

*Orienteering*

WINTER 2011/12

# Focus

THE OFFICIAL VOICE OF BRITISH ORIENTEERING

Photo: Will Parkinson at the British Schools Score Championships. Credit: Rob Lines

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European MTBO  
CLOK Club Night

More People, More Places, More Podiums (MP3)

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







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WINTER 2011/12

# Welcome to FOCUS

In this edition of Focus we are asking for nominations for the annual Silva Award that recognises a person or persons who have made a very significant contribution to orienteering over a period of years, with an emphasis on 'field' activities. If there is anybody in your club who deserves this award, please consider nominating them.

We are also asking for entries to our annual Club of the Year competition. Again, why not celebrate your club's success and enter the competition.

As always if you would like to contribute to Focus magazine then please send your articles or suggestions to:  
focus@britishorienteering.org.uk

I would also like to take this opportunity to wish all our members a Merry Christmas and Happy New Year from everybody at the National Office.

Caroline Povey

## Official Notice of the ANNUAL GENERAL MEETING of the British Orienteering Federation

In accordance with Article 19 of the British Orienteering Federation's Articles of Association, notice is hereby given that the 31st Annual General Meeting of the British Orienteering Federation will be held on Friday 6th April 2012 at the West Lothian College, Almondvale Crescent, Livingston, EH54 7EP starting at 5.00pm.

Proposals for submission to the AGM must be received in writing at the National Office at least 50 clear days before the meeting: that is, by Thursday 16th February 2012, signed by two voting members of British Orienteering as proposer and seconder. A supporting statement may accompany the proposal, as may a statement from the current Officers of the British Orienteering Federation.

Nominations of candidates for election to the Board must be received in writing at the National Office at least 50 clear days before the meeting: that is, by Thursday 16th February 2012. Nominations can be made on paper signed by two voting members of the British Orienteering Federation as proposer and seconder or by email supported by emails from two voting members of the Federation as proposer and seconder of the nomination. If email is used, the Secretary will send requests for confirmation to the candidate, proposer and seconder at their email addresses as known to British Orienteering, and will only accept the nomination if email confirmation is received from all three people within 7 days. Nominations may be accompanied by a pen

portrait of up to 150 words for each candidate proposed for election; any such pen portraits must be received at the National Office at least 40 clear days before the meeting: that is, by Sunday 26th February 2012. The posts for election at the AGM are for Directors to sit on the Board of the British Orienteering Federation. 3 Directors will be elected; if the number of nominations is equal to or fewer than the number required e.g. 3, the nominated candidates will be deemed elected. If insufficient nominations are received, the Board may co-opt someone to fill the vacancy, and their term of office will be until the next Annual General Meeting.

**Mike Hamilton**  
Company Secretary  
17th November 2011

### Club Of The Year Award

#### Does your club:

- Provide opportunities for everyone to experience high quality activities at all levels?
- Demonstrate a commitment to the development of participants as well as coaches and volunteers?
- Take an innovative approach to the promotion of the club?

If the answer is YES why not enter the British Orienteering 'Club of the Year' competition.

Electronic application forms are available from enicholas@britishorienteering.org.uk and from the British Orienteering website.

The closing date for applications is Friday 27th January.

### Prizes

The winning Club will be named 'British Orienteering Club of the Year' and receive prizes from British Orienteering.

The 2nd and 3rd placed clubs will be entered alongside the winner into the national Sports Club of the Year Award organised by the CCPR.

### CLUB MARK ACCREDITATION

A number of clubs which hold the British Orienteering Clubmark award need to be reaccruited. The process is very easy with the hard work being done on the original submission. Edward Nicholas, Development Manager, will be in contact to support these clubs through this process. If your club has not already achieved Clubmark and you would like to find out more, further details can be found on the British Orienteering website at [www.britishorienteering.org.uk/page/clubmark](http://www.britishorienteering.org.uk/page/clubmark).



Ed Nicholas presenting the Clubmark certificate to Sean Cronin, Lead Coach for Dartford OK who have recently achieved Clubmark Status.

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# Chief Executive's Update

Mike Hamilton  
Chief Executive



## Staff Update

Gareth Candy, Performance Director, will be leaving British Orienteering at the end of 2011. Gareth and his family are returning to Australia and we wish them every happiness in their move. Gareth has had a significant impact on the Performance Programme, first as Talent Manager and for the last couple of years as Performance Director. His influence is most clearly demonstrated when the Whole Sport Plan for Orienteering written in 2009 is compared to the current state of the Programme. Almost every aspect of the plan has been implemented and Gareth leaves knowing he has helped British Orienteering to develop a Programme that is comparable to 'good practice' as is projected by UK Sport.

Sarah Hague will be continuing her work as Talent Development Manager through 2012 although

Sarah will also be picking up some of Gareth's responsibilities. The role of Performance Director will not be filled during 2012 until the funding situation for April 2013 onwards is known. A new position to support the Programme 'National Talent Development Coach' is currently being appointed.

Laura Martin, Executive Officer (Admin), will be starting her maternity leave at the end of 2011. Laura will be returning to work later in 2012 but in the meantime her presence in the National Office will be missed. Plans are in place to deal with Laura's absence although it may be that the time it takes office staff to respond to enquiries is compromised early in 2012.

Our best wishes go to Gareth, Laura and their respective families.

committee should in the first instance approach their association.

The new committee will have an inaugural meeting in February/March at which point it will consider what technical support it may require.

## COMPETITIONS REVIEW

The review of competitions in orienteering commenced in September 2009 and after two wide consultations the recommendations have now been agreed in principle by the Board with the exception of those recommendations associated with schools competition. The Events & Competitions Committee will be responsible for it's implementation. You can read more about the Competitions Review on page 26.

## SUMMARY OF 2011

There is little doubt that orienteering is now in a better position than it was a year ago. The sport is established in more places and the risk of a major disaster impacting on participation greatly reduced. For instance the use of urban streets and parks for orienteering means the impact of an outbreak of foot and mouth would be considerably reduced. The recent conference of association and club representatives highlighted the will and commitment of people to work together to find solutions where there are problems to be solved.

In England the Development Programme now has 43 Community O bases delivering regular weekly orienteering activities, with another 24 bases well on the way to becoming active. This is significant progress. In Northern Ireland success at engaging with new participants has also resulted in more support from Sport Northern Ireland and in Scotland the SOA has also achieved success against the Sport Scotland targets. We hope to be able to report back from Wales in the next edition.

The work on the talent pathway has progressed very well over the last 6 months and is now impacting significantly on the youngsters within the pathway. We may not currently be as successful as we would like at World Orienteering Championship level but a new generation of athletes have been moved through the system and prepared to deliver successful performances over the next few years.

It was gratifying to read back through our Whole Sport Plan prepared in 2008/9 to see just how many of the weaknesses in

our Performance Programme we have addressed and how much more focused our Development Programme is.

Satisfaction within orienteering is high as measured by an external agency and this is particularly pleasing since we know we have many discerning participants. The fact that satisfaction is high reflects well on volunteer and staff efforts to keep people involved in our programmes.

There will be many more facts and figures in the Annual Report to be published with the next edition of Focus.

## BUDGET 2012

It is appropriate to mention the 2012 Budget which was agreed after considerable discussion by the Board at the September meeting. British Orienteering has seen the income from levies decrease in 2011. This is primarily due to the significant change in the participation base with more participants talking part in local, smaller events and less taking part in the larger national events. This has resulted in the fall in income from levy. There is also a significant reduction in UK Sport funding and the Club & Coach funding in England also finished in 2011.

Consequently the Board had to make decisions about which Programmes to cut and the final position is that the 2012 Budget has a £38,000 loss which will need to be drawn from reserves. The Board is hopeful that this position can be improved during the year. The cuts that have been made are to the Performance Programme and to the Programmes and support funded by British Orienteering directly. With the exception of the Performance Programme funded by UK Sport, the remaining Programmes that are sports council funded remain in place, as this funding cannot be moved into other areas due to contractual obligations.

For those people who we sometimes hear questioning the cost of the National Office staff, it is worth noting that British Orienteering employs 2.8 full time equivalent (FTE) staff including: the Chief Executive 0.5 FTE, Executive Officer (Admin) 1.0 FTE, Accounts Manager 0.3 FTE, Administrative support 0.5 FTE, Events Manager 0.3 FTE, Marketing Manager



0.2 FTE. The remaining staff are employed by British Orienteering to deliver Programmes funded by sports councils. If funding were to be cut there would be less than 3 people employed by British Orienteering.

## SUPPORT FOR VOLUNTEERS

The Strategic Plan identifies the need for a staff position of Volunteer Manager who will manage and drive the Programme to develop and support all volunteers. It is evident after recent budget discussions that there are no funds available to appoint a Volunteer Manager during 2011/12.

Consequently there is a need to determine which staff will have responsibility for supporting the people that deliver orienteering:

- Coaching for newcomers and participants in general, including Levels 1 and 2 – Edward Nicholas, National Development Manager.
- Coaching for the Talent Pathway including Level 3 – Sarah Hague, National Talent Manager.
- Coach Educators, Assessors and Internal Verifiers – Mike Hamilton, Chief Executive.
- Event Officials – Helen Errington, Event Manager.
- Club Officials – Edward Nicholas, National Development Manager.
- Administrative support for all the above – Janine White, Administrator. Janine can be contacted by emailing [info@britishorienteering.org.uk](mailto:info@britishorienteering.org.uk) or telephoning 01629 734042.

There are also extremely able volunteers who lead on and support aspects of the work detailed above and there may sometimes be a need for the staff listed above to refer you to them in some instances.

## AGM

Just a plea for as many members to attend the AGM as possible – there will be some big issues on the agenda that will impact on you as members. These issues include, membership and levy scheme review, membership and levy fees for 2013 and an updated Articles of Association of the British Orienteering Federation Ltd which you can think of as our constitution. The AGM will be held on Easter Friday which is different to recent years; details can be found on page 3 of this edition of Focus.

## HAPPY CHRISTMAS

Can I wish all our members, volunteers, participants, staff and readers a 'Merry Christmas' and whilst 2012 will be challenging I hope that we will continue to deliver the support that enables you to enjoy your orienteering!

## Association and Club Conference

Many thanks to all who attended the Association and Club Conference on Saturday 15th October at Sheffield Hallam University. There were approximately 70 delegates representing clubs and associations from throughout the UK. It was a very positive conference with the participants engaging fully in the discussions on four main topics areas:

- Whole Sport Plan
- Articles of Association
- Membership and Levy scheme review
- Committee Structure review

A full report of the conference is available on the 'Hot topics' page of the British Orienteering website.

The following is a brief summary of the outcomes of the Conference. It was noticeable and very positive that all involved were working towards similar ends albeit perhaps taking differing routes to get there!

### Whole Sport Plan

Attendees were split into groups and asked to consider a number of discussion topics regarding the future of orienteering in the UK. The input from groups will be considered and included in the draft of the Strategic Plan being prepared for the next consultation. In this next stage of consultation, associations, clubs, committees and members will have opportunity to comment on the draft.

### Articles of Association

Director Neil Cameron (NGOC) introduced the proposed changes to the Articles of Association which, after further consultation and modification, will be presented to the 2012 AGM. The Conference attendees provided feedback on aspects of the draft Articles including potential amends such as:

1. Chair's casting vote at General Meetings be absent from the next draft.
2. Constituent Associations remain listed in Articles, but in the Rules section (a special section of the Articles requiring a simple majority for any change).
3. General Meetings can be called as now by 3 Constituent associations but also by 5% of the membership.
4. British Orienteering Federation be retained as the company name rather than a switch to "British Orienteering".
5. Membership categories be in the Rules in the next draft.
6. Associate membership category be removed.
7. Foreign-residing members only be communicated with at a nominated UK address or electronically at a registered email address.

### Membership & Levies

Director Philip Baxter (LVO) introduced the principles behind the review of the British Orienteering membership and levy schemes. Conference feedback gave general agreement on the following points:

1. The principles and assumptions of the consultation paper were agreed with a question remaining regarding the need to more tightly define 'Activities'.
2. The ratio of income generated from membership should be reduced and the income generated from levy increased.
3. A relatively low cost for membership would be welcome.
4. The inclusion of all participants in paying levy at all events.
5. More thought needs to be put into determining the 'benefits' of membership.
6. The mechanics of collecting membership fees needs to be considered carefully by staff and the Board.

### Committee Structure

Chair Lyn West (SOS) introduced the background information that had prompted the Committee Structure review. The Conference participants provided some strong messages including:

1. Improving communication from the Board and committee structure is key; this includes directly to clubs and directly to members.
2. Committee and groups should be populated by the 'best people' for the job.
3. Groups are operational and should consist of a small number of technical experts.
4. Associations must be involved in fixture coordination and agree there are various ways in which this could effectively be delivered.
5. There must be clear roles and responsibilities for committee and group members.
6. There was a definite wish for associations to be represented at committee level especially with the Event and Competitions Committee but an acceptance that any Groups should be comprised of technical experts.

In a straw poll, there was agreement that committees could consist of between 3 and 5 representatives of associations with a small number of others e.g. technical experts, independents, staff etc. Association representation would be across the entirety of the committee structure.

Input on all four topics areas was interesting and diverse, making the Conference very worthwhile. We hope all attendees found the day stimulating and we have subsequently had positive feedback from those involved. Many thanks again to all who attended, many of which had long journeys to and from the Conference.

Further consultation on all the above topic areas is ongoing. To input your individual feedback, on any of the areas, please email your thoughts to: [feedback@britishorienteering.org.uk](mailto:feedback@britishorienteering.org.uk).



## REVIEWING THE EFFECTIVENESS OF THE BOARD OF DIRECTORS

A review of the effectiveness of the Board has been completed during 2011 and included questioning board members, committee members, staff and significant others that the Board interact with.

Interestingly, there were few significant differences in the way that different groups viewed Board effectiveness. The review covered a variety of matters in considerable detail. The significant issues were identified as:

### Board Meetings

Overall, Board members felt that the size of the Board and the number of meetings held in a year is sufficient to effectively govern British Orienteering. Board members were largely satisfied with the level and type of communication in meetings. Board members were also pleased with the detail of briefings from the Chief Executive and the level of financial reporting.

There was some disagreement over whether agendas were effectively prioritized and overall Board members felt that time could be managed more effectively in Board meetings.

### Potential actions:

1. Clear prioritizing of agenda items for Board Meetings.
2. Strategies to improve time management within meetings.

### Expertise and Competencies

Overall it was felt that Board members have the appropriate expertise and are competent to lead British Orienteering. Regarding long-term planning, it was felt that the Board needs to plan decision making and set clearer priorities for Board work.

There was some concern regarding the need for a plan to recruit new directors and to ensure this plan was clearly communicated to the membership.

### Potential actions:

1. Develop a plan for recruiting new directors
2. Consider process for planning longer term decision-making at Board and Committee level.

### Staff

Both staff and directors feel that occasionally the Board can be distracted by operational matters. Also, staff feel that sometimes the Board does not always understand the resource constraints placed on programmes.

Positively, trust in staff decisions from the Board is high and staff recognize the trust placed in them by the Board.

### Potential actions:

1. Continue with Board-staff decision-making process as is.
2. Improve communication between staff and Board regarding resource constraints experienced.

### Committees and Groups

Both parties (the Board and members of Committees and Groups) agree that the relationship between the parties is difficult, it lacks leadership, communication is not effective and there are many areas to improve. The relationship lacks trust to make decisions and both parties feel it is unclear which committee or group has authority to make decisions.

### Potential actions:

1. Implementation of agreed proposals from the review of the committees structure.
2. Develop a communication plan between Board and Committees to complement and support the Committee review.



### Communication

All parties questioned agree that the Board operates in a professional manner and they communicate their aims and objectives successfully. The Board and members of the governance structure believe that more could be done to improve information, consultation and communications to members.

### Potential actions:

1. Clearer and more transparent consultations with members where timelines allow for association and club input into shaping proposals; not presenting proposals and then asking for consultation on them.
2. Annual Association & Club Conference.
3. More appropriate format for communicating decisions and accompanying rationale from Board meetings.

### Strategy

It was agreed that the Board has a mission statement that directs decision-making. However there was disagreement in the level at which the Board operates strategically and provides strategic planning. It was commonly felt that the Board doesn't make decisions in a timely manner. Overall, all parties agreed that the Board performs to a satisfactory level.

