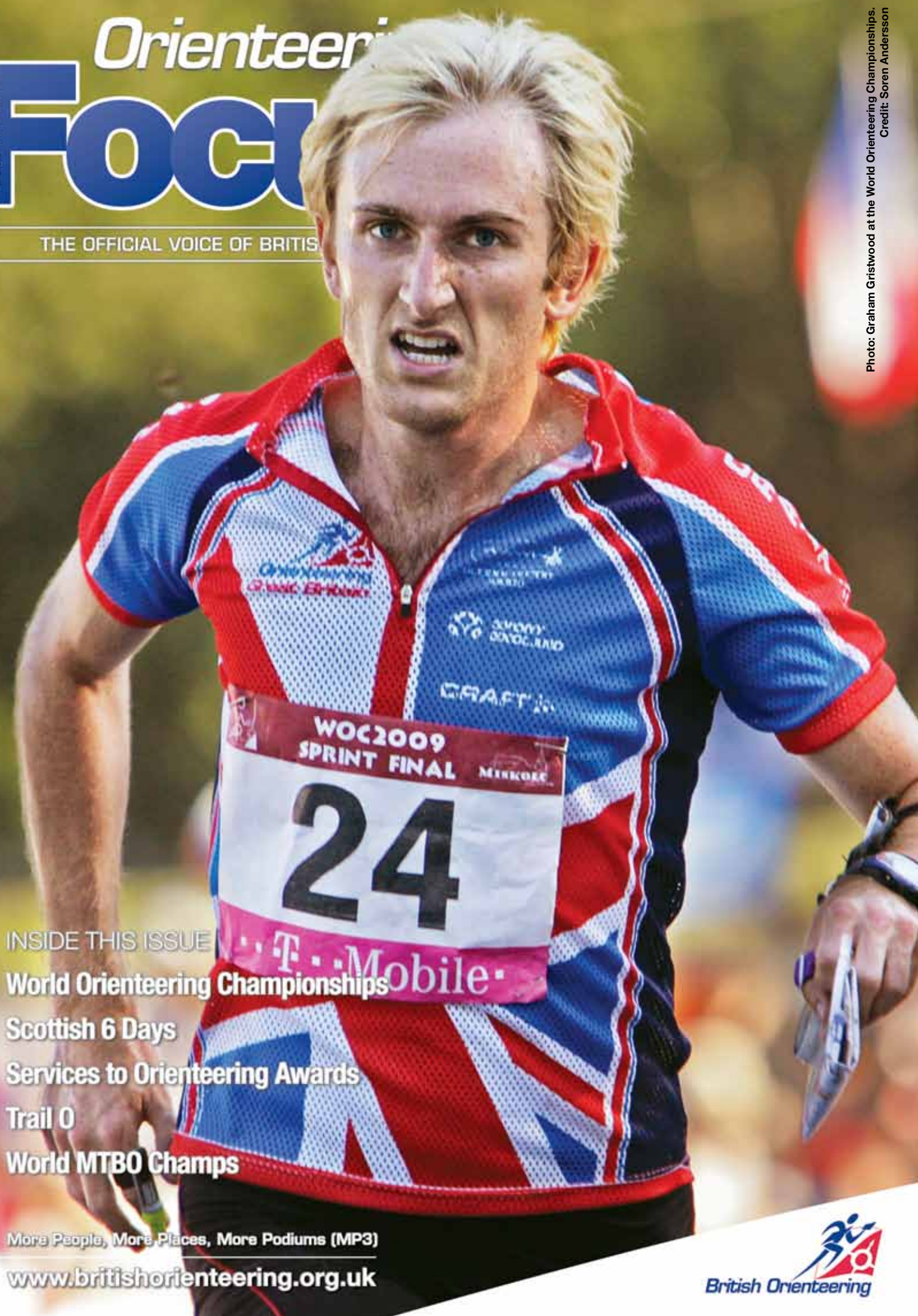


Orienteering

AUTUMN 2009

Focus

THE OFFICIAL VOICE OF BRITISH ORIENTEERING



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Trail O

World MTBO Champs

More People, More Places, More Podiums (MP3)

www.britishorienteering.org.uk

Photo: Graham Gristwood at the World Orienteering Championships.
Credit: Soren Andersson

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BRITISH ORIENTEERING ARE DELIGHTED TO ANNOUNCE...

... that two new members of staff started work on the 1st September: Richard Barrett is the new Participation Manager for southern England and Josh Jenner is the new Higher Education Development Officer.

Now that we have two full time Participation Managers we hope to be able to offer even more support to clubs which want to increase participation and membership. Focus clubs are developing weekly activity programmes for new and existing club members so that the sport is not only to be found in the forest but is now coming into the community.

Our Sport England funding has enabled us to make these new appointments and orienteering is one of only seven sports which bid for grants to work in the Higher Education sector. Josh will focus on ways of increasing participation in orienteering in a limited number of universities and in disseminating good practice to support other university orienteering clubs.



Josh Jenner

My parents introduced me to orienteering when I was just three years old and the highlight of my junior performance career was being selected for the GB

start squad. Being an orienteer allows you to see some amazing parts of the country and travel to places you would never normally visit. I have been fortunate to have met some highly influential people and I want others to be able to have similar experiences.

About a year ago I came to a fork in my life where it was time to decide what I really wanted to get out of it! After looking back at how rewarding I had found orienteering, I thought it would be fulfilling to pass on my knowledge to others who aren't lucky enough to have experienced the sport.

I feel this role is perfect for me as I have a passion for teaching people of all ages and walks of life. In the future I see orienteering becoming really popular in the University sector with many clubs emerging. At the moment young orienteers that show promise, often choose a University because a well known club already exists. I want to totally flip this around and give orienteering enthusiasts the chance to choose a course and university first, knowing they can continue the sport wherever they choose to study. I look forward to meeting like-minded people who can assist me in achieving this goal.

Richard Barrett

I was originally a cross country runner and started orienteering as a member of the West Wales club 'TROTS' in 1987. I have been an active member of British Orienteering since 1989 competing regularly at all levels up to Senior and Veteran Home International for Wales. I still hold the Welsh M21 title but I hope to relinquish this to one of my younger rivals this winter!

During the mid 90s I represented Great Britain at Cross Country Skiing and Biathlon, however, I retired early to concentrate on my Army career; and then joined Swansea Bay OC.

I have now left the Army after 19 years commissioned service with the Royal Artillery and the Adjutant Generals Corps and I am the current Inter Services Orienteering champion. As a member of the Army Orienteering Association (AOA) I have managed both the Army and the Combined Services teams and have also held the post of AOA secretary. I have been a BAOC member throughout my career, and have led orienteering participation at a number of military establishments. I now live in Surrey with my wife Petra, and have two children Nicolas and Laura who are seen regularly on the string course, most recently at the Scottish 6 days.



Richard is the current Welsh Champion

I am now looking forward to working with the British Orienteering Development team and the many club volunteers who will be supporting this initiative. I hope that my past experience will benefit clubs and I look forward to sharing in the success brought by increased participation.

AUTUMN 2009

Welcome to FOCUS

This edition includes reports from many of the international events that have taken place this summer. It is important to share in the success of our elite athletes and I hope you enjoy reading about their experiences. It takes a lot of dedication and training by the athletes to perform at the elite level but many would not have succeeded without the support of equally dedicated volunteers. I would therefore like to draw your attention to the Services Awards on page 6. These awards celebrate the

many volunteers working with clubs and participants. We are now accepting nominations for recipients of this award and I urge you to nominate somebody who you feel has made a significant contribution to the sport.

If you have any feedback or reports for future editions please email marketing@britishorienteering.org.uk

Caroline Povey
 Marketing Manager

A quick series of update topics and then a look at some of the data recently released to us from the 'Satisfaction Survey' and delivered in conjunction with Sport England. I appreciate that this is a survey delivered in England and I will be very happy to be provided with evidence and analysis from other surveys delivered in other countries that might be of interest to the membership of British Orienteering. If such information exists please forward it to me; we need to learn at every opportunity whilst appreciating that there may be different contexts in the different countries.



Mike Hamilton
Chief Executive

Staffing

The Events Manager role has been advertised and interviews will be taking place in October. Over 80 people showed interest in this position and it is excellent to see such a good response. The position of Participation Manager (South) also received a good response with 6 people being called for interview. The quality of the candidates interviewed was excellent and ultimately Richard Barrett was appointed. Richard will be known to some of you as he is an experienced orienteer as well as having some exciting insights into developing participation.

The Higher Education (HE) Development Officer position had 18 very interesting applicants from which 7 were interviewed. There were some diverse experiences amongst the people interviewed and the position was offered to Josh Jenner who presented both a strategic view and the ability to practically deliver during start up periods at universities. Josh is another lifelong orienteer and coach who exuded enthusiasm about the role and orienteering.

Hilary Palmer, our Development Manager, is an extremely valuable member of staff and I am sad to announce that Hilary will be retiring from her professional role with British Orienteering at the end of March 2010. Hilary has been a key person in developing the sport and her knowledge and experience have been central to the successful

implementation of our development plans. Hilary will be sorely missed by staff and volunteers. By declaring her intention to retire early Hilary has enabled us to plan thoroughly for the recruitment of a new Development Manager. Advertising of the position will be commencing immediately. The appointment of new staff has led to an appraisal of our administrative support and news of these changes will be available in the Winter Edition of Focus.

Coaching

Coaching underpins almost all of the developments from our Whole Sport Plan from introducing new participants to increasing satisfaction and improving our talent pathway. This has been recognised and considerable effort and resource is being channelled into delivering new coaches and updating existing coaches. The role of the coach is changing and over the next 10 years it is planned to significantly increase the amount of coaching being delivered. The UK Coaching Certificate has reached its first birthday and the annual appraisal of our award and supporting structure has been completed. The review was extremely positive including: 'Congratulations in reaching this milestone in your support of orienteering coaches, and please note that the coaching standards group offered commendation to orienteering on reaching this stage.'

Congratulations to the coaching development team, Keith Marsden and Pat Mee, and the administrative support team, Vicky Thornton and Steph Ilsley on this achievement. The UK Coaching Certificate Level 2 is now ready for piloting and the first courses will be staged during the autumn.

The licensing of coaches continues to roll out and clubs and other users of coaches should now be using licensed coaches.

Board

The Board is holding a conference with British Orienteering's committee and group members on the 26th September to discuss with them how we can improve the governance of British Orienteering and its activities. The conference should be stimulating and enjoyable and provide the opportunity to help shape how the Board and its Committees and Groups can operate as effectively as possible in the future.

Events and Competitions

The Board has discussed associated topics several times at recent meetings and is committed to entering a phase of wide consultation about events and competitions to try to determine people's views. Inherent in this is an understanding that there is a minority of very vocal people with some strong views and that there needs to be more understanding of the views of the somewhat quieter majority. There is however no wish to make urgent changes, rather a quiet determination to try to gather views so that when opportunities arise or regular reviews are taking place they can do so bearing in mind a longer term vision of competition in orienteering and the events that host the competitions.

Whole Sport Plan (WSP) for the development of Orienteering

Over the last year or so Focus has been used to communicate the ideas that underpin the WSP. Increasing participation is one of the main threads of this plan and the participation project that Steve Vernon has been implementing is a major part of bringing the increase in participation about. The Board have discussed several times the value of publishing the WSP and the Sport England submission that is the English part of the plan. The Sport England submission inevitably contains jargon and the structure of the submission follows the guidance of Sport England rather than the more logical WSP. Hence the Board and staff have tried to communicate the ideas in more easily understood 'orienteering language'.

We have now reached the time when the contracts are in place and we need to communicate the

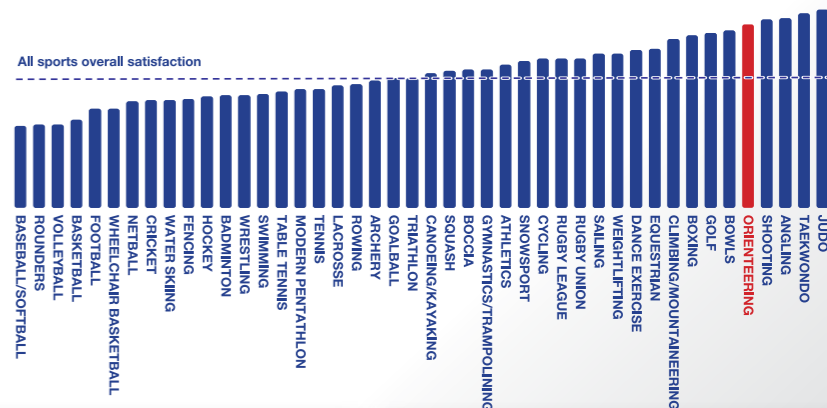
essence of the plan more widely. After much discussion we have developed an approach that we believe is tailored to orienteering needs and over the autumn period we will be piloting a 'Club Development Programme' toolkit. This will enable a club committee to consider where the club is now, what might be the next thing to focus on and how and where support can be found. The programme will link the club to the WSP in a practical way and help the club and British Orienteering to work together to achieve both the club and British Orienteering targets. More about this programme will be published in the Winter Edition of Focus.

For those of you that have trouble sleeping, the WSP and the submission for funding to Sport England are available either on the website or from the National Office!

The level of satisfaction within orienteering was very high compared to the other 45 sports.

2009 Baseline satisfaction scores

	Overall	General participants	Affiliated club members	Talent pool
Orienteering	83.4	81.6	85.1	83.9
All sports	80	79.8	81.2	82.2



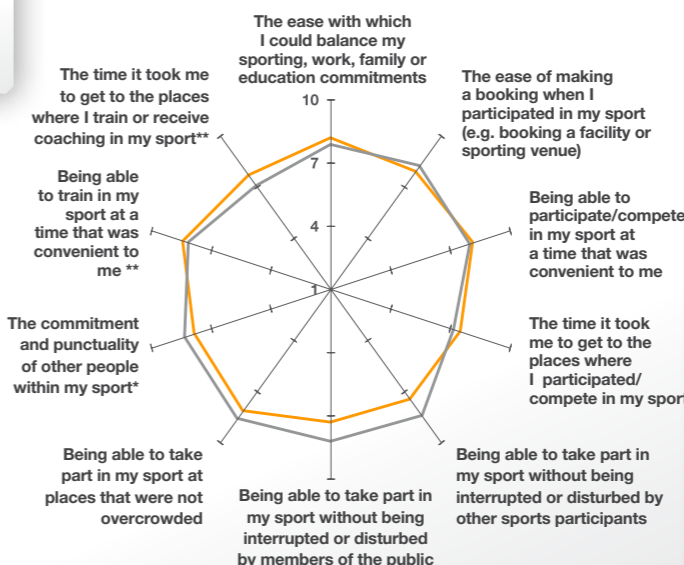
In addition to providing a score for the level of satisfaction the survey also scored the importance of the criteria in each area.



Average importance and satisfaction scores out of 10 for each domain

— Importance
— Satisfaction

Studying the 'Ease of Participating in Orienteering' data enables us to identify the factors where there is a divergence between a level of satisfaction and the importance of the criteria. In the future we will be looking at all the areas the survey covered to understand which factors will most improve satisfaction.



