from Croeso work to set up the shape of the event and, at its sixth meeting nearly two years later, the broad programme was established.

Team leaders and organising clubs were beginning to emerge at this stage, but who was going to co-ordinate?

There were no volunteers from the small pool of Welsh orienteers so British Orienteering then asked one of the then Event Managers, Helen Errington, to take on this role. Helen had co-ordinated JK 2008 in the South East so had all the necessary experience and this more than made up for her geographical separation from the venue.

An event such as the JK is rarely going to have a smooth gestation period and this one was no exception. The organisers had to contend with scare stories about large scale moorland fires (did we have a Plan B?), possible Arctic conditions for Days 2, 3 and 4 (luckily, Easter was late so the chance of snow was reduced), nesting peregrine falcons leading to loss of the Day 2/3

Arena area together with a large amount of parking (hence the long walks for some), and an ever-increasing entry (a good problem) which was also putting a big strain on car parking space.

What tipped the balance from potential disaster to probable success was the welcome involvement of some large English clubs, notably Bristol and Leicester who took on a day's organisation each, and also North Gloucester who were given the complex Day 4 parking problems to solve. Without such support, the 2014 JK simply would not have happened and the Welsh Orienteering Association is indebted to the skills, experience and numbers of helpers these clubs brought.

SO, DID WE SUCCEED?



Day 1 - Good Friday saw the largest ever number of competitors at any Sprint/Urban race in the UK, with 2183 leaving the Start line on the day, some 160 more than the previous record at JK 2013 – what a way to start the JK! Fortune smiled on the organisers as Swansea University and Singleton Park were bathed in warm sunshine all day, and a sympathetic approach to those delayed by traffic problems meant that competitors were happy too.

The terrain was a mix of campus, ornamental garden and gently undulating park and all but one course visited all three types and the variety made up for the lack of consistent intricacy of the urban part.

It was great to have (nearly) all the Arena facilities inside too as the University's Fulton Hall housed Enquiries, Results, traders, a café, toilets, etc, and even the British Orienteering AGM. It was great to relax on the balcony overlooking the Finish line and take in the scene with a beer in one hand (so I'm told).

Day 2 - Easter Saturday brought warm and fair weather again – just as well as the whole JK circus was now in a totally different environment, situated next to an exposed col some 450 metres above sea level with not a tree or a building for shelter.

The original Arena location was to be about a kilometre to the west in a large quarry, sheltered from the worst of the weather, until peregrine falcons decided to nest there and we had to move well out of range. This meant that the Arena had to move to an area earmarked for a large amount of car parking and the knock-on effect was that competitors were parked up to 3 km away, much further than we'd originally anticipated.

The moorland to the west of the Arena is called Merthyr Common, a limestone area rising to 617 metres, characterised by literally thousands of negative features – pits, small depressions and large depressions – as well as a scattering of small crags and boulder fields. The terrain is totally open and is generally fast underfoot with usually only low heather and some stony ground to slow competitors. Route choice is generally not a big issue as the best routes are usually fairly straight, the biggest challenge being to keep in contact with the map and stay on the right bearing.

Day 2 also hosted the first of two IOF World Ranking Events and, whilst all other competitors were enjoying Long Distance courses, the Elite had a Middle Distance day instead. Hector Haines had a convincing win in M21E, nearly 2 minutes ahead in a time of 29:15 for the 6.7 km 130 m course (4.4 mins/km, and without compensating for climb too!) and Claire Ward took the W21E Gold winning her 5.5 km, 105 m course in 31:23.



Peter Hodkinson Sprinting to Victory

Sprint Champion Peter Hodkinson said,

"I was really pleased to win my first JK Sprint title in Swansea. This winter my training was really consistent and I had a great cross country season so I knew that I was in good running shape. This gave me loads of confidence going into the race - in particular the confidence that I was probably the fastest runner in the field so I could use all my concentration on planning

ahead and executing routes rather than focussing too much on the running. As a result the race was one of my cleanest technically for a long while. I struggled initially to stay ahead of myself in the garden section but I refocussed and from the spectator control onwards I felt mostly in control.

This result was particularly rewarding for me after a

few years of frustrating mistakes in the JK Sprint. Odd though it may sound, I would mainly attribute my technical improvements just to getting fitter meaning I don't feel I have to "rush" so much in order to keep up! I really enjoyed the course planned by local pastry connoisseur Kris Jones as it had plenty of changes of terrain and kept you on your toes in quite a small area."



Excerpt of Peters Sprint map

Sprint Champion Tessa Hill said, "I was very happy and a little surprised to win the JK sprint this year. I had just returned from a tough week of racing at the European Championships and wasn't sure how tired I would be in both my head and my legs. It seemed that they held up ok even if it was really hard work. I never felt like I got on top of Kris Jones' course and that kept me nervous all the way to the finish line. After running a lot of competitions abroad in the last few months, it was really cool to run to the finish being cheered on by club mates and other friends."



Tessa Hill Secured the Sprint Title

Overall JK Champion Hector Haines said,

"This year's JK came at the end of a period of intense racing for me. Things kicked off with the WOC selection races in the Lakes and less than a week later I was in Spain, racing in the second round of the World Cup series. A few days later the European Champs started, and I had one day in-between the end of EOC and the start of the JK. When I finished the JK relay on Monday, I had run 6 races in 7 days – but I still felt good physically (though mentally I was flagging...!)

It is no secret that I excel at racing day after day, especially in orienteering, where I find I can get in the zone far easier in subsequent races. I find that no matter how much preparation I manage to do beforehand, nothing can beat a good race (or fast training session) to get me really focused.

Which is why I always run the JK Sprint. Arguably, I'm not that good at Sprint – my strengths are far more skewed to endurance and map interpretation, rather than speed and decision making, but it always gets me in the racing mindset.

The Middle has got to rank among one of my best ever performances, and I still haven't quite figured out how I managed it that day (nothing felt particularly special), but I ran the fastest min/km I can ever remember doing (4.37min/km)! I did however have a good strategy and was very motivated to do well. I needed to

prove to myself that I could still race – and win, as my European Champs hadn't gone to plan. I started fast and kept it going, quickly catching and running through my 2 and 4 minute men. I only started to relax once I caught my 6 minute man, and I noticeably slowed my pace and started to take less risks to just bring it home. I had done enough and proved that I can still race. This race, along with the learning experiences from EOC, is going to form the basis of my development for the next few big internationals this year – I am working hard on mental strategies (as I obviously have the pace and technique).

In the Long race, I was confident that if I could hang it together, then that would be enough to secure me the overall victory. I started out strong and wasn't put off by the weather, the terrain or the distance – in fact all these factors gave me significant confidence before I even started. My history with this type of race is a good one! Having said that, I had some small problems between controls 5 to 8 and lost significant time running off line (mainly caused by faffing with my waterproof jacket). However, once the big legs started, I put the burners on. These, I knew, would be the deciding legs – 2nd fastest on 11, and fastest to 13 and 14 meant that the race was all but done. I backed off a bit as I ran through small groups of other competitors in the quarry section, allowing me to gather my strength for the final push. I ran clean to the end, and although I was quite tired at this point, I knew that I had done enough damage earlier on the long legs that I could savour the moment of winning my second JK. It felt different to the first, more of a relief to have proven to myself that I can still do it, rather than the elation that I felt when winning the JK in 2011 (as an underdog). I was still happy of course, and am looking forward to defending my title next year!

As a final note, I should say that the rest of the Interlopers Relay team (Murray Strain and Oleg Chepelin), did a fantastic job – just leaving me with the easy job of bringing it home! We made history by equalling the number of consecutive wins (4) – and have next year's relay firmly in our sights!

Results

Men's Sprint Results

1st	Peter Hodgkinson	NOC	14:01
2nd	Jonathan Crickmore	SHUOC	14:23
3rd	Murray Strain	INT	14:27

Women's Sprint Results

1st	Tessa Hill	HOC	15:08
2nd	Sarah Rollins	BAOC	15:54
3rd	Ruth Holmes	SN	16:06

Women's Overall Champion Results

1st	Claire Ward	ESOC	31:23	(1)	72:32	(1)	103:55
2nd	Jessica Tullie	BASOC	32:23	(3)	72:47	(2)	105:10
3rd	Rachael Rothman	SYO	34:22	(4)	75:42	(3)	110:04

Men's Overall Champion Results

1st	Hector Haines	INT	29:15	(1)	92:56	(1)	122:11
2nd	James Tullie	BASOC	35:42	(11)	95:08	(2)	130:50
3rd	Jonathan Crickmore	SHUOC	31:02	(2)	99:51	(5)	130:53

Men's JK Trophy Results

1st	95:02	INT	Murray Strain/Oleg Chepelin/Hector Haines
2nd	98:15	SHUOC	Jonathan Crickmore/William Gardner/Kris Jones
3rd	98:43	NOC	Richard Robinson/Andy Llewellyn/Peter Hodgkinson

Women's JK Trophy Results

1st	97:18	SYO	Laura Daniel/Kim Baxter/Rachel Rothman
2nd	98:25	SN	Sarah Rollins/Alice Leake/Ruth Holmes
3rd	99:29	HOC	Beata Falk/Lovisa Falk/Tessa Hill

Day 3 - Easter Sunday dawned misty and very cold. The Arena was the same as that for Day 2 but this time the terrain to the east, Mynydd Llangynidr, was used for the day of Long Distance racing. With safety very much in mind, the organisers took the decision that waterproof clothing must be carried by each competitor. Many took this literally and were glad to wear the extra protection all the way round their course! Early starters had low visibility to contend with whilst later ones had clearer visibility but rain and even a lighting strike to pep things up.

Many found the navigation trickier, perhaps as a result of



SYO won the women's relay

the conditions, and courses were generally shorter than on Day 2 to reflect some slower going underfoot, even though the limestone terrain was similar. Relocation seemed harder too and those who "got it wrong" on their course often lost large amounts of time.



INT won the men's relay

with the challenge of Pwll Du ahead. This is another high and treeless moorland but, by contrast, the landscape is shaped not by naturally eroded limestone but by manmade spoil heaps dating from recent coal and iron times.

The JK Relays is by far the biggest Relay competition in the UK. The organisers had initially planned for 400 teams but some 556 teams actually started on the day – quite a sight with some of the mass starts involving over 100 runners! This also put huge pressure on the car parking which held together due to the fine dry weather on the day.

The intricacy of Pwll Du is such that there were many voices clamouring for an enlarged

scale of 1:7500 beforehand. But Dave Peel's new survey and new cartography showed that, with the right interpretation, this wouldn't be needed and there was much praise for the clarity and readability of the new map.

So, how did JK 2014 do? The pre event publicity must have worked as we had a recent record number of entries – 3043 from 23 different countries with 613 from overseas (not including entries on the day). No terrains burnt down, neither did we suffer inhospitable weather (indeed, the sun shone for three of the four days). The peregrine falcons are still nesting and any ground damage has been repaired.

But, most of all, feedback has been very positive: 3000+ orienteers have enjoyed themselves, and that's what makes it all worthwhile. Now for Croeso 2016 ...



Hector Haines was Overall Champion



Once again, Hector Haines proved to be the master of the conditions, winning the WRE M21E by a couple of minutes in 92:56 for his 17.0 km 390 m course. Claire Ward also made it a double victory, although only by 5 seconds this time, winning W21E in 72:32 (10.6 km, 250 m).