### Potential actions:

1. Proactive planning of decisions to improve time delay.

The Board agreed the review of effectiveness was a worthwhile exercise and are to agree an action plan to deliver agreed recommendations at the December Board meeting.

## Directors

There will be 3 Director vacancies open for election at the AGM held in 2012. Philip Baxter, Henry Morgan and John Woodall have reached the end of their appointment period. They will therefore, in line with the Articles, be stepping down although may choose to stand for re-election.

As Mike Forrest has recently been appointed Events and Competitions Chair, he will be stepping down after concluding his duties as Treasurer at the AGM in 2012. Subsequently, the vacancy caused by his departure will not be available for election until the AGM in 2013. In the meantime, the Board will be able to co-opt a director if appropriate, until the AGM in 2013, to fill Mike's place.

The Board will need to appoint a Treasurer, from within the directors, after the 2012 AGM.

The deadline for nominations for candidates for the Director elections at the AGM in 2012 is Thursday 16th February 2012.

The role of Director includes taking part in induction training, attending about six Board meetings a year and, from time to time, to take part in other working groups. The role is voluntary and unpaid, but Directors will have all reasonable expenses reimbursed.

The Board of Directors is responsible for developing policy and strategy. The work entails thinking about where British Orienteering is heading and how it will get there; keeping as far as possible in close touch with members, clubs and Associations' views. The work is challenging but rewarding, and offers the chance to help shape the future of orienteering in the UK.

The current directors of British Orienteering have conducted a skill and knowledge audit. A number of skills featured frequently amongst current Directors, including administration, strategic planning and training, governance, IT and management.

Some skills required for the Board to operate effectively featured less frequently; marketing, commercial, legal, disability awareness, diversity & equality awareness. The Board would like to see members with such experiences put forward as perspective candidates as they would bring experience to strengthen the overall skill set of the Board of Directors. The Board would also ask members to consider nominating women as candidates and any younger members that would like to be involved so that our membership base is fully represented.

If you would like to discuss being a Director, contact Mike Hamilton, Chief Executive at the National Office on 01629 734042.



**SPORT  
ENGLAND**

**Satisfaction  
Survey**

Two years ago Sport England launched a ground breaking four year research study, which aimed to uncover what is truly important to people when participating in sport, and what sports can do to improve their participant's satisfaction levels.

Last year orienteering was placed 8th in the satisfaction table across all sports that took part in the survey and the results are already helping British Orienteering to develop initiatives that will further improve satisfaction levels.

The survey will be running again during March and we would urge all our members that are eligible to take part in the survey to have their say on the future development of orienteering.

[www.sportengland.org/research/sport-satisfaction.aspx](http://www.sportengland.org/research/sport-satisfaction.aspx)

## Silva Award 2012

NOMINATIONS FOR THE SILVA AWARD FOR SERVICES TO ORIENTEERING 2012 ARE NOW BEING ACCEPTED.

In 1983 SILVA (Sweden) AB decided to mark the fiftieth anniversary of the first Silva compass by establishing an annual award within each IOF member Federation. The awards were to enable Federations to honour those who have contributed in a special way to the development of orienteering.

With the assistance of SILVA (UK) Ltd this was interpreted, within the UK, as being 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. Indeed, nominees may not be active or

retiring members of the British Orienteering Board, nor part- or full-time employees of the Federation.

All members can nominate someone they believe has made a significant contribution to orienteering through 'field' activities. Nomination forms can be found on the British

Orienteering website/Officials/Awards or by emailing [info@britishorienteering.org.uk](mailto:info@britishorienteering.org.uk). The nomination deadline is Monday 6th February 2012. The Board will make the final decision on the successful recipient. The award will be presented at the AGM on Friday 6th April 2012.





## LONDON CITY RACE

Article courtesy of Andrew Brown and [www.nopesport.com](http://www.nopesport.com)  
Photos courtesy of Ollie O'Brien

Over 1100 competitors from across the UK and Europe descended on London and the Barbican for the fourth London City Race, the UK's largest urban orienteering race.

Whilst easily the biggest, this was arguably the best London City Race to date. Starting and finishing in the imposing multi-level labyrinth of the Barbican Estate, competitors were tested from the first moment to the last, as courses then took them out of the Barbican and into the ancient alleyways and around the gleaming skyscrapers of the City of London. Iconic sights such as

St Paul's Cathedral, the Gherkin and the Bank of England were some of the sites on offer to those who had the rare opportunity to look up from their maps during their race.

Course Planner, Gordon Parker said, "My intention was to try and immerse competitors into the Barbican very early on, and to also give them another helping of the Barbican near the end when competitors were feeling tired. The other challenge was maintaining as wide a range of route choices as possible – my general aim being a minimum of two on most legs but ideally three or four on a lot of legs while at the same time finding sufficiently robust structures onto which to lock down the controls – this turned into quite a challenge with a lot of days spent walking the City and Barbican streets!"

While the middle section outside the Barbican perhaps wasn't particularly demanding for the top runners, there was still time to be lost on route choices, and running speed had to be kept high.

The Barbican provided challenging route choices.



In the men's class, with over 200 competitors, Murray Strain won in a time of 53:15 for the 8.9km course. Murray was 45 seconds clear from fellow British team member Matt Crane, with Richard Robinson a further minute back in third, not far ahead of one of the many foreign competitors, young French international Theo Fleurent.

Murray said he was happy to come through the Barbican sections with only one real mistake and that keeping the Barbican mistakes limited to one is probably as good as he could have hoped for. The mistake came on #3, where confusion over the control description led to a less than optimal route and execution.

Rachael Rothman won the 7.1km women's class in a time of 52:30 with a clean run, almost 90 seconds clear of British team mate Tessa Hill, with one of Britain's top JWOC performers Julia Blomquist in third, one second clear of Sarah Rollins with a time of 55:34.

Rachael was pleased with the result, and really enjoyed the

race. "It was really cool running round the Barbican with all the levels. You had to be really careful reading the map to get a good route."

On the men's vet course Martin Ward of South Yorkshire Orienteers won the 7km course in a time of 45:37, comfortably ahead of Swiss runner Domenico Lepori, with Andy Monroe edging out Bulgarian Ivaylo Ivanov for third. Martin said, "With the race returning to the Barbican this year, understanding the multi-levels around the first and last few controls were the key to success on our course. Thankfully I got it right!"

The women's vet course went to Martin's SYO team mate Jenny Peel, with a time of 50:51 for the 5.8km course leaving her 69 seconds clear of Sheralee Bailey from Dartford, with Southdowns Julia Jarvis a further minute back. Jenny said, "It was my first time at the London City Race and I found it really enjoyable to be running around London. It's a great place for a race and it was fantastic to see so many foreign participants taking advantage of cheap flights to London and an excuse to see such a great city. It would be wonderful if the race could grow and pull in more runners and be a world class race as well. I found the orienteering around the Barbican really tricky. I was rusty on some of the skills I required but then other parts of the race were more straight forward and I would have preferred more variety around some of the course. But the event was well run and it can't be easy arranging permissions in London!"



down. Cleveland's Jill Libby took the women's supvet class a minute clear of Bristol's Alice Bedwell.

The ever competitive ultravets classes were won by John Britton of Manchester, ahead of Peter Gorvett of South Yorkshire, while Glenys Ferguson of South Ribble won the women's class ahead of foreign competition in 2nd and 3rd places.

Dane Blomquist took the junior title, ahead of Michael Adams of South Yorkshire, with Alexandra

The supvet's titles were taken by Gavin Clegg of Wessex, a minute clear of Guildford's James Crawford with Cleveland's Paul Thornton a further 12 seconds

## British Sprint Championships 2012

**WORLD RANKING EVENT**  
SATURDAY 24TH MARCH 2012  
UNIVERSITY OF YORK

**In addition to the campus itself, adjacent areas will be used to create an exciting mix of different types of terrain.**

## British Middle Championships 2012

SATURDAY 25TH MARCH 2012  
STRENSALL COMMON, NEAR YORK

**An interesting area of natural heathland and fast runnable woodland containing a wealth of small contour and scattered water features.**

[WWW.YORK2012ORIENTEERING.ORG.UK](http://WWW.YORK2012ORIENTEERING.ORG.UK)



Simon of Pannonian Allstars the women's junior champion.

Event Organiser Alan Leakey (SLOW) said afterwards, "Somehow passing 1000 entries for the first time seems like a rite of passage for the event and we can now lay claim to being a significant event in the life of the City of London as well as the orienteering calendar. Of course, growth also brings its own challenges, such as the need for bigger and better facilities and additional control sites to spread the flow of competitors – but they are a worthwhile price to pay.

Perhaps more significant is that the event is no longer just what we organise but also what you contribute whether that be 'thank you' emails, blogs, photos and videos on Facebook, discussion forums, magazine articles and offers of help with contacts and so on.

**Please be sure to put the weekend of 22nd/23rd September 2012 in your diary and follow the updates at <http://cityrace.org/>**





# SENIOR HOME INTERNATIONAL BRINGS SUCCESS TO SCOTLAND

Photos Nick Dallimore

**Congratulations to Scotland who won the Senior Home International (SHIs) that were held in Merthyr Common, Wales on an open expanse of limestone plateau, littered with depressions and pits and scattered with boulderfields. Although it is an open area, there are many detailed features to confuse the unwary competitor, but there are good views for the spectators.**

Planner, James Clemence said, "My aim was to provide challenging but fair courses. I very much wanted to test the full range of orienteering skills by constantly offering different route choices and quite radically varying directions and distances between kites. My early planning sought out some interesting long legs, spotting some ideas for linked controls around the most exciting topography, finding a suitable start and a memorable finishing sequence.

**The resultant courses looked pretty interesting which is always my first priority. Highlights of the courses included:**

- A very early long leg of just over 2km to a variety of locations on an expansive hillside. This offered plenty of route choice plus the classic conundrum of deciding how fast to run, how much to tick off, which features to look for en route and how much time to spend planning ahead;
- A sequence of medium and short legs around the gentle summit area- plenty of interesting undulations and normally at least 3 ways to approach each leg;
- A cheeky little final sequence of 5 or so controls, all around a huge natural amphitheatre of open mountain with the finish at the bottom. This offered great spectator value but obviously also added pressure on runners acutely aware of their instant high visibility after spending the previous hour or so mixing with the local sheep.

Focus magazine caught up with Scottish athlete James Tullie to see what he thought about the SHIs and Scotland's success.

"The individual race on Saturday was a great result for me and also a good day for the team. I enjoyed the area and thought the courses provided a good challenge. My aim for the race was to pick out the distinct features far ahead to simplify the navigation and take good lines through the terrain. This seemed to go well on the day. I got a big boost catching Richard Robinson (6 mins) at no. 3 where I hit a control that many others missed and ran strongly from there. On a couple of the legs I got a bit of luck and after a hesitation landed right on the control which always helps.

Sunday was a great day for the team. With the SHIs scoring system it was still all to play for but we still felt confident to get the job done. Amongst the athletes we picked two roughly even teams in girls and guys and everyone ran pretty well on the day. My legs were tired from the individual but the confidence in my orienteering was flowing so I felt relaxed once I got into second place. I thought it was one of the best planned relays I have run. There was great spectator interest in the courses without compromising the challenge at all.

The organisation from the Welsh was excellent as usual, not to mention the food on Saturday from the Welsh junior Squad and associates, brilliant!

I always enjoy the SHIs and I think the rest of the Scottish team do too. We do have a great team spirit, most people having come up together through the Scottish Junior Squad and then many of us going to Edinburgh University. I think the next few years are very exciting for orienteering in Scotland with the World Champs in our own country. We have a



good group of young athletes many of whom will be at their peak in 2015."

Lorna Eades was the Scottish Team Manager and she said, "From a Team Manager's perspective they are a great team to work with. They all know each other well and train regularly together. They are also very supportive of each other when things don't go well and I think that really helped everyone pull themselves up to a new level as demonstrated in the relays.

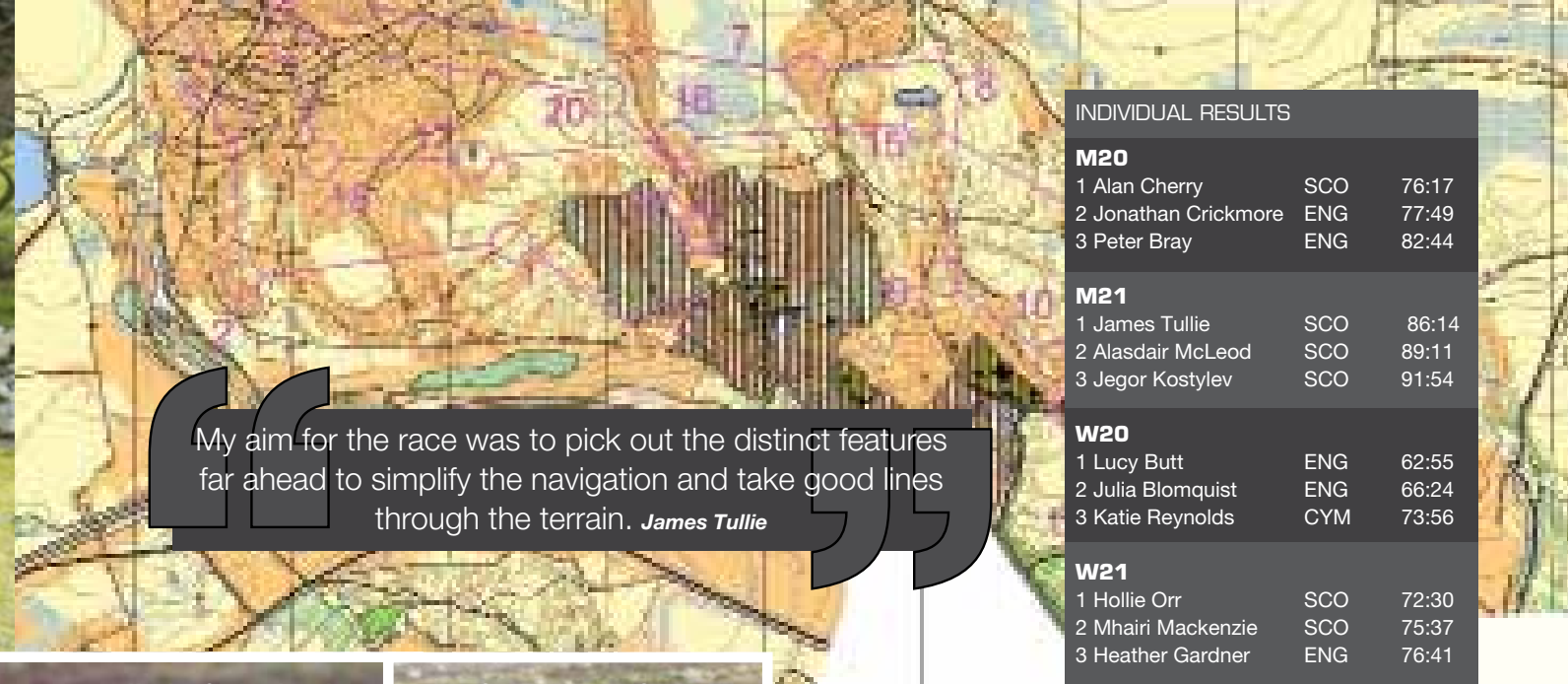
I think one thing that helps us in Scotland is that the team have generally all know each other since they were young juniors. My daughter (W10) has just been on camp with the east of

Scotland junior squad to the inter regional champs where they stayed together with the teams from the west and north in an outdoor centre. They then feed into the Scottish junior squad then up to the SEDS squad, both of which have regular training weekends throughout the year.

James continues, "Working together through SEDs has played an important part in our success. SEDs training weekends are generally focussed on improving as orienteers, getting out in terrain and a bit of banter as well. All of this helps to build a great team spirit."