Interestingly this enables us to determine which group of criteria have the most impact on levels of satisfaction. In orienteering, these were:

Domains which have the most impact on overall satisfaction within Orienteering

Release and diversion

Exertion and fitness

Officials

Ease of participating

Social aspects

Facilities and playing environment

Performance

People and staff

Value for money

Coaching

Domains which have the least impact on overall satisfaction within Orienteering

KEY

High impact areas

Medium impact areas

Low impact areas

Satisfaction Survey

The idea of the survey sprang from Sport England as a means to understanding and measuring the quality of experience that sports people are receiving. We feel that this is a crucial element of our plans to develop orienteering and is also central to the Sport England Strategy 2008-11 to develop a world-leading community sport system.

In order to sustain participation we need to understand how satisfied participants are with their orienteering experience. What keeps people participating in orienteering? What do they enjoy? What factors affect the quality of the orienteering experience they have? Similarly we need to understand what factors we can change that will significantly improve the quality of experience.

The Satisfaction Survey research provides, for the first time, a detailed picture of what is important to people when they participate in orienteering and how it compares with the satisfaction of participants in the other 45 sports that Sport England is working with.

In total 1132 people from orienteering took part in the survey; 151 general participants (non-members), 937 members and 44 talent pool members.

There is no attempt to provide you with a comprehensive interpretation of this data at this stage, we are working on this and will be in a position to look more closely at the significant issues for the next publication of Focus.

There were 10 areas of question delivered within the survey. The orienteering scores (out of 10) are shown with the average scores across the 45 sports in brackets.

Area	All respondents	General participant	Members	Talent
Performance (Learning and competing at a suitable level, opportunities to develop skills, availability of local competitions)	8.0 (7.7)	7.9 (7.6)	8.0 (7.9)	7.6 (7.8)
Exertion & fitness (Level of physical activity and opportunity to improve health and fitness)	8.5 (8.2)	8.3 (8.2)	8.8 (8.2)	8.6 (8.8)
Release and diversion (How the sport makes you feel, buzz/challenge of the sport)	8.7 (8.5)	8.5 (8.4)	8.9 (8.7)	9.0 (8.8)
Social aspects (Taking part in a social, non-threatening and inclusive environment)	8.4 (8.2)	8.1 (8.1)	8.6 (8.6)	9.0 (8.8)
People & staff (Competence of staff and how welcoming events are)	8.6 (8.0)	8.3 (7.9)	8.9 (8.3)	8.9 (8.4)
Ease of participating (Ease of entering and juggling other commitments)	8.1 (7.9)	7.9 (7.9)	8.3 (8.1)	7.8 (7.5)
Facilities & playing environment (Quality of facilities and venue)	8.1 (7.6)	7.9 (7.6)	8.2 (7.5)	8.0 (7.7)
Coaching (The availability and level of coaching, competence of coaches and feedback received)	6.8 (7.4)	7.4 (7.3)	6.2 (7.6)	8.0 (8.4)
Officials (Knowledge and respect of officials)	8.3 (7.6)	7.8 (7.6)	8.6 (7.6)	8.4 (8.2)
Value for money (Of participating and equipment)	8.1 (7.6)	7.8 (7.5)	8.3 (7.8)	7.9 (7.2)

Services to Orienteering Awards

Development Committee started the Services to Orienteering Awards this year to recognise the considerable voluntary contribution given by members to our clubs. This is not to be confused with the Silva Award which the Board give each year to just one person who has given exceptional service to the sport.

Development Committee felt that we should celebrate many different sorts of volunteer service and there were many nominations of people who have made club maps, run the welcoming event registration / help desk, managed the club equipment store, run the club results service etc. The Roll of Honour (see Volunteer Awards in the Volunteer Training and Support section of the website) lists many of the people who were nominated by fellow club members, although some recipients asked for their names not to be published.

These club volunteers carry out many tasks which they enjoy and do not expect any reward for but continue to do the jobs because they enjoy being able to put something back into the sport – this is your chance to show your thanks to the unsung heroes of club volunteering!

Make your nominations via the website form and submit them by the end of October. A panel appointed by Development Committee will check the nominations and award certificates via the clubs.



THE FIRST RECIPIENTS OF THE SERVICES TO ORIENTEERING AWARDS ARE LISTED BELOW:

- Alan Bedder (NOR) for his commitment to the development of the sport in East Anglia, especially his work in the organisation of major events.
- Allan Farrington (BAOC) for the commitment to the development of Army orienteering and the development of electronic punching in the UK.
- Andrew Brown (SLOW) for being one of the UK's youngest event organisers and particularly innovative in the field of publicity.
- Andrew Evans (DFOK) for his very good work within Dartford Orienteering Club.
- Barbara Jones (DEE) for over twenty years of service on the enquiries desk at Deeside events.
- Bill Marlow (POW) for his dedication to orienteering in Mid-Wales.
- Blair & Lorna Young (TINTO) for their commitment to the promotion and development of schools' orienteering in Scotland.
- Brian Morris (WRE) for his continued excellent support to Wrekin Orienteers.
- Chris Burden (AIRE) for his commitment to the development of orienteering in the Leeds-Bradford area, particularly in the spheres of mapping and event organisation
- David Olivant (NOC) for the development of mapping in the Nottinghamshire area.
- Dorothy Smith (HALO) for her sustained commitment to the organisation of a series of events to encourage young people into orienteering
- Doug Peel (WCH) for over 30 years of commitment to orienteering, especially the mapping of vast areas of Cannock Chase
- Erik Peckett (DEVON) for his phenomenal input into the development of the sport in the UK and beyond.
- Graham Walkden (LOC) for his commitment to the development of the sport in Cumbria.
- Ian McMillan (EPOC) for his efforts with the national Federation as Chairman, Vice-Chairman and Councillor, and his support for events in the East Pennine area.
- Jim Clarke (NOC) for his commitment to the development of schools' orienteering and young orienteers in Nottinghamshire.
- Keith & Susan Marsden (HH) for their commitment to the development of junior orienteering, particularly in the South-East and on the Lagganla tours
- Keith Streb (NOC) for the development of mapping in the Nottinghamshire area.
- Mair Tomos (ERYRI) for her continued efforts towards the development of orienteering in Wales and her efforts in bringing the Welsh language into the sport.
- Malcolm Irvine (DEE) for his work in organising and developing schools' orienteering and increasing junior participation within Deeside.
- Michael & Jo Nell (RAFO) for the development of young orienteers in the Air Cadets in Lincolnshire.
- Neil Crickmore (SO) for the development of mid-week orienteering activities in the Brighton area and his services to junior orienteering.
- Pat MacLeod (NGOC) for his continued assistance to the equipping of major events in the South-West.
- Paul Frost (ECKO) for his active involvement in the development of orienteering in Scotland, particularly web-based applications including RouteGadget
- Pete Kullich (HALO) for his continued efforts in the development of orienteering in Lincolnshire, particularly the coordination of the Poacher series.
- Raymond & Teresa Finlay (FERMO) for twenty years of outstanding contributions to orienteering in Northern Ireland.
- Robin & Sheila Strain (ELO) for their huge input into the development of electronic punching in Scotland and the time and effort they have put into that area.
- Val Johnson (DVO) for her sustained contribution to the development of elite juniors in the East Midlands Junior Squad

2010 MEMBERSHIP RENEWALS

Enclosed with this edition of Focus is your membership renewal form. Please check that the details are correct. Any changes should be made either on the renewal form, online in the members section or by contacting the National Office. You must renew by Monday 7th December to receive your new membership card by the 1st January 2010. Your membership card will be distributed with the Winter edition of Focus in late December.

There are three methods of renewing your membership:

DIRECT DEBIT
If you currently renew by Direct Debit, please notify the National Office of any alterations to your membership details by Friday 20th November 2009. We will use the bank details that you have already provided to debit your account by the amount shown on the renewal notice on, or around the 27th November 2009.

CHEQUE
If you do not currently renew by direct debit, your renewal form and cheque should be returned by Monday 7th December 2009 to the National Office.

ONLINE
You are also able to renew your membership online. To do so, visit our website and log in with your username and password which has been sent out previously. If you have mislaid or forgotten any of your login details please contact the National Office. You must renew by Monday 7th December 2009.



STUDENT MEMBERSHIP
If you are currently a full time student, you are able to renew your membership at the junior membership rate. Please return your amended renewal form, evidence of your full time student status and payment by cheque to the National office.

Nicole Mckenna, Membership Secretary - info@britishorienteering.org.uk

British Orienteering will provide for the sport and members:

- GENERAL SUPPORT:**
- Ensure an effective Governance structure is in place
 - Work with Sports Councils to secure funding
 - Create policies and procedures to ensure the health and safety of competitors
 - Create policies and procedures to keep children and vulnerable adults safe
 - Provide information and advice to members, clubs, non-members and external organisations
 - Communicate to our members through Focus magazine and the website
 - Raise the national profile of orienteering
 - Provide advice and support to members, Clubs and Associations

- In pursuit of our VISION for...**
- MORE PEOPLE:**
- Aim to increase the number of participants
 - Aim to increase the number of opportunities available to learn and participate in orienteering
 - Increase the number of schools teaching orienteering
 - Support clubs in making orienteering welcoming and inclusive to all
 - Support clubs in promoting orienteering locally
 - Support the development of club links with local authorities
 - Provide volunteers with training and support
 - Provide coaches with training and support

- MORE PLACES:**
- Work with national landowners such as the Forestry Commission to secure land access
 - Work with Clubs and Associations to stage national and international events
 - Support clubs in providing local orienteering opportunities that are accessible to participants.
 - Provide club event officials and mappers with training and support
 - Provide a clear participation pathway and national competition framework
 - Provide guidance to event organisers on environmental best practice

- MORE PODIUMS:**
- Focus on the development and acceleration of talented athletes
 - Deliver well-defined, appropriate talent support systems resulting in more talented performers moving on to elite programmes and success
 - Provide training opportunities for coaches who work with the talent squads
 - Provide medical support for talented athletes
 - Support elite athletes at international competitions

As National Members you receive:

- Four copies of the British Orienteering magazine, Focus, which includes the junior magazine Ozone.
- Eligibility to compete in the British Championships, JK, national, regional and local events
- Discounted entry to the JK, national, regional and local events in all Associations and significant savings (£2 per day) when entering a multi-day holiday event (such as the Scottish 6-day, Croeso or the Lakes 5-day) when held outside your own Association
- Opportunity to qualify to represent your country at international competitions
- The option to compete in a National Rankings scheme
- Access to a 'Navigational Challenge' and 'Racing Challenge' Incentive Scheme
- Public Liability Insurance when participating in events and activities registered with British Orienteering
- Papers and vote at the British Orienteering AGM
- Discounts from national companies through the member discounts scheme
- Access to a members only section of the website



British Orienteering E-learning: Volunteer Coordinator Workshop

British Orienteering has collaborated with 'runningsports' to develop an online Volunteer Coordinator workshop. The online workshop takes approximately 90 minutes to complete and is available to all of our members. British Orienteering believes that our clubs will benefit greatly from having a Volunteer Coordinator – a single contact who supports their volunteers, knows them all by name and what each of them does.

It is hoped that each club will have a minimum of two people completing the workshop in the next 12 months. 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 on the role.

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 quizzes and short essay questions.

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 a Volunteer Coordinator will help participants to play a crucial part in the future of their orienteering club. The online Volunteer Coordinator workshop can be accessed at www.britishorienteering.org.uk/elearning/. For further information please contact Steve Vernon at steve@britishorienteering.org.uk

UPDATE

WEBSITE

The British Orienteering website has been updated to include two new sections to replace and expand the content that was contained within Developing Orienteering.

INCREASING PARTICIPATION

This section is packed full of useful resources for clubs to access. The section was created to provide information and support to clubs aiming to increase participation in their area through events and activities in their local community. In particular it provides advice and information to clubs working towards providing more regular and local orienteering opportunities for beginners and newcomers. This concept of 'Community O' has been successful in many of the 'Participation Project Clubs' and a lot of useful findings and ideas have come from the work they have been doing.

Also included in the 'Increasing Participation' section is information and advice on how your club can promote itself to non members, through generating PR and producing marketing materials. Contact details for British Orienteering's Development Team have also been included in this section as a large proportion of their work involves supporting your club with increasing participation in the local schools and community.



VOLUNTEER SUPPORT AND TRAINING

This section includes information on "Volunteer Support and Training" across all areas of orienteering.

Lots of useful coaching information and support including details of the Coaching Award Scheme, Licensing, Coaching Courses and Coach Education Staff can be found in this part of the website.

The support and training available to controllers, mappers, organisers and planners is also contained in the "Volunteer Support and Training" section. If you are organising training courses for any of these volunteers and would like the courses advertised on these pages please email the details to info@britishorienteering.org.uk.

Support and training for other club volunteers can also be found in this section and includes details of the new online Volunteer Coordinator Workshop. We will also publish on these pages details of how to nominate people for our volunteer awards and a list of past recipients.

Funds Available

British Orienteering clubs and associations have two distinct funds available to them for the support of different areas of orienteering:

- > **'O' Foundation (including Bertie and Elsie Ward Fund)** - Supporting juniors directly
- > **British Orienteering Development Fund** - Supporting the sustained and overall development of orienteering.

Affiliated clubs or associations are able to apply for these grants. Application forms can be found on the website or can be sent out by the National Office and must be accompanied by a copy of the budget for the project, copies of any other grant

applications and copies of the club/association balance sheets. Applications are assessed twice throughout the year. For more information visit www.britishorienteering.org.uk/increasing-participation/funding.php or contact Laura Martin by emailing laura@britishorienteering.org.uk

APPLICATION DATES:

Application Deadline	29th January 2010
Pre-assessment	by 5th February
Assessment	by 19th February
Payment	by 3rd March



NOTICE BOARD

The Annual Coaching Conference is to be held at Lilleshall National Sports Conference Centre from the 5th - 7th February 2010. Further information on coaching and courses can be found in the 'Volunteer Support & Training' section of the website.

There will be 13 'GROW' participation projects running from fixed venues during the autumn term. All venues will be close to schools and clubs will hope to attract children and their parents through targeted publicity.

Club Treasurers can now enter levy online. If you are not already registered email caroline@britishorienteering.org.uk

Earlier this summer Walton Chasers and Harlequins successfully renewed their Clubmark accreditation.

Forty six coach training bursaries were awarded in the first half of 2009 using Sport England grant money to assist clubs to train new coaches. As clubs offer more coaching to their members we hope that this will help individuals to improve and stay in the sport.

All events and activities (including coaching) must be registered with British Orienteering to be covered by our Public Liability Insurance. Registration of events takes place online by designated Club Fixtures Secretaries. If you would like to add additional Club Event Fixtures Secretaries (2 maximum) or additional Club Activity Fixtures Secretaries (3 maximum) please email caroline@britishorienteering.org.uk

Old kites and punches are needed for an outdoor centre in Burundi. If you can donate any equipment please contact Fran Stone (Barro) via the National office.

The Harlequins and Northumberland & Tyneside clubs staged six consecutive weeks of Saturday activity sessions which were held in a park aimed at new family participants and had an average of eight adults and fourteen children attending over the series - these 'GROW' projects were funded with Sport England grants.

Club AGMs - Don't forget to let the National Office know about any changes to your Club Officials. Email details to info@britishorienteering.org.uk

Sports Clubs to Receive More Funding

Help is now on the way for community sports clubs with the launch of a brand new TV Game, BingoLotto, which will bring much needed funding to sports clubs across the UK.

There is massive potential for BingoLotto to raise millions of pounds for UK sports. The programme originates in Sweden and since it started 15 years ago just under £1 billion has been raised for sports clubs and charities.

