



Issue 15 - 1

FOR JUNIOR ORIENTEERS

Cover Photo: Lucy Burt on her way to winning the Bronze Medal at EYOC. Credit: Nigel Benham

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



# Silver for Kris at Junior World Champs

Report and Photos by Gareth Candy



Kris Jones is a member of Swansea Bay Orienteering Club

The 2010 Junior World Orienteering Championships (JWOC) were held in Aalborg, Denmark. The British team prepared for the races by travelling up to Scotland in early June to do some training on the Moray Coast and to make technical and tactical plans for the JWOC races. The team was lucky to be able to compete in the Culbin Regional event organised by Moravian Orienteers. Running on Culbin at 1:15000 was fantastic preparation for the JWOC long race and the team was very grateful to the organisers for arranging this for them.

The Junior World Championships began with the Sprint race which was held around the Aalborg University Campus. It was a challenging race with lots of route choice and some intricate hedges and garden beds. It was an amazing start to the week for the British team with Kristian Jones winning the silver medal, being narrowly beaten by Denmark's Rasmus Thrane Hansen. Great Britain also had two more men in the top 20, with Alasdair McLeod in 15th and Ralph Street in 18th place. The best performer in the women's race was Rebecca Harding in 28th place.

After a difficult start to the year Kris Jones reached peak form at just the right time. A Talented Athlete Support Scheme (TASS) recipient, Kris is based in Sheffield and trains at British Orienteering's Centre of Excellence. With an abundance of complex urban areas for Sprint training and a full range of athlete support services from Sheffield Hallam University, the city was an ideal location for preparing for the JWOC Sprint race. Kris will be back at the Sheffield Centre of Excellence in 2011 and aiming to go one place higher on the podium at the Junior World Championships next year.

In the Long distance race, Ralph Street was the British teams best performer with a hard fought 13th place. Mairead Roche was our best women's performer in 37th place closely followed by Hazel Wright in 38th. Kristian Jones (31st) and Alasdair McLeod (35th) also finished in the top 40. It was a tough day with the winning times well over the JWOC guidelines and a delayed start affecting some athlete's preparation and nutrition.

After the Long distance the team made good use of the rest day to meet up with supporters and parents at an outdoor swimming lagoon in Aalborg before resting up for the Middle qualification.

After recovering from the Sprint and Long races the Middle qualification was the next challenge for the team. It was a good day with 4 men and 5 women qualifying for the A final. All the athletes did a great job of focusing on their race plans, choosing good routes and executing their skills to the best of their ability.

After good performances in the qualification races, the British team had high hopes of some strong results in the Middle final. This was achieved with Ralph Street missing out on a bronze medal by only 17 seconds and on a



Top: Jenny Johnson, Gareth Candy, Julia Blomquist, Mairead Roche, Hazel Wright, Rebecca Harding, Charlotte Watson, Alice Butt, Jason Inman, Adam Baker

Bottom: Kristian Jones, Alasdair McLeod, Jamie Stevenson, Peter Hodgkinson, Matthew Halliday, Ralph Street

podium position by only one second. Mairead Roche also had an outstanding day to take 20th place in the women's race.

Ralph Street had a fantastic Championships, finishing in the top 20 in all the individual disciplines. Like Kris Jones, the silver medalist from the Sprint, Ralph is also based at British Orienteering's Centre of Excellence in Sheffield and is supported by TASS.

The British team had another good day in the Relay with the women's team finishing in 9th and the men's team in 8th. Both first leg runners, Rebecca Harding and Kristian Jones had outstanding first leg performances and the team performed strongly throughout the day to secure top 10 results. Ralph Street and Hazel Wright also deserve a special mention for their great performances on the last leg which made sure both teams finished in the top 10.

It was a successful trip for the British team with the best individual results since 2004 and a best ever result in the team competition with 7th place.



Kris Jones Silver Medal Winning Route

## North West Juniors Shine at Junior Inter Regional Championships

Photos by Rob Lines

Congratulations to the North West Juniors for winning the overall title at the Junior Inter Regional Championships (JIRC) that took place in hot weather over 2 days in South Wales. The individual races took place on the Saturday with the Relay races on the Sunday. Thanks must go to WOA who organised one of the most spectator friendly Relays seen in years. Teams could watch the competitors running all over the hill, this creating a great atmosphere and led to much excitement as the teams came into the finish.

In the individual races the North West were the winners scoring 245 points with Scotland just 12 points behind. North West Coach Sarah Watkins says, "The juniors coped well with the heat and consistent performances all round were the story of both days. There were individual class wins for Zoe Harding (W16), Will Rigg (M14) and Sarah Jones (W14) and this set the team up well for the following days relays. However, even though the squad were leading overnight there

was no complacency going into the relays and everyone knew what they had to do - keep close to the Scottish teams!"