Romualdoas Stupelis and Welsh International Kris Jones



My aim for the race was to pick out the distinct features far ahead to simplify the navigation and take good lines through the terrain. **James Tullie**

## INDIVIDUAL RESULTS

### M20

1 Alan Cherry	SCO	76:17
2 Jonathan Crickmore	ENG	77:49
3 Peter Bray	ENG	82:44

### M21

1 James Tullie	SCO	86:14
2 Alasdair McLeod	SCO	89:11
3 Jegor Kostylev	SCO	91:54

### W20

1 Lucy Butt	ENG	62:55
2 Julia Blomquist	ENG	66:24
3 Katie Reynolds	CYM	73:56

### W21

1 Hollie Orr	SCO	72:30
2 Mhairi Mackenzie	SCO	75:37
3 Heather Gardner	ENG	76:41

## MEN'S RELAY

1 Sco (Alan Cherry, Duncan Coombs, Oleg Chepelin)	133:06
2 Sco (Tom Ryan, Alasdair McLeod, James Tullie)	137:16
3 Eng (Jonathan Crickmore, Edward Catmur, Richard Robinson)	140:25

## WOMEN'S RELAY

1 Sco (Hazel Wright, Kirstin Maxwell, Mhairi Mackenzie)	152:31
2 Sco (Jessica Halliday, Jessica Orr, Hollie Orr)	155:01
3 Sco (Kirsten Strain, Jo Shepherd, Fiona Berrow)	158:15

## OVERALL RESULTS

Combined Points	England	Ireland	Scotland	Wales
Relay	22	7	30	13
Individual	24	9	24	15
Total	46	16	54	28

## Scottish Orienteering Championships 2nd - 5th June 2012 Braemar, Deeside

Mar Orienteering Club & Gramplan Orienteers invite you to Royal Deeside to sample some of Scotland's most exciting and challenging orienteering areas. We are taking advantage of the Diamond Jubilee weekend to extend the normal Scottish Championships to a 4 day, 5 event orienteering festival: **The JubileeFive:**

**Sat 2nd June,** Glen Feardar - Scottish Individual Championships\*, UK Cup, World Ranking Event

**Sun 3rd June,** Creag Choinnich - Scottish Relay Championships

**Mon 4th June,** Scolty - MTBO (am); Banchory - Urban Sprint Race\* (late pm), UK Cup

**Tues 5th June,** Inchmarnoch - Middle Distance Race\*, UK Cup

\* World Championships British Team selection Race

Supported by: **FAIRHURST** **CAIRNGORMS** NATIONAL PARK AUTHORITY **MARR** partnership

For more information as it becomes available check out the web site: [www.scottish-orienteering.org/soc2012](http://www.scottish-orienteering.org/soc2012)

**Why not stay in Scotland and move down the road for more top class O?**

## World Trail Orienteering Championships 6th - 9th June 2012 St Andrews, Fife

The World Championships in Trail Orienteering - a unique opportunity to mix it with the world's best in this orienteering discipline. With the support of CompassSport, there will be a full 4-day programme of spectator events including on the last day a chance to try the World Championships course - elite international TrailO at its toughest.

**Wed 6th June** - TempO: Camperdown Park, Dundee - decision making under time pressure

**Thurs 7th June** - model TrailO event, Tentsmuir near St Andrews

**Fri 8th June** - TrailO Day 1, Tentsmuir

**Sat 9th June** - TrailO Day 2, Tentsmuir

CompassSport are offering prizes for the best combined results in TempO, Day 1 and Day 2.

To round off the week, on Sunday 10 June KFO will present a FootO event in Tentsmuir - a chance to stretch your legs again with a run through the challenging sand dunes.

**More details early in 2012 on [www.britishorienteering.org.uk/page/WTOC2012](http://www.britishorienteering.org.uk/page/WTOC2012)**







# THE FUTURE IS BRIGHT, THE FUTURE IS GREEN

BY GREG McCANN, IRELAND JHI TEAM MANAGER

It was with great trepidation that I prepared for this year's Junior Home International (JHIs). Last year Ireland beat Wales for the first time and we did not want it to be a one off victory. The banter between the coaches started at the Scottish 6 Days with the Welsh coaches assuring me that this year was going to be their top year and they were confident of winning back the Judith Wingham Trophy. I was worried, very worried! Could Ireland pull off back to back wins over Wales? If so, this would confirm just how far Ireland has come in the last 12 years.

When I became involved with the Irish JHI team it was simply a matter of bringing along as many juniors as we could to make up a team. There were maybe 10 or 12 juniors in the beginning. This year we fielded a full team for the first time ever, with the boys even having selection races.

When I started with the team, the juniors were aiming for a top 10 placing in their class. Slowly but surely, as we developed and expanded the team, our sights became higher. Firstly, we got a full scoring team with 2 athletes in each class. Then we started to achieve the odd podium and success breeds success. One podium became two and all of a

sudden we were closing the gap on Wales. It started with us only being 5 points behind, then drawing with them, and then last year going a head of them. While we were scoring well on the individual day, the relay results still let us down. Interestingly, last year when we had no one on the podium we still had enough points to beat Wales. This told me a lot about the developing Irish team, we no longer were depending on just one or two individuals to score the higher points.

## THIS YEAR'S JHIs

The venue for this year's JHIs was Fermanagh in N. Ireland, a beautiful part of the world.



Aimee Morse and Harrison McCartney were making their England debut. Aimee said, "My first JHIs experience is definitely one I'll always remember. I had good runs on both days, coming 4th and then helping one of the relay teams to victory! I'm glad of the experience and look forward to running at future JHIs!"

Harrison said, "I was really pleased to get into the England squad and I was really excited about the opportunity to go to Ireland. The first night was an experience, because I got to meet lots of new people.

The individual day was a really good area, with lots of earthbanks and nice terrain and it felt great to win the event on my first go. The next day was even better, when we won the relay for England! I really enjoyed the overall experience and I hope that this is the first of many trips to come!"

While the rest of the UK was basking in sunshine, Fermanagh famous for its own climate greeted the juniors with thick mist. The change in weather did catch one or two of the visiting juniors out, packing only shorts to visit Ireland and particularly the Fermanagh area is never a wise move!

As the juniors headed out into the mist the coaches played the waiting game. Pacing up and down between the assembly and finish areas, checking their watches

produce a podium placing in M18 with Jack Millar 2nd. This would give Ireland 4 podiums at the prize giving, a first!

The Individual results were:	
England	80
Scotland	51
Ireland	44
Wales	41

## THE RELAYS

The Relays were held at Necarne Equestrian Centre, which has a mixture of parkland and forest.



The winning England Team

and calculating when their juniors should be appearing. As the early starters appeared the early results were encouraging for the Irish. The girls once again produced the goods, with 3 podium placings, one in each Class; Caoimhe O'Boyle 2nd in W14, Niamh Corbett 3rd in W16 and Áine McCann 3rd in W18. The girls not only beat Wales but they also beat the Scottish girls. This was a huge boost to the confidence of the team and coaches alike. The boys, while not performing to their potential, did

Ciara Largey (Fermo) did an excellent job as planner, having to create 30 courses for it to work. The coaches could see the juniors at various stages of their runs which made for a very intense and interesting competition. Before the race started the question was going around, 'could Ireland beat not only Wales but could we also catch Scotland?' But first things first, we needed all eight teams to finish, with no mis-punches.



Jack Millar finished 2nd in M18

With expectations high, the girls got off to a flying start with Cliona Mc Cullough coming in second place. As with all relays, the action was fast and furious and coaches and leaders did not know which way to look. The look on the coaches' faces told its own story, the English; 'we have this in the bag'. The Scottish, 'will they allow us off the ferry if Ireland beat us?' The Welsh, 'oh no, not again.' The Irish, 'come on guys we can do this!'

In the end, England dominated both in the boys and girls races. For the Irish, the girls triumphed over the Welsh, and the boys, stood up to the mark and tied with Scotland and Wales. A great result for us!

## The overall results were:

England	140
Scotland	97
Ireland	70
Wales	63

This was yet another superb JHI weekend full of great orienteering, rivalry and fun. As this was my last JHI as Team Manager it was a great way to finish - triumph over Wales and giving Scotland a scare.

While Ireland has come a long way in the last decade, quality in depth still eludes us, but the one big difference is that the Irish juniors now no longer fear competing across the water and believe in themselves. This new found confidence will take them along way and I look forward to watching them progress in the future.

## VETERAN HOME INTERNATIONAL

The Veteran Home International (VHIs) were held on Birsemore Hill and Coull, Aboyne, Scotland on the 8th and 9th October.

Focus magazine caught up with the England Team Manager Sarah Brown to find out how the team fared on their trip to face the Scots on home turf.

"There were a few unknowns facing the England team when it came to this year's VHIs; the addition of 65s to the team, a new relay format devised by Rob Hickling from Scotland, some last minute fitness problems and most notable, facing the Scots on their home turf which usually poses a challenge!

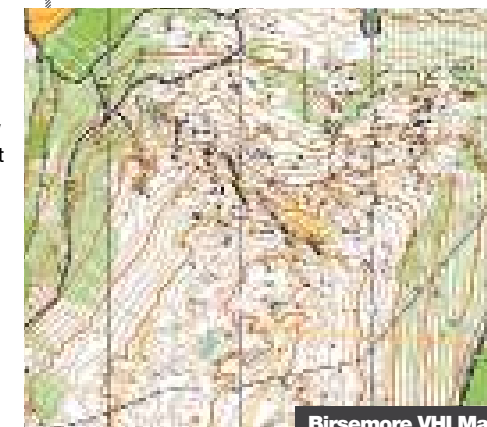
The individual race was held on Birsemore, which in silhouette driving from Aberdeen in the twilight looked quite daunting, but generally the team gave solid rather than sparkling performances with most runners coming back having had good clean runs apart from one



Veteran England team

on which classes could run as the single woman or single man. The course lengths were Short, Long, Long, for the Woman/Man/Woman combination, and Medium, Medium, Extra Long for the Man/Woman/Man combination. The idea behind the change was to accommodate the new age span (35-65), shorten the relay overall, and add a competitive edge by everyone running the same course at the same time, though gaffled but inevitably with some head to head racing.

Unfortunately there was a mix up with the maps, and after several very worrying minutes when none of the English women came back on the first short leg, it became apparent that something had gone wrong and our women (W55, W65 and both W60s) had in fact been given Long rather than Short maps. The Man/Woman/Man combination went as planned although it inevitably lost some of the excitement.



Birsemore VHI Map

or two controls. We only scored maximum points in two classes (W50 with Vicky Thornton 1st and Jill Libby 2nd by just 9 seconds and in M35 with Neil Conway) but the good performances by the rest of the team yielded a lot of second places behind the other nations and also a fair smattering of 3rd or 4th places. As it was, we scraped a narrow win of 3 points to take into the relay day. (England 139, Scotland 136, Wales 79, Ireland 61).

The relay was held at Coull just to the east of Aboyne and it was a beautiful setting beside a loch, with a golf course surrounding the main building and the forest a short way in the distance. The relay format was changed to 8 courses - 4 courses for teams of two men and one woman, and 4 courses for two women and one man. The sum of the ages had to add up to 150 and there were some restrictions

It was agreed by a majority decision by the Team Managers that the relay trophy should not be awarded on the basis of half a competition and therefore the overall trophy was not awarded either.

As for the rest of the weekend the Scottish organisers did a great job with a splendid social evening including story telling, live music and a tasty supper at the local Albert hall which was merely a couple of minutes walk from the accommodation. We were also blessed by calm, mild and dry weather and indeed as we gathered for the team photo, the sun shone. Yes of course we are all disappointed that we didn't have the full event but we were delighted with the team's individual win, and every competitor, whether competitive or not, enjoyed running at Coull.

**My thanks to all those who involved in organising the weekend.**

## WALES NEEDS YOU!

Wales has a long history of passionate sports teams and our orienteering teams are no exception. We have a reputation for having a great team spirit, for laughing a lot and for performing above expectations. Are YOU are eligible to join us?

There is a well-established Welsh Junior Orienteering Squad but as athletes move up the age classes they tend to disperse and it is often difficult to field full competitive teams at Senior and Veteran level. To join the Welsh Squads you don't need to be your class winner, or a super star, you just need to be keen to work at and improve your orienteering, willing to be part of a friendly team and be available for selection for Home Internationals.

To be eligible to race for Wales you must be a current British Orienteering member and:

- Be born in Wales OR
- Have a parent who was born in Wales OR
- Have established permanent residence in Wales for at least one year.
- AND, if M/W18- have not represented another country this calendar year; if M/W20+, have not represented any other country in a nation 'v' nation international for the last two years.

**If you would like to join one of our squads then please contact Liz Campbell by emailing: [outdoors@liz-campbell.co.uk](mailto:outdoors@liz-campbell.co.uk)**

## ENGLAND TEAM

Both the England Junior and the England Vets Selectors have had to change the final selection race for Interland 2012. Juniors and Vets who are trying to make the team should check the details on the Orienteering England website. This website will also have details of the selection races for the 2012 Home Internationals as soon as these are announced.



# CLOK

## DARLINGTON 'CLUB NIGHT'

Rebecca Simpson is the lead coach of the CLOK Darlington Club night that runs every Wednesday evening (6pm – 7:30pm) from Polam Hall School, Darlington. The weekly Community Orienteering project started on the 4th May 2011 and has an average of around 15 people attending each week. Most of the attendees are completely new to orienteering and are made up of local families, couples and individuals.



There is a mix of age groups attend the club night

Steve Vernon asked Rebecca a number of questions to see how she has been getting on....?

### What sort of coaching sessions have you been running each week?

Typically we split into two or three groups depending on who turns up, grouping together advanced, intermediates and beginners. We are taking the beginners and intermediates through the key skills using exercises such as netball numbers and symbols relays and theory sessions, as well as introducing them to all aspects of orienteering such as event types, electronic punching, post race analysis. Lately we have been doing a lot of night orienteering exercises and have found that the beginners are really keen.

### How do you cater for a mixed ability group?

It's not easy and we don't always get it right! As we don't know who's going to turn up week to week it's hard not to spend an eternity planning for all eventualities. We make available a programme of the session types e.g. mini night 'O', orienteering exercises, circuit training, head torch run etc at the beginning of each term so participants have an idea of what to expect each week. As we've had a lot of new beginners in recent weeks the advanced orienteers have been invaluable in helping out in coaching the beginners, and they don't seem to mind occasionally refreshing basic skills! I've learnt that it's a good idea to have some 'back-up' exercises that you can carry out on spec that all abilities enjoy – such as star relays and timed punching races.

### What do you enjoy most about coaching orienteering?

It's fun carrying out sessions that you've spent time and effort planning. I especially enjoy coaching the juniors who are new to the sport as they have lots of enthusiasm and improve really quickly. It's always nice to hear that a new family has decided to join CLOK and have been attending local events.



### Are any of the newcomers attending the CLOK local events?

In a word, yes! We have several very keen newcomers that have attended the local CLOK Autumn Short Race Series which are local Saturday morning events. It helps that CLOK put on additional free coaching immediately after these events.

Polam Hall is a boarding school and we have several borders now attending the sessions. The pupils are also very keen to attend local events and the school is a keen participant in the Cleveland

Schools Orienteering Association league events. They have also asked, and we have agreed, to run an after-school club starting in the New Year, in addition to the club nights.

### You are based at a school so what do you plan to do in the winter months?

We had initially planned to do a lot of circuit training and indoor based orienteering games/exercises during the winter months but we

being put up in local outdoor shops, scouts & guides clubs, running clubs, local schools, orienteering events etc, together with newspaper and radio announcements, however we didn't find this very successful. Most participants came from CLOK or from knowing people at CLOK. Since being based at Polam Hall School we have found that word of mouth works the best, although Mike Hardy and I did a short presentation at the juniors' assembly which maybe got the ball rolling? Darlington Sports Development team have been key at getting new families from outside the school involved. They did a mail shot which attracted several new families.

### What is your advice to a coach starting a weekly Community Orienteering Club Night?

If you can, be based at a school that has a sports teacher interested in orienteering! Initially we were based at a local sports complex and although the facilities were great, we found it hard to get word out to juniors. Now we are based at a school we have the juniors we lacked at the beginning. Once a few juniors enjoy the sessions word gets out and more and more come!