BingoLotto is a live TV game that will air weekly on Virgin 1 from the 13th September 2009. Participants will be able to buy a gamecard for £2 from any Tesco till point in Britain allowing them to play alongside the TV game that offers multiple chances to play and win throughout the hour long TV game.



For every gamecard sold, a fantastic 20% will be donated to UK good causes. More than 130 governing bodies of sport, including British Orienteering will receive funding through BingoLotto. British Orienteering will then ensure clubs benefit from this exciting new initiative. Further information is available at www.bingolotto.tv



WORLD ORIENTEERING CHAMPIONSHIPS

16th – 23rd August, Hungary // Reports by Richard Baxter and Gareth Candy

MIDDLE RACE

The 2009 World Orienteering Championships (WOC) opened with mixed fortunes for the British team with only Rachael Elder and Oli Johnson qualifying for the final.

Veteran of seven championships and current British Long Champion, Johnson felt unusually nervous at the start of the race having missed qualifying in last year's middle distance by only one second. "At first sight the course looked straightforward with very fast running and good visibility. However there were big hills, big climbs and diagonal legs across slopes with very few features. It was easy to miss and on the steep slopes mistakes were expensive in both time and places."

Qualifying for her fourth middle distance final in a row, Rachael Elder found the challenge similar, achieving a clean run through good use of her compass. "You had to believe in your bearing - if you didn't have your bearing you had nothing. Much of the forest was lightning fast but with few features on which to locate, it was easy to become overconfident and lose your exact position."

With only fifteen competitors from each heat going through to the final Matthew Crane and WOC debutante Jo Stevenson were unlucky not to qualify, missing out by 58 seconds and 28 seconds respectively. Jo said, "95% of my race went really well but I lost focus on one control which you can't do at WOC. It was disappointing to miss the final, especially when I was so close, but I know I have the ability to qualify in the future."

Matthew Speake and Helen Palmer also missed out on the final finishing in 23rd and 25th places in their heats. Helen said, "It's been a tough year of illness and injuries and despite getting back into good shape things never felt quite right. I made some mistakes with my preparation and training, and it will be fun to see what I can do once I put things right."

In the final, Rachael Elder completed a technically accomplished run to secure 26th place, her second best result ever. Rachael said, "It's the first WOC final in which I haven't made a major mistake, with only 20 seconds on route to one control and a few hesitations. The forest today was harder and more technical than the qualifier so I am pleased with the result."

Oli Johnson started well but made a significant mistake on a relatively straightforward leg which he estimates cost him maybe one and a half minutes. With another smaller miss towards the end, Oli came home in 33rd place and was left to ponder what might have been.

Oliver Johnson in the beautiful forests of Hungary. Credit: Soren Andersson

Helen Palmer was disappointed not to qualify. Credit: WOC website

MIDDLE RESULTS:

1	Dana Brozkova	CZE	37.09	+0:00
2	Marianne Andersen	NOR	37.19	+0.10
3	Simone Niggli	SUI	37.58	+0.49
26	Rachael Elder	GBR	45.32	+8.23

1	Thierry Gueorgiou	FRA	37.14	+0:00
2	Daniel Hubmann	SUI	37.42	+0.28
3	Matthias Merz	SUI	38.10	+0.56
33	Oliver Johnson	GBR	44.01	+6.47

Rachael Elder gave a great middle distance performance to finish in 26th place.

Credit: Soren Andersson

Jo Stevenson making her WOC debut. Credit: Helen Bridle

The team is generously supported by:



SPRINT RACE

Five of the six GB athletes qualified for the final with only Matt Crane missing out by just 8 seconds. Matt said, "Obviously I am bitterly disappointed to run two qualification races and not get to any finals. I'd got myself in decent shape and put in some good performances which I am pleased with, but unfortunately good wasn't enough on the day. The bar has been raised at an international level and I'm currently in a big group of guys capable of making the finals. I can see lots of ways to improve though, so I expect to be back stronger next year."

In the final it was small mistakes that cost top ten places with the course more forested and technical than expected. Graham said afterwards, "Physically I felt great but the zoo was like a maze of fences and I found one section particular unclear. A dead end in the zoo, marked as impassable with a small black line, lost myself and Scott valuable places. I guess I was pushing slightly too hard, hence I made two mistakes, but I believe it is only a matter of time before I get the top six I'm aiming for."

Although the zoo section looks relatively easy to the armchair orienteer, the impassable walls were in fact animal enclosures which in most cases the runners could see through, making it difficult to work out exactly what was where on the ground when running at high speed.

Scott Fraser was also disappointed with his run saying, "It was necessary to focus on the micro-route choice in the zoo area. I made too many small errors and the mistake in the zoo was expensive. I have more to give than this, so watch this space."

Pippa Whitehouse ran strongly throughout the course and was top British woman in 19th place. "My run went very well. The main thing I could have done better was planning ahead for the long leg as I hesitated a bit. I managed to keep calm and in control through the zoo and then once out of the zoo I was able to push hard. I'm happy with my performance but not with the place."

Despite encountering a large tiger in the zoo section, Helen Bridle managed a good run except for one silly mistake. "It was mostly what I expected. You need to make good route choices on the long legs and you needed good planning ahead in the zoo to keep flow together. And of course compass, compass, compass in the forest! The course was good fun and I had a good run except for the one mistake which cost me places, otherwise I'd be happy with my result."

British Sprint Champion Sarah Rollins had a similar experience to Scott and Graham and got caught in the same dead end. "I was too slow with my route choices and I also made a few mistakes. I missed a path in the green and my legs got quite bloody getting back on track. It was not my day and although I did some really great things I made too many errors."

SPRINT RESULTS

1	Andrey Khramov	RUS	15.10	+0:00
2	Fabian Hertner	SUI	15.36	+0.25
3	Daniel Hubmann	SUI	15.38	+0.27
17	Graham Gristwood	GBR	16.39.5	+1.28
18	Scott Fraser	GBR	16.39.6	+1.29

1	Helena Jansson	SWE	15.07	+0:00
2	Linnea Gustafsson	SWE	15.49	+0.28
3	Simone Niggli	SUI	15.54	+0.56
19	Pippa Whitehouse	GBR	16.47	+1.39
24	Helen Bridle	GBR	17.13	+2.05
29	Sarah Rollins	GBR	17.53	+2.45



SPRINT MAP

RELAY

Matthew Speake led out on 1st leg and had a good run, passing over to Graham just 40 seconds down and in touch with the leaders. Matt said, “I was slightly hesitant in places as I was scared to make a big miss. The course was really tough and hilly. I made a slight mistake early on and then attacked down the hills to catch back up.”

A strong first two thirds of the course by Graham saw him pull up from fifteenth to seventh and keep him in sight of the French runner Francois Gonon who came back in the lead. Unfortunately Graham then lost time on the intricate final loop. “I found myself struggling on the climbs on the last part of the course. My brain melted coming off the tops of the hills and I made four fifteen to thirty second mistakes. The course was much steeper and the terrain much tougher than the other forests we had been to and it didn’t really play to mine or the team’s strengths. I felt my run was respectable but there’s room for improvement.”

Scott Fraser went out hard on last leg with a good pack but made a mistake at the third control. “I saw the control’s on the other fork early, hesitated, and then lost the pack. I then missed a couple in the green halfway round.” Scott also found the hills hard and started to tire at the end. “I’m really disappointed I didn’t do the job and beat the three runners that overtook me on the way to the last control.” The team finished in 9th place.

However the men’s relay race will be remembered for what happened on that last leg for many years to come. Sweden’s Martin Johansson had taken the lead and then something strange happened. Martin’s GPS tracker showed he had stopped and then France’s Thierry

Gueorgiou appeared to go back to him. When Norway’s Anders Nordberg and Michal Smola from the Czech Republic were also shown to have stopped, everyone assumed the GPS tracking system had broken.

In fact, Martin’s leg had been skewered by a branch and he was in potentially serious trouble. He wrote on his blog, “Just after the 12th post I speeded up running downhill and suddenly something smashed my right quadriceps. Then I saw a big branch sticking out, I sat down to remove the branch, but it was not moving. I almost panicked and assumed it was going to get bloody like in a bad splatter movie. Then I saw Thierry and I yelled at him to help. Anders came seconds later and after a while Michael Smola came and he stopped instantly. I remember I told them to continue to run but they all refused. I am happy about that because during the time they helped me I passed out several times. They removed the branch and stopped the bleeding with the GPS vest and the French sweater. Thierry measured that the branch was 12 cm inside my leg. They took me down to the road and Anders ran to get some help from the arena. The ambulance then took me to the county hospital in Miskolc where they examined me and did surgery in order to clean the wound.”

We wish Martin a speedy recovery and our praise goes to the three athletes who sacrificed glory to help a fellow competitor. As the three heroes returned, the whole arena treated them to five minutes of applause. Orienteering is a sport in which we can be truly proud of our champions and in a further show of sportsmanship and respect, the top three teams declined to wear their medals during the medal ceremony.



Graham Gristwood gave his all.
Credit: Soren Andersson

In the women’s relay, Helen Bridle gave a strong confident start and thought she was in the lead on the way to the fourth control. “Then I got a little nervous and slightly off bearing. I lost 40 seconds and saw the leading pack go through. It was really frustrating and I spent the rest of the course to the spectator control fighting to catch them back up. The last loop was really tricky and I was slow and hesitant and I guess I lost time on the leaders. It was a generally good run but if I’d not made the mistake at number four I think I could have kept in touch.”

Leg two started badly for the normally consistent Rachael Elder who lost two minutes at control number one. Rachael says, “I then got flustered and made another mistake at number 3 and then made the same mistake as Helen on number 4. Things went from bad to worse further round as I missed another couple in the green. It was not a good day.”

A solid steady run from Sarah Rollins bought the team back up four places on last leg. Sarah adds, “I caught Australia and China about half way round and with the forking we played cat and mouse until the spectator control where Australia pulled away. Unfortunately I then went from 15 to 18 which dropped me back a few places but overall I’m pleased with my run.”



◀ Matt Speake led the men off on first leg.
Credit: Richard Baxter



Helen Bridle was frustrated with an early mistake.
Credit: Soren Andersson



Rachael passes over to Sarah for the final leg.
Credit: Richard Baxter

“We wish Martin Johansson a speedy recovery and our praise goes to the three athletes who sacrificed glory to help a fellow competitor. As the three heroes returned, the whole arena treated them to five minutes of applause”

MEN’S RELAY RESULTS

1st	Switzerland	2:22:48
2nd	Russia	2:25:12
3rd	Finland	2:25:14
9th	Great Britain	2:30:41

WOMEN’S RELAY RESULTS

1st	Norway	2:13:10
2nd	Sweden	2:13:28
3rd	Finland	2:15:25
11th	Great Britain	2:37:22

LONG RACE

Graham Gristwood made a fantastic start winning his heat in the long qualification, which he put down to two solid season's of winter training and more time spent in Sweden. "Training regularly in Sweden has allowed me much more time with the map and has also helped improve my strength in the terrain. It has given me a lot more confidence overall in my ability to challenge the world's best."

Scott Fraser, also qualified easily in 8th place by taking an aggressive approach to finding the small and isolated point features. "My route wasn't perfect but attacking the controls on the steep slopes definitely paid off."

Rhodri Buffett, in his first year as a senior, was given the first start of the day and unfortunately missed qualifying for the final. "I wasn't too sure how to feel, having been given the first start of the day, but I turned it into a positive and just made sure I controlled what I could. Unfortunately I didn't qualify this time, but I'm already looking forward to next year!"

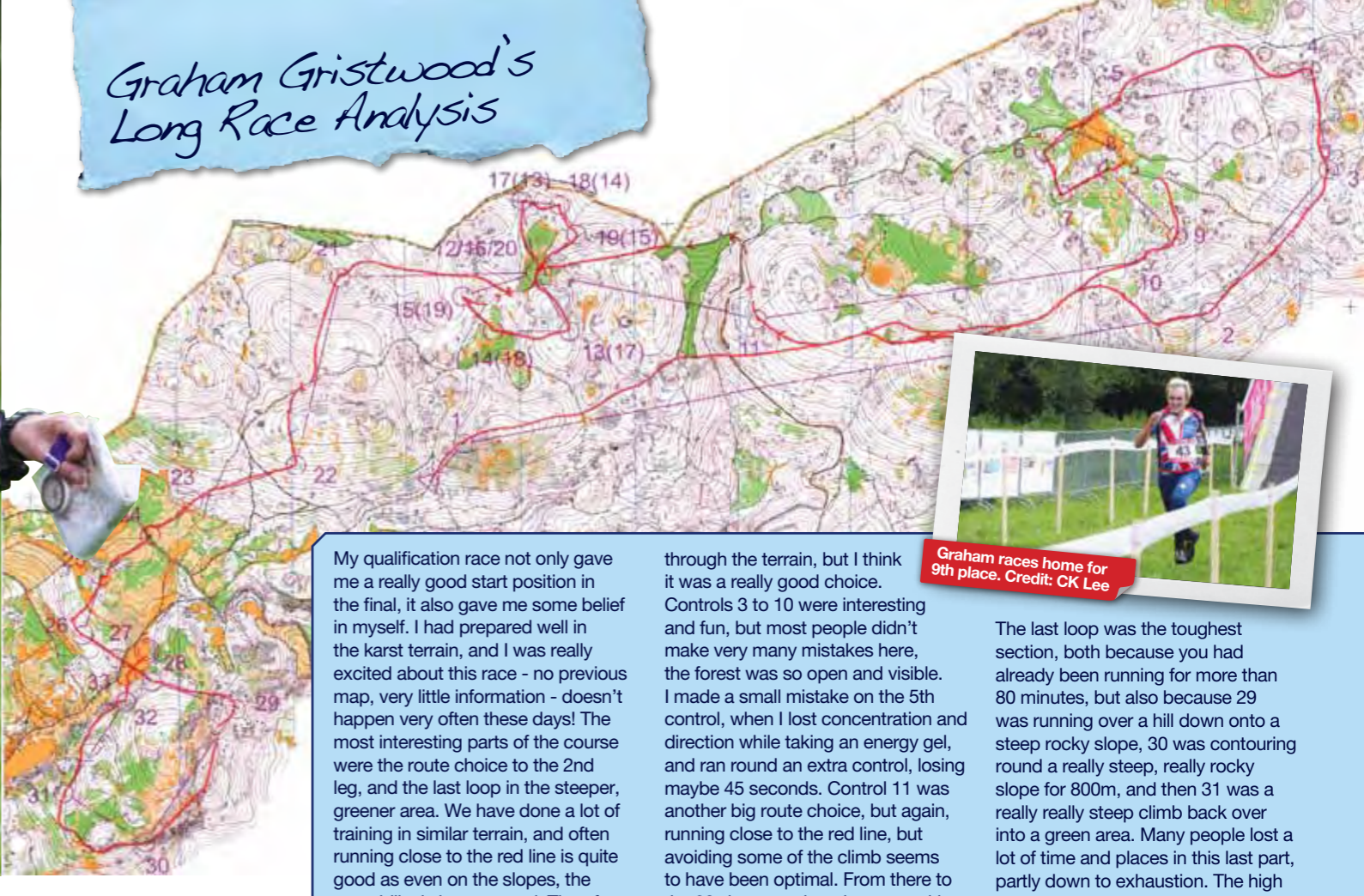
Sarah Rollins, 16th in the long distance last year and the current British Middle and Sprint champion ran a safe steady race producing a clean run to qualify in 13th place.

