



Issue 3 - Autumn 2007

FOR JUNIOR ORIENTEERS



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# Junior World Champs Round Up

by Gareth Candy

## Sprint Race

Duncan Coombs led the way for the British team in the sprint with a very strong 22nd place only 52 seconds behind surprise winner Vojtech Kral and only 23 seconds off a podium position. Joe Mercer also showed good speed in 41st position and all the men finished in the top 70 in a strong field. The British women were led in by Becca Roberts in 60th place closely followed by Tess Hill (61st), Anne Edwards (64th) and Hollie Orr (74th).

## Long Race

The British team showed great form in the long race. Tessa Hill led the way with an outstanding 26th place in the womens race, less than 10 minutes behind Norwegian winner Siri Ulvestad. The Mens team again showed their outstanding depth with our top three runners all in the top 50 plus Hector Haines in 51st. Joe Mercer ran with a cool head to lead the way in 36th, 14 minutes behind runaway winner Olav Lundanes from Norway, and was unlucky to fall out of the

top 30 overall. Unfortunately there was also some bad luck for the team with Becca Roberts missing a control amongst the confusing loops on the map and Anne Edwards rolling her ankle towards the end of the course.

## Middle Qualification

Duncan Coombs and Tessa Hill, Great Britain's best two athletes from the first two races, again led the way in Middle Distance qualification. Tessa, who was 26th in the Long distance final was 4th in the W20 B heat, only a minute behind Norwegian Kine Hallan Steiwer, the silver medallist from the long distance. Duncan qualified 3rd in the M20 B heat, just over a minute behind World Champion from the long distance, Olav Lundanes. Both Hollie Orr (16th) and Anne Edwards (12th) qualified along with Doug Tullie (11th) and Joe Mercer (17th). The hard luck story was Hector Haines, 21st in the M20 C heat missing qualification by only one second.

## Middle Final

Doug Tullie produced the best individual result for Britain this year at JWOC with 16th place in the Middle Distance final. Tessa Hill continued her outstanding form with 28th place in the womens race despite injuring her ankle two thirds of the way around the course. Hollie Orr finished 37th, Anne Edwards 42nd, Duncan Coombs 40th and Joe Mercer 50th in other outstanding British results. In the individual races Britain has now had four top thirty results by three different athletes.

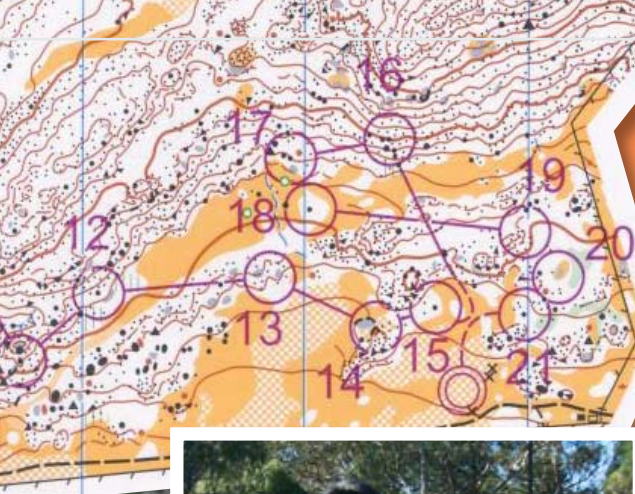
## Relay

Duncan Coombs had the best run of the day, pulling the men's team up into a pack of four fighting for 6th place at the first spectator control. Unfortunately, he took a different route and dropped back at the end to 13th nation but only a couple of minutes away from the podium. Doug Tullie's run on second leg for the mens team was also outstanding. Tessa Hill was again the best of the girls pulling the team up to 13th nation on last leg. Rebecca Roberts ran a great last leg for a composite team probably having her best run at the championships.



Back Row (L-R) Gareth Candy, John Rocke, Iain Embrey, Duncan Coombes, Joe Mercer, Hector Haines, Douglas Tullie, Jason Inman  
Front Row (L-R) Tessa Hill, Hollie Orr, Rebecca Roberts, Anne Edwards, Jane Ashbrook





**JWOC Athlete John Rocke's diary gives us an insight into what it is really like to compete against the best in the World**



the race started and it was mainly dry. I think everyone was a bit disappointed at the technical challenge offered by the area but despite this it was enjoyable and a great advertisement for our sport in Australia.