Day 4 - Easter Monday rounded off the JK with the traditional Relay day. Yet again, high mountain terrain was selected (South Wales possesses few quality forests!) and competitors found themselves 400 metres up near Blaenavon,



Claire Ward was Overall Champion

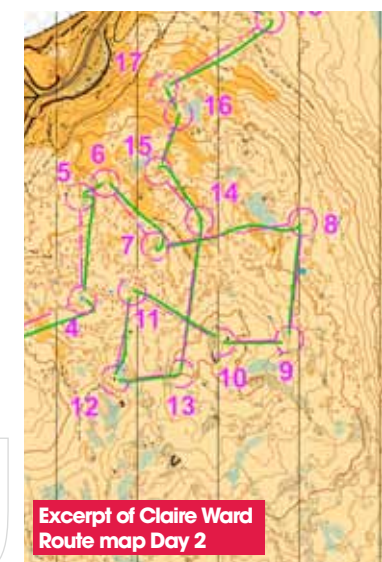
Overall Champion Claire Ward said,

"I came to Wales from a Monday / Tuesday / Wednesday racing Middle / Long / Relay at the European championships, and was quite tired at the start of the JK. I was too exhausted to race the sprint properly so retired from it, and was unsure whether to even begin the middle. I started with the mindset that competing in the pitted terrain would be an interesting navigational challenge, and a chance to put into practice recent work

I have done on the accuracy of my compass bearings. The laid-back approach paid dividends - my technique was much cleaner than usual - and I took a small lead into the long race.

After over four hours entertaining my young children in the assembly area the next day, I was glad to set off into the mist. The plan for day two was not to get too excited with the prospect of a win and to navigate accurately in the

tough conditions. It felt quite unnatural to me to spend so long stopping and checking my planned routes, but with the visibility so poor it was time well invested, and I managed to complete the course with only minor time losses to win the day and take the overall victory. The JK is the race that means the most to win, and I am delighted to get my name on the trophy for a second time. Thanks to all involved in staging such an excellent weekend."



Excerpt of Claire Ward Route map Day 2

JK RELAY MAPPING BY DAVE PEEL



Map scale and map clarity are in the spotlight at the moment and it is not without irony that the JK relay map of Pwll Ddu, a very complex area, should receive such praise for its clarity when it was produced at 1:10,000 rather than a larger scale. Richard Tiley, advocate of the larger scale AGM proposal, admitted: "Well done to the mapper/printer for yesterdays' Pwll Du map - my fears about the map not being legible at 1:10000 were proved wrong."

So FOCUS asked map-maker Dave Peel of Peel Land Surveys to give some insight into the map production.

Making a clear map of Pwll Ddu which gives an accurate representation of the complex old mining workings and spoil heaps was only possible once a clear strategy had been adopted, and on seeing the terrain at first-hand it became immediately clear that simplification was essential.

The first priority was to ensure that what stands out in the terrain stands out on the map, and in this area that is land forms. Pwll Ddu has many huge spoil heaps which stand proud from the surrounding land. A successful map has to give these features similar prominence. The best way to show these dominant and complex features are with contours, which have to shout out from the map with as little interference as possible. To this end black detail would need to be kept to a minimum. The area has a path network but in addition is used by motorbikes, so there are numerous small tracks snaking up and down the spoil heaps. It was clear that the majority of these must be left off the map.

When surveying it's often all too easy to focus on what is immediately around you, and convince yourself that every minor detail is worthy of representation on the map. The old map was a classic example of this, and the result was a map where you couldn't see the wood for the trees, or rather the land forms for the contours. To avoid falling into the trap one should scan the whole terrain around you and see what are

the most significant features and how these can be shown simply and clearly. Less is often more in mapping. Another approach I adopted was to refrain from using form lines as much as possible. In my mind they are a 'noisy' symbol: they are additional symbols on the map and are dashed which adds to the visual 'noise'. To avoid them you have to work the contours as hard as possible, so they always represent something of significance. I don't like lazy contours. The end result is that the contours often shift up or down to take in a land form, a concept which is alien when considering the definition of contours, but let's not forget that to the map-maker they are the key tool in painting a picture of the terrain.

One forgotten area where the clarity of a map can be improved is cartography. A couple of key cartographic tricks which I feel enhance this map are as follows:

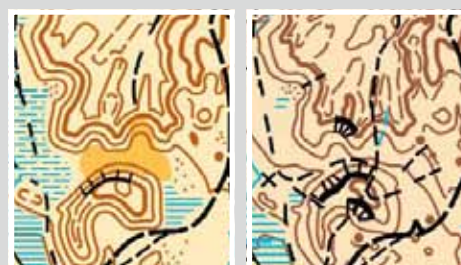
- Drawing contours parallel enhances their visual impact. This helped to emphasise the many steep slopes on the area. OCAD has a useful parallel tool which helps with this.

- Wherever possible, avoid conflict between contours and other symbols. Careful drawing was required to ensure the edge of marshes not only didn't touch contours but ran parallel with them, broken ground dots never touch contours etc. All marginal gains but collectively they have an impact.
- The addition of dash points on line features where they have most impact. Placing form line dashes at the end of spurs and re-entrants is surprisingly effective.

One final contributor to the success of this mapping project was the input of others in the process. Firstly the planning/controlling team, who understood the mapping approach and refrained from the usual request for numerous minor additions to the map but instead embraced the simplification mantra. And secondly British Orienteering's Map Advisory Group, who recommended changes to the colour specifications which enhanced the contrast between contours and rough open land. Finally, a good relationship with your printer, who works with you to produce the best possible map.

The following are a couple of comparisons between the old and new maps:

NEW MAP OLD MAP



Comparison 1: Shifting the highest contour down gave 4 contours along the steep slope magnifying its significance. Parallel contours enhance features. Removal of redundant black details: small paths, no existent large crags (just steep bare earth).



Comparison 2: An understanding of how to use contours to show particular shapes enhances the representation of spoil heaps, particularly the finger shaped features.



Comparison 3: Reduction in the use of form lines and drawing parallel contours increases clarity and emphasises major land forms.

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COACH TRAINING

The awarding bodies for our UK Coaching Certificate (UKCC) require British Orienteering to have a group to oversee our coaching awards and the newly formed National Source Group for Coaching (NSGC) takes over responsibility for coach training from the former Coaching Committee. The NSGC includes 'experts' in a variety of participation levels, in the training of tutors, assessors and verifiers, has representatives from all 4 home countries and is chaired by Hilary Palmer. The group met in November 2013 and discussed the current UKCC coaching qualifications, some 5 years after we started delivering the UKCC courses.

It was recognised that our coach training has been greatly improved since taking on the UKCC model, especially with the inclusion of 'how to coach' skills as well as the 'what to coach' syllabus. However, whilst there has been a large uptake of the Level 1 training we have been less successful in persuading coaches to move on to Levels 2 and 3. Unsurprisingly, time and cost constraints seem to be large



factors in this. Early in 2013 we were able to reduce the number of tasks in the L2 whilst still complying with the criteria of the award and this has been well received by trainee coaches since June 2013.

The NSGC concluded that what orienteering clubs need are coaches who can work with a range of beginners to more experienced orienteers and provide good progressive, linked sessions. In UKCC-speak these would be Level 2 coaches, not Level 1 which is aimed at new assistant coaches delivering sessions on a 'one-off' basis to newcomers.

We need to enable prospective coaches to access L2 training in a variety of ways. This ranges from the traditional 3 day 'course' through reduced 'course' / part mentoring to the fully mentored route. Since



December 2013 Hilary Palmer has piloted the training of eight L2 coaches via a 2 day 'course' / part mentored route and is currently working with 2 EMOA coaches on a mentored training model following a workshop at the EMOA Volunteer Training Day on 'Planning Linked Coaching Sessions'. This used 3 of the practical sessions from the UKCCL2 training course.

British Orienteering is able to offer 'recognition of prior learning' (RPL) as the way for anyone who has some experience of teaching/coaching to go straight to L2. We hope that more flexible and cost effective coach training will encourage more people to become L2 coaches.

The NSGC also recognises that for continuing development of our coaches we need to offer workshop modules round the country on a variety of topics relating to the technical, physical and mental aspects of coaching orienteering which will be of general interest and will also help coaches work towards UKCCL3 should they so wish. NSGC and the Coaching Continuing Personal Development (CPD) Group will work together to offer regional and national workshops and conferences.

COACHING CPD Update

British Orienteering needs coaches in our clubs to be qualified and 'up to date'. Being 'up to date' isn't about renewing your qualification – a coach qualification, once achieved, is for life, like GCSEs, A Levels etc. For a coach to be 'up to date' we need to know that the coach is active and making an effort to keep abreast of coaching development – these are the licensed coaches who are working in our clubs and regions.

In the 'old days' there was a requirement for active coaches to keep a coaching log which was submitted every 3 years – this is still needed so we know who are the active coaches. Naturally we hope that active coaches will want to maintain and improve their coaching knowledge – for example by maintaining their first aid qualification (appropriate for where they are coaching) and by attending coaching workshops / conferences, reading round the subject etc.

Our 'active' and 'up to date' coaches will, therefore, be our 'licensed coaches' who can lead registered club coaching sessions and be fully covered by the British Orienteering Professional Indemnity Insurance.

Lynne Walker has explained the need for coaches to keep a CPD log very well on the SOA website. She mentions Scots law but the legal position re 'duty of care' is the same throughout the UK:

"Under Scots law, coaches have a duty of care towards those participating in their coaching. Part of that duty of care involves being up to date on current practices, both within the sport and in other areas, for example, child protection.

If there is an incident and allegations are made that a coach has failed in his or her duty of care then that can have serious implications for both the coach personally and for the sport's national governing body.

Coach licensing and logged attendance at CPD events are a means by which the sport's governing body can ensure as far as possible that coaches keep up to date with best practice. Of course, some coaches would do this by themselves but this way there is a written record that can be presented if need be. We see this sort of evidence required in other areas. Organisers, for example, are required to carry out a written risk assessment of events. Most of us automatically mentally risk assess issues all the time but a written risk assessment gives us a written record that can be presented if need be and acts as proof that these risks were assessed and in what way they were mitigated."



Issue 29 - Summer 2019

Pictured: Fiona Bunn (TVOC) competing at the British Champs. Credit: Wendy Carlyle

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More People, More Podiums (MP3)

www.britishorienteering.org.uk/page/ozone

British Championships Weekend

REPORT BY AIDAN RIGBY (CLOK)
PHOTOS BY ROB LINES & WENDY CARLYLE

The British Championships were held in Northumberland with the Long race taking place on Thrunton woods and Callaly and the relay on The Cragg estate and Chesterfield common.

As my club (CLOK) were helping to organise the event we arrived early and it was a great day with some great sunshine. It was a long walk to the start but it gave me a chance to warm up properly. I had made sure my pre race preparation was fairly good and I was sort of ready for how bad the terrain was going to be but still it came as a shock when the first leg was uphill through the bilberries.

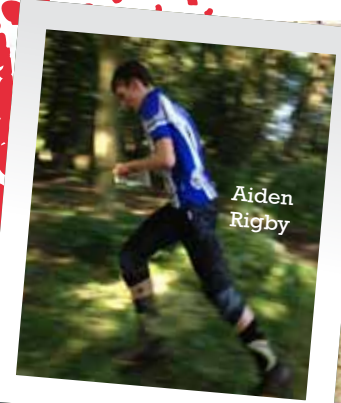
I took it easily and hit it straight on which was a huge confidence boost. #2 and #3 were both smooth too and I was just relying on using my compass to navigate. On #4 I misinterpreted the contours and ended up searching around the re-entrant below instead of on the spur. The longer leg to 5 was just a simple path route choice and I just tried to give maximal effort with the easier running. #6 I



navigated well to but #7 was diagonal down across the bilberries and I misjudged the height and was searching in some lower crags for a while. By this point I had caught Samuel Galloway up and we pushed each other up the hill to #8. I made a stupid error to #9 where I overshot the control and had to divert back to it once I had relocated off a further boulder. After that mistakes were fairly rare.

I had a good run across the deep heather to #10 despite falling flat out multiple times. Sam pushed me again on the path leg to #11 and again to #13. I ran hard through the last few controls in the wood, again relying less on features and just taking an accurate bearing and sticking to it. Running became seriously difficult in the brashings near the penultimate control but I was just pushing for the line by then. I finished well with a reasonable run in time. It was good to have had such a good race as I had a string of not so good runs post JK. I was really pleased with my win as it shows that the extra training on top of school work and rowing has paid off.