Starting alongside multiple World Champion Simone Niggli gave Helen Bridle the confidence she needed round the first part of the course to finish in 13th place. "I saw Simone towards the end of the first long leg and later on the way between 2 and 3, so I knew I was going at a pace that would qualify." Unfortunately Pippa Whitehouse missed qualification by four places.



Graham worked hard for a top 10 finish
Credit: Richard Baxter

Graham Gristwood's Long Race Analysis



My qualification race not only gave me a really good start position in the final, it also gave me some belief in myself. I had prepared well in the karst terrain, and I was really excited about this race - no previous map, very little information - doesn't happen very often these days! The most interesting parts of the course were the route choice to the 2nd leg, and the last loop in the steeper, greener area. We have done a lot of training in similar terrain, and often running close to the red line is quite good as even on the slopes, the runnability is just so good. Therefore I chose the straightish route, maybe with a little extra climb, but no really steep climbs, and quite a nice attack point for the control.

My execution was not perfect, a few times I could have taken better lines

through the terrain, but I think it was a really good choice. Controls 3 to 10 were interesting and fun, but most people didn't make very many mistakes here, the forest was so open and visible. I made a small mistake on the 5th control, when I lost concentration and direction while taking an energy gel, and ran round an extra control, losing maybe 45 seconds. Control 11 was another big route choice, but again, running close to the red line, but avoiding some of the climb seems to have been optimal. From there to the 23rd was again quite easy, with great visibility and runnability. 24 to 26 offered something a little different, with some semi-open scrubby terrain. That was quite a contrast, and it could have been quite easy to make mistakes there.



Graham races home for 9th place.
Credit: CK Lee

The last loop was the toughest section, both because you had already been running for more than 80 minutes, but also because 29 was running over a hill down onto a steep rocky slope, 30 was contouring round a really steep, really rocky slope for 800m, and then 31 was a really really steep climb back over into a green area. Many people lost a lot of time and places in this last part, partly down to exhaustion. The high training volume I managed through the last year meant that although I felt terrible, I actually ran quite strongly taking some places here. 9th place exceeded my expectations though, and now I have to set some new goals for World Champs next year!



Rhodri Buffett made his WOC debut in the long.
Credit: Richard Baxter



Sarah Rollins in action
Credit: Richard Baxter

In the final Graham Gristwood ran a fantastic race to finish in 9th place, an equal second best ever result for Britain in the long distance with only Jamie Stevenson better in eighth.

Graham said, "The forest was spot on for me with everything I was expecting and hoping for. It had great visibility and fast runability and except for the end, was not too rocky or steep. I didn't want to go too far from the red line or do too much climb. I aimed for the hilltops and cols for better runnability and tried to avoid running on the slopes."

"It was great to race head to head with Thierry and I have to admit I went quicker when he caught me. Unfortunately he got away on the final steep section but he's got a few years stamina on me, so I reckon I can get to that level soon. At the top of the climb I heard commentator Per Forsberg saying I was on for a top ten and that really pushed me to the line."

Scott Fraser was disappointed with his result saying "I started poorly on the first long route choice and was unable to recover from this early setback."

After a long tough race a smiling Helen Bridle reflected, "You've got to be spot on with your compass in this type of terrain. I lost some time early on in a patch of green and then on the last loop which was really steep and difficult but I'm happy with a good run."

After a strong final loop a happy Sarah Rollins said, "I'm very satisfied with this race. I lost 60 seconds on a silly mistake at a road crossing but otherwise I was clean. The forest was beautiful and the course was excellent with a really tricky last loop."

It was Switzerland's Simone Niggli's who once again proved her pedigree winning her 13th individual Gold Medal and her 5th in the Long Distance.



Helen Bridle was happy with a good run.
Credit: Soren Andersson

LONG RESULTS:					
1	Daniel Hubmann	SUI	1.36.31	+0:00	
2	Thierry Gueorgiou	FRA	1.38.26	+1.55	
3	Mikhail Mamleev	ITA	1.40.40	+4.09	
9	Graham Gristwood	GBR	1.43.49	+7.18	
40	Scott Fraser	GBR	1.54.21	+17.50	
1	Simone Niggli	SUI	1.17.26	+0:00	
2	Marianne Andersen	NOR	1.19.17	+1.51	
3	Minna Kaupi	FIN	1.19.36	+2.10	
28	Sarah Rollins	GBR	1.33.23	+15.57	
33	Helen Bridle	GBR	1.35.33	+18.07	



Scott in action out in the forest
Credit: Soren Andersson



Steven Hale (Coach), Juliette Wickham (Physiotherapist), Dave Rollins (Team Manager) and Gareth Candy (International Programme Director)

Gareth Candy, International Programme Director says,

“It was a new look British team which headed to Miskolc for the 2009 World Orienteering Championships to take on the best in the world and test themselves against the Hungarian terrain. After a week of highs and lows, including the drama of the men’s relay, the team left Hungary with a bunch of solid, if not spectacular results and an ambition for greater success in Trondheim next year.

With Jamie Stevenson retiring from International competitions earlier this year there were some big shoes to fill in this year's team and it was particularly satisfying to see Graham Gristwood stepping up and putting in a string of world-class performances in the long distance, sprint and relay. The highlight was the long distance where Gristwood

qualified fastest in his heat, ahead of three former World Champions, and went on to equal Britain's second best ever result in the men's long distance with 9th place in the final.

With the absence of some of 2008's star performers it was certainly a reminder of the importance of Talent Development and the

need to develop the next generation of medal winning athletes. Since beginning work only a few short months ago, British Orienteering's National Talent Manager Sarah Hague has made a great start on this. Several changes are already being made including changing the name and format of the old Start Squad and looking at the important and key links and interfaces between clubs, regions and national programmes and between senior and junior programmes. The changes will be covered in more depth in the next edition of Focus.

The World Championships in Hungary were certainly memorable even without any podium performances by the British Team and has set a benchmark and foundation which the team will build on in Norway, France and Switzerland as they strive for greater success.

The 2009 World Champs Team

Top Row: Jo Stevenson, Helen Bridle, Helen Palmer, Rachael Elder, Sarah Rollins, Pippa Whitehouse
Bottom Row: Rhodri Buffet, Scott Fraser, Oli Johnson, Graham Gristwood, Matt Crane, Matt Speake



Why Review Your Season?



Effective Season Analysis can be used to improve all levels of performance - Credit Soren Andersson

Sarah Hague, British Orienteering's National Talent Manager discusses how season analysis can improve your performance.

The development of performance in competition is achieved through a training process that is designed to induce automation of motor skills and enhance structural and metabolic functions of the body. Furthermore, within the training process, overcoming training and competition stresses promotes will-power, self confidence and tolerance for higher training and competition demands. This indicates that training represents the physical, technical, intellectual and psychological preparation of an athlete through physical and mental training, where the long-term goal of an athletic career should be sport mastery defined as consistent, successful, senior competitive performance.

Over many years of organised systematic training, an athlete can develop their general fitness and acquire sport skills, which with planned peaking, should result in a high level of performance. From this we can infer that, the key to an athlete realising their potential is to understand their training. For once you understand how to train effectively not only should you improve, but it is thought that you will enjoy yourself far more in the process.

To achieve optimum performances as an orienteer many hours of training have to be fitted around school, work, family and the daily chores that make up life. Technique must be trained to perfection. The higher an athlete's level of technique the less energy they require to perform it. Because endurance is an important component of orienteering, technical proficiency increases the athlete's physical efficiency. For equal performance, a good tech

experiences a lower level of fatigue. It is absolutely critical therefore, that training should be as efficient as possible, with little or no wastage of time and/or effort. Consequently, the planning of each training week and month is vital if you want to achieve optimum performance.

In order to establish a system to truly push the limits of performance, a formal systematic evaluation and planning process should occur at the end of each season. The process rotates from initial planning, implementation, training, performance and evaluation to the formulation of the next new plan. When evaluating both the training and performance parameters, the following questions, although not exhaustive, can assist in the development of a new plan:

- What were the objectives of the previous plan?
- What actually happened and were the objectives met?
- What was learned?
- What should be done next to sustain/ develop strengths and improve weaknesses?
- Who needs to be informed about the new plan and strategies of training?

In conclusion, without this systematic approach, the long-plan will not lead to optimum performance and will certainly obstruct the ability to repeat the series of events and conditions that led to a peak performance in subsequent cycles.

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JON DUNCAN WINS AT JUKOLA

World Relay Champion Jon Duncan became only the second British athlete (behind Richard Jones) to be in a winning Jukola team. Jon ran the first leg for Kristiansand OK and did the perfect job for the team handing over in 4th place and in touch with the leaders.



Nordic Championships

BY GARETH CANDY

Oli Johnson once again proved his long distance credentials with 29th place in the Open Nordic Orienteering Championships closely followed by Matt Speake in 33rd. Helen Bridle was our top woman in 35th, closely followed by Sarah Rollins in 36th.

Swiss runners Daniel Hubmann and Matthias Merz took 1st and 2nd places with Frenchman Thierry Gueorgiou in 3rd. Finland continued their good form in the women's race from last years World Champs with Minna Kauppi winning in front of Merja Rantanen and Anne Margrethe Hausken of Norway.

In the Relays it was Sweden who dominated winning both the men's and women's classes. It was not a great day for the British Teams, finishing 12th in the women's race and 14th in the mens.

Helen Bridle got the second women's relay team off to a great start, finishing the first leg in 6th place, Helen Palmer then had a strong run to send Karen Poole off in 8th place on the last leg with the team finishing in 12th. In the first team Pippa Whitehouse suffered a torn calf muscle at the far point of the course scuppering any chances of a top result for the team. Rachael Elder and Sarah Rollins finished strongly despite running at the tail of the field.

Matt Speake ran strongly for the men's second team to send them out in touch with the leaders whilst Oli Johnson lost a little time on his first leg. Graham Gristwood and Scott Fraser ran strongly on second and third legs to overhaul the British second team but couldn't bring the first team back into contention.

In the Middle race, Rachael Elder was the top performer with a strong 37th position. Elder was challenging for a top 30 place but two 30 second mistakes cost her a better result. Helen Palmer was next in 52nd, closely followed by Helen Bridle, Sarah Rollins and Heather Gardner.

Matthew Speake was the best male in 60th place, followed by Oli Johnson and Matthew Crane. It was a good day for Sweden with Peter Oberg and Helena Jansson winning the men's and women's races.

In the sprint race, qualification was particularly tough with only the top 10 from each heat going through to the final. Sarah Rollins and Helen Bridle both qualified and finished in 20th and 27th places respectively.

Daniel Hubmann continued his outstanding form to win the men's race, followed by Andrey Khramov and Thierry Gueorgiou. Minna Kauppi won the women's race in front of Anne Margrethe Hausken and Marianne Anderson.

Ozone

Issue 11 - Autumn 2009

FOR JUNIOR



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www.britishorienteering.org.uk/ozone

Junior World CHAMPIONSHIPS

Report by Sarah Hague
Photos by Richard Baxter

Based around Primiero, high up in the Italian Dolomites, this years Junior World Orienteering Championships (JWOC) was contested by a total of 315 runners from 34 countries. Great Britain was one of the 13 countries that sent a full team of runners (6 men and 6 women).

The terrains for the middle distance, long distance and relay races were typical alpine ones, whereby the forests mainly consisted of coniferous woods with good visibility. The main characteristics of these forests were steep slopes which were rocky and full of contour detail making the runability at times, slow due to the stony ground and the undergrowth vegetation. The relay terrain additionally included open meadows and scattered woodlands. The sprint area was situated in the towns of Mezzano and Imer, consisting of many old buildings and little passages, as well as fields.

SPRINT RACE

The sprint final was the first race of the JWOC 2009 campaign and Team GBR had some outstanding prospects for the sprint final including last years EYOC M18 champion Kris Jones and Ralph Street who was 4th at the British Elite Sprint Championships. Unfortunately the team posted a set of mixed results whereby none of the athletes were happy with their runs. In the women's race, Anne Edwards (33rd) and Mairead Rocke (35th) both said they had "steady runs", whilst the other girls were extremely disappointed and afterwards said that "It was very challenging, you had to be careful all the time".

Jenny Lönnkvist (SWE) grabbed the gold with an impressive margin of 28 seconds and was 1 minute faster than the estimated winner's time. By winning gold in the JWOC sprint, Lönnkvist now has a gold JWOC medal in all four disciplines. Tereza Novotna (CZE) and Ida Bobach (DEN) both finished in a time of 14:02 and as a result shared the silver medal. In the men's race the Swiss dominated the medals with Matthias Kyburz taking the gold and Martin Hubmann (SUI) taking the bronze just two seconds behind Nykodym (CZE). The GB men were left feeling their runs could have been improved with Kris Jones (25th) and Ralph Street (32nd) the top performers.

LONG RACE

The day of the long race dawned warm, bright and sunny in the valley of Primiero, but up at Passo Rolle (2000m) where the long race was to be contested, reports of bad weather conditions were received. As a result, all of the athletes had to cope with some adverse weather conditions which included thunder and lightning during the race. Therefore, whilst the long race involved a lot of slope orienteering over rocky terrain, the weather contributed to making the race even more challenging. However, these conditions didn't distract Team GBR who delivered a solid set of performances and achieved some great results, most notably Anne Edwards who finished in an impressive 12th place. Furthermore, Hollie Orr finished 24th just 45 seconds outside of the top 20 and Hector Haines, finished 21st only 15 seconds down on securing a top 20 place.

In the men's race Gustav Bergman (SWE) was one of the favorites for the long race and in taking the gold, he "crushed" his opponents by more than 3 minutes. Søren Bobach (DEN) finished 3:24 behind Bergman taking the silver and Martin Hubmann (SUI), the bronze medalist of the sprint race, finished only 6 seconds behind Bobach, claiming his second bronze medal of JWOC 2009. Whilst her brother took silver in the men's long race, Ida Bobach (DEN) went one better and won the gold medal. The sprint race gold medalist Jenny Lönnkvist (SWE) finished in second place and Marika Teini (FIN) finished in third.



Anne finished in an outstanding 12th place

MIDDLE RACE

In the middle qualification race the women continued the success of last year with five out of six athlete's qualifying for the 'A' final. Unfortunately, the men couldn't match that with only one out of five athletes (Ralph DNS due to injury) making the 'A' final. The best performance of the day went to Hector Haines who finished 5th in heat B, whilst the best of the women qualifiers was Anne Edwards, 8th in heat B.

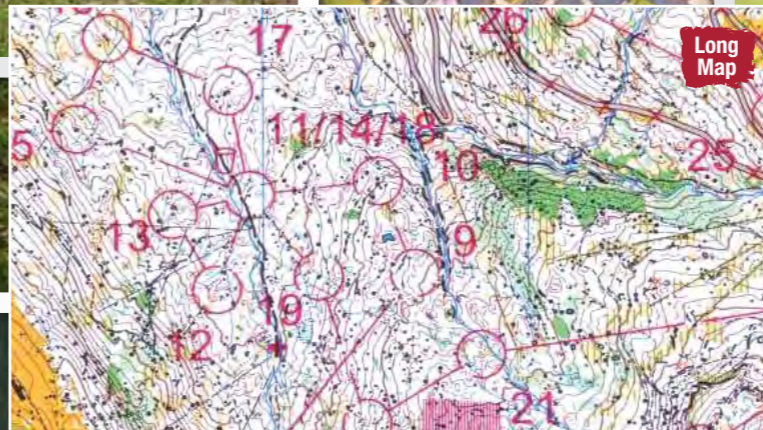
Due to the excellent performances in the middle qualification race, expectations were high for the middle final. The athletes didn't disappoint and the women delivered a set of unprecedented results in the Dolomite forests around San Martino de Castrozza with all five who qualified for the A final finishing within the top 30. The courses, which offered technical challenges throughout, but especially in the last 1km, required the athletes to adopt a disciplined approach from the outset. According to the athletes, "the middle final race was not as fast as the middle qualification race, but definitely more technical, involving constant concentration and changes in speed; very hilly in the beginning and especially tricky in the end".