In addition we have been lucky enough to receive a lot of support from Darlington Sports Development team. They are funding the after-school club, they initially hosted us at Eastbourne Sports Complex, and they are now providing an assistant coach free of charge on Wednesdays (who has attend a TOPs 1 course run by CLOK). Any such assistance you can gain like this is always really helpful.

have found that the participants want to get outside with their head torches! (The head torches are provided by CLOK). So far we have been lucky with the weather so as long as it's not horrendous outdoors we get kitted up and do a mixture of physical training such as paarlaufs and long runs, orienteering skills exercises such as map memory, and fun activities such as a 'Spooky O' at Halloween.

### How did you attract the new people to get involved?

We did an advertising campaign at the very beginning with posters

## Volunteer Coordinator – 'YOUR CLUB NEEDS YOU!'

By Steve Vernon, National Participation Manager



**In 2009 British Orienteering collaborated with 'runningsports' to develop an online Volunteer Coordinator workshop. This workshop has been utilised by a number of our members and staff who provided positive feedback to the course content and its usage within a club setting.**

The workshop has now been redesigned and developed to include more up to date material and function more effectively. It takes approximately 60 - 90 minutes to complete and will be available to all of our members in order to develop the role of a Volunteer Coordinator within their clubs. British Orienteering believes that our clubs will benefit greatly from having a Volunteer Coordinator – a single contact, who can support, reward and develop their volunteers.

It is hoped that each club committee will encourage members to complete the workshop to ensure their volunteers are supported in a more effective and professional manner. Through completion of the volunteer coordinator

workshop, volunteers will learn exactly what the role entails and how they can become an even greater asset to their club by taking it on.

The workshop can be done in your own time from home and can be completed in sections when time allows. The workshop consists mainly of short quizzes and online resources.

You will receive a certificate upon completing the workshop and be able to:

- Understand the role of the volunteer coordinator.
- Know how to interpret a club development plan and its volunteering implications.
- Learn how best to recruit and retain volunteers and recognise and reward them.
- Know how to access local, regional and national programmes to support the implementation of a volunteer action plan.
- Learn to support volunteers and their workload.

Being prepared to take on the role of club Volunteer Coordinator will help participants to play a crucial part in the future of their Orienteering club.

For further information on how to enrol or questions on the course and its content please contact your area's Participation Manager at British Orienteering:

Natalie Shaw – East: [nshaw@britishorienteering.org.uk](mailto:nshaw@britishorienteering.org.uk)

Steve Vernon – North: [svernon@britishorienteering.org.uk](mailto:svernon@britishorienteering.org.uk)

Richard Barrett – South: [rbarrett@britishorienteering.org.uk](mailto:rbarrett@britishorienteering.org.uk)

Caroline Gay – West: [cgay@britishorienteering.org.uk](mailto:cgay@britishorienteering.org.uk)

## NOTICE BOARD

NATO (Prudhoe), DEE (Chester), LOC (Ulverston) and MV (Dorking) have joined the list of clubs running weekly Community Orienteering sessions. Have a look at The 'Try Orienteering' page on the British Orienteering website for more Community Orienteering Club listings and details.

David Sisson, who only started Orienteering in April 2010 with the West Notts Community O Club is the new Secretary of NOC.

Natasha Fields a newly qualified UKCC Level 1 coach is working with the assistance of Proactive North London to set up and run a new venue near Trent Park. Natasha is a member of Barnet and District Athletics club and is aiming to encourage some of the runners to try their hand at orienteering.

British Orienteering is working with a number of universities to help develop orienteering and hopefully lead to the creation of new clubs. Bristol, Leeds, Teesside, York, Imperial, Roehampton and Derby Buxton are all receiving support. If your University wishes to develop orienteering or if your club wishes to support any university projects please contact Edward Nicholas, Development Manager

The Development team have been planning their work programmes for 2012 based on the previously published Regional Plans. The team is looking forward to supporting clubs in increasing participation and supporting club members through the Community Orienteering programme.

The 'Year in a Box' coaching resource has proved a huge success with club coaches delivering weekly Community Orienteering sessions. There are now over 20 coaches using the resource on a weekly basis to deliver orienteering training.

The next deadline for the British Orienteering Development Fund is Monday 9th January 2012. For further details please email [ENicholas@britishorienteering.org.uk](mailto:ENicholas@britishorienteering.org.uk)



## Santa O

Clubs from around the country are organising novelty events to attract new people to the sport. Manchester and District Orienteering Club are hosting a 'Santa Hunt' to promote their Community Orienteering Club in Hazel Grove (Stockport). The 'Santa Hunt' involves a 24 control score where families will find a different Christmas picture/symbol at each control. After finding the 24 controls they can then return to the start area for the final 25th control clue which will reveal Santa! The club also have organised a naughty numbers activity for families to have a taste of orienteering at a basic level. There were prizes for the winning team and fancy dress is encouraged to get in to the festive spirit!

What will your club be doing in 2012 to attract new people?



## SPOOK-O IN WEST CUMBRIA

By Roger Jackson



Many clubs are now experimenting with a festive format for their events at certain times of the year, with Xmas, New Year and Halloween being favourites.

In West Cumbria we have run a Spook O at the end of October for about twelve years, but rather than it being an orienteering event as such, it might be more closely recognised as community O. The idea started as an extension of the work with schools, offering a 'mystery' walk around one of the forests visiting various control sites that were decorated to add a spooky flavour.

Over the years this event has attracted a following amongst the general public with just a minimal amount of advertising using fliers; news of the event seems to get around by word of mouth based on its previous reputation. At six o'clock the car park fills up and a stream of young children with their parents and other family members descend on the registration car to obtain their map.

The route around the forest has to be carefully constructed and highlighted on the ground in order to keep the flow of people going in the same direction around the various control points. A good deal of planning is needed for this with tape put out to block off junctions. Recent innovations in miniature lights has meant that the route can be easily marked.

Club members show great originality and enthusiasm

in the construction of their control sites often spending hours making various props, with the aim of entertaining and sometimes scaring the audience. Light shows and dance routines are very popular, with the younger club members taking on the challenge with considerable enthusiasm. Many sites over the years have involved coffins opening to reveal mummies, webs blocking the path with spiders descending from the trees, gruesome scenes of carnage and lost limbs, witches slaving over a cauldron, light shows, disturbances in ponds and figures running through the trees. These have never failed to create the spooky atmosphere needed.

This is all free advertising for the club and invariably gives very strong positive feedback. It also has a positive effect within the club with many members looking forward to creating their control site and dressing up on the night!



## 2012 British Orienteering Coaching Calendar

British Orienteering is keen to support individuals who wish to become trained and accredited as coaches. A calendar for coaching courses for 2012 has been produced which will allow any aspiring coach to plan when and where they wish to attend a course. The courses are spread around the UK and everybody is welcome to attend. Please note there are no prior requirements for attending UKCCL1 however to attend UKCCL2 the aspirant coach must be a UKCCL1 or a British Orienteering Level 2 and above coach. The costs for the courses are £250

for UKCCL1 and £450 for UKCCL2. Residential courses (for example at Plas Y Brenin) may have additional costs for accommodation.

Dates and further details for UKCCL3 will be available in the New Year. Further details and up to date information can be found on the coaching pages of the British Orienteering website. [www.britishorienteering.org.uk/page/coaching](http://www.britishorienteering.org.uk/page/coaching). If you have any queries please email: [coaching@britishorienteering.org.uk](mailto:coaching@britishorienteering.org.uk)

### UKCCL1

**21st/22nd/28th January**  
- Whitehough Outdoor Education Centre, Burnley, Lancashire

**11th/12th and 18th February**  
- Kingston Maurward College; Dorchester; Dorset

**25/26 February and 3rd March**  
- Venue TBC, East Anglia

**9th/10th and 11th March**  
- Plas Y Brenin, Capel Curig, Conwy

**23rd, 24th and 25th March**  
- National Orienteering Centre, Glenmore Lodge, Aviemore

**12th/13th and 19th May**  
- Groby Community College, Groby, Leicestershire

**19th/20th and 26th May**  
- Longmoor Training Camp, Longmoor, Hampshire

**16th/17th and 23rd June**  
- Venue TBC, Yorkshire and Humberside

**18th/19th and 20th July**  
- National Orienteering Centre, Glenmore Lodge, Aviemore

**22nd/23rd/29th September**  
- Hardwick Park Visitor Centre, Sedgfield, County Durham

**12th/13th/14th October**  
- Plas Y Brenin, Capel Curig, Conwy

**17th/18th and 24th November**  
- John O Leary Centre, Cannock Chase Country Park, Staffordshire

**1st/2nd and 8th December**  
- Venue TBC, South East

### UKCCL2

**14th/15th and 28th January**  
- Sherwood Pines, Nottinghamshire

**20th/21st/22nd April**  
- Plas Y Brenin, Capel Curig, Conwy

**5th, 6th and 12th May**  
- National Orienteering Centre, Glenmore Lodge, Aviemore

**26th/27th May and 2nd June**  
- John O Leary Centre, Cannock Chase Country Park, Staffordshire

**1st/2nd and 15th October**  
- South Lakeland Scout Base, Cartmel, Cumbria

**15th/16th October and 5th November**  
- Longmoor Training Camp, Longmoor, Hampshire

### Coaching Conference

The 2012 Coaching Conference is at Lilleshall National Sports Centre on Friday 3rd February to Sunday 5th February 2012. Further information can be obtained by emailing [coaching@britishorienteering.org.uk](mailto:coaching@britishorienteering.org.uk)

### Coaching Days for Members

On behalf of Coaching Committee, Carol McNeill is organising two coaching days for club groups and individuals.

- Saturday 3rd March** - Black Beck Woods, near Newby Bridge (linked with SROC event on Whitbarrow).
- Saturday 21st April** - Stickle Pike and Caw near Broughton In Furness (linked with LOC event on Stickle Pike).

For details contact Carol by emailing: [carolmcneill@tiscali.co.uk](mailto:carolmcneill@tiscali.co.uk)



Credit: Rob Lines

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FOR JUNIOR ORIENTEERS

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Championships**

**Future Champions Cup**

*More People, More Places, More Podiums (MP3)*

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



# British Schools Score Championships

Photos by Rob Lines

The British Schools Score Championships (BSSC) were held at Beaulieu Estate in the New Forest, Hampshire. Over 300 children from across the UK took part in the event and had fun finding as many orienteering controls as they could over the set time that was allowed.

One school even travelled across the sea from Jersey. Their teacher Jon Hales explains, "We decided to bring a small team over to BSSC and we were really impressed with the courses as they had some nice controls and were a good challenge. Although each of our boys did make a little mistake here and there, they finished the day wanting to do more orienteering in the UK which is all I could have asked for."

St Andrews School from Halstead, Essex won gold in both the boys' and girls' teams and pupils Olivia Baldwin, Joshua Buist, Georgia Gower and Jonathan Quinn also won individual medals. Many of the pupils from St Andrews attend their local Community O project which is supported by Essex Stragglers Orienteering Society (SOS) and two SOS coaches, Julie Laver and Nancy Powell-Davies.

Julie explains, "The PE teacher at St Andrews Primary school is very enthusiastic and she had started bringing some of her pupils to our events. The teacher was not an orienteer and did not know how to improve the skills of her obviously keen pupils, so we stepped in to help. We now have approximately 25 year 4 - 7 pupils from the primary school and adjacent secondary school attend the club night."

## What sort of coaching sessions have you been running each week?

We spent the first few weeks concentrating on score style running to prepare for the British Schools Score Championships in addition to some skills games and practice runs each week.

The week before half term we put on a course around the school site and invited parents to join in. Seven parents attended who after some reservation thoroughly enjoyed the experience and indeed were more competitive than some of the children!

## The pupils were extremely successful in the BSSC. What do you put this down to?

The kids enthusiasm, guidance of the teacher, good parental support, experience built up over a year with support given before and after runs at events, topped off by the practice given in the last couple of club meetings before the Championships.

## Are any of the children taking part in local SOS events?

There are a regular group who come along to our local SOS events and some who are prepared to

travel further afield to take part in the School League events. A number have now joined the club as local junior members. We're now trying to persuade the parents that orienteering is not a spectator sport and they should join in to!

## What do you enjoy most about coaching orienteering?

The kids' enthusiasm and helping more people to enjoy our sport.

## The Upper Secondary Boys category was won by Torquay Boys Grammar School.

Teacher Steve Perrelle explains how they teach orienteering at their school. "As a school we have two weekly training nights throughout the spring, summer and autumn: one for the year 7's being introduced into the sport and another for the older established runners. Fortunately we have the use of school mini buses so we can head out to more challenging areas to try and keep it interesting. In winter with the dark evenings we keep things going with a single weekly meeting with a break either side of Christmas. We have tried 'Urban O', circuit training sessions and some night orienteering is also planned."

From its foundation the school club was supported by Devon Orienteering Club so nearly all our pupils end up joining and running for the Devon team. There is a very strong team spirit strengthened by the social side of trips away to the JK, British Champs, Yvette Baker and British Schools Championships. You don't need to encourage the children to run their best as it's second nature to them. However the school club has only been in existence for three years so we still have a long way to go and hopefully we will improve our performances even further.

When the children are asked what they like about orienteering, one of our pupils James said, "The challenge. It's up to you to look after yourself and normally at school you can't do anything adventurous by yourself!"

Another pupil Oli enjoys, "The trips away; heading over to Northern Ireland for the JK last year was great."

Thanks to all involved in organising such a great Championships. Full results and photos can be found at [www.bsoa.org](http://www.bsoa.org)

## Results

The Primary Girls and Boys categories were won by St Andrews Primary, Halstead, Essex.

The Middle Prep Girls and Boys categories were won by Barnardiston Hall Prep School.

The Lower Secondary Girls category was won by King Henry VIII Senior School.

The Lower Secondary Boys category was won by Torquay Boys Grammar School.

The Upper Secondary Girls category was won by Kenilworth School.

The Upper Secondary Boys category was won by Torquay Boys Grammar School.







# PETER PALMER TROPHY

Photos by Rob Lines

**This year the Peter Palmer Trophy was won by Lakeland OC. Ozone caught up with Team Manager Selwyn Wright to find out more about their success.**

Lakeland OC have been working hard to develop Junior Talent within the club for several years now. Ulverston Victoria High School under Clare Evans guidance has long been the focus for Lakeland Juniors and we still have on average 8 coaches working with 50 children every Wednesday evening. However it is no longer the only string to our bow; Heather Burrows runs the Talent Squad on Thursday evenings and Carol McNeill's coaching team organises Saturday

morning terrain sessions. Add to that two more nights of running training (we're lucky to have several coaches 'double qualified' in 'O' and Athletics), beginners coaching in Kendal and our new 'Navnights' for families, and you can see why the club is beginning to nose its way into the reckoning for junior and indeed open age events!

After achieving second place in the Yvette Baker Trophy earlier in the year we were hoping for a good result at the Peter Palmers. The event was held on the MOD base at Stafford, with fairly straightforward sprint terrain – lots of controls, plenty of buildings and not a contour in sight.

Nevertheless we weren't quite prepared for Matt Penellum storming in to the first changeover with no one else in sight! Jack Wright maintained the momentum and handed over to Carrie Beadle with a slightly shortened lead and Carrie did well to drop only two places against strong opposition from Octavian Droobers (OD) and South Yorkshire Orienteers (SYO). Natalie Beadle managed to haul back some time on leg 4 and



Patrick Rigg finished leg 5 just a minute and a half behind SYO with OD, apparently in the clear four minutes ahead.

These positions remained to the first spectator control on the final leg with Will Gardner of OD still safely ahead. However, the next few minutes unfolded slowly and dramatically! First up it was Carl Edmonds racing into view, having caught and passed SYO's Aidan Smith.

Will Gardner then duly ran in to the finish with the rest of his teammates joining him up the run

in. We were settling back to await the next finisher when

rumours started to spread that OD had mis-punched, and so when it was Carl who sped into the finish arena there was complete pandemonium.

It's never pleasant to win on someone else's disqualification, and we did spend an uncomfortable hour while the OD appeal was considered; commiserations to OD.

Our younger Lakeland team were competing over the same course in the 'Joan George' trophy event for teams with a total age under 90 years. Sadly however we mis-punched ourselves on leg 2 but the team rallied strongly with all members (Angus Dobson, Katie Wright, Hannah Cleary-Hughes, James Allison and Will Rigg) producing strong and accurate running. With these two performances there's a bright future indeed for LOC juniors.