I stayed overnight near the relay day and was surprised to find



Section of Course 13 M16A



the heat so great again. I had hoped to run in CLOKs premier men's team but due to numbers I ended up running in the Junior ad-hoc with younger members of my club. I took the long leg and this ended up being the last leg. My two runners before me both had strong runs and I went out in the lead but we still had the longest leg to go. I went out hard as the runability of the area was really fast.

I was straight onto #1 and then fairly quick to #2 as well. They were both easyish controls but I did manage to navigate to them well at speed. I joined a little train into #3 but lost this as I was forced to scramble up the bank beyond to #4. I misjudged this control and came in too high. I lost some time with some hesitation around #5 but was straight onto #6. #7 and



#8 were visible from the spectator area so I did my best to just focus on the navigation. I was quick on the leg back up the hill to #9 but made another small mistake on #10 reading a depression as a re-entrant. 30 seconds wasted here which I was so gutted about as I realised I was in 2nd by this time period as I ran down the run in. Remarkably

we ended up taking the victory as the team that beat us had mis-punched on the final leg. I know the Ad-hoc is one of the less highly contested age classes but it felt great to share a victory with the younger runners in my team.

Overall I really enjoyed the weekend having two super races on home terrain and ultimately this gave me extra confidence to focus and train hard for a good result at EYOC.



Individual Results

	1st	2nd	3rd
M20E	Aidan Smith (OUOC)	Joshua Dudley (MAROC)	Oliver Williams (DEE)
W20E	Zoe Harding (SROC)	Katrina McLeod (EUOC)	Frances Wright (MAROC)
M18E	Dane Blomquist (BAOC)	Will Rigg (LOC)	Angus Dobson (LOC)
W18E	Sarah Jones (LOC)	Julie Emmerson (OD)	Natalie Beadle (LOC)
M16A	Aidan Rigby (CLOK)	Harrison McCartney (OD)	Matthew Fellbaum (MDOC)
W16A	Fiona Bunn (TVOC)	Emma Wilson (CLYDE)	Pippa Dakin (SYO)
M14A	Jake Chapman (MAROC)	Joseph Wright (MAROC)	Alastair Thomas (WCOC)
W14A	Grace Molloy (FVO)	Bethany Kippin (TVOC)	Kirsty Campbell (MAROC)
M12A	Peter Molloy (FVO)	Adam Thorpe (EPOC)	Joe Hudd (BOK)
W12A	Lizzie Stansfield (FVO)	Alice Wilson (CLYDE)	Rachel Duckworth (DVO)
M10A	Euan Tryner (SYO)	Joel Gooch (MAROC)	Sam Crawshaw (EPOC)
W10A	Kaia Joergensen (CLYDE)	Bryony Stagg (BOK)	Alexandra Crawshaw (EPOC)

Relay Results

M18: 1st MDOC (Alistair Thornton, John Dempsey, Matthew Fellbaum), 2nd SYO (Michael Adams, Jake Field, Dane Blomquist), 3rd LOC (Angus Dobson, Noah Howlett, Adam Bartlett)

W18: 1st LOC (Katie Wright, Hannah Cleary-Hughes, Sarah Jones), 2nd SYO (Louise Adams, Yasmin Field, Pippa Dakin), 3rd MAROC (Megan Ricketts, Rosie Getliff, Abigail Mason)

M14: 1st MAROC (Jake Chapman, Luke Graham, Joseph Wright), 2nd WCOC (Daniel Spencer, Ben Breeze, Alastair Thomas), 3rd LOC (Harry Scott, Alexander Foster, Alexander O'Donovan)

W14: 1st LOC (Heather Ball, Fiona Newby, Megan Bartlett), 2nd MAROC (Ellidh Campbell, Amber Graham, Kirsty Campbell), 3rd DEE (Hannah Hateley, Willow Moody, Anna Harris)

M/W12: 1st FVO (Jamie Goddard, Peter Molloy, Lizzie Stansfield), 2nd BOK (Jim Bailey, Ben Shardlow, Joe Hudd), 3rd WCH (Alfie Spencer, Holly Stodgell, Joe Holland)





JK 2014



Olly Williams won the sprint

PHOTOS BY ROB LINES AND WENDY CARLYLE

The 2014 JK took place in South Wales and is always a great weekend of orienteering for all the family to enjoy. This year's event provided a great mixture of weather and terrain starting with bright sunshine at the sprint race at Swansea University followed by appalling weather conditions at the individual races on the technical Merthyr Common. The weekend culminated with a fast and furious relay race at Pwll Du.

Ozone magazine caught up with some of the winners to see what they thought of their races and the event.

OLLY WILLIAMS

Last year I had been ill before and during the JK, so it was great to feel fully fit this year with a solid winters training behind me. Having sat down and reviewed everything after last year's disappointment, I decided to focus on my weaknesses both technically and physically.

With this, the sprint race was no longer my priority as I knew this was one of my main strengths and decided to focus on the techniques which would lead to a successful middle and long distance race. Of course

studying at the University of Sheffield meant I still did a lot of high quality sprint training every week with some world class orienteer's being a member of ShUOC as well as lots of advice from my coach Chris Smithard.

Therefore I went into the sprint race feeling very confident and knowing that I had a good chance of victory but a clean and controlled run was my priority with it being a JWOC selection race. My pre-race geeking had paid off well as number 1 was where I expected. I had a very clean and fast run resulting in winning by 1 second even though I lost 20 seconds in the botanical gardens, forgetting I could cross the hedges!

ZOE HARDING

The JK is always a key event in the junior orienteer's calendar; it is the first big domestic race of the season, used as selection races for upcoming international competitions and summer training camps, and an opportunity for a good catch up with friends from across the country.

Personally for me, the JK was all about performing well enough for JWOC selection, anything else was just a bonus. I arrived at the competition just days after returning from Portugal, running at the European Championships as part of the GB development team; this left me excited and inspired, but also with a few niggling questions of whether I would be recovered and able to re-focus for four days of racing.

We were welcomed to Swansea with sunshine and complex sprint courses, planned expertly by European podium sprint star Kris Jones. The course weaved in and out of the intricate University campus and Singleton Park, with high control frequency and many changes of direction that required almost constant map contact. I managed a clean run and the speed was good enough to take the win.

Days two and three were held on the lower slopes of the southern Brecon Beacons. It was lovely runnable hillside with the many pits and depressions making technically demanding orienteering, where both high speed and accuracy were needed for success. Unfortunately I did not have enough of the latter during the early parts of the middle race - scrappy navigation, poor plans for the leg and some small direction issues, caused many small time losses. However the rest of the race went well as suddenly the map started to click, my bearings were

strong and the controls just seemed to appear!

The low cloud, rain and occasional thunder claps will probably be most people's lasting memory of day three. Learning from the previous day's mistakes and the low visibility on the hill, the focus was to play it safe technically, secure routes, with solid attack points and accurate compass. This strategy worked well on the whole, with only one major error: a pit on the side of the hill. The two races were sufficient for second place behind Lucy Butt.

The relays staged at Pwll Du set up exciting, spectator friendly racing. I was running first leg, somewhat unconventionally, for a senior women's W120+ team with club mates Mary Ockenden and my Mum Sue Harding. It was a fast start, the men's short relay starting alongside, but the buzz of relay adrenaline helped quash the fatigue of running through the heather or up the quarry banks, and I was just swept along with the pack. The team ran strongly and cleanly to keep SROC in the lead.

Many thanks to all the volunteers who contributed to a marvellous weekend of events!

Zoe Harding won the sprint race



LUCY BUTT

Having flown home the day before, from EOC in Portugal I knew I was going to be a bit tired and sluggish for the JK Sprint but I stayed positive and the beautiful weather helped! I was feeling good on the warm up and started fast - this probably wasn't the cleverest thing with a route choice leg to 2 which I just couldn't make my mind up about. Seriously, I was just stood after number one, running one way before doubling back the other way unsure with the route choice. This was pretty much how the whole race panned out for me with my head being all over the place and I was tired quickly from the racing in Portugal. I finished knowing I had tried my hardest on the day but still disappointed with the result, I'm not going to lie - I had been preparing for the win.

After speaking with my dad and having the great support of Florence and Jack (who was staying with us for the weekend) I was looking forward to some fast, open moorland orienteering. I was starting last which meant I didn't have to worry about anyone catching me up...at control four I saw Zoe Harding and from that point onwards tailed her for the rest of the course (I was not fit enough to overtake!!). I was feeling bad at the end as I know how annoying it is getting caught up, but Zoe was of course a sweetheart about it all - not sure I could say the same for myself.

For the long I was most excited - the weather



Lucy Butt was the overall champion

was disgusting, there was even some thunder - but I thrived on the 'gritiness' and couldn't wait to start. Again I had the last start, cagoules were compulsory to my hatred but I shoved it down the back of my sports bra and braved the weather in my net Lillomarka top. This was definitely the most enjoyable day for me, I actually felt like I was racing and in control. I found the orienteering easy, probably a sign I wasn't running fast enough but it meant I was comfortable and happy.

For the relay I was running with the boys (wooooo!!) in the men's short race with what originally was going to be an all Butts relay team with my little brother and older brother however Harry got injured on the previous day (replaced by Jack Benham) and Tom was dropped for Ben Chesters (although I should have really been the one to be dropped!). This race was knacker, SO MUCH HILL which my body just didn't want to do after the previous three days of hard racing. Although coming in relatively low down in the field, my team mates pulled us back to first which was a great ending to the weekend! The sun also decided to come out.



Results

SPRINT

	1ST	2ND	3RD
M20	Olly Williams (DEE)	Adam Potter (BOK)	Aidan Smith (SYO)
W20	Zoe Harding (SROC)	Katie Reynolds (SBOC)	Tamsin Moran (SOC)
M18	Simon Hector (Snattringe)	Alexander Chepin (GRAMP)	Dane Blomquist (BAOC)
W18	Megan Carter-Davies (MWOC)	Julie Emmerson (OD)	Hannah Cox (LEI)
M16	Kasper Fosser (Heming O)	Kasper Fosser (Heming O)	Aidan Rigby (CLOK)
W16	Fiona Bunn (TVOC)	Emma Wilson (CLYDE)	Pippa Dakin (SYO)
M14	Zac Hudd (BOK)	Alastair Thomas (WCOC)	Jake Chapman (MAROC)
W14	Grace Molloy (FVO)	Jenny Baklid (Konnerud IL)	Kajsa Andersson (OK ORION)
M12	Joseph Hudd (BOK)	Topias Kangasala (FIN)	Peter Molloy (FVO)
W12	Lizzie Stansfield (FVO)	Siri Simonsen (FIF HILLEROD)	Andrea Hess (OLV ZUG)
M10	Ewan Musgrave (MAROC)	Ben Hardy (LEI)	Ben Squire(NOC)
W10	Klara Borg (Sodertalje-Nykvar)	Bryony Stagg (BOK)	Hannah Thomas (MWOC)

INDIVIDUAL

	1ST	2ND	3RD
M20	Stephen Elkington (OD)	Mads Lassen (Sollerod O)	Alastair Gardner-Smith (MWOC)
W20	Lucy Butt (SARUM)	Zoe Harding (SROC)	Tamsin Moran (SOC)
M18	Simon Hector (Snattringe)	Samuel Plumpu (Hestra IF)	Audun Heimdal (Konnerud)
W18	Megan Carter-Davies (MWOC)	Ellie Stone (DEVON)	Natalie Beadle (LOC)
M16	Kasper Fosser (Heming O)	Aidan Rigby (CLOK)	Alex Carcas (INT)
W16	Pippa Dakin (SYO)	Laura King (AIRE)	Emma Wilson (CLYDE)
M14	Aslak Heimdal (Konnerud)	Zac Hudd (BOK)	Alastair Thomas (WCOC)
W14	Hannah Hateley (DEE)	Grace Molloy (FVO)	Selma Gumaelius (Waxholms)
M12	Topias Kangasala (FIN)	Flurry Grierson (DEVON)	Joseph Hudd (BOK)
W12	Lizzie Stansfield (FVO)	Klara Andersson (OK Orion)	Andrea Hess (OLV ZUG)
M10	Ewan Musgrave (MAROC)	Sam Crawshaw (EPOC)	Ben Squire(NOC)
W10	Maya Hampshire Wright (NN)	Klara Borg (Sodertalje)	Ruby Owen (BOK)

RELAY RESULTS

M18: 1st MD0C, 2nd SYO, 3rd LOC
W18: 1st LOC, 2nd SYO, 3rd MAROC
M14: 1st MAROC, 2nd WCOC, 3rd LOC
W14: 1st LOC, 2nd MAROC, 3rd DEE
M/W12: 1st FVO, 2nd BOK, 3rd WCH

**NEW FOR
SEPTEMBER 2014!**

Following the success of our fun Xplorer events in local parks for primary and pre-school children, we have developed an Xplorer Schools pack of resources. Aimed at Key Stage 1 (Year 1 -2, aged 5 - 7) they introduce basic orienteering and the associated physical skills in a fun and exciting manner.