Anne Edwards, carried her form through from the long race and finished in an outstanding 12th place, only 2 minutes down on the leader. Hollie Orr achieved her best result to date, a 14th place and only 5 seconds behind Anne. Hazel Wright, Julia Blomquist and Alice Butt also achieved their best results to date and, with only 11 seconds separating the three athletes they finished in 25th, 26th and 29th respectively. In the men's race, Hector Haines who was the only man to qualify for the 'A' final ran to a well deserved 16th place. This equaled his best result which he achieved last year in Sweden in the

Hector Haines



Ralph Street in the sprint



Long Map

long race. Kris Jones ran well in the 'B' final to finish 3rd overall.

In the men's race, Olli-Markus Taivainen (FIN) taking part in his fifth and last JWOC finally got his first foot-orienteering JWOC medal and it was gold. The Finn from Lapland is the undisputed 'king' of the Ski-Junior World Orienteering Championships winning 4 gold medals and whilst he has taken part in Foot-O JWOC since 2005, he has never achieved a medal. Silver went to Philipp Sauter (SUI), who also achieved his first ever medal and last year's silver medalist from the middle race, Ulf Forseth Indgaard (NOR) won bronze.

Disqualified in the sprint race for skipping a control and 52nd in the long race, Tove Alexandersson (SWE), still only 16, made amends for her previous disappointments by taking gold in the women's race. Britt Ingunn Nydal (NOR) finished only 18 seconds behind in second place, leaving Ida Bobach (DEN) to claim her third medal of the championships, a further 17 seconds down.

RELAY

Anne, Hector and Hollie were looking forward to running in their last international races as juniors. In the women's race Britt Ingunn Nydal (NOR), the silver medalist from the middle race handed over in first place, closely

followed by Beata Falk (SWE). Fiona Kirk (SUI) and Emma Klingenberg (DEN) handed over about 1 minute behind. A further 3 minutes behind, Hollie Orr who was in a pack which included athletes from Norway and Finland handed over to Alice Butt. During the second leg, Anna Forsberg (SWE) took over the lead and created a 2 minute lead over Elen Katrine Skjerve (NOR). Skjerve handed over 2:20 minutes behind Sweden and 36 seconds ahead of Ida Bobach (DEN). Alice Butt had a solid run and handed over to Anne Edwards just over 5 minutes down and in 8th position (6th nation).

During the last leg the team positions changed and Julia Gross (SUI) moved her team up from 4th position at the hand over to finish first, 1:47 minutes ahead of Mari Jevne Arnesen (NOR). Signe Klinting (DEN) took the bronze only 10 seconds behind Norway. Anne Edwards made an unaccustomed mistake in the final loop and bought her team home in 9th position (7th nation) and therefore narrowly missed a podium place.

In the men's race Sweden dominated the first leg. Olle Boström (SWE) and Jerkel Lysell (SWE) were in the lead, with Thibaut Poupard (FRA) just 1 second behind. The chasing group – Norway, Denmark and Latvia followed a further 20 seconds behind. Kris Jones had a steady run and handed over

only 2:26 minutes down. The Swiss team was almost 1 minute behind at the hand over, but Matthias Kyburz (SUI), who was the gold medalist from the sprint race, did an excellent job and took the lead at the third radio control. He continued to create a "comfortable" lead for their final runner Martin Hubmann (SUI). The Norwegian team changed over in third position, 17 seconds behind the two teams from Sweden who were 1:40 minutes down on the leading team from Switzerland.

At this stage Ralph Street, who was running on the second leg, found the going tough because of the ankle injury he sustained earlier in the week, whilst Alasdair McLeod produced yet another solid race and brought GBR2 home ahead of GBR1. However, both teams were nearly 15 minutes down on the leading teams and therefore out of contention.

After showing his strength earlier on in the week during the long race, Gustav Bergman (SWE) ran outstandingly on the last leg. Bergman was about 1.40 behind at the hand over but he caught Hubmann during the early stages of the last leg. Bergman continued to increase the lead in the hilly part of the course and finished 43 seconds ahead of Hubmann, taking his second gold of JWOC 2009. Martin Hubmann (SUI) finished in second position taking the silver and Søren Bobach (DEN) finished third.



Sprint Map



Hollie Orr in her last JWOC

RESULTS

Sprint Race Women's Results

1. Jenny Lönnkvist SWE 13:3
2. Tereza Novotna CZE 14:02
2. Ida Bobach DEN 14:02
33. Anne Edwards 15:28
35. Mairead Rocke 15:35
66. Hollie Orr 16:58
76. Alice Butt 17:15
77. Julia Blomquist 17:16
78. Hazel Wright 17:22

Sprint Race Men's Results

1. Matthias Kyburz SUI 14:43
2. Milos Nykodym CZE 14:56
3. Martin Hubmann SUI 14:58
25. Kris Jones 16:11
32. Ralph Street 16:20
56. Hector Haines 16:58
103. Peter Hodgkinson 18:03
118. Matt Halliday 18:43
- DSQ. Alasdair McLeod

Long Race Women's Results

1. Ida Bobach DEN 54:12
2. Jenny Lönnkvist SWE 55:33
3. Marika Teini FIN 56:28
12. Anne Edwards 1:00:57
24. Hollie Orr 1:03:20
30. Alice Butt 1:04:45
41. Hazel Wright 1:09:29
76. Julia Blomquist 1:28:24
106. Mairead Rocke 2:05:28

Long Race Men's Results

1. Gustav Bergman SWE 1:05:55
2. Søren Bobach DEN 1:09:19
3. Martin Hubmann SUI 1:09:25
21. Hector Haines 1:22:27
41. Alasdair McLeod 1:31:14
42. Peter Hodgkinson 1:31:19
59. Matt Halliday 1:34:50
89. Kris Jones 1:44:07
- DNF. Ralph Street

Middle Race Women's Results

1. Tove Alexandersson SWE 23:24
2. Britt Ingunn Nydal NOR 23:42
3. Ida Bobach DEN 23:59
12. Anne Edwards 25:20
14. Hollie Orr 25:25
25. Hazel Wright 27:23
26. Julia Blomquist 27:30
29. Alice Butt 27:34

Middle Race Men's Results

1. Olli-Markus Taivainen FIN 26:21
2. Philipp Sauter SUI 27:00
3. Ulf Forseth Indgaard NOR 27:39
16. Hector Haines 30:33

Relay Women's Results

1. Switzerland (Fiona Kirk, Sophie Tritschler and Julia Gross) 1:44:42
2. Norway (Ingunn Britt Nydal, Elen Katrine Skjerve and Mari Jevne Arnesen) 1:46:29
3. Denmark (Emma Klingenberg, Ida Bobach and Signe Klinting) 1:46:39
9. GBR1 (Hollie Orr, Alice Butt, Anne Edwards) 1:55:01 – 7th Nation
19. GBR2 (Hazel Wright, Julia Blomquist, Mairead Rocke) 2:01:45

Relay Mens Results

1. Sweden (Olle Boström, Albin Ridefelt and Gustav Bergman) 2:08:51
2. Switzerland (Philipp Sauter, Matthias Kyburz and Martin Hubmann) 2:09:34
3. Denmark (Marius Thrane Ødum, Rasmus Thrane Hansen and Søren Bobach) 2:12:03
23. GBR2 (Peter Hodgkinson, Alasdair McLeod, Matt Halliday). 2:30:57
27. GBR1 (Kris Jones, Ralph Street, Hector Haines) 2:33:49

Alice in the tough, hilly terrain



European Youth Orienteering Championships

- Report by Toni O'Donovan / Photos by Steve McLean

Twelve athletes travelled to Kopaonik in Serbia for the 2009 European Youth Orienteering Championships. The athlete village was based at a ski resort five hours south of Belgrade and while incredible picturesque, the journey there was torturous. Only two of the athletes had previously competed for Great Britain and many of the juniors found their debut in a GBR top very daunting. The competition comprised of a long, relay and sprint competition and had all the trappings of the other major international competitions (start draws, model events, quarantine, warm up maps, silent start etc). Having experienced this type of event will undoubtedly set these juniors in good stead for future internationals.



The EYOC Team



Jessica, Rebecca and Charlotte straight after the relay



Florence Haines on the run in



Jamie Stevenson ran a fantastic first leg

The terrain for the long distance was challenging with steep bouldery hillsides and varied vegetation. Many of the athletes set high expectations for themselves and unfortunately many found the pressure got to them and tried to do something different/better than usual. Many were frustrated that one or two errors disrupted a good run and cost them valuable time. Jonny Crickmore, who already has a previous EYOC under his belt, raced very well after early problems, proving his ability on the European stage and finishing 11th. Aine was top of the W16 in 24th place. The primary goal for the team is gaining experience racing at international level and it seemed that many of the athletes learned an awful lot from the mistakes made in the first race.

Before the relay, each team spent some time considering how they would approach the terrain differently and not be afraid to slow

down. Charlotte gave an expert demonstration of this as she ran first leg on the W18 relay team. She took her time out of the start dropping to the back of the field and planning ahead, giving the technical terrain proper respect. She had a superb run moving gradually through the field and returning in second place, a fantastic result, particularly given that she was running up a class. There were many other notable performances with Jamie also returning 2nd on M18 and Florence posting the fastest time on second leg W16. The supportive atmosphere in the camp was fantastic with the athletes really cheering on their team mates through the spectator controls and the finish with the W16 and W18 teams both finishing in 7th, M18 finishing in 8th and M16 in 15th.

The athletes seemed to really gel and develop a team spirit at the relay and were obviously buoyed up seeing some of their team mates producing such excellent performances. This positivity fuelled excitement for the sprint distance on the final day.

The courses started in the surrounding low visibility forest which proved to be very technical at sprint speeds before switching to a more urban environment in the ski apartments complex. This caused numerous navigational problems under speed and pressure and many athletes were disappointed by mistakes irrespective of their result.



Peter Bray in the relay

However the GB team finished on a high with several top performances in the sprint. In every class at least one athlete achieved a top performance. Jonny achieved a magnificent 5th place in M16, Charlotte was 8th in W16, Jamie 10th in M18 just 0:54 behind the winner and Rebecca was 14th in W18.

Although results are not at the heart of the EYOC experience, in technical terrain it can

be helpful to use results to put a mistake into perspective, as athletes from all nationalities struggled with the terrain.

The high technical expectations the athletes have for their runs is very admirable and as Team Manager I was very impressed by the professional attitude of the team. The mutual support when friends were disappointed with their run was superb and made our job much easier as coaches. The debrief highlighted the many lessons learned from EYOC and the athletes are looking forward to putting this to good use in future international races.

Great Britain finished 9th of 27 countries in the Nations Cup competition.

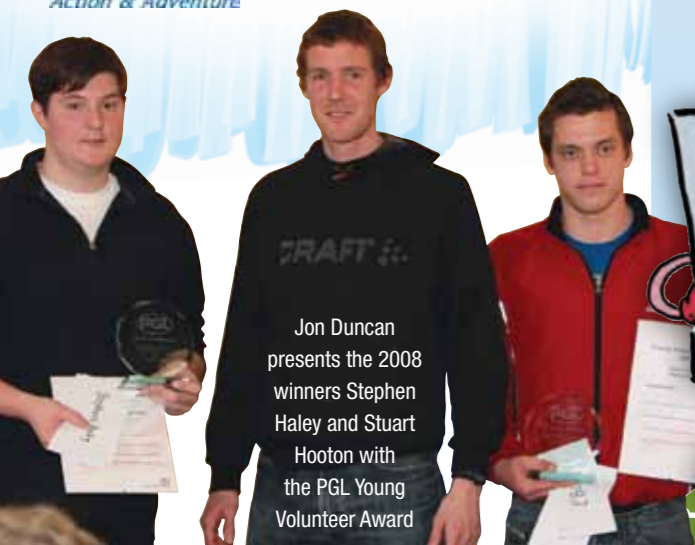


Jonathan Crickmore's route on the sprint



Finlay Langan in action

Full results available at www.eyoc2009.org



Jon Duncan presents the 2008 winners Stephen Haley and Stuart Hooton with the PGL Young Volunteer Award

The PGL Young Volunteer Award scheme aims to offer an incentive for young people to get involved with volunteering within orienteering clubs. It is hoped that an increase in young volunteers will provide relief to the already strained volunteer sector within British Orienteering Clubs and encourage juniors to get involved with all aspects of the sport.

The junior volunteers will also be able to develop vital skills that will help them in the future and be seen positively by higher education and potential employers.

An increase in volunteers should also impact on the amount of time available for clubs to implement plans for increasing participation within the sport.

The award winners will be decided after the deadline at the end of January each year and presented with their awards at the AGM. The committee to judge the nominations will consist of Hilary Palmer (Development Manager), Steve Vernon (Participation Manager) and Caroline Povey (Marketing Manager).

Each award winner will receive a glass trophy and a cheque for £150. The Club will also receive a cheque for £50 to spend on junior development.

There will be two awards:

1. Outstanding Contribution at Club Level
2. Outstanding Contribution at National Level

British Orienteering are looking for young people who have:

- Shown innovation or creativity in their volunteering
- Demonstrated leadership within their role as a volunteer
- Volunteered with energy, commitment and enthusiasm
- Demonstrated a willingness to develop their talents into new areas

Additional Guidelines:

- Volunteers must be unpaid
- Must be members of British Orienteering
- Anyone can nominate a person for an Award

Nomination Forms can be found at:
britishorienteering.org.uk/downloads/volunteersupport.php

For further information please contact
Steve Vernon at steve@britishorienteering.org.uk

Orienteering Games & Tips



Charlie Compass asks...
Why should I reflect on my orienteering season?

Clive Control says,

The main reason to reflect on your orienteering season is to enhance your future performances. An optimal performance requires the integration of technical, physical, psychological and tactical components. Therefore, by reviewing why your orienteering races this season went well or didn't go so well, you should be able to identify what your technical and physical strengths and weaknesses are. You will then be able to design a training programme that should enhance your performances for next season and for the following subsequent seasons.



Some of last year's winners

National School Competitions

Don't forget to enter the 2009 School Orienteering Championships. There are two events this Autumn that are open to all schools to send teams from years 5 through to year 13.