Here in Lakeland the message is the same from coach and athlete 'You put the effort in – you get the reward out'.

The winners of the Joan George Trophy were AIRE. Ozone caught up with their second leg runner Beth Woodley.

"The relay started at 4.45 am and Florence Haines was our first leg runner. I cheered in Florence at the spectator control and got ready for the hand-over when she came into the finish in 12th place after a good run. I was next leg runner and took the first couple of controls quite slowly as it took a while to get used to the urban terrain made up of army hangars and barracks. My course had two butterfly loops and I ended up getting to most parts of the map. I didn't make any big mistakes apart from approaching a control from the wrong direction as I got confused with the shape of a building. I ran into the finish and handed over to Scott Marshall.

Scott also had a good run and managed to bring the team up one position to 11th. The next runner was Lucy

Haines on an orange course who had a really fast run and maintained 11th place. Lucy handed over to Laura King who had a fantastic run and caught up over 15 minutes on the team in front of us, putting us in first place out of the teams competing for the Joan George trophy.

Joe Woodley was our last runner and brought the team back in 10th place overall and 1st in the Joan George trophy. Everyone in our team did really well and we were delighted to win the Joan George trophy for AIRE.

As I was cheering Joe in at the finish, a lady who was watching teams finish asked which club I was from. I told her that we were from AIRE and enquired which team she was supporting. She replied that she was Marlene Palmer, the widow of Peter Palmer. She said how lovely it was to see so many juniors enjoying orienteering and that Peter would have been pleased. Marlene presented our trophy to us, along with a box of chocolates and a water bottle each."



AIRE won the Joan George Trophy



Lakeland won the Peter Palmer Trophy



## KENILWORTH SCHOOL WIN TWO SPORTS AWARD

**Congratulations to the World Schools Gold medal winners from Kenilworth School and Sports College who have been awarded two Junior Team of the Year Awards.**

Team members Tamsin Alcock, Elizabeth Davies, Julie Emmerson, Rachel Emmerson and Francesca Slade were presented with awards at the Coventry, Solihull and Warwickshire Sports awards and the Warwick District Sport awards.



## Future Championships Cup

**This year's Future Champions Cup (FCC) series culminated in the final race at Pickering Forest with some areas of low visibility and intricate contour detail.**

The University trophy was again retained by Edinburgh University (Alice Leake, Jessica Orr, Joanna Shepherd) and Nottinghamshire Orienteering Club members (Peter Hodgkinson, James Taylor, Jenny Evans, Samuel Horsewill) won the club competition.

	1st	2nd	3rd
W18	Florence Haines (HALO)	Charlotte Watson (WCOC)	Zoe Harding (SROC)
W20	Charlotte Ward (AIRE)	Joanna Shepherd (INVOC)	Louise Markstedt (EBOR)
M18	Peter Bray (SN)	Jonathan Crickmore (SO)	Chris Young (HH)
M20	Robert Gardner (OD and SHUOC)	Jonathan Malley (EBOR)	Peter Hodgkinson (NOC)

Full results can be found at [www.britisshorienteering.org.uk/page/fcc](http://www.britisshorienteering.org.uk/page/fcc)

W20 Winner Charlotte Ward Credit: Brian Ward



Peter Bray won M20E Credit: Brian Ward



# Northern Exposure for British Schools'

Report by Blair Young and photos by Ray Barnes

The British Schools' Orienteering Championships (BSOC) crossed North of the Border for the first time in 14 years when almost 650 pupils from 72 schools arrived at Beecraigs Country Park, Linlithgow.



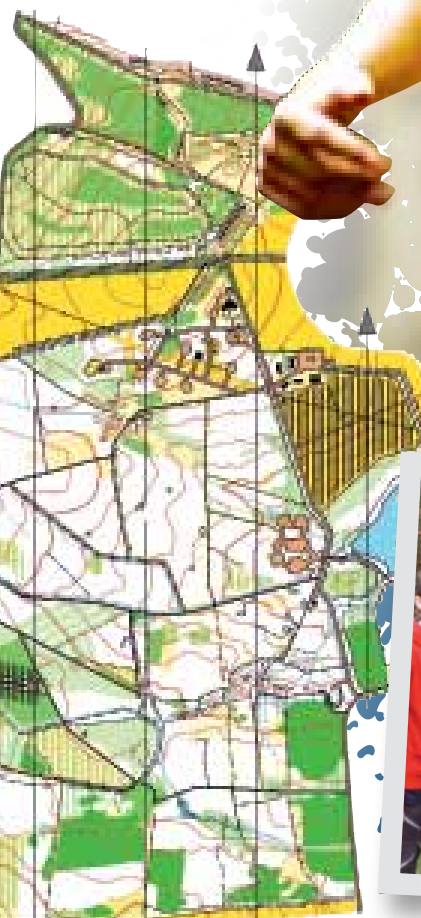
This year saw probably the greatest geographical spread of any recent BSOC attracting schools from just down the hill at Lowport Primary, to Torquay on the South coast, to Fortrose which is north of Inverness, from Oban in the west and from East Anglia.

Beecraigs was chosen for the event because of its central position, good infrastructure but most of all because of the mix of terrain which would provide a challenge at all levels. Courses started in the mature woodland before passing through the central open area before returning to mixed forest as they looped around to the finish by the Lochan.

The organisers were also able to keep all the main facilities within close proximity

and were presented with the opportunity of a spectator leg through the compulsory road crossing that kept those in the Assembly area amused.

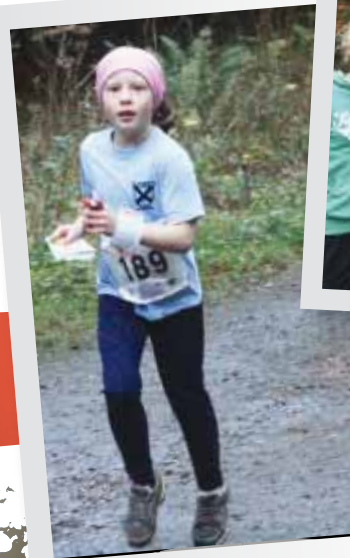
The complication for the planner is the unique need for four courses at; white, yellow, orange and light green standard,



Beecraigs map excerpt



Organisers Biggar High School won silver in the senior girls



all with significant numbers of competitors. Planner, John Biggar (Linoc) and Controller Lyndsey Knox (Roxburgh Rievers), spent many hours in the forest and at the computer screen before coming up with courses that provided the appropriate challenge for each age group.

Early in the process the decision was made to ere on the short side for the longer courses as it can become dark very quickly in Scotland at this time of the year, particularly if the weather turns nasty. We had to accept that this might result in winning times faster than those recommended in the guidelines but this was preferable to having less experienced competitors out on their courses for overly long finishing times.

Most titles were hotly contested and some decided by only a few seconds. Most notably the one second victory of Abigail Mason (Banchory) over Laura Hindle (Poynton) in the G8

race and the 16 seconds that covered the top three in the B12 category with Chris Galloway coming out on top.

At the prize giving Scottish Schools proved to be very successful, including organising School Biggar High, winning silver in the Senior Girls race, but awards returned to Schools throughout England and Scotland.

## Winners of the Whole School Team results were:

**Primary** - Kingswood School  
**Middle Prep** - Barnardiston Hall Prep School  
**Large Secondary** - Banchory Academy.

Special thanks go to the Scottish Schools' Orienteering Association who in conjunction with Biggar High School, LINOC, TINTO and with the additional support of other Scottish Clubs organised a great weekend.

Full results and photos can be found at [www.bsoa.org](http://www.bsoa.org)



## British School Orienteering Championships 2012

Sunday 18th November  
Delamere Forest, Cheshire  
Hosted by Deeside Orienteers  
For further information visit [www.bsoa.org](http://www.bsoa.org)

## Orienteering Games & Tips

millie map asks, Why is it good to have balanced diet?

Charlie Compass says,

The body needs a number of different nutrients to help it function properly, and no single food contains all the vitamins and minerals that we need to make our body and bones nice and strong. Therefore a mixture of foods must be eaten. High energy foods such as bread, rice and pasta, a moderate amount of meat and plenty of fruit and veg. All of us need a varied, balanced diet that is low in fat, salt and added sugar to give us the energy we need to enjoy our orienteering and also to help prevent diseases and illness.

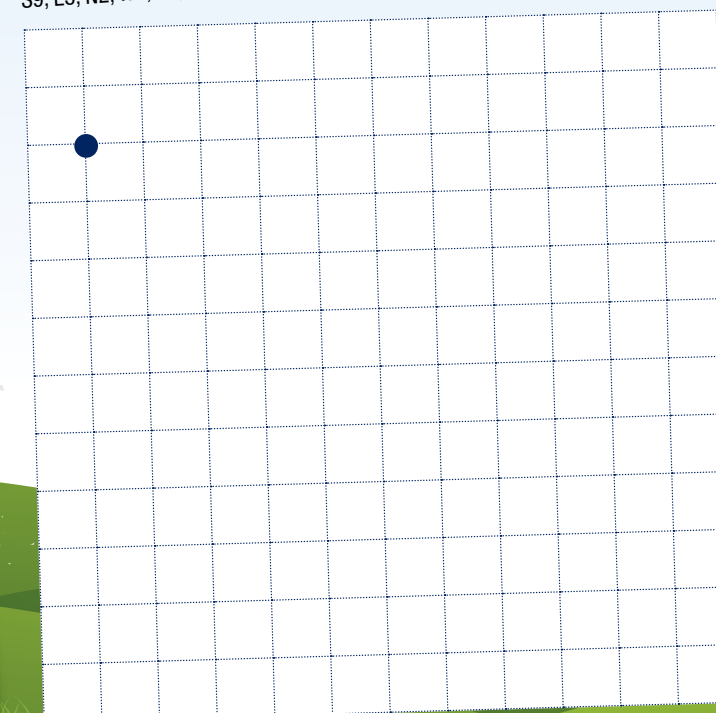
And don't forget that the human body is largely made up of water, so it is also important to drink lots of water as an essential part of our balanced diet. Generally we need 2-3 litres a day!

## Find the Hidden Elephant

Start at the dot and draw the elephant by using the compass directions e.g. N3 = North 3 squares.

### Directions:

S9, E3, N2, W1, S1, W1, N3, E1, S1, E2, S3, E2, N3, E2, S3, E2, N8, W6, N1, W4





## Services to Schools Orienteering Award

The British Schools Orienteering Association and British Orienteering have jointly introduced an award to recognise services to schools orienteering.



It has long been realised that there are many people who devote numerous hours for the benefit of schools orienteering. Until recently they have only had limited recognition. These awards have been introduced to acknowledge the contribution they make.

Recognition will be on two levels; 'Services to Schools Orienteering' and 'Outstanding Services to Schools Orienteering'.

There is no restriction on who can be nominated. Nominees could be a teacher, a parent, a club member, or anyone who has helped with this work.

Nominations can be made by anyone, and should include a statement as to why they should be considered.

Nominations are considered every 6 months (in February and August). Please email nominations to the BSOA Awards Secretary before the end of January or July. A committee of representatives from both BSOA and British Orienteering will make the decision as to who receives the award and at what level.

Please consider if there is anyone you feel is worthy of an award and make a nomination.

**Dave Brown**  
BSOA President and Awards Secretary  
awards@bsoa.org

**Age:** 19

**Club:** Octavia Droobers (OD)

**Age started orienteering?**  
13

**Do your parents orienteer?**  
Yes, they started orienteering shortly after I did.

**Why/where did you start orienteering?**

I started orienteering at my school in Year 8 because one of my friends did too. I'd just given up swimming competitively and was looking for something new to try.

**What do you enjoy about orienteering?**

I enjoy the extra challenge of navigation that you don't get from cross country running.

**Do you have a coach?**

Yes I do, Elizabeth Furness.

**If so, how has this helped you?**

My coach has helped me in so many ways: advice on which events to enter, when to train and when not to, race preparation and contacts with other coaches for help and advice on other specific issues.

**Where is your favourite place to orienteer?**

Anywhere abroad! I particular enjoyed competing in the spectator race along side WOC 2011. It was the hardest terrain I have ever run in but a really great training experience and watching the elites has given me great motivation for this years training! Getting as much experience in different terrain is essential for when you want to compete in things like EYOC, JWOC and WOC. Any race good or bad is good training!

**What kind of training do you do?**

Last years training was a big change because I was in my first year of university. It was a great opportunity to train with like minded people for the first time. I train 4 times a week with my cross country club which includes long runs, circuits, core,



Sophie Kirk competing for Great Britain at EYOC

paces and tempo runs. I also do my own interval sessions appropriate for the time of year.

**What is your best result?**

My best result in the UK has to be JK 2010 where I came 1st in the Long distance in W18E and 2nd overall. It was a really tough race over terrain I'd never competed in before and after a good Sprint result I put myself under a lot of pressure. But a few words from my coach and a clear head helped me perform well.

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

Do as much orienteering as you can! If you can't get to races do your training sessions with a map so you can run and read a map easily at the same time. When you do get to races in the winter don't just do what you would normally do in a competitive race! Choose techniques you are weak on and focus on those. If you haven't done much running training before, ask for advice from people in your club and try and get a coach (it doesn't have to be formal!). But make your own decisions ultimately and make sure you enjoy training.

**What do you enjoy doing outside of orienteering?**

I enjoy going to races with my university cross country team. Everybody supports each other and we all enjoy going for a well deserved meal afterwards! I'm also currently studying for my degree in Civil Engineering at Imperial College which I am really enjoying.



## Gareth Candy Returns Home to Australia

I will leave British Orienteering at the end of this year after nearly five years with many fond memories and a great deal of satisfaction at what we have managed to achieve. I will always be thankful to the whole orienteering community who made me feel so welcome when I first arrived to work as the Junior Programmes Manager back in 2007. I am particularly grateful to Mike Hamilton and Derek Allison who did everything they could to make my transition to working and living in the United Kingdom as easy as possible.

Gareth competing at the recent City of London race.  
Credit: Ollie O'Brien

It is a very exciting time for the Performance Programme with a strong group of talented young athletes starting to break through on to the International scene and a home World Championships just around the corner. Whilst I am disappointed not to be able to continue guiding the programme through this exciting time I am pleased to be leaving the Programme in good hands and with a bright future. Over the next few years I'll be watching the team's performances with interest from down under and will do everything I can to make it to WOC 2015 so I can watch the British success there first hand.

Gareth has made a big impact on the Performance Programme and both established and new athletes have benefited from his expertise and dedication.

World Champion Graham Gristwood said, "Gareth has not only led the national team Programme brilliantly over the last few years, he

has also been a good coach, mentor and friend to me, and it is sad to see him go"

Junior athlete Jamie Stevenson said, "Despite the fact I have been in the British Squad for a relatively short time I know from personal experience that Gareth has made a real difference to the sport and the British Team. In particular as team leader on my first JWOC in Denmark he was always there with advice and support creating a real spirit of celebrating and learning from the experience whilst pushing the team to achieve our full potential. I believe I speak for everyone when I say his enthusiasm and belief will be sorely missed by all in the British team and we wish him all the best in the future."

**The staff and athletes will be sad to see Gareth leave British Orienteering and on behalf of all our members we wish Gareth, Kelly and Jessica a happy future in Australia.**

# Performance Programme Update

By Gareth Candy

**We are now approaching the end of the third year of our four year funding cycle and after spending much of the last three years focussed on making changes to the structure of our programmes to bring them in line with best practice in long term athlete development, we are now entering a new phase focussed on delivery.**

Making changes to the Programme have not been easy but they have been necessary. We now have a Talent Pathway which supports athletes all the way from the point they are first identified as talented, and enter the Programme, up to delivering World Class success. The new Talent Pathway allows for the right type of support and knowledge to be delivered to athletes at the right stage in their development with the flexibility to cater for early or late developers as well as those who enter orienteering through traditional family pathways or those that get involved at a later stage.