FOR FURTHER INFORMATION PLEASE EMAIL
nshaw@britishorienteering.org.uk



YOUNG LEADER AWARD

The Young Leader Award has been developed for 14-19 year olds who want to develop and learn coaching skills. Aimed to fit in with the Junior Sports Leader scheme the award encourages participants to work with younger children and to teach them the basics of orienteering.



THE COURSE:

- Encourages pupils to assist as volunteers at local or school events, whilst supervised by an adult
- Enables pupils to practise and gain confidence in setting out and delivering coaching sessions
- Can be undertaken at school or as part of other youth initiatives
- Provides pupils with a certificate and a coaching qualification on completion of the course

COURSE DETAILS

- The 6 hour delivery is flexible to meet local requirements
- Teachers holding the appropriate orienteering training certificate are qualified to deliver the course.

TUTOR PACK

The pack includes lesson plans, all resources, candidate handouts and the registration fee. The tutor pack costs £40 (Inc P&P) from British Orienteering.

FOR FURTHER INFORMATION
PLEASE EMAIL
info@britishorienteering.org.uk

Teaching Orienteering



In order to deliver a high quality orienteering programme within your school British Orienteering recommends that teachers obtain training on how to deliver orienteering in a progressive way that meets the requirements of the appropriate National Curriculum.

British Orienteering have developed a Teacher training pathway for schools and outdoor education centres aimed at people who need to know the basics of Orienteering instruction but do not wish to proceed to being assessed after that training. There is progression into further UKCC coaching awards for those teachers that are interested.

Teaching Orienteering Part 1

Who should attend Teaching Orienteering Part 1?

The training is aimed at teachers, youth sector workers and people working in schools and outdoor centres. The training delivers the knowledge, understanding and practical ability to teach the basic skills of orienteering. Anyone over the age of 16 may attend the course however the Orienteering Young Leader Award suitable for 14 - 19 year olds may better meet young people's needs. Attending Teaching Orienteering Part 1 is a prerequisite for anybody wishing to deliver the Orienteering Young Leader Award or attend the British Orienteering Teaching Orienteering Part 2 training.

Are there prerequisites?

The only prerequisite is that you must be over 16 years of age. It will be an advantage although not essential if you have knowledge of orienteering prior to the course.

What is a person who has attended a Teaching Orienteering Part 1 course trained to do?

Introduce the basic skills of orienteering to beginners in a fun and exciting way on areas that are safe such as school sites or outdoor education centre grounds. You will also be able to deliver simple competitions for participants.

What does Teaching Orienteering Part 1 training involve?

On the course you will be provided with the knowledge you require to introduce the basic skills of orienteering and be given the opportunity to discuss and practice using this knowledge. The course is 6 hours and practical in nature and you will be expected to join in with group discussions and activities.

What are the learning outcomes of the training?

- Introduce children to orienteering in a safe environment
- Plan sessions which introduce the basic understanding of how to use an orienteering map and include the following skills: map as a bird's eye view, importance of north, map

orientation, use of map colours and commonly used symbols, keeping in contact with the map and "thumbing".

- Plan and deliver orienteering sessions that meet the safety standards required by British Orienteering.
- Organise and deliver simple orienteering competitions
- Be able to advise children on the opportunities to further their orienteering experience

Is there assessment?

This course is not assessed; following the training candidates will receive a certificate of attendance.

Teaching Orienteering Part 2

Who should attend Teaching Orienteering Part 2?

The training delivers the knowledge, understanding and practical ability to teach some of the advanced skills of orienteering. People wishing to deliver GCSE syllabuses for candidates from England, Wales and Northern Ireland should attend Teaching Orienteering Part 2. Candidates from Scotland will be shown the appropriate activities to meet their own curriculum requirements.

Are there prerequisites?

You must be over 16 years of age and have attended the Teaching Orienteering Part 1 course or the former British Orienteering Level 1 course.

What is a person who has attended a Teaching Orienteering Part 2 trained to do?

Introduce a range of orienteering skills to children or adults in a fun and exciting

way on small areas with clear boundaries that have been risk assessed as safe. You will also be able to deliver a range of orienteering competitions.

What does Teaching Orienteering Part 2 training involve?

On the course you will be provided with the knowledge you require to introduce the advanced skills of orienteering identified below and be given the opportunity to discuss and practice using this knowledge. The course is 6 hours and practical in nature, and you will be expected to join in with group discussions and activities.

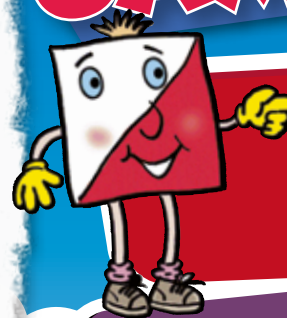
What are the learning outcomes of the training?

- Teach orienteering skills on small areas with clear boundaries that have been risk assessed as safe for the level of participants involved.
- Use your previous knowledge of planning learning programmes to plan programmes that include use of compass, scale, distance understanding, basic contours and the techniques required for the relevant external school examination.
- Deliver orienteering sessions that achieve the outcomes of the learning programmes.
- Organise and deliver a range of orienteering competitions.

Is there assessment?

This course is not assessed; following the training candidates will receive a certificate of attendance. Candidates wishing to gain a formal, assessed qualification should talk to a tutor to identify the most appropriate route for them to take.

ORIENTEERING GAMES & TIPS



Colin Control asks,
Are there any fun ways to learn map symbols?

Millie Map says

Yes, On the British Orienteering website there is an interactive game which enables you to match photographs with map symbols. It is a great way to learn the most commonly used map symbols and help you progress with your map reading. To play the game go to britishorienteering.org.uk/page/games



Spot the Difference



Spot the 10 items that have appeared



**PRESENTS THE
2014 BRITISH
SCHOOLS
ORIENTEERING
CHAMPIONSHIPS
ON SUNDAY 16TH NOVEMBER 2014
AT TEMPLE NEWSAM, LEEDS**

A training event will be staged on Saturday 15th 2014 in Adel Woods, Leeds.

Overnight accommodation in a school will be available.

A Special Qualification Race for ISF World Schools Championships in 2015 will take place on Saturday 15th November in Adel Woods.

Sponsored by



Please note that, under BSOA rules, Adel Woods and Temple Newsome are out-of-bounds for competitors, their parents, teachers and supervisors until the event.

**HARLEQUINS ORIENTEERING CLUB
PRESENTS THE
2014 BRITISH SCHOOLS'
SCORE ORIENTEERING
CHAMPIONSHIPS
SATURDAY 11TH OCTOBER 2014
ARROW VALLEY COUNTRY PARK,
WORCESTERSHIRE**

Sponsored by



JUNIOR PROFILE:

Pippa Dakin

Age: 15

Club: SYO

Age started orienteering?

12

Do your parents orienteer?

They try!!

Why/where did you start orienteering?

The club was holding introductory sessions at the local school, so we went along to see what it was all about. And the rest is history.

What do you enjoy about orienteering?

I enjoy the aspect of having to find where to go at the same time as running fast through the terrain.

Do you have a coach?

Yes, Nick Lightfoot

If so, how has this helped you?

As my parents had no idea about the sport, he has really helped by telling me which races to go to and has also helped significantly with the technical side of the sport.



Pippa competing at BOC
Credit Wendy Carlyle

Where is your favourite place to orienteer?

I really enjoyed the sand-dune areas of the Scottish 6 days last years. But any areas without brambles and nettles are enjoyable for me.

What kind of training do you do?

I do running training about twice during the week and then orienteering most weekends. I also usually go for a swim to loosen off after a weekend of racing.

What is your best result?

It would definitely have to be winning the JK 2014.

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

Get immersed in as much orienteering as you can; the more time with a map, the better you will become.

What do you enjoy doing outside of orienteering?

I enjoy baking and participating in school sports.



Congratulations to Pippa Dakin from Sheffield who will be making her GBR debut at the European Youth Orienteering Championships.



BRITISH LONG & RELAY CHAMPIONSHIPS

BY ALASDAIR WILSON // PHOTOS SALLY PYGOTT, WENDY CARLYLE & ROB LINES



Those with a longish memory will remember the last British Championships in Northumberland when a wet day on the Simonside hills turned into something more exciting and daunting as the wind rose and started to tug at marquee ropes and a toilet tent was blown down with an unfortunate inside - to skim over the detail. That was held in the March. This time, what a contrast!

More akin to the equally memorable JK weekend of 2009, on the day, we had ideal weather with sun and a warm breeze and high, although occasionally threatening, clouds. The weather has been a key component of running the event ever since it was added to the fixtures list. Originally allocated to late March to avoid nesting birds and potential clashes with sporting interests, the couple of very recent snowy winters and generally unpredictable weather led to the core team lobbying for a change of date to late spring when at least there was a good chance we could all compete without getting exposure. This move forward also improved the chances of fairly dry car parking fields - only a week before it was touch and go that our contingency plans would be needed.

British Long Distance Championships

Ever since the early 80's when much of Thrunton Wood had been clear-felled there has been an ambition in the North East to use this special forest for orienteering again. A ground-breaking map drawn by Graham Relf in 1975 and a couple of events had signposted its potential as one of the best areas in Northumberland. When NEOA was chosen to hold BOC2014 Thrunton was the natural choice for the Individual Championships. It happens to adjoin another highly technical but contrasting area called Callaly that had been used quite regularly but not for a while so it was decided to combine both areas into one map that could be used for both Individual and Relay Champs. But where do we park everyone and where can we have a good assembly area? With 18 months to go and not a lot of progress the net was cast further afield and after several attempts it was realised that a small area with a funny shape that NN had used before, with a good map by Dave Cauldwell, was actually full of potential for a Relay competition - and thus the shape of BOC2014 had crystallised.

By June 2013 there was a good base map of essentially a brand-new area produced by a team of four experienced mappers led by Paul Taylor of CLOK. The four planners

could now get to work on an area with vegetation flattened by the snow and stunted by the cold spring. Little did we know what a contrast this year would bring: rain, rain and more rain - and those who ran will know the result; energy sapping knee high bilberry and a good smattering of chest-high bracken, fortunately not fully formed.

The Races

Over 1100 competitors entered across the age groups and in the six colour coded courses up to Blue. The



would finish distinctly from the others. The exception was Hector Haines in M21E who had requested a very early start. As younger and shorter classes finished it became clear that people were spending quite a lot of time in the forest. As 12 noon came and went there was still no sign of Hector, one of the favourites. At last he was announced at the final control at nearly 12.20, finishing in 109.16.

A bit later the younger men's elite started to finish and in M20E it was Aidan Smith of OUOC in 74:40, running an impressive 7.5 m/km, who finished almost 8 minutes clear of Joshua Dudley. Over the same course (3) M18E was closer with Dane Blomquist of BAOC heading William Rigg of LOC by 3 minutes but leading the rest of the field by over 10.