British Schools Score Championships

Saturday 10th October 2009

Venue: Hylands Park, Chelmsford, Essex
For further information email Robert Parkinson at bssoc09@stragglers.info or visit www.stragglers.info/bssoc09/

British Schools Orienteering Championships

Sunday 22nd November 2009

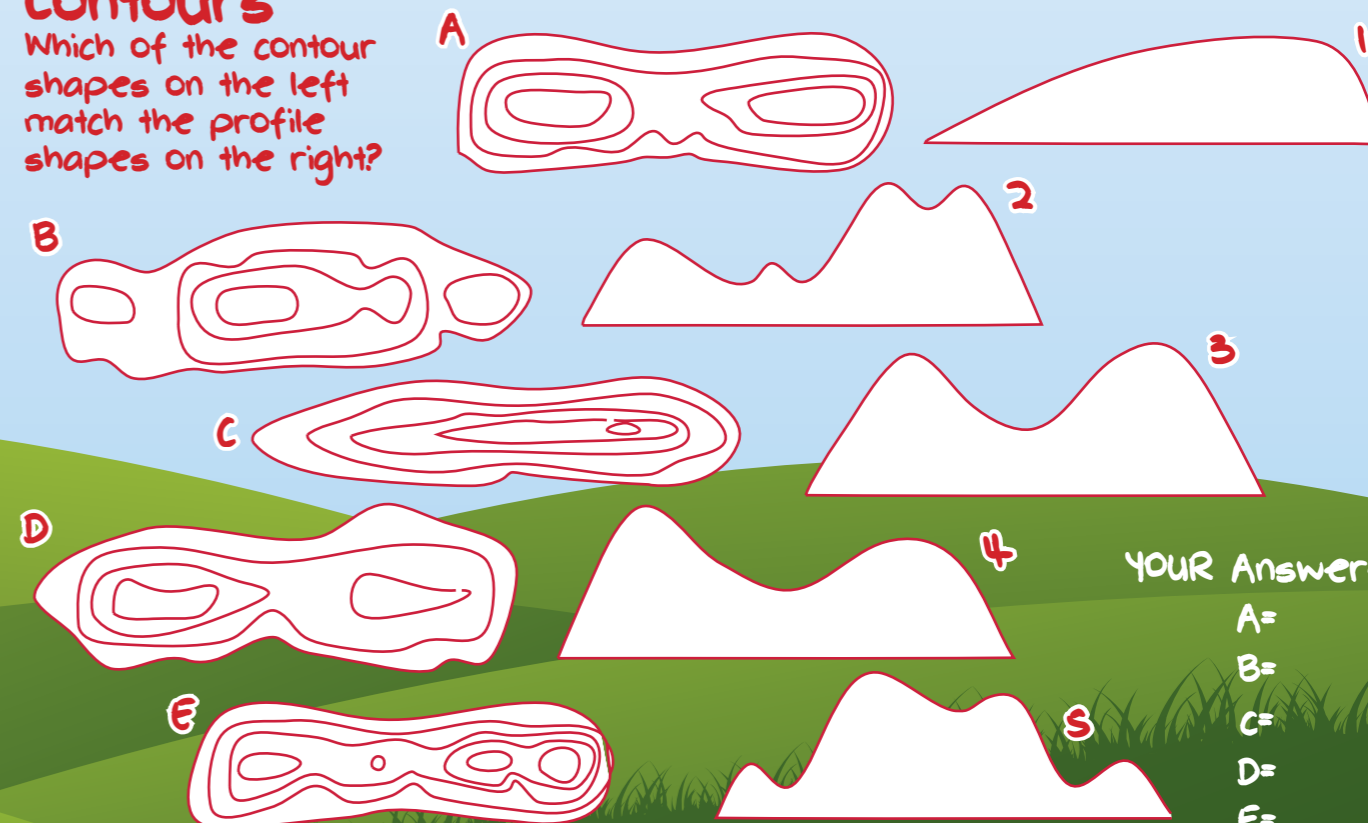
Venue: Druridge Bay Country Park, Northumberland.
For further information email John Crosby at nsoa@hotmail.co.uk or visit www.bsoa.org

Missing Trophy

The Year 7 Boys Trophy is missing – Do you know where it is?
Please contact Pauline Oliviant if you can help locate it.
Email: pauline@britishorienteering.org.uk

Contours

Which of the contour shapes on the left match the profile shapes on the right?



Answers: A = 3 / B = 5 / C = 1 / D = 4 / E = 2

YOUR Answers

A =
B =
C =
D =
E =

Junior Survey

For a chance to win a GB O Top signed by World Champions Graham Gristwood, Jon Duncan and Jamie Stevenson simply complete the following survey and return to British Orienteering, 8a Stancliffe House, Whitworth Road, Darley Dale, Matlock DE4 2HJ. Alternatively check the website news for a link to the survey. Entries close on Friday 9th October. The draw will take place on Monday 12th October and the winner will be announced on the British Orienteering website. Survey/competition only open to British Orienteering junior members.

Name:

Membership Number:

Age:

Club:

How old were you when you started orienteering?

☐ 0-5 ☐ 6-8 ☐ 9-11 ☐ 12-14 ☐ 15+

How did you start orienteering?

☐ Friends ☐ Family ☐ School ☐ Other

Who do you go to events with most often?

☐ Friends ☐ Family ☐ School ☐ Squad ☐ Other

Do you orienteer at school?

☐ Yes ☐ No

Do you receive any orienteering coaching?

☐ Yes ☐ No

If yes, who from?

☐ Club Coach ☐ Squad ☐ Family Member

Do you attend a weekly club activity/training session?

☐ Yes ☐ No

How often do you orienteer?

☐ Once a week ☐ Once a fortnight
☐ Once a month ☐ Less often

How often would you like to orienteer?

☐ Once a week ☐ Once a fortnight
☐ Once a month ☐ Less often

Have you attended any of the following events?

☐ JK
☐ British Orienteering Championships
☐ British Schools Orienteering Championships
☐ British Schools Score Championships
☐ Peter Palmer Relays
☐ Junior Inter-Regional Championships
☐ Junior Home Internationals
☐ Yvette Baker Trophy
☐ Jamie Stevenson Trophy
☐ Future Champions Cup

What was your favourite event this year? What was good about it?

.....
.....
.....
.....
.....

How do you think events could be improved?

.....
.....
.....

What's your favourite thing about orienteering?

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.....
.....
.....



Orienteering at Buckingham Palace

by Kate McKerrow (SLOW)

A suit with a hanky poking out of your top pocket isn't the usual attire for your regular orienteer. This was however among the array of clothing worn by the people having a go at orienteering in the garden at Buckingham Palace in July!

On the 16th July over 1,300 young people from a variety of youth organisations joined The Prince of Wales and The Duchess of Cornwall at Buckingham Palace to officially launch a London youth partnership called "YOU London". The aim of the project is to; recruit more adult volunteers, to enable more young people to join and to share resources.

Girlguiding UK was one of the 9 youth organisations that showcased many of the exciting activities their organisation takes part in, orienteering being one of them! Members of Girlguiding UK invited VIP guests including Boris Johnson as well as members of other organisations to have a go at a 'Naughty Numbers' activity using electronic dibbers. Despite constantly being persuaded to move onto another activity by an official, Boris managed to complete the course with a smile on his face and only a little help orientating the map!!

The day was hugely successful and will have raised the profile of orienteering as well as that of the youth organisations. Chris Robinson (RDO) has already received an enquiry from another guide leader who saw the activity at the palace and is now interested in taking her Guides orienteering.



Pictured: Naughty Numbers is a great orienteering activity for youth organisations

JUNIOR PROFILE:

Ralph Street

Age: 18

Club: South London (SLOW) and soon Sheffield University (ShUOC)

Age started orienteering? 9

Do your parents orienteer?

Yes

Why/where did you start orienteering?

Highland '99 on M10B. I wasn't really that keen on it.

What do you enjoy about orienteering?

I really love trying to find the perfect balance between running speed and navigational speed because the feeling you get when you are right on the edge is unbelievable. I also really enjoy the travelling and social side of orienteering as well. You get to visit so many fantastic places and meet wonderful people.

Do you have a coach?

For orienteering Matthias Mahr and for strength and conditioning Richard Blagrove.

If so, how has this helped you?

Matthias helps me to organise my year and plan my training around the goals I have. He also enjoys setting route choice legs and together we discuss the routes. Matthias also encourages me to experience different terrain all around the world.

Richard has worked on my muscle weaknesses to reduce the chances of injury from increasing my training. He has also worked on my running form which improves my efficiency and speed.

Where is your favourite place to orienteer?

I really like the terrain in Larzac, France. I also enjoyed the terrain I experienced at a training camp in Denmark for JWOC 2010. However, the best terrain I've run in so far is Halden, Norway.



What kind of training do you do?

I really enjoy my interval sessions as I feel I get so much benefit from them. I also do hill sessions, long runs and tempo runs. For non running training I do circuits, strength and conditioning and some cross training such as cycling and swimming.

What is your best result?

7th in the Sprint at EYOC 2008 or 32nd in the Sprint at JWOC 2009

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

Listen to other people's advice and comments, ask them questions. Run in terrain as much as possible as it will reduce your chance of injury, and it will make you a stronger runner. Try and make the most of every chance you get to do good technical orienteering.

What do you enjoy doing outside of orienteering?

Watching and playing other sports such as rugby and cricket. Doing other outdoor activities such as climbing, surfing and kayaking. Watching comedy shows and films.

WORLD GAMES - THE ORIENTEERING OLYMPICS

Report and Photos by Dave Rollins

The World Games take place under the patronage of the International Olympic Committee and include events that are not part of the Olympic Games. Like the Olympics, the World Games take place every four years. 2009 was a World Games year and British Orienteering sent a team of four athletes and two staff to Kaohsiung, a large city in the south of Taiwan. The originally selected team had to be changed twice due to injury and illness. Pippa Whitehouse had to withdraw with a calf injury she sustained at the Nordic Champs and Graham Gristwood was a last minute withdrawal when he was unfortunate enough to become ill on the week of departure. Helen Bridle replaced Pippa and David Brickhill-Jones (BJ) replaced Graham. The other two original athletes to make up the team were Sarah Rollins and Scott Fraser.

The format for the World Games is different from other international competitions and the events are certainly the type of orienteering that would suit the British team. This year the competitions ran on consecutive days, starting with the sprint, then the middle and finishing with a four person mixed (boy, girl, boy, girl) relay, all taking place in a city park.

The World Games was the first major international sporting event to be held in Taiwan and the Taiwanese did a fantastic job. The lavish opening ceremony with a crowd of 40,000 in a beautiful new stadium was an indication of the level of effort and expense that had been put in.

The first race soon came round after just one full day in the country - a day spent getting used to the heat and running in the model event in a Taiwanese park and through the city with its thousands of mad moped drivers.

The sprint took place around the multi-level Museum of Fine Art and its surrounding park with statues, waterways and tricky route choices round impassable features. The British girls both had great runs with Sarah finishing 6th just over a minute down on winner Minna Kauppi from Finland. Helen also made the top 10 in 9th, a further 22 seconds behind Sarah. Scott was the fastest of the British boys finishing in 16th with BJ ending up 25th in a very tight race won by Andry Khramov of Russia. Daniel Hubman had to settle for silver probably partly due to the fact that as he raced off the podium at the start, he had to return, having forgotten his map!

Middle races are normally in the trickiest piece of map a planner can find...though not at this World Games. This was more like a long sprint with a 30 minutes winning time on a 1:5,000 sprint spec map (having said that, this was probably preferable to running in the jungles of their natural forest).

Again Sarah produced the best run of the day in 9th place but this could have been so much better as with two controls to go she was in the battle for bronze. A shallow re-entrant in a block of green got the better of her and the resulting lost time cost nearly a minute and possibly her first international individual medal. Helen had another solid race finishing 17th. Australia's Hanni Allston took the Gold medal in a fantastic return to international racing and reversed the positions from the previous day with Minna Kauppi taking the Silver.

The men improved on their results from the previous day with Scott finishing 12th and BJ in 15th. The final men's results saw Daniel Hubman recover from his previous day's error, taking the Gold with Russian Dmitry Tsvetkov in Silver and Andrey Khramov settling for Bronze.

After some impressive results, Team GB left the middle race with high hopes of a great result in the following day's mixed relay. Little did we know at that stage the disappointment that lay ahead.



Sprint race map sample



Scott had three solid performances

Heavy rain greeted the athletes on the morning of the race but by the time BJ and the other first leg runners had headed off into the park to start the relay, the sun was out and the temperature was up in the early thirties with high humidity. The GPS tracking showed that BJ was battling for the top positions early on and when he came through the spectator control he was within sight of the lead runners and pretty much maintained that position with a great run finishing just over a minute down in 6th place.

Helen Bridle grabbed her map with purpose and headed out into the park landscape dominated by a large lake and series of small hills. Yet another great 33 minutes of running from Helen brought the team back in 8th but still within reach of the leaders.

Next it was the boys again and Scott had his work cut out with the likes of Hubman and Khramov leading the way. Scott was not fazed though and did a great job, running 6th fastest on his leg and we were only just over 2 minutes down.

It was up to the girls to run the glory leg but unfortunately as Sarah disappeared into the competition area fighting hard for places, the team management had failed to notice that she had not collected her GPS unit. The rules were clear that all runners had to carry this 200g unit or the team would be disqualified. Sarah realised the error during her race although she continued to fight hard. She finished in 7th place having run clean but she knew the race was over.

It was desperately disappointing for the team to fall foul of such a simple rule and to finish

the event on a low point. Sarah, who felt responsible for letting the team down, had this to say:

"I take full responsibility for the error. I can only put it down to focusing on my warm up in the difficult hot conditions and on the challenges of the upcoming orienteering and in doing so forgot the finer detail of starting."

In the months and years to come though, the forgotten GPS unit will not be in the forefront of the teams' minds. It will be the incredible warm welcome that was received from the super enthusiastic friendly locals, the heat, the amazing opening ceremony and the millions of crazy moped riders...

Middle race map sample



David Brickhill-Jones in action



Sarah Rollins in front of the Taiwanese Crowds

MTBO

EUROPEAN AND JUNIOR WORLD CHAMPS

The GB Team travelled to Hillerod, in Denmark famous for Spring Cups and now home to British World Champs Gold Medallist Jamie Stevenson and his family. Competitors from 23 countries, first headed south to Bagsveard for the sprint race. The race was held at a rowing club, complete with spectator bleachers offering fantastic views of both the spectator control and finishing straight.

The map was very small (A4 1:7500) and the planner used the complex track network to its full potential by taking all the courses through it twice, with a spectator control / map exchange at the mid point. The British senior elites struggled with keeping the balance between speed and navigation in this terrain but Killian Lomas produced a solid 50th place only 6 minutes off the pace and Charlotte Somers Cocks gained the only world ranking points of the week in 33rd. Chris Brand Barker riding in JWOC secured a creditable 29th - 6.5 minutes down on the Czech Gold medallist who won by a clear 45 seconds.

Medal hopeful Emily Benham in her last JWOC lost approximately 1 min in the first few controls as she settled into the map. Emily described the race as "the most intense sprint race ever, there were so many paths and controls!" Emily finished just outside the medals in 4th place only 1 minute down. Helen Clayton, in this her first international event finished 24th in the same class.



Emily in the Sprint at JWOC

The event circus then moved to Farum for the middle race, this time centered on a beach on the end of a swim lake, however the starts were a 7.5 km cycle away and it was extremely hot. There was another map exchange and two passes of the spectator area, again adding to the complexity of the course. It was very much a course of two halves with the first part about long legs and



Chris, Emily and Helen made up the Junior World Champs Team

route choice on large tracks, and the second part consisting of short sharp legs on a wooded hillside with a complex network of small paths.

Again Killian produced the best men's elite result with a solid 43rd, with Jimmy Taylor in 63rd, however a nights poor preparation by Mark Stodgell, with the team manager role and interruptions from his employer in the UK taking its toll, probably contributing to a disappointing result for him (77th) and reminded the team that at this level focus is everything.