## 2012 Elite Performance Squad

**FOCUS:**  
Delivering top 10 results and medals at the World Championships  
**STAGE:**  
Training to Win

Scott Fraser  
Graham Gristwood  
Matthew Speake  
Murray Strain

Helen Palmer  
Sarah Rollins  
Rachael Rothman  
Claire Ward

## 2012 Elite Development Squad

**FOCUS:**  
Preparing to deliver medals at the 2015 World Championships in Scotland and beyond  
**STAGE:**  
Training to Compete

Oleg Chepelin  
Alan Cherry  
Duncan Coombs  
Hector Haines  
Matthew Halliday  
Peter Hodgkinson  
Kristian Jones  
Alasdair McLeod  
John Rocke  
Jamie Stevenson  
Ralph Street  
Douglas Tullie

Anne Edwards  
Rebecca Harding  
Mairead Roche  
Hollie Orr  
Catherine Taylor

## 2012 Talent Development Squad

**FOCUS:**  
Development of the required foundation of sport specific skills and abilities to succeed as a performance athlete  
**STAGE:**  
Training to Train

Jack Benham  
Peter Bray  
Duncan Birtwistle  
Jonny Crickmore  
Matthew Elkington NEW  
Thomas Fellbaum  
Zachary Field NEW  
Chris Galloway NEW  
William Gardner  
Aidan Smith  
Lewis Taylor NEW  
Oliver Williams NEW

Natalie Beadle NEW  
Lucy Butt  
Megan Carter-Davies NEW  
Zoe Harding  
Katherine Hall NEW  
Sarah Jones NEW  
Sophie Kirk  
Rona Lindsay  
Kirstin Maxwell  
Rhona McMillan NEW  
Joanna Shepherd  
Charlotte Watson

# Athlete Performance

The Performance Programme have been assessing and recording athlete performances and competencies for over two years and we have therefore been able to benchmark performance levels and set clearly defined standards for entry to the pathway. These standards aim to support the balanced and progressive development of the athletes, and

enable each athlete to know what they need to achieve to progress to the next level of the pathway.

The Talent Development Squad is the entry point to the Talent Pathway and the first point where we formally identify athletes as being talented and having demonstrated the potential to become World-Class.

Any athletes who meet the age profile and performance standards will automatically gain selection to the Talent Development Squad. Those outside either the age profile or the performance standards can still be selected at the discretion of the selectors.

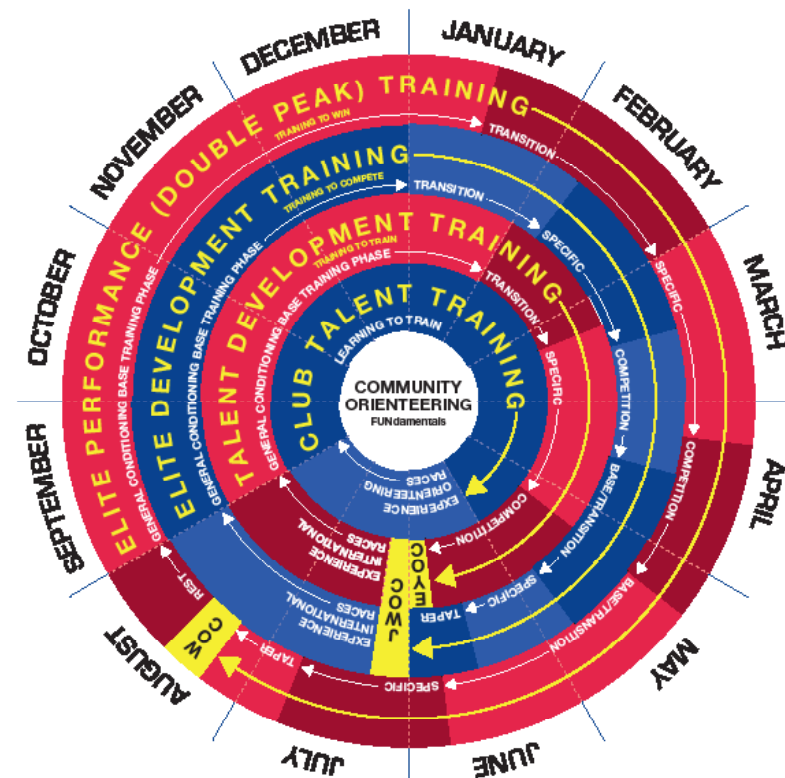
## Talent Development Squad:

- Age Profile: 15-20 years of age
- Performance Standards\*: M/W17-20 <17.5%, M/W16 <15%  
\*average % behind the winner in nominated selection races.

Getting the right structures in place however is only the beginning and for the Programme to successfully develop the next generation of world beaters the most important factor will be the quality of support and coaching delivered to the athletes in the Programme and those athletes

of Talent Development Programme training resources and curriculum. With the NTDC in position early next year, joining our existing Performance Coach, Toni Louhisola, all the athletes in our programme will have access to top quality support and coaching.

The next step in the development of support for talented athletes will be focussed at the level below the British Squads, in long term athlete development terms the 'Learning to Train' stage. By mid-2012 we expect to have completed a resource pack for talented athletes, their parents and coaches. This will include training plans and curriculum for skills development which will assist athletes in reaching the performance standards for entry in to the Talent Development Squad. We will also be continuing our programme of



aspiring to be in the Programme. For the remainder of this funding cycle and right through in to the next funding cycle this will be the key focus of the Performance Programme.

The starting point for this process will be the appointment of a new National Talent Development Coach (NTDC). The main purpose of the NTDC position is to coordinate and develop British Orienteering's Talent Development Coaching Programme. This involves the co-ordination of the physical and technical development programme, the delivery to Talent Development Squad athletes and the education of athletes, coaches and parents/guardians on the use

supporting Club Talent Squads and part of the NTDC's role will be to support club coaches to deliver 'Learning to Train' activities to club athletes.

The Performance Programme is at an exciting stage in its development. Undoubtedly there will be significant challenges ahead but we are well placed to meet these and to make the most of whatever resource is available. Many exciting opportunities will arise as a result of the World Championships being awarded to British Orienteering and we are doing everything possible to ensure that we make the most of the opportunity to compete at a home World Championships.

## World Cup Final

The World Cup finished with the now customary Post Finance Sprint in Switzerland. It was a great end to the season for Tessa Hill with a career best 4th place and Scott Fraser capped a strong season with a respectable 7th place.



Daniel Hubmann (SUI) and Minna Kauppi (FIN) took the race victories and Hubmann and Helena Jansson (SWE) were the overall World Cup winners. Scott Fraser (15th) and Tessa Hill (19th) were Britain's best placed athletes in the overall world cup.

Credit: Dave Rollins



It was a fitting end of the year for the British Performance Programme, with new faces in the WOC team and many athletes gaining personal best performances at international competitions. The British Team will be one to watch over the next 4 years as they build towards WOC 2015 with a strong focus on delivering medals in Scotland.

Tessa Hill's progress over the last three seasons provides a great blueprint for any aspiring performance athletes and demonstrates that commitment and hard training leads to international success - it won't just happen overnight. Whilst Tessa is leading the way there is a big group of young athletes following in her footsteps so watch out for some more breakthrough performances in the coming seasons.



BY ROBERT CAMPBELL

The 2011 UK Cup series ended in fine style in October with the Finals hosted in conjunction with EBOR's Regional Event at Pickering Forest. Planner, Nev Myers, used his great experience to set two challenging and exciting courses (using multi-loops) which made good use of the tough forest, where low visibility provided the perfect setting for the head-to-head racing. By having each course send the runners back to the assembly area twice, it also provided the spectators with plenty to watch.

The Women's course over 6.8km saw the top 2 in the UK Cup series, Claire Ward and Tessa Hill, go head to head. As it happened, the pair were on different loops and set off in opposite directions. Going into the final shared loop, it seemed Tess was heading for

victory, with Claire in the second place she needed to secure the overall title. Sure enough, Tess returned in first place; however, on downloading it was clear she had missed a short loop in the forest. With Claire finishing cleanly, she took the Final and the series overall. Grace Crane, who is now in Australia, had sufficient points in the bag to secure third behind Tessa, whilst Heather Gardner's second place at Pickering enabled her to leap into fourth place overall in the Series.

There was equal excitement in the Men's event, where Murray Strain needed victory to take the title from the absent Matt Crane. From the outset, he set off on his mission, looking strong. With two unequal loops to begin with, it was difficult to tell if he was actually leading. On the longer first loop, Richard Robinson was

looking ominously strong. Entering the final loop, it was indeed the Nottingham-based athlete who was leading with about a minute over Murray Strain and Anthony Squire. Robinson held onto this gap and his victory both denied Strain the overall title (and gave Crane the Cup) and ensured he himself finished an excellent third overall (up from his 19th in 2010) and a conclusion to what has been a 'break-through' season for him. Anthony Squire's run in third lifted him to fourth overall.



Claire Ward won the overall UK Cup. Credit: Brian Ward

Richard Robinson had a breakthrough year. Credit: Brian Ward

THANKS TO EBOR FOR HOSTING THE FINAL AND TO ALL EVENT ORGANISERS FOR ENSURING THE MOST CHALLENGING SERIES TO DATE WAS A SUITABLY DEMANDING ELITE COMPETITION. THE 2012 SERIES WILL KICK-OFF IN FEBRUARY AT THE BRITISH NIGHT CHAMPIONSHIPS.

UK Masters Cup

Ranald Macdonald, Chair, Senior Competitions Group

The first year of the CompassPoint-sponsored UK Masters Cup has been completed and the winners have emerged from some very close finishes – not least Andrew Gregory beaten into second place by two points on M75 and Alice Bedwell by one point on W50.

The 2011 competition was based on the best eight results from a possible 19 Level A and B events. The intention was to use a variety of formats – night, long, middle, sprint and urban – and it was clear that a lot of people were taking part in events, formats and locations which they would not have considered before.

The class winners for 2011 were:

Age class	Men	Women
35	Geoff Ellis (RAFO)	Helen Pearce (HH)
40	Richard Barrett (SBOC)	Jenny Peel (SYO)
45	Charlie Adams (SYO)	Hazel Deane (FVO)
50	Mark Saunders (BOK)	Jill Libby (CLOK)
55	Gavin Clegg (WSX)	Anne Crank (CLOK)
60	John Britton (MDOC)	Hilary Palmer (NOC)
65	Jim Prowting (TVOC)	Sheila Carey (OD)
70	Barrie Speake (EBOR)	Vikki Crawford (WIM)
75	John Thompson (TVOC)	Ursula Oxburgh (WAOC)
80	Richard Arman (WSX)	Anne Donnell (BOK)

Particular congratulations to John Britton who took part in all 19 qualifying events and to Ursula Oxburgh and Ian Ditchfield (TVOC) who both managed 17.

I am particularly grateful to Eddie Harwood (MOR) who willingly volunteered to take on the onerous task of compiling the results so efficiently after each event – and has volunteered to do so again next year!

Which leads neatly on to next year's competition. After due deliberations and getting very positive feedback on this year's competition, Senior Competitions Group has decided to stick with what appeared to be a successful set of criteria, choosing a mixture of formats and geographical locations. We also wanted to ensure that the competition provides no additional work for event officials, particularly Organisers - apart, perhaps, from having to cope with more participants!

2012 Events

In 2012 we have allocated 18 events of which the best eight will provide the rankings in the competition.

WE LOOK FORWARD TO SOME TIGHTLY FOUGHT CLASSES AND TO SEEING MORE OF YOU AT QUALIFYING EVENTS NEXT YEAR.

Date	Event	Venue	Level	Type	Ass	Club
25 Feb	British Night Championships	Hamptworth, Salisbury	A	Night	SWOA	SARUM
11 Mar	Midland Championships	Foxley and Garnston, Hereford	A	Long	WMOA	HOC
24 Mar	British Sprint Championships	York University	A	Sprint	YHOA	EBOR
25 Mar	British Middle Championships	Srensall Common, York	A	Middle	YHOA	EBOR
6 Apr	JK Sprint	Livingston	A	Sprint	SOA	INT
8 Apr	JK Individual (combined)	Dunalastair and Craig a Barns	A	Long	SOA	FVO/ESOC
5 May	British Long Championships	Dalegarth, Eskdale	A	Long	NWOA	LOC
7 May	Kendal Urban Race	Kendal	B	Urban	NWOA	LOC
19 May	Northern Championships	Finsthwaite, Newby Bridge	A	Long	NWOA	MDOC
2 Jun	Scottish Championships	Glen Feardar, Braemar	A	Long	SOA	MAROC
24 Jun	Canterbury City Race	Canterbury	B	Urban	SEOA	SAX
24 Jul	Croeso Day 3 - Middle	Hafod, Aberystwyth	B	Middle	WOA	ERYRI/DEE
28 Jul	Croeso Day 6 - Urban	Aberystwyth	B	Urban	WOA	WRE
2 Sep	Lincoln City Race	Lincoln	B	Urban	EMOA	LOG
23 Sep	Southern Championships	Epping	A	Long	SEOA	CHIG
13 Oct	October Odyssey Day 1	Fylingdales Moor	B	Middle	NEOA	CLOK
4 Nov	November Classic	New Forest	B	Long	SCOA	SOC
25 Nov	Eyam Moor Regional Event	Eyam Moor, Bakewell	B	Long	EMOA	DVO

UK Relay League

By Scott Collier

Congratulations to the men of Sheffield University and the women of South Yorkshire, who are the 2011 UK Relay League champions!

The Sheffield students, who were reigning men's champions, had a strong start to the season, taking 2nd place at the JK and victory at the British Championship, and they secured the crown for a second year with 4th place on home territory at the Harvester.

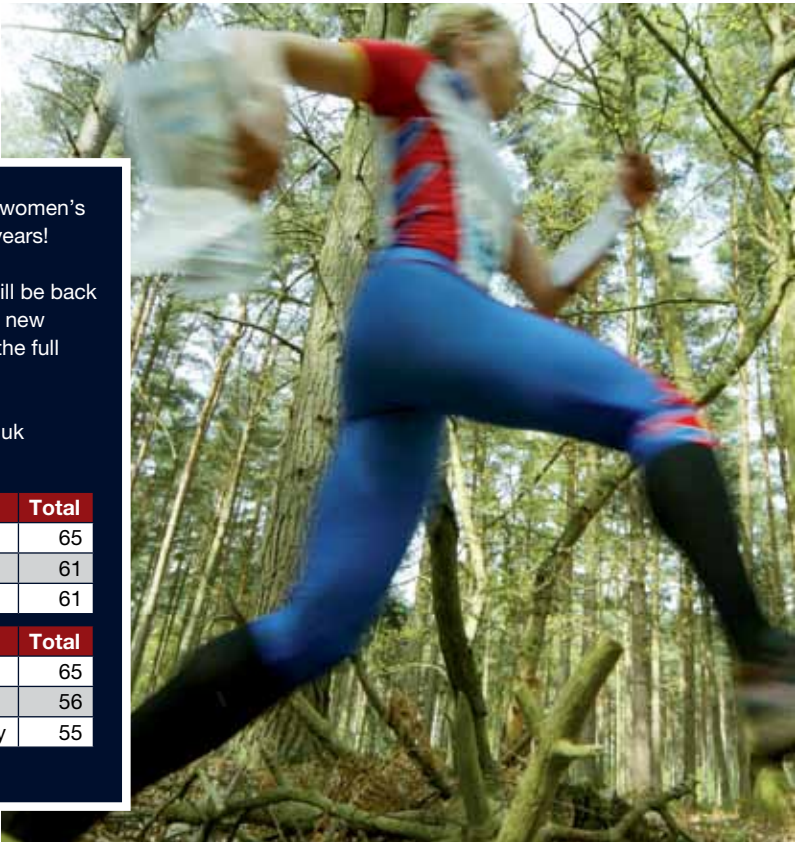
Going into the final race there were no fewer than seven teams still in a with chance of becoming the women's champions, but South Yorkshire clinched the title with a Harvester victory – the sixth

time they have won the women's league in the last eight years!

The UK Relay League will be back in 2012 with a couple of new races. For details, and the full results from 2011, visit the website at [www.ukrelayleague.org.uk](http://www.ukrelayleague.org.uk)

Men	Total
1 Sheffield University	65
2 South Yorkshire	61
3 Interlopers	61

Women	Total
1 South Yorkshire	65
2 Forth Valley	56
3 Edinburgh University	55



10MILA 2012

KEEN TO TRY SOMETHING NEW? THE SWEDISH 10MILA ORIENTEERING NIGHT RELAY IS A GREAT OPTION FOR 2012.