In the women's Elite LOC did well in W18E taking 1st and 3rd (Sarah Jones and Natalie

seeds came in one after the other but it was Claire Ward, running down a class who conquered the forest ahead of the fancied Holly Orr taking only 79.30 for the 9.5km course and achieving a mins/km of 8.4, which would have shown many of the elite men a muddy pair of heels.

Looking back at the results few people had anything close to a perfect run judging by adding the best splits. Where they did their time was not that far off the recommended range. The younger classes were much less affected by the terrain as might be expected having a high proportion of track running. Conversely the older classes were much more affected than the usual allowance set down for course length against the M21s although the expertise and fitness of Andy Hemsted (HOC) prevailed on M65L taking the title by 9 minutes from David May in 60:13 (10.4



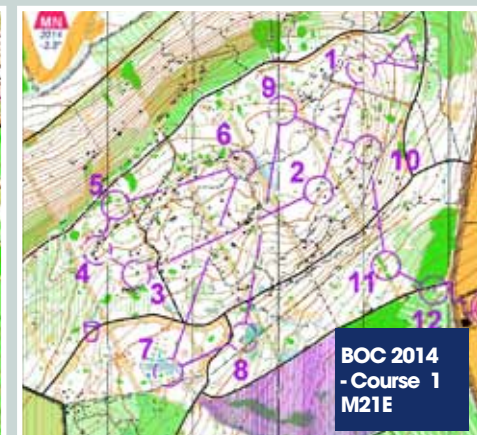
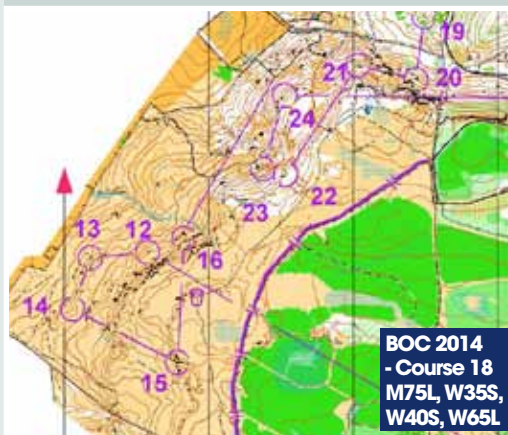
start list was populated with a good level of those who regularly appear at the top of the rankings in their age group so a real competition was in prospect for titles of king or queen of the forest. The Elite classes were set off on their own blocks so that each class

Beadle) separated by Julie Emerson of OD all running close to 10mins/km. The rather small class of W20E was won clearly by Zoe Harding of SROC on the same course (6) but a full minute/km faster. W21E gave the spectators a buzz of excitement as the top

m/km). Hazel Dean (FVO) showed her class in W50L winning by a clear margin in 71:44 (11.8 m/km).

As 3 o'clock approached it was clear that the prize-giving

CONTINUED ON PAGE 20



A View from the Bottom!

ALASTAIR MACGREGOR (M70)

Most orienteering course accounts are given by the top three finishers, who are fighting it out to be first. This is from the other end of the list; a competitor fighting not to be last. My first mistake was pre-entering M70L (Course 16). When pre-entering I assume lots of training before hand, whereas for entry on the day I know I am unfit and choose a shorter course.

I left my wife at assembly with two Saturday papers to read and had a pleasant 50 minute walk to the start with views of the Cheviots to the north. Now after over 30 years of orienteering ranging from the scree slopes of the Matterhorn to the local park, one assumes there is no terrain not previously experienced or a mistake that has not been made at least once. How wrong.

First the terrain: Good solid footing with no brashing or brambles and the areas of fight (rhododendron bushes) were clearly visible and well mapped. It was a joy to navigate through, with only minor errors made. However the area seemed to be covered by a knee high green mist. This softened the contours and greatly slowed my progress. It gave the forest the look of something from A Midsummer Night's Dream, though the massive ancient tree with its roots in the air was more like the witches coven from Macbeth. I have since discovered the green effect was due to rapidly growing bilberries.

Next the mistake: Control 5 was at the foot of a massive crag approached up a steep slope. Towards the top of the slope I had to stop for a rest, during which I glanced at my watch. Imagine my worry when I worked out I had been out for 48 minutes to cover about 1 km of the course with 4.9 km still to go. I know time passes quickly when you are enjoying yourself (and when getting older!) but this seemed ridiculous. At this rate I would be out for another 4 hours. My wife would be left at the car for nearly 6 hours. Not conducive to marital harmony. At which point I decide to go slowly up to control 5 and then retire. I then stupidly went back down the slope I had come up, not noticing I would have to make the height back again to get to the finish. It is worth noticing that it still took me walking and jogging 75 minutes to get to the finish.

At download my split time for Control 5 was 44 minutes, which I would estimate as 5 minutes after I looked at my watch and decided to retire. I was slow but not as ridiculously slow as I thought!

Lessons learnt:

- On retiring choose a good route back to the finish.
- Enter the short course in future. It is said that true stupidity is repeating previous actions while expecting a different outcome. I suspect I am truly stupid.

British Champion **Graham Gristwood** said, "I was very happy to finally lift the King of the Forest trophy after a number of attempts - I have silver medals from 2006 and 2009. I thought that the event was fantastic - really good tough course and varied terrain that challenged both mentally and physically. The North East clubs put on a great weekend and luckily the weather was amazing too!

My race was good, although I lost a little time at several controls. I was strong physically, and I could push myself well for the whole distance - which was an important target for the race as part of my preparations for the long distance at the World Championships in Italy. I had company for quite a large part of the race, catching Dave Schorah and Nick Barrable among others, and that helped me to push on the climbs and through the rough terrain. It was nice to see Dave running so well in a tough long distance to finish second, but it is a little disappointing how small the start field was for the elite race only one year before WOC in Scotland."

It is worth noting that Graham, has achieved a mighty feat by becoming the British Long Champion as this win in M21E means that Graham now has the full set of British titles (Long, Middle, Sprint and Night) and is the first British man to complete the set. He also won the Open class at the British Relays with OD in 2003.

British Champion **Claire Ward** said,

"I am delighted with the performance that I gave at the British Long Championships. I recently started working with Nick Lightfoot as a coach, and we used the Scottish Championships and British Championships to practice adjustments that he suggested to my orienteering technique. The result was a run that was much more accurate and confident than I have produced in the past, and the extra confidence in my navigation allowed me to push harder. 2013 was dominated by an achillies injury for me, but I have been pleased with how my rehabilitation has gone since the start of the year.

Since the JK I have been able to work my way back towards full training, and I am starting to see this paying off in the forest. I knew the terrain would be tough, and the early finishers had been out for a long time, but I felt strong throughout the race and thoroughly enjoyed the physical and mental challenge. Thanks to all of those who were involved in staging such a successful championships."

would be delayed since there were still 6 or more M21E out in the forest and until they came through the first radio control it was anyone's race. Gradually the contenders dropped to 4 with Hector Haines still in top spot. Nick Barrable was running well looking for a podium position then Duncan Archer, the local boy running down a class, sped down the finish run-in only to miss heading Hector off by half a minute. Meanwhile no news of Murray Strain but Graham Gristwood was looking good. Dave Schorah almost dodged Chris Pooles radar as the commentator kept the crowd up to date - a new leader. Then it was all over as Graham Gristwood sailed down the finish to take the title with no chance of Murray overtaking, having gone through the radio control 10 minutes down. A fitting finale to a worthy contest for King and Queen of the Forest.

British Relay Championships - Chesterhope Common and Cragg Estate

Many thought that the view from assembly at Thrunton was spectacular and scenic but they were blown away by the view from the Relay assembly field, the border with Scotland spread along the northern horizon lit by a warm

sun and scudding clouds with the famous Cheviot summit prominent at due north. But it was the view to the south that most people enjoyed more. Planner Rob McKenna and Organiser Paul Taylor had set up an arena that allowed spectators a clear view of the scurrying orienteers as they left the start more or less purposefully up and over the cropped grass of the common. More importantly one could see one's incoming runner from 300 metres away and if you were lucky with your parking space you could picnic in front of your vehicle and view much of the competition unfold looking over the many club tents that lined the run-in.

Eighteen classes were contested amongst 250 teams starting with the Mini Relay, then the Men's Premier and the M50s starting last. The biggest class was Mixed Adhoc, with 40 teams, which was closely fought with the three top teams coming in within a minute. At the other extreme W60 had 5 teams starting but only 2 finished cleanly and the winning time of DVO was almost double the second place team, MDOC, which nevertheless was proud to receive their prizes in the download tent.

There were several classes where the lead changed hands on each leg most notably on M60 where HOCstars moved from 14th to 5th to 1st as Andy Hemsted with his second wonderful run of the weekend outsprinted TVOTyphoons' Alun Jones to win by 2 seconds.

The Men's Premier was not quite so close with Interlopers ahead from leg 2 but NOC improved from 11th to 3rd to take 2nd place, with early leaders CLOK

produced fast and furious racing, some tight competition and an enjoyable day by all accounts. Of course none of the day's events would be possible without a great deal of work from the core team of volunteers, the many who helped on the weekend and the background work of the British Orienteering staff over the last 2 years.

Alex MacLennan, Recreation & Public Affairs Manager (North East), Forestry Commission concludes, "We were delighted to welcome the national Championships into the heart of Northumberland. I was impressed how well organised the event appeared to be. Events such as these are key to the rural economy where the Forestry Commission work closely with Northumberland Tourism and partners to host key events all year round. I am confident competitors and organisers will have realised what a fantastic area this is where some of the most diverse forests in England exist. We look forward to hosting more orienteering events in the near future."

A local competitor's viewpoint By Duncan Archer (CLOK)

Having orienteered in the North East since I was 10, I'm always very proud and excited when major events come our way. "Proud" because for one of the smaller regions, we have some good terrain, experienced key officials, and along with willing volunteers everyone comes together to stage solid major events. "Excited" because whilst the terrain is tough, having grown up here I feel more comfortable in it than most people, and relish the challenge of using that to my advantage!

I ran round Thrunton back in 2011 when areas were being sought for BOC 2014, and was impressed by the mature forest plateau. I'd also run events in Callaly, and knew of the detailed gullies and huge rock formations. It was going to be a tough, varied course, but having run well at the JK in M35, and another good result at the Northern Champs, I decided to run down a class and go for M21E at the British.

Hector Haines set the initial benchmark at 109 minutes from an early start, so I knew it was going to be a full-on elite "classic"

course. I aimed to stay focussed and minimize mistakes. Although I hardly ever felt I was making fast progress, I kept pushing knowing everyone would be finding it tiring too. I got the positive feedback of overtaking a few others, then in the last few controls realised Hector's time was within reach, but a couple of small misses left me 30s down. Graham Gristwood took an excellent win with 102 minutes, and with Dave Schorah at 106 I was just nudged off the podium. A shame, but a very satisfying result all the same."



RESULTS

Men's British Long Championship Results

1	Graham Gristwood	FVO	102:49
2	Dave Schorah	DEE	106:22
3	Hector Haines	INT	109:16

Women's British Long Championship Results

1	Claire Ward (W35)	ESOC	79:30
2	Hollie Orr	LOC	86:22
3	Charlotte Watson	EUOC	90:23

Men's British Relay Championship Results

1	91:56	INT	Alex Carcas, Hector Haines, Murray Strain
2	93:36	NOC	Andrew Llewellyn, Richard Robinson, Peter Hodgkinson
3	94:49	FVO	Ross McLennan, Daniel Stansfield, Graham Gristwood

Women's British Relay Championship Results

1	90:45	EUOC	Kirstin Maxwell, Katie Reynolds, Charlotte Watson
2	97:41	SYO	Kim Baxter, Laura Daniel, Rachael Rothman
3	106:10	FVO	Hazel Dean, Janine Inman, Fiona Berrow



Development Team Update



By Craig Anthony
Head of development

I'm excited to be writing my first article for Focus since joining British Orienteering in April. In my first month or so in the role as Head of Development I've been getting to know the internal organisation and learning about the sport. As I move forward I hope to speak with more of you about your experiences and passion for orienteering.