### *Monday 9th July (long)*

The long race was tough today; I don't think I've ever been on a more rocky area. The area also had a lot of hills and there were some tricky navigational legs. Personally I finished with one demolished shoe but I felt I had a lot more to give and wished I had pushed harder. The event was a great spectator race with three spectator controls with one half way up a hill visible from the event arena which required an extra level of concentration to avoid embarrassment. The planning of the race was brilliant with plenty of variation and change of pace.

### *Tuesday 10th July (rest day)*

Today was spent doing very little. We went to see Shrek 3 at the cinema in Dubbo, which was very disappointing and most of us agreed that they should have stopped at two. There were more discussions on the middle races which are to be held in the areas overlapping the long area.

### *Wednesday 11th July (middle qualifier)*

Today we got six of the team into the A final, there were some close misses and disappointment from those who missed out. The planning today was not as good as the long race with a lot of very similar length legs but we expect this to change for the finals tomorrow.

### *Thursday 12th July (middle final)*

As we expected the planning was back to brilliant today with lots of variation. Both finals started with two extremely short legs into a technical area and then a long leg across a vague which threw a lot of people including myself. Douglas, despite his surprise, put in the fastest time on the long leg and put in the best result of the day with a top twenty.

### *Friday 13th July (relay)*

The relay was held in another area adjacent to the long area but was a lot less technical than the areas we had encountered before but still had the tough rock and hills to encounter. There were some good individual performances today but unfortunately no team managed to quite string three excellent performances together. The relays were followed by the coach's race with much fun and games. The whole JWOC event was rounded off tonight by the closing ceremony and banquet. Overall I think the team are pleased with the week and I have gained new experiences and extra hunger to achieve next year in Sweden and at senior level. I personally believe that a podium next year in the relay is a realistic goal after the Latvians came third this year. The junior team will continue to work hard to push each other to achieve the results we crave in the upcoming year.

*Photos by John Rocke and Duncan Coombes*



### *Friday 29th June*

Travelled down to London to meet the rest of the team which was followed by 22 hours of flying across the world with a quick visit to the cactus garden in Singapore airport.

### *Saturday 30th June*

After finally working our way through the thorough Australian customs and overcoming the various problems with o' shoes we met up with Gareth. We picked up Duncan and Douglas who had flown down from Victoria the same evening and made our way to a motel in Sydney to sleep.

### *Sunday 1st July*

We got up to winter clear skies and went for a team jog before breakfast. The team then boarded the people carriers for a quick tour of the sights of Sydney and after lunch we made our way through the Blue Mountains to Orange for our training camp.

### *Monday 2nd July - Friday 6th July (pre-JWOC camp in Orange)*

This week we have stayed in a private school with other nations wanting to experience a bit of granite terrain before the competition. We have orienteered every day and tried to get a balance between experiencing the very rocky terrain and not getting tired before the races. The evenings were spent discussing the day's terrain and playing various games, the most enjoyment came from a game named banana-slap. Joe, Duncan and Hector also starred on Australian television and in the local newspaper when the three were filmed and interviewed while sprint training. Despite some of the team picking up illnesses during the week we left feeling we had a good idea of what the terrain was like in this area of Australia. We then travelled to our hotel in Dubbo where most of the other teams are staying.

### *Saturday 7th July*

Today was spent preparing for the week ahead, like all the other nations we went to the model event in an area situated next to the long and middle areas. We attended the opening ceremony which included a flag parade through Dubbo and after dinner discussed the challenges that the sprint tomorrow might throw up.

### *Sunday 8th July (sprint)*

We had our first race today, we woke up to heavy rain but thankfully this eased before





# European Youth Championships

Hungary, 21-24 June 2007

Jason Inman



Team GB sent eight athletes with two staff to this year's European Youth Championships (EYOC) based in the picturesque, historic town of Eger in Hungary. Nestled in the foot of the Bükk Mountains, two hours north east of Budapest, this small city was the perfect place to kick off three races with a city sprint. The long distance and relays took place high in the hills above the town in runnable but steep forests interspersed with pockets of detailed limestone.