The Swedish spring is at its best in May and the prestigious 10MILA orienteering relay has new developments for 2012 that will definitely make the journey worthwhile.

The 67th 10MILA orienteering competition will be held on 5-6 May 2012 in Kvarn, north of Borensberg. Almost 10,000 runners take part in this extraordinary event and the World's elite also attend, hoping to claim the prestigious title.

10MILA 2012 will start on Friday 4th May with one of the Swedish elite series races being decided in the form of a Sprint race in

central Linköping, 200 km south of Stockholm. This makes a good prologue for the relays that will be run on Saturday 5th and Sunday 6th because speed will be of the essence.

"The terrain is quite flat with good lines of sight," explains course planner Thorbjörn Gustafsson. "This has led us to extend the legs a little, and the choice of route, particularly at night, will be a key factor. At the same time, the rich range of detail will demand a close eye on the map."

In addition to the traditional men's relay over ten legs

Advertorial Feature



and the women's race over five legs, there will be the youth competition over four legs on Saturday morning. The deadline for registration is the 20th March.

The competition centre and good accommodation is housed in a military training facility, 40 km north-west of Linköping in the municipality of Motala.

FURTHER INFORMATION CAN BE FOUND AT [WWW.10MILA.SE](http://WWW.10MILA.SE)

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More info at [www.10mila.se/2012/](http://www.10mila.se/2012/)

## Welcome to 10MILA 2012!

The Classic Spring Relay in Sweden on the 4-6th of May

- Men's Relay over ten legs, Women's Relay over five legs and Youth Relay over four legs.
- The relays will take place Saturday-Sunday May 5-6, 2012, close to the military training establishment P4 Kvarn north of Borensberg in Östergötland, Sweden.
- The sprint competition of Silva League will take place Friday May 4 in the centre of Linköping.
- Individual EOD courses are available from the afternoon Friday May 4.

Tjällmo-Godegårds OK, Linköpings OK, Motala AIF Ö1, OK Motala, IFK Linköpings OS on behalf of the Association Tjällmo-Godegårds OK, Linköpings OK, Motala AIF Ö1, OK Motala, IFK Linköpings OS



# European MTBO Championships

Report and Photos by Mark Stodgell

THE EUROPEAN CHAMPIONSHIPS AND THE LAST ROUNDS OF THE 2011 WORLD CUP IN MOUNTAIN BIKE ORIENTEERING (MTBO) WERE HELD ON THE BALTIC COAST NORTH OF ST PETERSBURG, RUSSIA. A TEAM OF 4 UK RIDERS TRAVELLED OUT FOR THE WEEK LONG COMPETITION. RUTH SHEDDON, IAIN STAMP AND ANDREW DOUGLAS ALL MADE THEIR INTERNATIONAL DEBUTS TOGETHER WITH MARK STODGELL.



## SPRINT RACE

Following a model event and training day where the team had to get to grips with a new Russian electronic timing system, the team took part in the first event, a Sprint final held in the historic town of Vyborg near to the border with Finland. The Terrain was a mixture of heathland, parks and urban old town alleys and promised exciting racing with lots of opportunities for navigational errors.

The competitors filed into line behind the police escort and rode through the heart of the city to the start area, a small fortified island just outside the main part of the city. The race started from the island, headed across a bridge back towards the old town and then began some furious navigation through the streets and alleys. Highlights included cycling down a steep flight of steps, negotiating the rush hour traffic and jumping down a 10 foot ledge.

Mark said, "It wasn't long before the first signs that the town was not closed to traffic as we had been promised. I was soon jumping traffic lights and avoiding cars and pedestrians as I came up the steps into 7. Then came the scary steps! Coming out of 9 it was either ride three flights of fairly steep steps or get off and carry. I rode them but it was right at the edge of my comfort zone."

Iain Stamp had a super ride, finishing in 25th position, with Andy Douglas and Mark

Stodgell mid table having had solid rides. Ruth Shedden also had a good ride in the women's race finishing just 5 minutes down on the leader.

## MIDDLE RACE

The torrential rain in the morning of the middle distance race turned roads to rivers, and sandy tracks to a soupy quagmire. The terrain was sand dune forest with little climb and even with the conditions the racing was fast and furious.

Mark said, "I started strongly riding well, with the bike squirming on the slippery terrain but I was also nailing the controls. I continued to make no mistakes having a great ride seeing no other male riders until a major wobble after the spectator control when I pulled up short on a track thinking I had gone too far. I doubled back and committed to a decent but soon realised what I had done. I relocated quickly but lost 2 minutes getting back on track. After that I went clean again and finally finished in 47th place, not too bad but nearly 13 minutes down.

The inexperienced team coped well with the conditions but found that even small

mistakes were costly in such fast terrain.

In the men's race Mark was 47th, Iain 58th and Andy 60th. Congratulations to Ruth who scored her first world cup points with 30th position.

## RELAYS

The event arena and forest were familiar to everyone as they were the same as in the middle distance race the previous day. The Relay team was Iain Stamp on first leg, Andy Douglas on second with Mark Stodgell on the anchor. As an inexperienced team our game plan was not to come last and to try and beat a couple of the less able MTBO countries!

Iain got a good start but could just not stay with the pace of the Russians, Czechs, Finns and Swiss. Unfortunately just before the spectator control he had a spectacular fall and bent his mapboard which eventually fell off leaving Iain to ride one handed carrying it in his hand for the rest of the course.

Andy took over on second leg just behind the Danes and the Portuguese. The Danish second leg rider pulled away but Andy stayed with the Portuguese and together

they caught the Swiss B team. Andy handed over to Mark just in front of them.

Mark said, "I went off as hard as I could, gunning it towards number one on the tail of the Swiss rider. We had slightly different gaffes

control enough to ensure I razzed the last few. Just as I screamed down through the houses to the last control I saw the Slovakian team just ahead, but I just could not catch him finishing 6 seconds behind."

In the end the GBR team were 14th which was a great result beating teams from many notable counties.

## LONG RACE

The rain returned for the mass start long race leaving every track covered in standing water which made the racing very hard. 65 men lined up 3 to 4 abreast on a fire track with our maps suspended over us, Tio Mila style. The pace was frantic from the start.

Mark says, "I overtook a few people and got into the middle of the pack. I was riding well, and keeping a close eye on the map, using the riders ahead to see where possible shortcuts through the forest would bring me up the field.

I then made a mistake missing a junction and relocated with a compass only when I saw the road coming up. I took advantage of the speed of the road and rejoined the group, except at the back of it, losing probably 2-3 minutes. I worked my way forward again through numbers

7-9 chuckling to myself at the curses people were shouting as they struggled with mistakes and the treacherous conditions.

9 to 10 took us through a very deep stream, up to my thighs, then through a huge gully some 10 metres deep, slipping and sliding up and down. Coming out I was aware of something dragging in my drive chain and I found it harder and harder to go fast, like someone was pulling me backwards.

Eventually I stopped and assessed what was wrong. It was the bottom bracket with roller bearings now spilled onto the floor! This was my first international DNF and a disappointing way to end a great week."

Ruth once again finished in 30th place with Andy 45th and Iain 50th.

**Further information about Mountain Bike Orienteering can be found at [www.bmbo.org.uk](http://www.bmbo.org.uk)**



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QUANTOCKS :: 8TH JANUARY  
NORTH PENNINES :: 5TH FEBRUARY  
NORTH DOWNS :: 4TH MARCH  
PEAK DISTRICT :: 1ST APRIL

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## SOUTH YORKSHIRE ORIENTEERS CONVINCINGLY RETAINED THE COMPASS SPORT CUP AT THE FINAL HOSTED BY DERWENT VALLEY ORIENTEERS (DVO) AT LONGSHAW ON SUNDAY 16TH OCTOBER 2011. THE TROPHY WAS RETAINED BY FORTH VALLEY ORIENTEERS.

Credit: PeterGuillaume

DVO hosted an excellent Final with a big event feel and set a high standard for future clubs to follow. Event Official Co-ordinators Viv and Ranald Macdonald explain how they achieved such a successful event.

“Derwent Valley Orienteers (DVO) were conveniently knocked out of the Cup at the regional round at Beacon Hill, so that meant we could focus on organising the Finals. We had a lot of very positive comments about the event, which is very gratifying and reflects well on the willing band of helpers (around 70) who gave up their time (and most of them a run) before and during the event to make it good day.

As DVO's Event Officials Co-ordinators, we have reflected on what we did and thought you might find these comments of interest.

A large part of the success was due to the excellent working relationship with the National Trust, who own the land and, in particular, their warden Chris Millner, who couldn't have been more helpful. Their help included gravelling the entrance to the car park area; constructing the pedestrian access; closing Hay Wood car park to the public so we could accommodate coaches; moving a bull, cows and calves from the assembly field on the Saturday and at the end of the Sunday, towing out all the vans in the assembly field as the track had become very slippery. The Trust was impressed with the organisation of the event and the

fact that the participants ranged from toddlers on the string course to the more elderly, and from the club runner to the elite.

We split the organisation between the Organiser (Roger Hodgson), who took responsibility for the assembly field, and the Assistant Organiser (Viv), who took responsibility for the external parts – car and coach parking and two remote starts. This worked well as the logistics of the event were complex. We also appointed an Events Safety Officer (Ranald), who could concentrate on this function and leave the Organiser to focus



Credit: PeterGuillaume

on the assembly area. Ranald was kept busy when the Red Cross asked him to call for an ambulance and the logistics of getting the paramedics on site became somewhat challenging as there was no chance of getting an ambulance onto the Assembly field. A useful tip: however remote your location, try to get a postcode for the nearest access point as that is what the emergency services seem to require.

And the courses – we had lots of good comments about the

courses planned by Paul Addison and controlled by Mark Garside (Walton Chasers). It was a long way to the West start and difficult for some of the older competitors but it meant we could get all but the junior courses into the technical area of Lawrence Field, which hadn't been possible at previous Longshaw events. The last few controls made it great for spectators and the backcloth of the Hope Valley towards Mam Tor was the icing on the cake, assisted by the sun shining from late morning and for the prize giving.

Your Diary' email for next year's races. The emails really start flowing in anger with 2 months to go starting with a 'Your Club Needs You'.

During this period, and right up to the day of the race, there are always last minute changes (SI numbers, age classes, membership numbers etc) and additions and drop outs to the team.

Fortunately SYO is a reasonable big club and has a good number of runners in enough courses to field a good team - although we are still very weak on some.

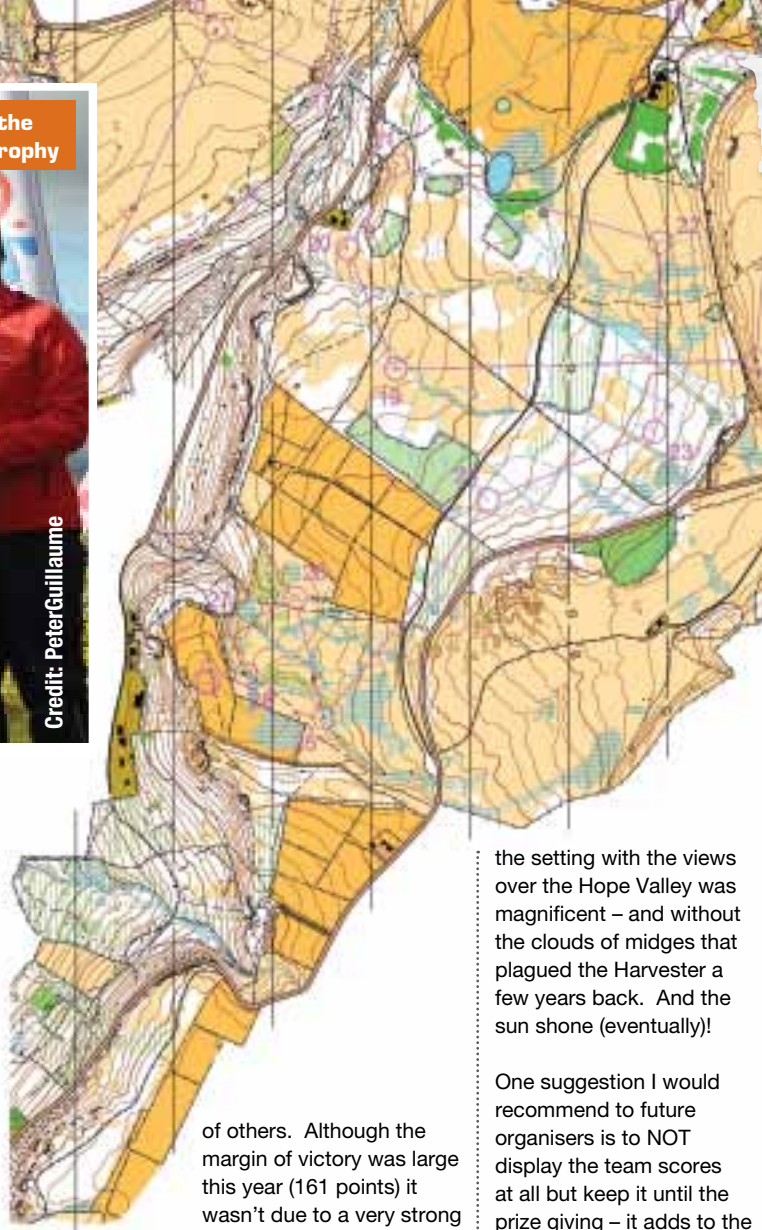
It is never certain who is going to win the Cup as there are always plenty of people changing classes from the previous year, improvers, mistakes, disqualifications etc. I had no idea who was winning or how well SYO were doing having only looked at the results board - and not

the overall score board - until someone pointed it out to me. Just goes to show how difficult it is to tell by looking at the results alone - I can still remember the days of Team Managers frantically scribbling scores down on paper only for a late starter to win and change all the scores!

Winning for the 4th successive year was very pleasing for me and for everyone in the team. It's not about the 25 people who's scores counted but all the other members of the team who also help to reduce the scores

**Tim Tett, the victorious SYO Club Captain explains how their success was achieved.**

“Getting a good team together for the CompassSport Cup Final is a little like herding cats. It usually starts the year before after the Final with a 'Thanks and Date for



of others. Although the margin of victory was large this year (161 points) it wasn't due to a very strong SYO performance but was probably due to the next 4 clubs being very close and some other clubs being 'off the pace' - all good news for us!

We only had one winner this time but our lowest counter scored 72 - compare that to OD in 2nd place with two class winners but a lowest counter on 52 - it's all about strength in depth and with the location being close to Sheffield this year we were able to field our biggest team ever with 90 entrants. Next year in the Scottish Borders will be an interesting match!

DVO provided some excellent courses and

the setting with the views over the Hope Valley was magnificent - and without the clouds of midgets that plagued the Harvester a few years back. And the sun shone (eventually)!

One suggestion I would recommend to future organisers is to NOT display the team scores at all but keep it until the prize giving - it adds to the tension and also means a bigger crowd at the prize giving.

Many thanks to DVO for their organisation, to CompassSport for the prizes and to my fellow SYO members for their magnificent efforts (again).

### SCORES Compass Sport Cup

Pos	Club	Points
1st	SYO	2224
2nd	OD	2062
3rd	LOC	2023

### Compass Sport Trophy

Pos	Club	Points
1st	FVO	1227
2nd	INT	1218
3rd	SARUM	1205

**The first rounds of 2012 are on the 19th February and the Final hosted by Roxburgh Reivers is on Sunday 30th September 2012. For further information about the venues please view the Fixtures List or contact the Competition Organiser Peter Guillaume by emailing p.m.g@btinternet.com**

# TRAIL O UPDATE

By Dick Keighley, Chair, Trail O Committee

## WTOC 2012

The World Trail Orienteering Championships (WTOC) is being held in Tentsmuir Forest and Camperdown Park from the 6-9 June 2012.

Plans are now at an advanced stage and the event looks set to be an exciting occasion for both Trail O competitors and anyone interested in orienteering. With the Scottish Championships event being held over the previous long weekend, we are hoping to be able to persuade orienteers to stay on for the rest of the week and sample the Trail O, both as helpers and also competitors in the public races that follow the World Championship events on all days of the competition.