I'm pleased to say that I have joined a team that has been exceedingly proactive and determined in ensuring that projects, for which we are funded by Sport England and Sport Northern Ireland, will achieve targets this year. Conor Fadian has kindly provided a report from NIOA about the activity raising the profile and participation levels in Northern Ireland, and in this section I will update you on some of the achievements of the Development team in England over the past few months and some of the areas we will be focusing on in the coming months.

As Head of Development I am focussed on developing the sport of orienteering and growing participation and membership, to do this we need to understand the participant journey. If we are to encourage people to start or come back to orienteering then we need to understand how you first got involved. My limited experience so far tells me that for some of you it's a family thing, mum or dad orienteered so you do too. For some it's an experience through a uniformed group such as scouts, guides or cadets where you caught the bug. For others it's school and a specific teacher who encouraged you to try something new. Yet others might have got involved through an outdoor education centre with school, college or even

through work and I'm sure there are lots of other stories of how people can first experience orienteering.

What is important is that we work to make that first experience, wherever it may come, as enjoyable as possible. This is where the Development team's efforts will be focussed over the coming months be that through Xplorer, outdoor education centres, club events and activities, POCs, schools or other entry points not yet clearly identified. We will be using the knowledge of the sport to ensure the experience through this wide variety of opportunities is as high quality as possible.

Xplorer going from strength to strength

Clearly we see Xplorer as one of the ways that someone might get into orienteering. For those who aren't aware or may have forgotten, Xplorer is a programme targeted at young families to encourage them to get outside, explore a local park, find the markers and have fun together. Aimed at people who haven't experienced orienteering before it gives young children the chance to use a simplified map (the grass is green for a reason) to explore public spaces and get the bug for navigational challenges.

Working together the team have secured 45 partners to deliver Xplorer over the summer months and we are pleased that a significant number are returning from 2013. This enables us to start to identify people who would

Credit: Becky Lomas



be interested in taking the next step be that doing a permanent course in their own time or coming to a club night or local event.

Living close to a park where Xplorer is being delivered I took Mia, my four year old daughter, to one of the first events this year and was pleased to overhear that the family in front of us were back for year two. This is great to hear as it tells us that people enjoy Xplorer to the extent that they want to come back months later and it's this kind of engagement that we can use to encourage people to their first proper orienteering experience.

In year two a significant part of the development team's work will be to link clubs to their local Xplorer events and aid transition of Xplorer participants into appropriate

orienteering events. If you haven't heard from one of the team yet you will do soon. Tom Brown has been working with MDOC and the National Trust's Lyme Park to develop some introductory events aimed at Xplorer participants and you can read an interview with Sarah who went to the first introductory event on page 24.

Outdoor Education Centres

Another way that people experience and get involved in orienteering is through outdoor education centres. In order to encourage more people to make the transition British Orienteering are working with a variety of outdoor education centres and will be developing an accreditation scheme to support centres to deliver a high quality orienteering experience.

We are working with three different types of outdoor centres to develop the scheme to ensure that it caters for a variety of centres that provide orienteering. The different types of centres we are working with include a residential centre represented by PGL, Derbyshire Education Authority Centres; Whitehall and Lea Green, and a small non-residential independent centre.

We will be seeking guidance and feedback from national organisations such as the National Association of Heads of Outdoor Education Centres, the Institute for Outdoor Learning and the Outdoor Industry Association. We will also be looking to some of you who are employed in the outdoor education sector to ensure we get a sport specific viewpoint. The aim of this scheme is to encourage and facilitate the transfer of participants from outdoor education centres to other orienteering experiences and into lifelong members of your clubs.



Clubmark is a nationally recognised accreditation scheme for sports clubs in England and there are similar schemes across the other parts of the UK. Clubmark has helped orienteering clubs to demonstrate they are well organised and governed and prompted clubs to establish development plans. Clubmark is a valued brand not just in orienteering but across a larger group of sports based in England and parents often look for the brand before joining a club.

Clubmark has been a part of my role in my previous jobs so I have a good understanding of the accreditation scheme from a generic standpoint and I really value the scheme as a way of clubs continuing to improve and deliver best practice. As such I think it's important that British Orienteering's Clubmark scheme moves with the times and reacts to changes in the way we all perceive and interact with clubs.

We will be reviewing our Clubmark criteria and procedures alongside a generic review being undertaken by Sport England and will be using the national feedback to guide our review. We do not intend to alter the core of Clubmark and its minimum standards, although some areas may gain additional clarification. Once this national review is completed we will be able to let you know more about what you need to do if your club needs reaccreditation.

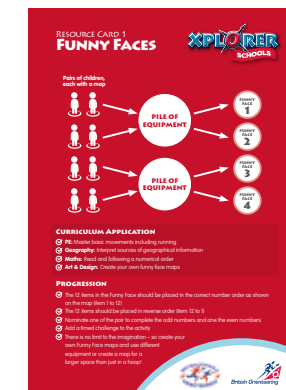
From the Park to the Playground: XPLOER SCHOOLS PACK

The Xplorer schools pack is a new and exciting development following the success of Xplorer events (see www.xplorer.org.uk).

Natalie Shaw (Participation Manager) is currently piloting the resources with a number of schools and hopes to be in a position to launch the Xplorer Schools pack in time for September 2014.

Natalie says,
"Within Infant and Primary Schools there is a fantastic opportunity to introduce basic orienteering and the associated physical skills in a fun and exciting manner to Key Stage 1 (Year 1 -2, aged 5 - 7) and we are currently developing an Xplorer Schools product which will hopefully be perfect for this."

Having worked in School Sport and consulted with various individuals with a fantastic amount of expertise (from the BSOA, clubs and coaches, school teachers and the wider school sport partnership



network), it is clear that traditional orienteering such as score competitions, club leagues or school games events do really well at providing for Year 5 & 6 and secondary age groups but at KS1 and lower KS2 there is a huge need to provide activities for pupils where sporting provision can be limited."

What is the Xplorer Schools pack?
Xplorer is a fun navigational challenge whether it is in a park or the playground and involves



a healthy mix of physical activity and decision making.
At KS1 schools and teachers are keen to introduce a sense of creativity and adventure and get their pupils active but in a safe and enclosed environment and the Xplorer Schools pack is perfect for that. It will be a simple toolkit to enable delivery of fun, active and educational activity but without the need for a site map (which we hope they will then progress onto for the older age groups with the support and mapping from their local clubs).

The pack includes a set of resource cards including map templates (cones and courts), equipment and signage. The activities in the pack will be perfect to use as standalone exercises within curriculum lessons or at an after school club. Used together they can provide the basis for a festival or multi skills stations or as a filler for playground or lunchtime activities.

Are you a teacher and an orienteer? Natalie would really love to hear from you for an informal chat and get your thoughts about the pack nshaw@britishorienteering.org.uk
Tel 01629 734042 or
Mob 07891091662



We are currently in the development stage but hope the resource cards will be for the following activities;

- Funny Faces
- Obstacle Challenge
- Picture Maps
- Treasure Island
- Circle of friends
- Grid Challenge
- Court Challenge - Templates and courses: Netball, Football, Basketball, Badminton & Tennis
- Templates: Schoolhall, Playground & Blank

Xplorer Schools and Curriculum Application
Children will love the excitement of searching for markers and teachers will love the fact that the activities provided fit really well into the Key Stage National Curriculum to enhance their offer for example; PE (mastering basic movements including running), Maths (reading and following a numerical order), Geography (interpreting sources of geographical information), Art & Design (creating their own designs) and much more including social and personal development.

HOW ORIENTEERS ARE GETTING INVOLVED WITH XPLOER

Vicky Thornton from MDOC has been assisting with the Xplorer events being held in Cheshire. She says, "I was initially interested in getting involved with Xplorer events with a view to giving assistance with mapping and creating the courses. However, I have also assisted Xplorer organisers pre and post event to ensure participants have a successful and enjoyable experience. I see Xplorer as a great way to attract youngsters and adults into our sport and into my club MDOC. The first event I attended was at Tegg's Nose and was run by the ranger Martin James and Cheshire East Council."

What are your views and experiences of Xplorer events?

From an orienteers perspective, Xplorer keeps the mapping, planning and organisation involved as simple as possible and it is feasible for just one person to be involved! It is an introduction to the use of basic maps to find fun markers which leaves participants with a sense of achievement and hopefully wanting to do and learn more. From an experienced orienteers point of view, Xplorer does not incorporate all the thrilling ingredients of competitive orienteering as we know it and nor do the events have the same atmosphere, quality of maps or finely tuned courses but that is simply because Xplorer never set out to provide that level of challenge, excitement or competitive achievement and nor does it claim to do so.

I personally see Xplorer as a 'stepping stone' to the real thing and I believe that is how most orienteers will perceive it. However having been to an Xplorer event I

can definitely see the appeal – and not just because it's fun for young families....it's also free and convenient.



Credit: Becky Lomas

What was MDOC's rationale behind the intro events?

There is a lot to learn with orienteering even before you get your map; never mind learning to read it! There is the whole registration process and learning what all the 'bits and pieces' are i.e. map, SI card, compass, control descriptions and then there is the start procedure, download etc.

It was felt that for newcomers to just turn up at an event where everyone else, i.e. existing orienteers, all appear to know what they are doing can be a bit daunting, so the main concept of intro events is for MDOC members to take time to 'show' people the whole procedure and to explain to them what everything is for and actually take people to the start and set off with them if necessary teaching them the basic skills. The rationale being that more people may be encouraged to try our sport and to join our club if there was a more welcoming (less scary) approach!

From Animal Markers to Dibbers – Transition is Key!

The Xplorer 2014 season has begun; waves of families running around their local parks, map and answer sheet in hand, children sprinting to find the next animal marker and families learning an interesting fact, or answering the multiple choice question together.

The first month of the Xplorer season has already seen over 1,600 participants take part across the North West, North East, Yorkshire and East Midlands, working towards a community participation target of 30,000 over the summer.

Transition to club events

Following a survey that went out to all participants who took part last year in Xplorer events we know that at least 10% went on to participate in further orienteering events and activities. We have a continued aim to see 10% of our Xplorer participants transition through to our clubs and therefore creating opportunities and signposting participants to the club opportunities is key.

Credit: Becky Lomas



From Xplorer to club event

One Xplorer participant who has successfully made that transition is Sarah Harvey and her two children aged 11 & 13. Sarah is from Poynton, Cheshire, a small village near Stockport and is an active individual who loves to volunteer in the outdoors. This voluntary work has seen her volunteer often at Lyme Park with school groups and other outside groups, becoming passionate about getting people active and healthy.

Sarah first heard about Xplorer through her voluntary work at Lyme Park, which is one of the Xplorer venues in the North West (details of which can be found on www.xplorer.org.uk). She had no experience of Xplorer or orienteering before her first event at Lyme Park on the 5th May, where she took part with her two children and described Xplorer as "the perfect activity for me and my children". She added, "Xplorer is great for exploring the park with your family and



Credit: Becky Lomas

going to areas in the park you may not have been to before."

Sarah continued, "Orienteering is something I would love to be involved in and get my children interested in. The Xplorer event provided me and my family with the first stepping stone to get involved and give me the confidence to try a club event."

At the Xplorer event, Sarah was recommended the Manchester and District Orienteering Club (MDOC) website www.mdoc.org.uk as her local club. There she found details of their series of 'Lyme Park Intro Events', which are ideally suited for beginners and people new to orienteering. MDOC had also been promoting these events to Xplorer participants through leaflets and postcards at Xplorer events.

Sarah said, "Even though it was quite daunting at first being the only non-orienteer at the event surrounded by competitive orienteers in their gear, the MDOC staff made me feel really welcome. They helped make the transition easier through explaining the map and the dibbers, then offering to go to some of the control points to gradually lead us into orienteering and hopefully into future events and potentially becoming an MDOC member."