Sarah continues, "During the Relays the North West coaches were feeling a bit more confident about their chances of winning the overall title as steady runs from the M16s saw a couple of the NWOA teams with a good lead on the second leg. However the M14s decided it would be much better to have a good close race on the last leg and a mistake by the leading M14s meant a big pack coming in together for the last changeover - cue less confident coaches! The YHOA team pulled away to win, followed by SOA, WMOA and SEOA. A nail-biting sprint finish with runners falling on the tight bend saw the NWOA teams finishing in 5th, 7th and 8th - separated by only 12 seconds! The final NWOA team finished in 11th place and a further two minutes down."

In the women's Relay the Scottish team took an early stronghold in the race, winning by over a minute and a half but the NWOA teams worked hard to claw back the second Scottish team and finished in 2nd and 4th places, separated by only 9 seconds. The other two NWOA teams came in 9th and 10th.

Aiden Smith won the 'Individual Performance of the Weekend' Trophy

This meant that Scotland won the Relays overall but the points were so close that the North West maintained their lead by just 6 points and won the overall title.

Yorkshire and Humberside won the overall boys trophy and Scotland won the girls. Aidan Smith from YHOA was awarded the trophy for the 'individual performance of the weekend' for his 2nd place on M18 when he is still a first year 16.

Congratulations to all the winning athletes.

Next year, the North West squad will be aiming to regain the title on home ground!



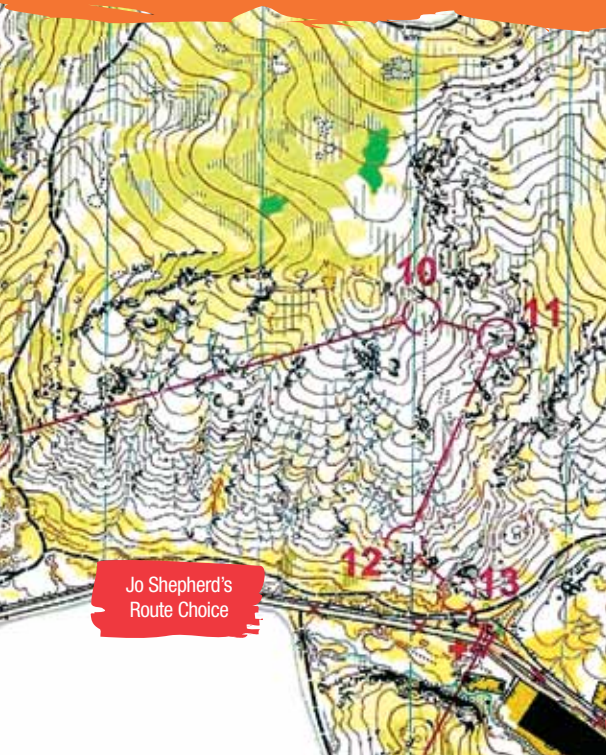
The North West team Won the Overall Title



# European Youth Orienteering Championships

By Elizabeth Furness, Team Manager

Twelve athletes and three coaches travelled to Soria in Spain for EYOC 2010. The competition races (Long, Relay and Sprint) were held in varied terrain and the organisers ensured that all the hallmarks of a major international competition were in place, including the use of TracTrac. For many of the athletes this was their first representative international experience and all prepared well, taking on board advice from Paul Murgatroyd on training and preparation for hot climates, researching the terrain and even what sort of bibs would be used!



Jo Shepherd's Route Choice



Credit: Rona Lindsay

**Back Row L-R:** Thomas Fellbaum, Chris Young, Jonathan Crickmore, Peter Bray, Jack Benham, Aidan Smith  
**Front Row L-R:** Rona Lindsay, Florence Haines, Sophie Kirk, Lucy Butt, Joanna Shepherd, Kirstin Maxwell

The Long race was held on an area never previously used for orienteering: technically and physically challenging with testing courses planned. There was a lot of rock detail with deep valleys, mainly pine forested with some areas of undergrowth affecting runnability. From the quarantine area all our athletes made good use of the warm up map to gauge how the rocks and other features had been mapped.

The use of TracTrac at the event was included to give athletes the experience of it and each country was able to make substitutions if desired. Lucy Butt (W16) was unfazed by the experience and used it in a positive way by seeing it as bringing the support of her family nearer; she knew they would be following the race at home. In fact it was easier to get reports of Lucy's progress via text messages from Emily Benham, relayed from the UK to her dad Nigel who was in Spain supporting Jack (M16), than it was to follow it in the finish area!

We knew Lucy was having a steady race and the excitement mounted as we waited to see her come into the run-in and as soon as she appeared we knew that she was in 3rd place. There were not many to come in after her but it was still a tense time until she knew for sure that she

would be on the podium. Her domestic season had been impressively consistent and now she knew this could be translated at European level.

As expected, each of the courses had a challenging long leg. This is what Jo Shepherd (W18) had to say about her long leg.