Further information about WTOC can be found at [www.britishorienteering.org.uk/page/WTOC2012](http://www.britishorienteering.org.uk/page/WTOC2012)



## JK 2012

There will be non-Elite standard Trail O courses on Days 2 & 3 of JK2012 in areas adjacent to the main Foot O areas.

## PRE-O

The British Orienteering Trail O Committee are keen to encourage more Trail O events in the UK and to publicise the discipline in the lead up to WTOC 2012. We recognise that Foot Orienteers don't often have the time, or indeed the energy, to do both a full Foot O course followed by a Trail O course on the same day, particularly during the shorter daylight times of the winter months.

LVO in Northern Ireland are therefore pioneering the concept of Pre-O as a solution. Alan Gartside (LVO) writes “LVO have instituted a “Pre-O” activity at each of our club events for the remainder of the year (and hopefully this will continue into 2012). This involves providing a couple of Trail O clusters around the assembly or on the way to the foot O start. We decided against using the term Trail O for two reasons:

1. We didn't want to frighten off our members who seem to think that Trail O is “too difficult” and
2. As the trail is the route to the foot O start there is no guarantee of wheelchair compatibility (at the NI Champs several weeks ago the trail was across a Fermanagh bogland!).

We picked the name “Pre-O” because it resonates with the Scandinavian and French term “precision orienteering”, hoping that it will attract participants to the technical challenge and also because we want this activity to “pre”cede the foot-O run as afterwards there is the opportunity to have a debrief with the Planner who explains the cluster setup and the solution. That debrief process has given a lot of people an insight into Trail O and has also been of great benefit to the Planners as it has required them to articulate the planning process. We are hoping the introduction of the Pre-O

will help to broaden the appeal of Trail O within our foot-O community.”

My own club, Wimborne Orienteers, have also taken this idea on board and I produced a Pre-O course at a local event at Hyde Common, Fordingbridge. The experiment proved popular. I printed 40 maps and we used all but 3, with the solution sheet being on display at the Foot O start so that competitors could see how they had fared before beginning their Foot O courses. We hope to continue the idea at our monthly Saturday local events.

## HYDE PRE-O



Hyde Common PreO				
Hyde PreO	0.4 km			
▷	←→			
1 A-D	↳		♂	
2 A-D	➤		♀	
3 A-C	⊙		⊙	
4 A-C	■		◀	
○ --- 60 m --- ➤				



**PRE-O ANSWERS: 1A 2C 3B 4B**



# Competitions Review

The review of competitions in orienteering commenced in September 2009 and after two wide consultations the recommendations have now been agreed in principle by the Board with the exception of those recommendations associated with schools competition.

'Evolution not revolution' is the principle on which the recommendations are being made. Changes will not be introduced before the 1st January 2013 at the earliest. The recommended changes should be justified on the basis of increasing participation, increasing participant satisfaction or enhancing the talent pathway. It is likely that the first stage of implementation will be to bring into existence the 'National O series' with the implementation of other recommendations following.

It is recommended that the new Events & Competitions Committee will have delegated responsibility for the competition framework both in the implementing of these recommendations and in monitoring the implementation.

The primary focus of the review has been to determine how the competition structure in orienteering can support the British Orienteering vision, 'More People, More Places, More Podiums'.

The consultations confirmed that there is considerable support for the good practice already evident in competitions organised by clubs and associations at what are Level D and Level C events. It also confirmed that the biggest challenge facing competitive orienteering is to offer competition to orienteers wishing to reduce the cost and inconvenience of travelling long distances to events.

## Recommendations

### 1. School Orienteering

The 4 recommendations proposed are entering a period of further discussion.

### 2. Local Club Competition

**Recommendation:** Promote the good practice that is already taking place at individual clubs.

Examples of good practice should be provided to clubs. Such examples include:

- Club leagues based on a local series of events having an individual competitor component and promoting the use of 'team' entry as an attraction.
- The use of local leagues to build stepping stones to competition for new participants from 'Activity Centres'.

### 3. Association Competition

**Recommendation:** Promote the good practice that is already being demonstrated by some associations.

Responses from member consultation was very positive towards the association leagues currently being run and the many examples of good practice should be made available for associations to consider. Such examples should include the leagues that are for both individual and team, be it club or group of competitors and those associations where more than one 'regional' league has been established. Associations should be encouraged to allow members of different associations to enter their league(s).

### 4. National Competition

**Recommendation:** To introduce a National O Series and add structure to the many stand-alone events and competitions.

The current plethora of stand-alone competitions and individual competitions such as the FCC, UK Cup, UK Relay, Rankings etc. does little to demonstrate that orienteering has a coherent competition structure.

The advent of a 'National O Series' through which such competitions can be integrated will simplify the current situation and deliver a competition structure that meets the needs of those orienteers wishing to travel and compete at the highest level. The National O Series is designed to meet the needs of these serious orienteers that are prepared to travel and are seeking quality competition. Additionally the events within the National O Series will offer opportunities for competition to those orienteers living close that do not wish to travel longer distances or are more casual in their orienteering. Other benefits of the Series include:

- Reduction in the event scheduling problems that currently exist and a clarification of the priorities when scheduling.
- Increased opportunity for income generation such as may be gained through sponsorship.
- Strengthening the incentive to participate in more national events as has been demonstrated by the UK Masters Cup in 2011.

### In outline the National O Series will:

- a. Be staged between February and early November. There should be approximately one National O Series weekend a month during this period. Whilst the scheduling will be problematic in some terrain/areas due to ground nesting birds and undergrowth it should make maximum use of the better weather. The bird nesting and undergrowth problems can be mitigated as has been demonstrated by the UK Masters Cup through a judicious mix of urban and sprint races at certain times of the year and in certain areas.
- b. Be based on the variety of types of Foot O including urban, sprint, middle, long, night, relay.
- c. Consist of a series of 8 weekends or long weekends so reducing travel and increasing the 'value for money' experience; the fixtures will include JK/BOC and a number of other weekend events or individual events that can

be combined together. The summer multi day events such as the Scottish 6 Days should be included in the National O Series if appropriate.

- d. Provide opportunity to ensure that a good geographic spread of events is included in the series – this should maximise the opportunity for those orienteers wishing to take part to be able to do so.
- e. Include a 'final' in late October or early November at which prizes could be awarded for class winners. If the British Championship Sprint and Middle weekend could be scheduled during this period it would provide a suitable finale to the series. The question of whether or not such a 'final' will carry enhanced points should be considered once the series is up and running.
- f. Include competition for individuals and for association teams (consisting of a number of members declared prior to

primary discussion points, a) the format for school competition and b) the timing of certain aspects of the competition.

- Relay: a question of the popularity of relays (including the UK Relay League, Harvester and Peter Palmer) and what format they should take.
- Home Internationals: whilst valued by some competitors, the wider value of this competition remains unclear and a way needs to be found to resolve this. In the meantime the scheduling of the Home Internationals will remain a low priority.

**Creating a more structured approach to competition has been one of the objectives of the review and simplification of these competitions should benefit orienteering in the following ways:**

- Provide competition that is easier to understand for both the experienced orienteer and the newcomer.
- Provide opportunity to promote



Credit: Chris Spencer

- g. Include competition for juniors, seniors and elite with age classes to be determined.
- h. Be based on a finishing position scoring system.

Late in the consultation process the question was raised regarding whether the National O Series should create discipline age class winners, for instance a sprint champion rather than a combined champion. This is an issue that should be considered and addressed as part of the detailed implementation process.

### Separate reviews are needed to deal with several outstanding matters:

- School competition: further consultation will take place with a variety of interested parties and partners. There remain two

and market more effectively the excellent sport that orienteering is; if this increases the opportunity to engage with potential sponsors, this will be an added benefit.

- Provide participants with competition that can meet the differing needs of quite a diverse participant base from both recreational competition through to performance competition.
- Provide competitive stepping stones that will encourage people to participate in national competitions and events.

The newly formed Competitions & Events Committee is tasked with implementing the recommendations.

If you are interested in the Review Report you will find it posted on the British Orienteering website under the 'Hot Topics' page in the news section.

## Changes to the Rules and Guidelines

The Board have approved a number of changes to the Rules and Guidelines for 2012. Highlighted here are some of the key changes. There have also been minor revisions to other Rules, Appendices and Guidelines. These will be on the British Orienteering website by the 1st January and a summary of the changes will be sent out to all controllers and major event organisers for 2012 and 2013 events.

- New Rule 7.2.7: At events using maps produced to the ISSOM specification, impassable features (as defined in ISSOM) shall not be crossed by any part of a competitor's body. Hence it is NOT permitted to reach through or lean over such a feature to punch at a control site. (Note for Planners: Controls on impassable features (walls, fences, etc) may tempt competitors to cross, lean over or reach through the impassable feature. Such control sites are best avoided but, if this is not possible, great care is needed with control (and punch) placement to avoid the possibility of competitors being tempted to try and gain an unfair advantage.)
- Clarification of Rule 8.2.4: At Level B, C and D events, courses planned to TD 1 and 2 standards should be available to be seen by competitors in advance of their start time unless stated otherwise in the specific British Orienteering Competition Rule. This may be either by displaying the map and courses in a suitably prominent position, or by issuing competitors with their maps prior to the start.

There is a significant revision to the eligibility rules for the five British Championship events which changes the eligibility of long term British residents who are not British Citizens.

- For the individual event, competitors are eligible to be British Championship medallists provided that on the day of the competition they are both a National Member of British Orienteering and a British Citizen. This must be declared at the time of entry to the competition. Non British Citizens are not eligible for medals or trophies and shall not form part of the prizegiving even if their result

- places them in the top three.
- Teams are eligible to be British Relay Championships medallists provided that on the day of the competition the club is affiliated to British Orienteering and each of the team members is both a National Member of British Orienteering and a British Citizen. This must be declared when the team is registered.

There have been a number of improvements to the Event Guidelines. These Guidelines are only intended to provide advice to Organisers and Planners. No compulsion is intended, and it is accepted that the particular circumstances of an event may make it sensible not to take up all of the suggestions made.

- Long Distance Event Guideline contains revised suggested course tables.
- Middle Distance Event Guideline contains a revised suggested course table.
- Sprint Distance Event Guideline contains advice on controls on impassable features.
- Urban Event Guideline contains a revised suggested course table; advice on controls on impassable features; notes on extra safety precautions for urban night events; and the suggestion that entry information should contain the approximate distance competitors will actually be expected to run.
- Night Events Guideline - this is completely new.

**Any questions should be addressed to the new Chair of the Events and Competitions Committee, Mike Forrest.**  
**Email: [eventscommitteechair@britishorienteering.org.uk](mailto:eventscommitteechair@britishorienteering.org.uk)**





## Map Group Update

In October the Development Committee approved funding for Map Group to carry out a Digital Mapping Data project. This aims to produce guidance for mappers about digital material available for use in producing O maps including rectified air photographs and, of great interest, LiDAR. This has the ability to "see" through the tree canopy to produce elevation data of the ground surface. Whilst initial results are promising we need to discover how effective this is with different types of terrain, for example broadleaf and coniferous woodland and open areas such as moorland. Map Group would welcome input from any mappers with existing experience of using these products.



The Mappers' web pages have been updated. The updates include the latest version of Appendix H, which now sets out the procedure for approval of printers for maps for Level A and B events. The latest list of approved printers is also available.

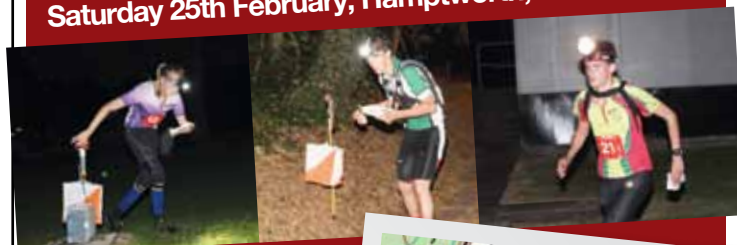
The British Orienteering OCAD symbol sets have been updated to standardise symbol numbers to ISOM and ISSOM specifications and align the colour table with OCAD defaults. These are primarily aimed at the production of new maps. Mappers using these to update existing maps should read the accompanying guidance notes.

Work is continuing on a proposal for the Mappers Training and Accreditation scheme. It is expected that a Map Conference will now be held in 2012.

For further information about mapping please visit [www.britishorienteering.org.uk/page/mappers](http://www.britishorienteering.org.uk/page/mappers) or contact myself David Olivant, Chair of Map Group. Email: [mapchair@britishorienteering.org.uk](mailto:mapchair@britishorienteering.org.uk)

## BRITISH NIGHT CHAMPIONSHIPS

(Including the Night Masters and UK Cup)  
Saturday 25th February, Hamptworth, New Forest



Part of an exciting weekend of orienteering hosted by Sarum Orienteers.

Join us on Saturday afternoon for a Level D Event at Ocknell Enclosure (12.30p.m. - 2.30p.m.) followed by a Level C event on Sunday at Hamptworth.

Further information at [www.sarum.org](http://www.sarum.org)



## Forest Challenge!

The orienteering board game for 2-6 players



- The game includes everything you need to "step over the line" – laminated map, kites, punch cards, "Control" cards, "Advantage" cards, instructions, dice, tokens etc;
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- The map sections can be fitted together in different combinations for more variety;
- Choose score or line orienteering;
- Add even more variety by drawing your favourite terrain on the blank map grids supplied.

**"We had such fun that we immediately had another game . . . We've already got plans to put one of our favourite areas onto the hexagons . . ."**

You can buy your copy for £7.50 at most NGOC events or through the post (please add £1.50 for postage, cheques payable to NGOC) from Alan Brown, 10 Brizen Lane, Cheltenham, GL53 0NG. All profits to the Woodland Trust. Email: [legend@ngoc.org.uk](mailto:legend@ngoc.org.uk) for further information.

## BADGE AWARDS UNTIL NOVEMBER 2011

**Congratulations to the following orienteers who have recently claimed their awards and to MAROC who have used the scheme to incentivise their juniors.**

### GOLD

W12 Abigail Mason, Megan Ricketts both MAROC  
W16 Bronwyn Matthews, Catriona Walker both MAROC  
M12 Jake Chapman MAROC, Daniel Figg HH  
M16 Joshua Dudley MAROC

### SILVER

W14 Rose Getliff MAROC  
W16 Evelyn Mason MAROC  
W18 Jessica Mason MAROC  
W50 Wendy Olsen SELOC

M10 John Getliff, Matthew Gooch, Grant McMurtrie, all MAROC  
M12 Graeme Campbell, Joseph Wright both MAROC  
M16 Callum Roberts MAROC

### BRONZE

W16 Megan Getliff, Cara McMurtrie, both MAROC  
M10 Ewan Musgrave MAROC  
M12 Owen Bourne WAO  
M14 Daniel Dunn, Stian Howard, Iain Johnson, Ewan McMillan, Ross McMurtrie, Alistair Walker all MAROC  
M16 Andrew Campbell MAROC

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

Please include an email address in case of queries.

Details required:

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

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

## NATIONAL RANKINGS

Congratulations to Matthew Crane (BOK) and Claire Ward (ESOC) who are both number one in the rankings as of the 30th November 2011. The full Ranking List can be found at [www.britishorienteering.org.uk/page/rankings](http://www.britishorienteering.org.uk/page/rankings)

Position	Men	Club	Points
1	Matthew Crane	BOK	8097
2	Murray Strain	INT	8001
3	Mark Nixon	EUOC	7994
4	Richard Robinson	NOC	7946
5	Oliver Johnson	SYO	7946
6	Alistair McLeod	EUOC	7940
7	Graham Gristwood	SHUOC	7921
8	Kristian Jones	SBOC	7908
9	Hector Haines	AIRE	7906
10	Oleg Chepelin	INT	7894

Position	Women	Club	Points
1	Claire Ward	ESOC	7489
2	Hollie Orr	CLYDE	7481
3	Sarah Rollins	BAOC	7472
4	Grace Crane	BOK	7467
5	Tessa Hill	HOC	7465
6	Rachael Elder	SYO	7462
7	Pippa Archer	CLOK	7420
8	Riina Kuuselo	OD	7396
9	Helen Bridle	ESOC	7376
10	Julia Blomquist	BAOC	7369

**Claire Ward tops the rankings after an impressive year of performances.**

Credit: Rob Lines





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# “STADIUMS ARE FOR SPECTATORS.”

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

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