Louise Robbins, Greater Sport Development Manager for Physical Activity delivers Lyme Park Xplorer Events. Louise has been working in close partnership with MDOC staff and especially Sue Birkenshaw, who is also a member of GMOA who run the permanent courses around Manchester. Through the partnership with Louise and the conversations the club had with the Xplorer delivery partner, Sue and MDOC made readily available at all Xplorer Lyme Park events the details of POCs in the area and also the series of Intro Events that MDOC felt would attract new participants.



Start of the Legend-Derry City Sprint Races

The summer has arrived in Northern Ireland, with the 3 clubs within our association (Lagan Valley Orienteers, North West Orienteering Club and Fermanagh Orienteers) putting on a club event series which will target potential newcomers to the sport, as well as provide the experienced orienteer the opportunity to put in worthwhile practice leading into the autumn months.

Northern Ireland Orienteering Association has hosted the first three of six events which make up the Northern Ireland Colour Series. The Colour Series events feature all colour courses from White to Brown and take quite a lot of organising and planning. Each club has hosted their first event with FERMO holding the opening event at Florence Court with 76 runners. LVO hosted 100 runners at Slievenagore and NWO followed up with 97 runners at Somerset. A word of thanks must go to all those who have volunteered their time

to ensure these events run smoothly and efficiently.

British Orienteering and NIOA are currently working on a Club Development Plan for 2013-2018 with the aim of securing funding from Sport Northern Ireland's Active Clubs funding programme. The aim is for each of the clubs to host a variety of community and school sessions to introduce new people to the clubs and increase membership. In essence, the project has already begun with community projects

up and running in Gortin and Carnogher in conjunction with Outdoor Recreation NI.

These are exciting times for Northern Irish Orienteering with some exceptional performances in the JK 2014 from some of our athletes, a successful sprint-O weekend in Derry City over the St. Patrick's Day weekend in March, hosting next year's Irish Orienteering Championships, as well as continued interest in orienteering at schools level.



Susan Lambe (LVO) punching in the JK 2014 Sprint Event

MDOC'S NIGHT STREET LEAGUE

Street orienteering is not a new phenomenon in the North West. SROC can trace its origins back to 1967, with the first Night Street League (NSL) taking place in 1985. MDOC's Wednesday runners enjoyed occasional events in Glossop in the early 80s, and MDOC produced several hand-drawn A4 street maps for use in daylight events during the foot and mouth epidemic of 2001. The established format of SROC's NSL programme – 10 score events, at fortnightly intervals from late October to early March in a variety of venues – provided the inspiration for MDOC to introduce its own series in 2011-12. The unstinting support and guidance offered by SROC's series co-ordinator (Bob Nash), and the experience and enthusiasm of a committed group of MDOC "diehards" who had been attending the SROC events for many years were hugely influential in this decision.

What are the Key Components of NSL?

- Simple event organisation
- A good map, enabling detailed navigation in an urban area
- Score event format, providing racing against the clock
- A canny scoring system
- Après event social
- Attracting new people

Simple event organisation

Planning for each series of 8 events begins roughly 6 months in advance, when locations, mappers and event teams are identified. We choose areas which have a good road / track / path network and avoid crossing major roads except at bridges and underpasses. Having identified a possible area, we liaise with a suitable pub or sports club to establish the venue for the evening. Some planners and checkers have contributed each year, but NSL has also provided opportunities for new planners (and mappers) to get involved.

We then review the generic risk assessment for the series, and update it where necessary. We strictly enforce the wearing of a hi-viz top, and under-16s can only participate alongside a nominated adult.

We have tried to keep the organisation of individual events as simple as possible. O kites are not used, instead we use uniquely numbered items of street furniture as control sites: telegraph poles, BT boxes, post boxes, fire hydrants etc. The waterproof competition map

shows all the control circles, each with a dot at its centre in order to identify the control location precisely. The waterproof question / answer sheet is separate. Each clue is brief but precise, enabling participants to identify the control site, solve the clue and move on as quickly as possible. There are 2 key officials for each event: the organiser / planner and the checker. One of these is usually the mapper as well. They may share responsibility for mapping, event-specific risk assessment, producing safety notices and liaising with the venue, but the planning and checking roles are clearly separated so that an independent check on

"I've found the NSL events a very convenient way to learn about orienteering, do some training and meet people involved in the sport and the club."

the planner's control sites and the question / answer sheets is always carried out.

On the night, the 2 event officials also run the Start and Finish where we use SI timing to avoid arguments over penalties for late finishers!

A registration team of 2 deals with entries, dibber hire, and sometimes, depending on the venue, with food orders. They switch roles and become answer sheet checkers later on – so that everyone is

aware of their provisional score and penalties before they leave the event.

Immediately after the event, answer sheets are re-checked for errors, and any problem control sites and wrong answers identified for further investigation by the event team. The scores data is added to the spreadsheets to produce provisional results showing both Gross and Handicap scores and forwarded to the webmaster for uploading to the MDOC website. This is usually achieved by breakfast time on the following day!

Following consultation on the wrong answers (which often involves revisiting disputed control sites), the provisional results are updated and cumulative league tables are generated and uploaded.

A Good map

Map production has been the most time-consuming aspect of the programme so far. As well as updating our 2 existing OCAD street maps, we have mapped 18 new areas, using a variety of base map sources including previous

hand-drawn versions, 'Open Orienteering Map', and detailed OS data available through local authority websites.

Although a base map can be created easily using Open O-map, it is seldom perfect, and newer estates with numerous walkways are often omitted. MDOC has opted for precision, in order to give each NSL event the feel of 'proper orienteering'. Each map, typically at a scale of 1:12,500, is traced in OCAD, and for the 2013-14 season we introduced a standardised symbol set and map format to provide high quality maps with a more consistent feel.

Each map is checked thoroughly for accuracy, street by street, perhaps using Google satellite images and/or Street View. Tracing and cross-checking can take 20 hours.

Site visits are then undertaken to identify map corrections and potential control sites. This can take about 10 hours, even using a bike. A further 2 hours to plot everything before the checker tours the area (about 4 hours) followed by further fieldwork to revisit contentious areas. The final preparations at the computer, generating the competition maps and question sheets, can add another 4 hours, making perhaps 40 hours in total.

This process has enabled some MDOC members to learn OCAD skills, which can now be used to update maps for NSL or other types of event.



In future, the demand for new maps is likely to decline. 24 mapped areas would give us a sustainable 3 year cycle of 8 events per series.

A canny scoring system

So that each NSL event offers a unique challenge, we encourage variety: in map scale (typically 1:12,500); number of controls (typically 50); points ranges (typically 10 each of 10/20/30/40/50 or 20/30/40/50/60), and penalty rates (typically 1 point per 2 seconds, i.e. 30 points per minute) – the penalties encourage participants to get back on time, a useful safety measure.

MDOC offers 40, 60 and 75 minute runs at each event. 40 minutes is good for injured or must-get-away-quick folks; 60 minutes is most popular; and 75 is really the most you can offer on an A4 map at the usual of 1:12,500 scale, as speedy competitors can cover 18-19km on a good night!

The key objective of the scoring / handicapping system is to allow direct comparisons between different duration courses, age and sex.

Two results sheets are produced:

- Gross, with the actual scores competitors achieved on the night; and

- Handicap, with each person's gross score multiplied by their age/sex handicap factor, applying values imported from SROC (e.g. M21s get a factor of 1.0, W45s get 1.28 and M60s get 1.13).

A baseline score is required for each event.

At SROC NSL events, the baseline is the winning points score, and each individual's score is expressed as a percentage of this. A strength of this approach is that all events in the series are equivalent, i.e. the top score from every event is 100. However, an individual could have equally good runs at two events and be awarded vastly different scores depending on whether an exceptional individual has turned out or not.

MDOC's latest system avoids this problem by using the average score of MDOC participants on the night (excluding the lowest), as a baseline, and each individual gets their percentage of that. About 40% of the field in each event have been MDOC - around 20 people - so it is quite a significant and stable group.

Late runs by people who can't attend on the night are accepted, and scores uploaded to the results spreadsheets.

This year, we staged an extra prizegiving event after the last event in the NSL series. Scoring had a twist to differentiate it from the other events, and a simple trophy was awarded to the winner. Perpetual 'Owl' trophies were awarded to the male/female winners of the NSL



series Handicap competition, and mementoes awarded to male/female top-scorers in the Gross score competition, and also to the leading male/female non-orienteers.

Après event social

For many participants, the social side of NSL is one of its key attractions.

Each NSL event is run either from a pub or from a sports club where food and drink can be provided. With this format, after their run, the majority of participants stay behind for a chat, typically over a pint and a meal, discussing their choice of routes, successful and otherwise, commiserating over inappropriate route choice strategies, and learning from each other's experiences...and it therefore attracts some people who would never be seen at a club night.

As start times are concentrated in the hour between 18:30 and 19:30, it means that there is quite a happy hubbub in the bar for an hour or two from 19:30 onwards, before people drift away home.

Attracting new people

NSL attracts almost as many participants from running clubs as from orienteering

REPORT BY GRAHAME CRAWSHAW,
IAN GILLIVER, JOHN BRITTON (ALL MDOC)
& BOB NASH (SROC)
PHOTOS BY DAVE BRYANT

clubs. To capture the views of NSL participants who are not regular orienteers, MDOC invited a cross-section to comment on what NSL provides for them. Here are some extracts from their responses:

"I have orienteered locally for many years, and keep an eye on the MDOC fixtures website. I noticed from the Street League results that some runners were taking part so thought I would give them a try. I have always liked studying maps and planning new routes and footpaths to explore, and you get nice professional-looking map which you can study at your leisure to see how you could have improved your route. It's also quite instructive to look at Routegadget and see the ingenious routes of others."

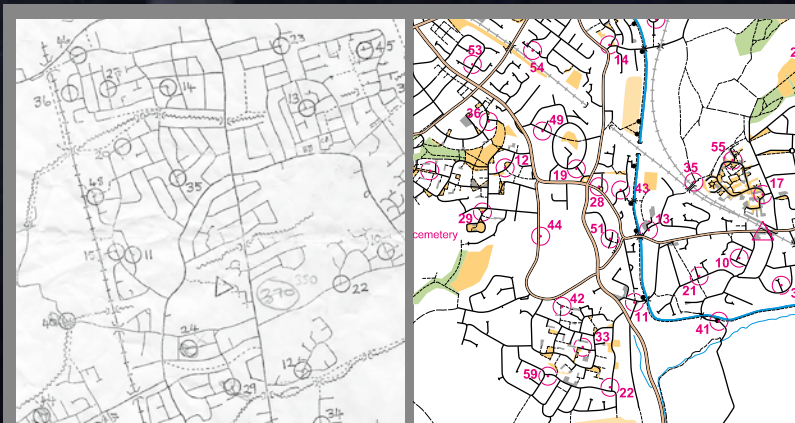
"The MDOC NSL events encourage disciplined and decisive navigation and running, picking a route to the next control and running hard to get to it. I enjoy the combined physical and intellectual challenge. There's also an addictive element, as I always want to do another race to put right the mistakes I made in the last, and want to see what I can do if I run just a little bit harder. I've tried to promote these events to other Harriers runners as a light introduction to navigation."

"The NSL gives me a more interesting alternative to my usual mid-week training run. The alternating Tuesday / Thursday format, with the best 4 runs to count in the league, and a choice of 40, 60 or 75 minute runs at each event works well for me."

"The results and league table provide some friendly competition. The varied locations keep things interesting and all are within reasonable travelling distance."



"The pub meals at the end of events are great for a beginner to meet club members and get insight from more experienced orienteers."