The European Youth Champs has classes for M/W16s and M/W18s. The GB Junior Squad programme supplied the staff and funding to take four Men and four Women M/W18s to these Championships; as an experiential trip. These athletes were deemed to potentially make up some of the Junior World Championships (JWOC) team in 2008 and 2009 and for most, it was their first opportunity to experience a major international junior competition on a scale

similar to JWOC. Lead Coach Jason Inman said, "Emphasis on this trip was to show these athletes what it's like to race at the top, what skills they need, how fit they have to be and to help motivate them to develop clear focus about where they'd like to take their elite orienteering careers."

The juniors coped well with the three races and we saw some excellent solid performances. In the sprint race best results came from Hazel Wright, powering to 23rd place in a tightly packed and tricky city sprint. In the Classic we saw promising results from Mike Noblett, Jo Halliday and Hazel Wright with best run of the day coming from Alice Butt with an excellent 14th place. In the relays there were some solid individual performances from Ralph Street and Alice Butt, but the quality of the field was a little too much for our young team.





All in all the trip was a very worthwhile experience for the eight athletes, Jason said, "The team learnt a lot in the four days they were abroad. They have had the experience of taking part in a major competition and with the help of Toni O'Donovan and myself have come home with some very valuable tips and tools with which to take forward their orienteering. I am confident we will see these guys racing at the top end of their age classes in the Scottish 6 days and setting their sites on a place in the Junior European Cup team in October and the Junior World Champs team in Gothenberg in 2008, and Italy 2009."

**Pictured EYOC Team:**

Mike Noblett, Tom Beasant, Mike Hopkins, Ralph Street, Jo Halliday, Anwen Darlington, Hazel Wright, Alice Butt

## British Schools Score Championships 2007

Saturday 6th October 2007 - Petworth Park, West Sussex

**Terrain:** The majestic 700-acre park is very runnable parkland with scattered trees and a good path network. Excellent, elevated viewpoints for spectators from the assembly area.

**Competition format:** This is a SCORE event - competitors visit as many controls as possible within a time limit of 45 minutes for Years 5-9 or 60 minutes for Years 10-13. The event will use the EMIT Electronic Punching System.

**Entry:** Any school (not just BSOA members) is welcome to enter a team. The competition is for Years 5-13. Years 5-8 may take part in pairs; Years 9-13 take part as individuals.

**Entry fees:** £3/pupil of BSOA member schools. £4/pupil for non-member schools

**Closing date:** Postmarked no later than 20th September '07

**Further details and entry forms at**  
[www.bsoa.org](http://www.bsoa.org)

## British Schools Orienteering Championship Weekend

17th/18th November 2007

### Saturday 17th November 2007

**Training Event open to all** - Coldharbour, Wareham Forest, Dorset. White to Green courses available.

### Selection Race for ISF World Schools 2008

Gore Heath, Wareham Forest, Dorset  
Two categories open to boys/girls born in 1991/2 and 1993/4. Area now embargoed.

### Sunday 18th November 2007

**British Schools Orienteering Championships**  
Bovington, Dorset

Separate races for boys and girls of each school year. Years 5 - 13 inclusive

**Prizes:** First 3 individuals in each race  
First 3 teams (of 3) in each race and school prizes

### Overnight Accommodation:

Floor space at a nearby school. Further information in event details.

### Entry Fees:

£4/pupil of BSOA member schools  
£5/pupil for non-member schools  
Plus £6 per school registration fee

### Entries:

To be made by the school. There is no minimum number of competitors from each school. The event is open to any school or college pupil born between 01/09/1989 to 31/08/1998 inclusive who has completed at least three orienteering courses prior to the event.

### Closing date for entries:

26th October 2007

### TRAIL O:

It is the intention of the organisers to provide a Trail Orienteering competition at the British Schools Championships for children with or without disabilities.

### General Enquiries to:

Chris Branford  
Telephone: 01258 453716 before 9pm please  
Email: [bsc07@owls-count.net](mailto:bsc07@owls-count.net)

**Further details and entry forms on the BSOA website and**  
[www.guildfordorienteers.co.uk/bssc07](http://www.guildfordorienteers.co.uk/bssc07)





## Junior Inter Regional Championships

by Alice Leake

This year the Junior Inter Regionals were held in the beautiful Yorkshire Dales.