In the women's elite Charlie's 43rd pipped Sarah's 47th place whilst in the junior races Chris slipped a few places to 30th and Helen to 27th. Emily had a disappointing race losing time on route choice to the leaders and had a minor mechanical problem. She still came home in a solid 6th place just over 3 minutes down.

The long race used Spring Cup area Gribbskov, a large expanse of forest, bisected by a small local railway line which had to be crossed several times. The seniors all had solid rides in possibly one of the most technically demanding long courses most had competed in. There were lots of route choice and a couple of controls in very complicated areas of extraction lanes, but again with a spectator control and map exchange to keep everyone on their toes. A gravelled downhill finish left several riders scrabbling for the finish punch as they skidded past it.

In the Junior races Chris had another good ride to gain his highest placing of 22nd at JWOC, whilst Emily gained yet



Helen Clayton in her first international competition

another podium in 5th position. Emily finished the weeks competition a little disappointed not to have medalled but being on the podium each day is a great achievement at this level and sets her up well for her senior career.

The relay was very similar in nature to the sprint with a tightly packed complex network of tracks. Again multiple visits to the spectator area were characteristic of the event. Killian after his good performances all week went off first for the men, but a couple of mistakes dropped the team down the field to 18th as he handed over to Mark Stodgell on second leg. Mark had a great ride until some confusion at the spectator control and map exchange saw him ride 7 controls in the wrong order (no control descriptions in MTBO) before correcting his mistake and starting a head to head race with the Spanish team, which Jimmy continued on last leg outsprinting them in the finish straight to finish 18th.

Debut junior rider Helen Clayton was picked to ride in the women's senior team together with Emily and Charlotte. Emily rode solidly on first leg bringing the team round in 11th place, just over 5 minutes down before handing over to Helen who finished off a great week at her first international, Charlotte on anchor brought them home in 14th place.

The team had plenty of support from GB foot O superstars Jamie Stevenson and Graham Gristwood during the week, but they could not be persuaded to give the spectator races a go. There were quite a few incidents to keep them entertained at the finish, together with the many spectator controls, as the planned light bar finish gave way to a normal punching finish causing several spectacular finish line crashes as riders braked from high speed on the gravel surfaces at the last moment.

Mark Stodgell

World Mountain Bike Orienteering Championships, Israel 2009 - By Mark Stodgell

MID JULY SAW A TEAM OF THREE BRITISH MEN AND FIVE WOMEN TRAVEL TO TEL AVIV IN ISRAEL TO TAKE PART IN THE 7TH WORLD MOUNTAIN BIKE ORIENTEERING CHAMPIONSHIPS. THE EVENTS SPREAD OVER THE WEEK CONSISTED OF A LONG QUALIFIER AND MIDDLE, SPRINT, RELAY AND LONG FINALS.

Getting bikes out to international competitions is always a headache but luckily British Midland came to the rescue giving the team extra baggage allowance free of charge and a special concession to carry the gas cartridges needed for inflating tyres during the races.

The gas was essential as were the severe anti puncture measures taken by competitors as it was apparent on arrival that the warnings given by organisers about Israeli thorns were not to be underestimated. The team used various methods from Kevlar tyre liners and slime tubes to extra 'wheel milk' and tubeless tyres, this was successful in preventing punctures out on the course, though the nightly ritual of thorn pulling did yield a harvest of spikes.

The temperature was the other factor that the organisers made sure the competitors did not lose focus on, with a lecture about how to stay healthy in the Israeli summer heat. The weather was the same every day, at least 32 in the shade and 36 - 40 in the sun! Luckily the team had air conditioned accommodation at the Ben Shemen Youth education village where all the competitors were housed, giving the competition a very social atmosphere.

The model event areas adjacent to the accommodation gave the team a fair indication of what was to come; dusty gravel tracks, rocky single tracks, dense prickly vegetation and of course the heat. The riding was exciting and challenging and the navigation difficult because the rough terrain bounced the mapboard around making it harder to read.

The long qualification event was held some distance away in an area of farmland and orchards mixed with small areas of pine forest. The top 20 from each of the 3 qualification races went through to the final to be held later in the week. In the women's race Emily Benham's 6th place headed up good results from the rest of the team but unfortunately Charlotte Somers-Cox missed a control after being distracted by a nasty fall from fellow Brit, Lucy Harris and failed to qualify. The men really were up against it to qualify with a very competitive field. Andy Conn was the only one to manage it, Mark Stodgell missing by just 1 position and Bryan Singleton after a huge parallel error cost him 20 minutes failed to make the cut.

The middle race was held a short ride away from the event centre on Ben Shemen Forest. The climb up to the start area on a dusty track in full sun was tough in itself, however bottles

of ice cold water in the pre start area was a nice touch by the organisers.

In the men's race it was neck and neck between Andy and Mark with Mark eventually piping Andy by 6 seconds to take 55th place with Bryan just 3 minutes behind. The women's race saw Emily's form return with a fantastic 8th position, just 12 seconds from a place on the podium. This is her best senior international performance to date and a great prospect for the future of MTBO in the UK. Newcomer Helen Clayton (just 18) also had a great result finishing 41st, beating the experienced Sarah

Emily rode first leg for the ladies but didn't manage a repeat of her middle race performance and was disappointed not to set the team up for a better result as she handed over to Helen who continued to gain experience on the world stage. Sarah had the best ride of the three girls on last leg but was unable to chase down the leading teams.

Sprint racing on mountain bikes is always very exciting and the courses at Neot Kdumim did not disappoint. Set in terraced olive groves with a mixture of gravel and complex winding asphalted tracks with sharp climbs, the course planning gave lots of route choice options. In the women's race, all four of the British competitors gained world ranking points with Charlotte, Sarah and Helen all finishing within a minute of each other. Emily had another great ride, matching her best international result with another 8th place, just 30 seconds off a podium place after losing a little time through hesitations at some of the complex track junctions.

In the men's race, Bryan was first starter and had an unfortunate ride, making too many mistakes for his fast riding ability and finished in 55th. Andy Conn had a solid ride, but was again unlucky to make a few too many small mistakes which proved costly.

Mark was in the coveted last start slot for the GBR men, and retained his position as the top British man in these shorter races completing the course just 30 seconds outside of world ranking points in 44th position.

The week's finale was the long race, held to the south of the event centre in a steeply forested series of very hot dry valleys, criss crossed by a network of large gravel roads and tracks. It was a very well planned event with huge route choice legs traversing the 1:20000 10 metre contour map.

In the men's race, Andy being the only man to qualify, started early on what was the hottest day of the event,

with temperatures pushing 40 degrees. He rode solidly making few mistakes to secure a very creditable 43rd place. Bryan and Mark both rode in the B final later in the day which utilised the women's long course where Mark had a strong ride to finish 3rd, with Bryan not far behind in 5th. At the end of a long and tiring week the heat really told on the British Women. Lucy, an experienced adventure racer commented that it was the hardest race she had ever done. Sarah's efforts in endurance cross country mountain bike racing this year perhaps rewarded her with the best result, 35th, 30 seconds clear of Emily and 10 minutes ahead of Helen and Lucy.



Top Row: Bryan Singleton Helen Clayton, Emily Benham & Lucy Harris
Bottom row: Sarah Bayliss, Charlotte Somers Cox, Andy Conn & Mark Stodgell

Bayliss and Charlotte in this her first senior international. Junior Lucy Harris struggled with the technical mountain biking, taking several falls but still managed to finish in 49th.

The WOC circus then had a rest day where the team enjoyed the therapeutic muds of the Dead Sea before moving on to the relay.

The relay was back on the middle race area of Ben Shemen but didn't start until 4 pm, with the first leg riders really feeling the effects of

The team continued to learn a great deal during the competition, with the team now hoping to get a solid winters training behind them ready for improved results next year.

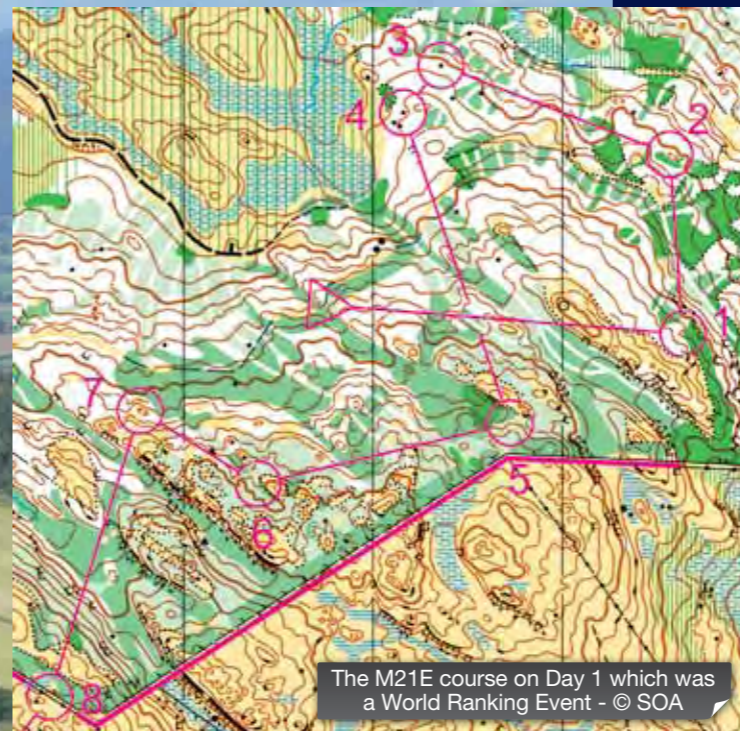
the build up of the afternoons heat. Mark got a fantastic start in the men's race and reached the distant start flag in 3rd position after the Le Mans style race to the bikes. He managed to stay with the main pack until the top riders strength showed through on the hills and pulled away. Unfortunately this effort caused several mistakes and he then spent the rest of the race clawing his way back up the field handing over to Andy 12 minutes down. A solid ride from Andy gained several places before handing over to Bryan who after a very nasty crash brought the team home in 16th position.



The Scottish 6 Days is a great family holiday



Cecilia, Heather and Hollie took the honours on W21E



The M21E course on Day 1 which was a World Ranking Event - © SOA

MY SCOTTISH 6 DAYS - By Oleg Chepelin

Amidst the current financial doom and gloom I could not afford to jet set to the O-Ringen or any other exhilarating multiday, but I didn't have to with the Scottish 6 Days right on my door step!

My first Scottish 6 Days was Breadabane 1997 where I finished 2nd in M12. Since then I have participated in all 6. To most people the Scottish 6 Days is more of an orienteering festival rather than a multiday event as the competition is only one part of the experience. For me it is a week long excuse to forget about the real world and enjoy racing in some of the best terrain on earth while indulging in guilty pleasures (daily chippy washed down with a bitter) that you go out and burn off the next day.

Entering the Day 1 parking field I was buzzing, Per Forsberg (world renowned commentator) on the speaker, Clubland soundtracks beating away in the background, a real tough Scottish forest, Wilfs - Yes! This was far better than O-Ringen and for at least half the price. Bargain!

Day 1 (Dalruzion) was a World Ranking Event for the elites and the one day I knew the field was the strongest and with fresh

legs everyone was going to go all out. I had a good run, losing 3 minutes trying to head straight through some green, to finish in 4th place, 4 mins behind a respectable time set by Matt Speake.

Day 2 (Kinnoull Hill) was my worst run of the week finishing 17th. Murray Strain took the win and second place overall behind Matt Speake. The two were now clear leaders.

Day 3 (Tullochroisk) was the long race for the Elites and the day that I was most excited about. Being a stronger long distance runner and a big fan of rough terrain I wanted a win and I got it. Murray Strain unfortunately mispunched and Matt Speake took the day off in preparation for the World Orienteering Championships. Matt said, 'I think this year's Scottish 6-Day was one of the best - the addition of a World Ranking event gave me some great race experience in preparation for the World Championships' The race now opened up with Iain Nixon becoming the new overall leader, just 12 seconds ahead of

myself. Carsten Joergensen and Hector Haines were in 3rd and 4th places 1.5 minutes down.

Day 4 (Tentsmuir) livened it up for the spectators with a chasing start and spectator control. Iain Nixon was first into the forest followed by myself 12 seconds later. We had a good start and kept ahead of Carsten Joergensen until Iain missed at 9 and I missed at 14. The three of us worked together up to the spectator control, but heading back into the



Oleg Chepelin won the Men's Elite

forest Iain and Carsten missed giving me a two minute break. I ran the rest of the course cleanly to take the overall lead for the first time.

Day 5 (Barry Buddon) was one of my favourite days. Fast running, open sand dunes and blue skies. After the boost of confidence from Day 3 and 4 I ran to take my second win and extend my overall lead to 4.5 minutes ahead of Hector Haines.

Day 6 (Loch Ordie) was a reverse chasing start giving everyone a chance to lead on finishing. I was last off and had a clean and confident run once again to take my first elite title at the Scottish 6 Days.

In the women's event it was Cecilia Bratt who duly held onto her lead on the final day of Tay 2009. Her time of 63:28 for 7.625km giving her victory by 41 seconds over Heather Gardner, who also claimed second place overall. Hollie Orr took third place on the day in 65:14, and third place overall.

Results

M21E

1. Oleg Chepelin (GRAMP) 342:25
2. Hector Haines (AIRE) 347:45
3. Iain Nixon (AIRE) 353:12

W21E

1. Cecilia Bratt (OK ORION) 356:18
2. Heather Gardner (EBOR) 361:53
3. Hollie Orr (EUOC) 372:25

Away from the racing the event centre and campsite this year was at the Perth race course with showers, toilets and the all important chippy and watering hole at hand. Also a great effort this year by the 6 Day committee with the organisation of professional commentary and radio controls. I would also like to thank Perthshire fish and chippies for fuelling me to victory and last but not least thank you to the Scottish 6 Day gods for the perfect weather. Keep it up.

Full results can be found at www.scottish6days.com



Bring on the next Scottish 6 Days - Oban 2011
(31st July to 6th August 2011)

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Friday 10 September Scone Palace, Perth
PWT Sprint Qualification and open races, offering the opportunity to make the final

Saturday 11 September Perth Town Centre
PWT Sprint Final and open races, can you beat the times of any of the world's best orienteers?

Sunday 12 September Dalruzion, Perthshire (tbc)
Long distance open races using the quality terrain from this year's Scottish 6 days



The Great Britain
Trail O Team

Hard Graft

BY BRIAN PARKER

Every year the World Championships in Trail Orienteering gets that bit harder, due to greater numbers participating in the event (over 100 competitors from 19 Federations this year) and the increased technical competence of competitors from some of the newer countries. No longer are the Nordic countries the teams to beat, we now have to add others: Ukraine, Japan, Czech Republic and Croatia. The Trail-O discipline is expanding in all these countries and, like the Red Queen, we have to increase our standards just to stay in contention. The British team has secured medal positions in recent World Championships and we had hoped for similar success this year. But it was not to be, with members falling short of such expectation and occupying the middle ranks of the results list.

However, one performance does merit special mention. Karen Darke achieved 8th place in the Paralympic Class, she being the leading wheelchair competitor on courses in which wheelchair users were particularly disadvantaged.

This year, for the first time, the Open and Paralympic classes were partially separated, in order to accommodate the larger numbers. The classes had different time controls but the same main courses. Also new for this year were; the Paralympic competition being a two-day event, as is the Open competition, and the team event consisting of the combined results of the two best scores in each of the two classes on Day 2. This sounds complicated but it works well in bringing the two classes together.

Karen Darke
finished in 8th Place

Results

Paralympic Class:

Two days, 46 competitors.