(L-R) Excerpt of an early NSL map and a current map sample

MAJOR EVENTS UPDATE

BY SALLY PYGOTT, MAJOR EVENTS MANAGER

As I write this I have nearly been with British Orienteering one year and my role is still evolving around the UK Orienteering League and Level A Partnership events; the JK and British Championship series. During this time I have met with the many volunteers involved in organising these events. They have made me feel very welcome and allowed me to implement the following:

Contracts/Agreements:

- Entries, Start Time Allocation & Results - JK
- 3 year contract with SPORTident - 2014, 2015 & 2016
- Telemetry Solution: Radio Controls - JK & British Championships
- 3 year contract with GP Projects - 2014, 2015 & 2016
- Merchandise - JK & British Championships 2014
- Front Runner, Profit to Events
- Commentators Chris Poole & Andy Monro - JK & British Championships 2014

Centralised Role Coordinating:

- Hire of: Marquees & furniture, Toilets, Trakway, Public Address System, Pedestrian barriers & Heras Fencing, Security, Inflatable Gantry
- Equipment requirements from the National Office & transporting to/from the event
- Bespoke medal production

- Trophy Recall & Prize Schedule- JK & British Championships
- Arena Layout advice
- Trader agreements
- Street Trading License consent
- Research: Economic Assessment survey conducted by Northumbria University Staff & Students at the BOC2014
- Marketing/Promotion to: Regional Tourism board, Accommodation Associations, Councils, Local Radio & Newspapers

New Documents:

- Cancellation, Curtailment & Refund Policy
- Cancellation Policy & Procedure
- Insurance Policy & Procedure

In the next few months I will be working on:

- Reinstating the Major Events Conference
- British Orienteering Sprint and Middle Championships
- JK2014 survey results
- BOC2014 survey results
- Finalising and publishing accounts for JK2014 & BOC2014

Why weren't the traditional food traders at the JK & BOC?

I reviewed the process in which traders were invited to the Major Events and believed the current pitch fees (£50 per day) weren't

reflecting the value of these events which can attract up to 3,500 participants at the JK and subsequently a significant income to those who are present. In conjunction with Peter Buckley (Commercial Manager), instead of dictating the pitch fee per square metre, we sent out an open tender bid to both equipment/clothing and food traders. The tender document was sent to all those who had previously attended the JK and British Championships along with a couple of other local food traders who I had been told about and had been present at a large orienteering event the previous year. Unfortunately a couple of the orienteering food traders missed the submission deadline and therefore we weren't able to consider them.

Bids were assessed on:

- Proof of Public Liability Insurance
- Food Hygiene Certificate
- Fire Risk Assessment
- Number of food vans they were able to provide
- Number of staff servicing each food van
- Range and variety of food
- Bid price

We made our selection based on the information that was provided.

No long term contracts have been signed with any trader or caterer and I will be reviewing the process and outcomes later this year in order to modify the process and build on the experience gained.

All fees generated by trader pitches were put back into the event accounts to be split as per the partnership agreement.

Why are the British Championships event entry fees so high?

The entry fees are a delicate balancing act of trying to forecast the budget of putting on the event, with ever increasing mapping, access costs, other logistics and certain aspects that have to be provided at a Level A event. This needs to be reviewed against the income generated which is primarily through the entry fees, by predicting the numbers that will attend based on the location and interest/complexity of terrain. All these factors have been taken into consideration and in consultation with the key organisers, in order for the event not to run at a loss. The table below is a quick comparison of the fees in 2013 and 2014.

British Orienteering Championships	2013	2014
Night		
Senior		£14 ▶ £16
Junior		£7 ▶ £8
Sprint		
Senior	£16 ▶ £17 ▶ £19	£17 ▶ £19
Junior	£7.50 ▶ £8 ▶ £9	£7.50 ▶ £10
Middle		
Senior	£17 ▶ £19	£18 ▶ £20
Junior	£8 ▶ £9	£8 ▶ £10
Long		
Senior	£19 ▶ £21 ▶ £25	£25 ▶ £30
Junior	£10 ▶ £11 ▶ £13	£13 ▶ £15
Relay		
Senior	£40 ▶ £49	£45 ▶ £51
Junior	£20 ▶ £25	£24 ▶ £30

▶ Indicates phased fees

Why isn't British Orienteering paying for Trophy engraving?

Back in November 2013, shortly after I started with British Orienteering I reviewed the whole trophy, medal and prize structure for the Major Partnership Events. This was also prompted by the member of admin staff who led on the trophy recall element being made redundant. We have in excess of 130 trophies for the JK and British Championship events being recalled and presented each year and an average of £15 for engraving...I'll leave you to do the maths. It also required 5 members of staff touching the trophy engraving reimbursement:

- Recording trophy engraving claim against the trophy winners spreadsheet - Admin

- Authorising payment of trophy engraving claim and recording against budget - Event Manager
- Inputting on our finance software, coding and processing payment - Finance manager
- Preparing cheque and postal envelope - Admin
- 2 signatures on cheques required - Chief Exec plus one other
- Post cheque - Admin
- E-mail and acknowledge receipt of reclaim - Admin

One would hope that as a winner of one of the most prestigious trophies that you or your club would take pride in engraving it, in order to maintain the history of the Champions in the sport.

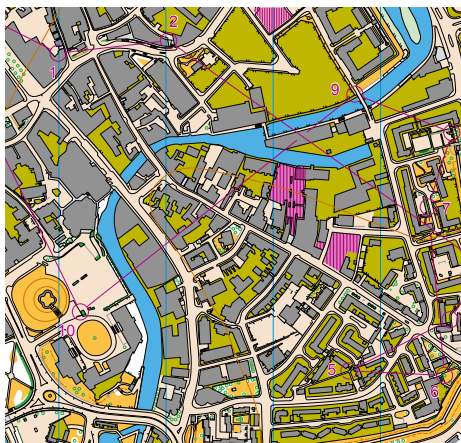
I hope that my work will assist the volunteer organisers of next year's JK and British Champs to put on the best possible British Orienteering Major Events in 2015. I know without their time, dedication and commitment these events wouldn't happen.

If you would like to pose other questions for me to answer in the next addition of Focus in October then please e-mail me: spygott@britishorienteering.org.uk

York City Race

REPORT BY STEVE WHITEHEAD
PHOTOS BY WENDY CARLYLE

The 14th annual York City event took place as usual on bank holiday Monday at the end of May. This year the start and finish as well as assembly and registration were in the central square amidst the outdoor cafes and buskers. It's not surprising that each year we get new people joining the club as they see us while shopping..... and other clubs gain as tourists from all over the country (and indeed the world) stop and ask what's going on. We give them a free map and, if they're into maps, they're hooked!



This year I used a very "urban" style of planning with lots of route choice, my favourite being my homage to Venice. There are lots of possible routes from 9 to 10 (round close to 1 or even close to 5 though that would be a mistake) but the shortest involves crossing the same river 4 times - ok not quite Venice but you know what I mean.

The Aadland family visiting from Norway picked up 2 wins, a 3rd place and an 11th between them and father and daughter Brian and Charlotte Ward both won their courses.

Andy Kelly (AIRE) said about the race, 'Great day out - one of the best York courses (as was last year!)'.

If you enjoyed the race (or couldn't make it this year) then this year's White Rose features orienteering around the streets of Scarborough: www.whiteroseweekend.org.uk

You can view the courses on [routegadget](http://www.eborienteers.org.uk) via www.eborienteers.org.uk

Course winners were as follows:

Women Senior: Charlotte Ward HALO
Men Senior: Leon Foster AIRE
Women Junior: Pippa Dakin SYO
Men Junior: Aidan Rigby CLOK
Women Young Junior: Marie Aadland SAMNANGER IL (Norway)
Men Young Junior: Felix Kirkby Independent
Women Veteran: Ruth Ker CLARO
Men Veteran: Per Arne Aadland SAMNANGER IL (Norway)
Women Super Veteran: Jill Libby CLOK
Men Super Veteran: Brian Ward HALO
Women Ultra Veteran: Sheila Carey OD
Men Ultra Veteran: Mike Hampton OD



We are now half way through the year and with 11 out of the 18 UK Orienteering League competitions complete here is an update on the results:

	1st	2nd	3rd
M16	Samuel Fielding HH 276	Harrison McCartney OD 244	Matthew Fellbaum MDOC 241
W16	Louise Adams SYO 467	Pippa Dakin SYO 295	Abigail Mason MAROC 263
M18	Michael Adams SYO 476	Rowan Capper EBOR 395	Michael Hallett BOK 303
W18	Sarah Jones LOC 288	Eloise Wright CLOK 279	Helen Ockenden SROC 278
M20	Andrew Lindsay ESOE 275	Joshua Cooper EBOR 246	Alex McCann MDOC 202
W20	Zoe Harding SROC 299	Rhona McMillan MAROC 290	Frances Wright MAROC 233
M21	Joe Taunton NOC 388	Andrew Llewellyn NOC 195	Alexander Moore BKO 181
W21	Alice Leake SN 223	Kirstin Maxwell RR 216	Ruth Holmes SN 195
M35	Geoffrey Ellis RAFO 430	Will Hensman FVO 286	Ray Ward ESOE 213
W35	Janine Inman FVO 347	Anne Straube OD 336	Caroline Gay BOK 316
M40	Roger Goddard FVO 396	Andy Simpson OD 334	Jason Inman FVO 289
W40	Amanda Crawshaw EPOC 319	Emma Harrison EPOC 288	Natasha Conway AIRE 269
M45	Jon Cross FVO 465	Richard Parkin DVO 357	Martin Ward SYO 327
W45	Kate Charles WCOC 267	Dorte Torpe Hansen SLOW 262	Dawn Goddard FVO 221
M50	Nicholas Lightfoot SYO 297	Quentin Harding SROC 294	Roger Thetford TVOC 277
W50	Susan Harding SROC 358	Liz Phillips OD 344	Janet Adams SYO 339
M55	Keith Tonkin GO 308	John Embrey HOC 304	Mark Saunders BOK 298
W55	Jackie Hallett BOK 339	Ann Cranke CLOK 318	Karen Clark EBOR 294
M60	John Britton MDOC 428	Steve Whitehead EBOR 369	Bill Hanley SYO 335
W60	Stella Lewsley BL 343	Christine Kiddier GO 340	Judy Johnson BL 313
M65	Peter Gorvett SYO 397	Richard Towler LOC 329	Chris Roston MDOC 314
W65	Miriam Rosen SROC 377	Liz Godfree DVO 373	Hilary Palmer NOC 331
M70	Tom Edelsten CHIG 379	Peter Carey OD 323	Barrie Speake EBOR 303
W70	Ruth Rhodes SO 369	Judith Goodair EPOC 307	Susan Marsden HH 242
M75	Jeremy Oldershaw SAX 281	Robin Campbell CHIG 276	Peter Leake LEI 225
W75	Catherine Odell EBOR 344	Sue Birkinshaw MDOC 289	Hilary Simpson OD 245
M80	David Parkin DVO 247	Philip Thompson EPOC 197	Brian Spoonley DEE 99
W80	Ursula Oxburgh WAOC 392	Eileen Bedwell CLOK 296	Barbara George NOR 100
M85	Andrew Beldowski WSX 98	Roy Malley NATO 50	Richard Arman WSX 50
W85	Pat Grenfell BOK 150	-	-
Club League	SYO-4501	FVO-3438	OD-3435

** British Long Champs results to be uploaded

Competitions still to come in the UKOL:

3 Aug	Long	Swindale, Shap	NWOA	Lakes 5 Days Day 1
4 Aug	Middle	Simpson Ground, Newby Bridge	NWOA	Lakes 5 Days Day 2
6 Sept	Sprint	Keele University	POTOC	British Sprint Championships
7 Sept	Middle	Brereton Spurs, Rugeley	WCH	British Middle Championships
11 Oct	Urban	Edinburgh	SOA	Race the Castles - Edinburgh Street Race
12 Oct	Urban	Stirling	SOA	Race the Castles - Stirling Street Race
2 Nov	Long	Kings Garn Gutter, New Forest, Southampton	SOC	November Classic

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