The individual day was held at Malham and Gordale, a fast open moor, with numerous rock features, which required both speed and concentration. The courses planned were very spectator friendly, with many controls being visible on the open hillside near the beginning of the courses. There were some great individual runs on the day from members of all regions, with Yorkshire's Hector Haines winning the M18 by over 4 minutes and the North West's Charlotte Watson winning the W14 by an equally impressive margin. This put Yorkshire into the overall lead, just 4 points ahead of Scotland after the first day.

The relays were held this year at Danefield, Otley, an area of woodland with an extensive path network and varying runnability. Courses were split into two loops, with a spectator control between, and the area once again provided fast running with more complex rock detail towards the end of courses. After a closely fought competition on all three legs, the Yorkshire boys, Hector Haines and Jack Wood, came through to take both 1st and 2nd position on the men's relay, with Scotland taking 3rd. In the woman's relay Scotland's Hollie Orr took the victory, just 14 seconds ahead of Yorkshire's Victoria Stevens, with the Welsh team closely behind in 3rd place.

It was a nervous wait for the final combined scores of both days to be calculated. In the men's competition, with fantastic runs on both days, Yorkshire were the clear winners, with Scotland in 2nd and the West Midland's in 3rd. Scotland were victorious however in the woman's competition, taking 1st place, with Yorkshire and the East Midland's closely behind.

This meant that after two competitive days of racing, with a total score of 492 points, Yorkshire were the Junior Inter Regional Champions for the 3rd year in a row, with Scotland taking 2nd place and the East Midlands in 3rd place which is their best ever position. Although all of the regions have fantastic individuals, in the end it is a team competition, and it was Yorkshire's dedicated coaches and the teams real strength and depth that secured them the victory once more.



Scottish Team



East Mids Team





## How Yorkshire Do It

By Hector Haines.

Many regions dream of winning the hallowed overall trophy. Many coaches train their athletes year after year, with the hope of having a crack at the overall prize. Most would be happy with just one win, or perhaps even a top three place in their time as a coach. But for three years now there has only been one champion region. That region is Yorkshire.

Brought up in sunny Yorkshire, the athletes that coaches Tony Carlyle and Neville Myers hand pick are the ones that show most promise, not just the fastest, the strongest, or the most headstrong. They pick the athletes that can be made into a team, and a winning team at that.

But to win three years in a row, now that's something special. The older athletes that saw Yorkshire to victory in 2005 have left, but more importantly, paved the way for the younger ones to follow. Victory at the JIRCS doesn't begin the week before the event, not even a month or two before. To win the JIRCS it is necessary to train throughout the preceding winter, in the best terrains. Jack Wood, a member of the Squad for two of the three victorious years recounts, "I remember one squad weekend that we did, in the Lake District... it turned out to be a bit of an epic." After a sip on his cool cranberry juice he continues, "Aye, an epic, it was Tarn Hows – in the winter of 2005 – and there was snow up to your shins in places, with a wind to freeze the fluid in your compass. But every athlete went out, no excuses. Some didn't enjoy it, but Tony had said so, so you had to." Jack's sheepdog, Tilly, sidles into the room now and settles down by the warm hearth. Jack drains his glass and finishes, "that's the thing about Yorkshires' athletes, they're ruddy hard – mentally and physically – and I'm proud to be part of 'em."