1. Lennart Walgren (SWE); 8. Karen Darke; 18. Dave Gittus; 32. John Crosby

Open Class:

Two days, 56 competitors.

1. Vitaliy Kirichenko (UKR); 32. Peter Roberts; 40. John Kewley; 43. Brian Parker

Team: Second day only, best two Paralympic plus best two Open. 16 teams.

1. Ukraine; 8. Great Britain (Karen and Dave plus Peter and Brian scoring)

We now look ahead to WTOC 2010 in Trondheim. Team selection will take substantial note of performances in the JK and British TOC (to be held in late Autumn), together with an international event (typically the Irish TOC). Next year the ETOC are being held in Sweden the week before Trondheim, so cannot feature in selection for WTOC 2010 but offer a splendid opportunity for competition at true elite level.

Vivien with team mate Dave Gittus at the
European Championships in France

The Trail Orienteering fraternity were saddened to learn of the death of Vivien Mullett in June. Vivien had been a competitive swimmer before her introduction to Trail Orienteering by Karen Darke. She soon became a member of Solway Orienteers and tackled orange courses in her wheelchair. Her skills soon developed and she was a member of GBR team at the 2007 European Trail Orienteering Championships in France.

Vivien was a spirited fun-loving person who enriched our lives and she will be sadly missed.

A Sport for All?

Orienteering has long been heralded as the sport for all. Is it? It could be....

Those with disabilities who cannot travel over rough land are excluded other than the colour courses that follow a path. The fact that they have the technical knowledge but not the physical capabilities results in disappointed involvement in mainstream orienteering.

Sport England are looking to organisations such as 'British Orienteering' to involve those with disabilities in their mainstream sport. Generally this has not been taken up within the clubs and Associations and a committee has been formed to drive this initiative, under the chairmanship of Peter Roberts, himself now classed as a disabled orienteer.

Until six years ago Peter participated in regular orienteering but following a chronic condition he can no longer take part over rough terrain. Peter has been keen to establish disabled orienteering on the fixtures list and through the Trail Orienteering committee is looking to establish a sport within a sport.

Trail Orienteering is a technical event requiring a good knowledge of map and description interpretation. The greatest difference from foot O is in the site description where the precise location of the marker is paramount.

At each location there is a cluster of kites around a feature shown on the map. The correct location can be any one of the kites or non of them. Competitors are not allowed to leave the path (or trail) and have to view the location from a distance.

Although Trail O can be held in any area, the championship areas need a good flat network of trails plus complex contours. Generally speaking sand dune areas are excellent. The trail has to be suitable for a wheelchair so an assessment of this issue is of initial importance.

A very small area can be used depending on the level of the event. At the moment we have courses suitable for beginners and experienced Trail Orienteers which use the same locations but have different solutions.

So far, the committee has held just one meeting and the minutes are available to view on the British Orienteering website.

The next meeting will be in the autumn when a formal request will be made for suitable areas to be identified for Trail O. Guidelines are currently being drawn up for ordinary events. For championship events the guidelines mirror those issued by IOF.

The committee is:

Chair:	Peter Roberts	YHOA
Full members:	Dave Gittus	WMOA
	John Kewley	NWOA
	Christine Roberts	YHOA
	Anne Braggins	EAOA
	Brian Parker	SWOA
Guests:	Rod Postlethwaite	WMOA
	Don Braggins	EAOA
	Neil Cameron	Chair, British Orienteering

If your Association is not represented on the committee and you wish to attend, please contact Peter Roberts through the National Office.

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A Permanent Partnership

A lot has been written about the DVO satellite club at Buxton over the last 12 months partially due to its success as a satellite club but also due to its continual growth as a community base for orienteering activities. Buxton and District Orienteering Club continues to provide a 'model example' of a satellite orienteering club and credit must go to the various partners that have been involved to make the project a success. The project started in 2008 thanks to a successful funding bid by Pauline Olivant (East Midlands Regional Development Officer) to Sport England's Community Investment Fund and has grown from there due to the successful partnerships involved.

The latest development in Buxton is the new Permanent Orienteering Course (POC) at the Pavilion Gardens. The Pavilion Gardens has been used for a variety of activities by the club due to its location only 800m away from the club base at Buxton Community School. Both the High Peak Borough Council and High Peak School Sports Partnership were willing to support DVO with the development of a POC at the site.

The High Peak Borough Council and High Peak School Sports have been instrumental to the success of the project and were keen to develop the POC so that the local community and schools could use the site for orienteering but also as another activity for tourists visiting Buxton.

Once permission was granted by the local council parks department for the course to be installed, the funding for the posts was provided equally by DVO, the council and the school sports partnership. DVO were able to access Derbyshire's Grass Roots fund for a grant that covered this amount.



Three courses (easy, medium and hard) were planned by Dan Riley of Buxton and District Orienteer's and a POC leaflet aimed specifically at beginners was designed by Caroline Povey at British Orienteering as a template that other clubs could use. On traditional POC leaflets all three courses are usually printed on one map which can appear very confusing. It was therefore decided that a leaflet for each individual course would be produced to simplify the map and ensure that beginners got a good first experience of orienteering without finding it complicated. The leaflet also included instructions on how to complete the course, a photo of the control post and information on the Buxton Satellite Club, DVO and British Orienteering. The maps will be sold at the Pavilion Gardens shop and information centre for 50p each or in a pack along with a

pencil and rubber for £2.00. Each leaflet cost 10p to print so the leaflets have the potential to generate an income for the Pavilion Gardens. If you would like a sample of the leaflet please email caroline@britishorienteering.org.uk.

Chris Nightingale (Sports Development Officer at the High Peak Borough Council) hopes to develop more POC's in the area. He currently employs two part time community sports coaches that have recently completed their UKCC Level 1 Orienteering Coaching Award and they regularly deliver orienteering sessions and activities

in the local community to family groups. Chris says, 'orienteering is a sport that can involve the whole family and is therefore a focus of ours in the High Peak; we hope to provide further opportunities to families and support the Orienteering Club at Buxton Community School as it continues to grow and develop'.

Celia Watkinson (South West RDO) is currently developing a POC good practice guide on how clubs can develop a POC in their area. This will be available soon in the 'Increasing Participation' section of the British Orienteering website.



NAVIGATING YOUR WAY BACK!

Chris Owen has recently come back to orienteering after several years away. Participation Manager, Steve Vernon thought it would be interesting to ask Chris about how the sport has changed...

1. How did you first get involved in orienteering?

I had the good fortune to attend a secondary school that offered orienteering, back in the late sixties. We were the Bedian Beeliners, from St Bede's College, Manchester, and we were pretty much in at the start of things, with black and white OS photocopy maps, army style canvas mapcases and a battered old Bedford van we nicknamed Methuselah, for reasons that were immediately apparent when you saw it.

The school sponsored us to take part, so we paid just 25p per person, whether it was a local event near Stockport or the Midlands Championships in the Wyre Forest. I still feel a lot of gratitude to my old school, and Ray Parkinson in particular, for getting me into the sport. As the sport developed we developed, and by 1974 our transport was a single-decker bus. We were winning a few events by then, which can excite you when you're 15 years old!

2. Why did you leave the sport?

At university my orienteering fell by the wayside. Contrary to the typical image of students in the late '70s, I was passionate about my studies; probably excessively so. Anyone in the know might have said "What that fellow needs is a good badge event!" I think I typified something that happened to a lot of young orienteers at that time. British orienteering transformed itself during the seventies, and quite a few successful juniors found themselves overtaken by this, as though their earlier successes had been illusory. You either embraced 'modern orienteering training' (to quote a book title from that time) or you lowered your sights, or you pursued other goals, which is what I did.

3. What prompted your return to orienteering?

It was a return to running first of all, six years ago. I had been a keen marathon runner back in the '80s, and although regaining my fitness and running was great for me, it left my wife Carol and two very active youngsters (Stephen and Becky) on the touchline, waiting while Dad finished his run. Orienteering then came to the rescue! We attended a DVO local event at Hardwick and realised orienteering was something we could all do together, as a family.

4. What would you like to see more of in orienteering?

Well to take the orienteering vision....

More People? Most emphatically, or orienteering will become a footnote in some dusty history of sport. We have something fantastic to offer the burgeoning 10km and half-marathon brigade, but we have to pitch it right. I think what that means in practice is courses with plenty of interesting route choice but few real navigational "gotchas", at about technical difficulty 3 (comparable to Orange or Red standard but 6-8km in length). That gives a good workout without people getting lost all over the forest. It has to be presented as



Chris Owen

a discipline in its own right, not some novice activity on the way to "real orienteering" at technical difficulty 5. It would combine the snappiness of urban racing with the fresh air and beauty of orienteering in a park or forest.

It can be done alongside the usual courses, using the same map, or it can be done perfectly well with a simpler, cheaper map which gives the line features, rough contours, runnability, north lines and a legend. Easier mapping makes the "more places" goal easier to achieve by having more events at a distance that is more realistic to travel to.

More Places? Yes, as this will open up the sport to more people and make it easier to justify our

sport from a green perspective. We won't need to travel so far.

More Podiums? Yes, but with a twist! I wonder if we can get a bulk discount on podiums and distribute them to all clubs, so they can award certificates for the top ten, top 25% or whatever makes sense for each course. It's a great incentive, especially for the youngsters.

5. What would you like to see less of in orienteering?

Funnily enough, expertise! There's an incredible amount of expertise out there, about navigation, cartography, course planning, event organisation, you name it. I think we need to ask if all that expertise might be getting in the way sometimes. We knew a lot less about it all in the early '70s but had a great time anyhow.

6. What are your thoughts on orienteering's Event Structure?

The new event structure really appeals to me. Running in strict age categories has always struck me as simplistic, as if age or gender were the only things that distinguish competitors. At colour-coded events I might run the Blue course in a park, or Light Green on a Lakeland fell. Or I might pick a Red course for a good run around, especially if the day is freezing cold and wet. The new structure will support this approach nicely and I'm looking forward to next year when it comes in properly.

7. British Orienteering is currently focusing on increasing participation through satellite clubs to provide more regular and local orienteering activities. Do you think this is a good thing for newcomers and beginners?

We're regular attendees at the Buxton satellite club and it answers our needs extremely well. I could hatch plans about getting my children out in the park to try various navigational exercises but I just know it would fall by the wayside and they would have nobody to compare notes with. The Buxton regulars are astonishingly hardy about it, as you would agree if you saw us back in February doing fast tag-running round the Pavilion Gardens lake on a dark night with the snow packed hard on the ground. I did this with my 7-year old daughter Becky and she loved it. It's a resounding success and other satellite clubs will be too.

Contributions to this newsletter are always welcome. Any contributions, comments or questions should be sent to: rulesgroup@britishorienteering.org.uk

GPS WATCHES

The IOF have recently announced a change to the Foot-O Rules so that:

“Competitors may not use or carry telecommunication equipment between entering the pre-start area and reaching the finish in a race, unless the equipment is approved by the organiser...”

This effectively bans the carrying of GPS watches such as those illustrated, and which many orienteers have.

So far this rule has only applied in Great Britain to the World Ranking Event at the Scottish Six Days. However, it is usual to bring the British Orienteering Rules into line with those of the IOF. It is clear that present and future technology would allow competitors to gain a significant advantage by carrying and using a GPS device if they so wished.

However, it is also clear that the carrying of a GPS device in order to collect tracking data for post-race analysis is a great aid to learning from one's mistakes, and to ban these types of devices from all events would remove this opportunity. It would also be a very difficult rule for event organisers to police.

At the recent Rules Group meeting it was therefore agreed that we should review the

use of such devices and that input from all orienteers would be welcome. Please direct any comments to: rulesgroup@britishorienteering.org.uk.

The current British Orienteering Rules, Appendices and Guidelines are available on the British Orienteering website under Event Information / Rules and Guidelines.



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PROMOTING EVENTS AND ACTIVITIES

British Orienteering has a range of publicity materials and event paraphernalia to help Clubs promote their events and activities.

This includes a range of signs, banners and volunteer bibs to make your events easier to find and more welcoming to participants.

The online print portal has been developed as an easy and professional way to promote your clubs events and activities. Many clubs are now successfully using the portal to create posters and flyers to attract newcomers. There are a range of templates to choose from that can be customised to your clubs requirements.

Further information is available on the British Orienteering website. Go to “Increasing Participation” and then either “Publicity Materials” or “Online Print Portal”. Alternatively email caroline@britishorienteering.org.uk



KEEPING SAFE WHILE ORIENTEERING

When you attend an orienteering event, you are expected to take responsibility for your own safety and wellbeing, aren't you?
If you answered “yes”, you are correct, but what should you actually do?

1. Ensure you have appropriate equipment before you start (e.g. working compass, shoes in good condition, whistle to summon help in an emergency).
2. Bring a personal first-aid kit, especially to small events where facilities and expertise may be limited.
3. Make personal preparations appropriate to the weather regarding clothing, being hydrated, applying sunscreen, etc.
4. Review course information and select a course appropriate for your fitness, experience and skills.
5. Assume as much responsibility for your own safety as you can and avoid unnecessary risk-taking.
6. Follow the advice or requirements issued to you by the event officials in “Final Details”, or in the assembly field or start lanes.
7. Know what to do to enable help to reach you faster if you are injured in the competition area.

However, others also make efforts to help you have a safe orienteering experience, and here are some examples of what they do to help you keep safe:

- The planner, controller and mapper will have visited the area before, will know it reasonably well, and thus be more familiar with the hazards you might encounter and will wish to advise you of those risks. For example, cliffs that you may have difficulty seeing, marshes that look crossable but aren't, fast traffic on roads that you must cross (either during competition where you might be tempted to take undue risks, or perhaps after the finish when you are tired), or streams that may have become unsafe to cross due to recent rain.
- The organiser may wish to tell you about hazards you could not be expected to be aware of from the map. For example, speeding mountain bikers, horse-riders or even wild boars in the forest.
- If you are inexperienced, you would expect your control sites to be chosen so that if you make a mistake, you should detect it fairly soon and be able to work out your position (relocate) or get easily and safely back to the finish.
- If you are not as fit (or as young!) as you'd like to be, you would want the course recommended for someone of your age or experience to be appropriate to your level of fitness or flexibility.
- If you are inexperienced and more liable to lose your location on the map, you would expect recommended courses to be planned to make that less likely.
- You would wish someone (the organiser) to be able to determine that you have returned from the course and are not still in the competition area lost or injured after the course closing time.
- You may expect the organiser to be able to mount an effective search for you if you are incapacitated or unconscious out on the course.
- You would expect the organiser to be able to summon the emergency services as quickly as possible if needed.

In other words, there are risks that most orienteers would wish help to manage in some way, such as:

- By being given instructions or advice at the start.
- By having your courses planned carefully to make it less likely that you will stray into danger unwittingly.
- By having the courses advertised in a way that you can confidently select one appropriate to your ability, fitness and needs - adhering to standards of physical and technical difficulty you could expect for the course you are on (e.g. no stream crossings for M/W10s, no very steep slopes for W/M75s).
- On occasion, by marking the areas in the terrain which are dangerous but not obviously so.
- By preparing contingency plans to meet with possible eventualities.

So, your safety is your responsibility but not solely yours.

A separate reminder on ‘keeping safe’ guidance is being prepared and disseminated to key officials.

Although orienteering is an adventure sport with inherent risks, it has a good safety record – let's keep it that way!

Neil Cameron
Chairman, British Orienteering

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