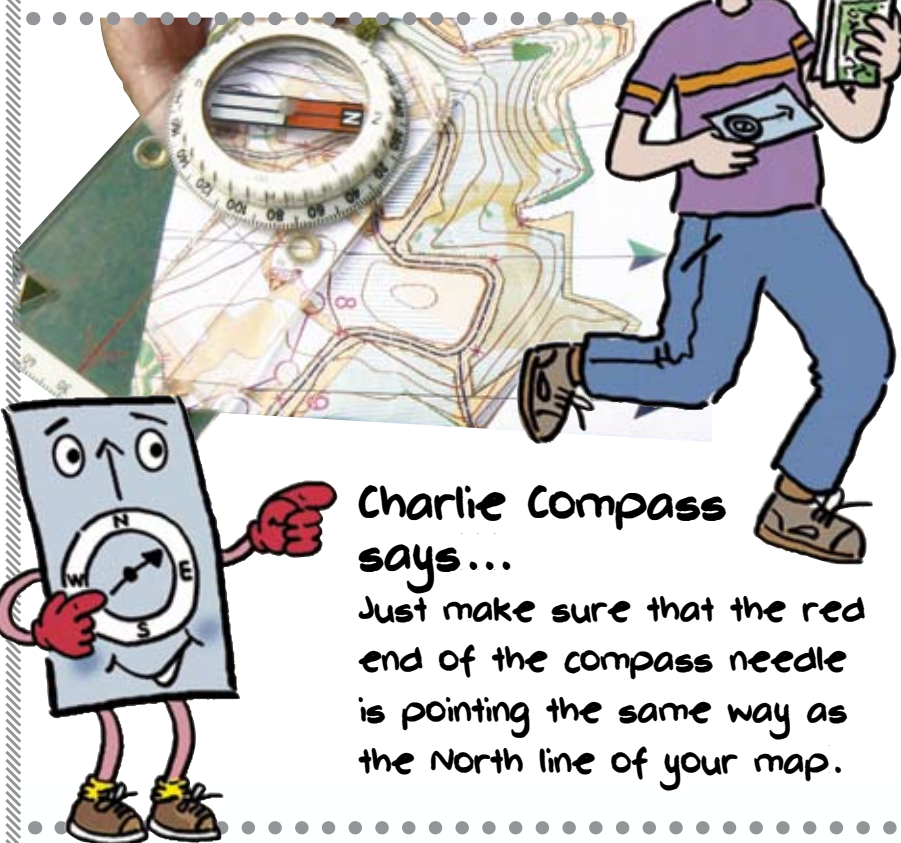
Yorkshire have certainly shown everyone how to do it, now all that remains to be seen is whether they can do it again. I'm sure they can and, what's more, I'm sure they will.

# Ozone

FACTS and  
FUN!

Simon asks...

How do I use my compass  
to check that my map is the  
right way round?



Charlie Compass  
says...

Just make sure that the red  
end of the compass needle  
is pointing the same way as  
the North line of your map.

## WORDSEARCH

A	E	H	S	Z	G	V	M	N	L
S	W	C	T	R	K	P	I	A	O
O	Q	O	D	R	I	F	W	R	P
B	R	M	Y	N	O	J	L	I	L
F	U	P	Y	K	V	N	O	W	E
T	R	A	T	S	L	M	R	K	Y
J	H	S	I	N	I	F	T	G	E
J	M	S	V	C	R	X	N	T	S
R	Q	Z	N	E	C	Z	O	Y	A
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Find the 6 words  
located in the grid  
and cross them  
off the list below.  
The words run left  
to right, right to  
left, horizontally,  
vertically and  
diagonally.

Start  
Control  
Finish  
map  
Compass  
North



# Ozone Website

Ozone now has its own website that is just for junior orienteers. There is lots of information about junior events, profiles of junior athletes, challenge sheets and games to help you learn more about orienteering.



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

## Junior Profile: Duncan Coombs

**Age:** 19

**Club:** Euoc, Maroc, OK Tyr

**Age started orienteering:**  
8

**Do your parents orienteer?**  
Yes

**Why/Where did you start orienteering?**  
No idea, I was kind of born into it. My Dad had competed at University and our family just started to get involved in the local events and club scene as soon as us kids were old enough.

**What do you enjoy about orienteering?**  
I enjoy everything, the perfect balance between physical and mental challenge, the big event atmosphere, social training and competition banter and its general variety.

**Do you have a coach?**  
No

**Where is your favourite place to orienteer?**  
Kristiansand. As a Scottish junior I took a trip out there and found the terrain very physical, technical and your race's were heavily weighted on route choice.

**What kind of training do you do?**  
Hill reps, flat reps, tempo... the usual. However my cross training is limited, I do bike intervals, circuits and technique work but not routinely. I like to hold my social life and training in balance as I believe there is plenty of time for me to build more training into my week as I progress further.

**What is your best result?**  
2006 JEC Long – 9th, I was far from my best physical shape but I raced with a cool head and ground out as best a result as possible.

**What advice would you give to people wanting to get into the GB Squad?**  
I find a lot of my confidence comes with my physical condition and this helps me orienteer. I would suggest getting in good shape as this will show that you can compete in even small portions of the course and spur you on to greater things.

**What do you enjoy doing outside of orienteering?**  
I enjoy hanging out with my friends, travelling, gigging and football ... but not exams!