"I looked at the leg and quickly noticed that it would require simplification. I decided to follow the ridge up to the hill to the north-west of the control. This would be a large obvious feature to use as an attack point and as I would be approaching the control from above I would be able to see more as I came into the control circle. The ridge was a good angle so I was able to run at a constant speed without too much thought and had the opportunity to look at some of the controls in the last section of the course. Luckily I wasn't distracted too much by the great flash of lightning followed closely by a huge boom of thunder just as I crossed the top of the hill!"

Our results in the Long were mixed with several of the athletes having a miss on one or two legs; in particular the middle section which required a good leg plan and sound relocation technique.



Above: An Extract Of Lucy Butt's Bronze Medal Winning Performance

## My Bronze Medal Winning Race By Lucy Butt

My Long distance race started at 12:57, so waking up at 7am for breakfast meant I had ages in quarantine waiting for my start. I saw Florence and Rona and most of the GB team go off before completing some controls on the warm up map and doing a short but helpful warm up with Paul and Jonny. At the pre-start I was given my TracTrac which I didn't really notice on my course except for rarely thinking someone was behind me (because of my hair hitting it) and worrying every time I made a small error that everyone would have seen it.

Minutes before my start I focused in on what I wanted to achieve and how I was going to do that, totally concentrating on the positive so when 12:57 came I was prepared. The course was really well planned with loads of different route choices to several controls meaning I could pick the one that suited me best. I took a strange route choice to four, but this didn't affect my time too much to this control (when I compared it to other splits), my fine-o on nine was bad (I was stood on top of the rock when it was at the bottom) and I possibly took a longer route choice to 11, but apart from them I had a pretty perfect run.

After doing an incredibly slow time on the run-in, I finally finished with a time of 48:56 putting me in 3rd place, three minutes behind the winner.

The 20 minutes of waiting around for the last competitors to finish was horrible as I was so sure more people would come in and push me down. However when Steve came running over with a big smile on his face taking me over to the final results it hit me that I had come 3rd. I was soooooo happy and being on the podium was amazing knowing that all my year's hard work had paid off.

The whole experience was incredible and coming 4th in the Relay with Rona and Florence the next day topped it all off. I want to thank the GB management team and the other athletes that went who all supported me, it wouldn't have been the same without them.



The Relay Area



## BSOA INTRODUCE NEW ORIENTEERING MARKERS

More varied exercises and activities are now being used to deliver orienteering sessions and it is thought by many that existing controls are too big and too conspicuous for work within schools and urban parks. In response to these changes the BSOA has introduced three new control markers made from lightweight polypropylene which is both durable and flexible. Controls can be marked using a permanent marker pen.

### The new range consists of:

1. A 10cm x 10cm triangular control marker that can be stored flat when not in use.
2. A flat 10cm square control marker with 8 holes for securing horizontally, vertically or flat on the ground. Low visibility controls can be preferable when activities are held in confined areas.
3. A flat 5cm square control marker for use by schools and coaches for indoor exercises and activities.

Details of cost and how Schools, Colleges, Youth Organisations and club coaches can order the controls can be found at [www.bsoa.org](http://www.bsoa.org) or by emailing [sales@bsoa.org](mailto:sales@bsoa.org).

Please note that in response to feedback from schools and colleges the original BSOA Orienteering Starter Pack is being discontinued in favour of individual products which are shown on the BSOA website.

Peter Bylett, BSOA



10cm Flat Control



10cm Triangular Control



5cm Flat Control

## REPRESENT YOUR SCHOOL

Don't forget to enter the British Schools Orienteering Competitions.

**British Schools Score Championships (BSSC)**  
9th October, Witton Park, Blackburn, Lancashire

**British Schools Orienteering Championships (BSOC)**  
21st November, Wormley Woods, Broxbourne, Hertfordshire

Entry forms available at [www.bsoa.org](http://www.bsoa.org)

### Attention all Juniors YVETTE BAKER COMPETITION 2010

- Check with your club which event they are intending to compete in and ensure your club has a strong team to represent them in this year's heats.

**Please note:** In line with the 2010 rules M/W20's are not included in this year's competitions. To assist Team Managers, Gold times will be published on the British Orienteering website in early September.

Association	Club	Date	Venue
EAOA	SUFFOC	03/10/10	Haughley Park
EMOA	DVO	19/09/10	Carsington
NEOA	CLOK	24/10/10	Boltby Forest
NWOA	SELOC	10/10/10	Tockholes
SCOA	BKO	10/10/10	Swinley West
SEOA	SN	09/10/10	Mytchett near Farnborough
SWOA	WIM	24/10/10	Ringwood North
WMOA	WCH	24/10/10	Shoal Hill
YHOA	HALO	07/11/10	Primrose Warren
<b>Final 2010</b>			
WMOA	HOC	05/12/10	Hawkbatch, Bewdley

## Jamie Stevenson Trophy

Congratulations to MAROC who won the Jamie Stevenson Trophy with a maximum 600 points. Second were INVOC with 572, one point ahead of INT who beat their city rivals ESOC into third place after taking into account their seventh eligible counters.



Maroc won the Jamie Stevenson Trophy  
Credit: Siv Howard



## Orienteering Games & Tips



### Find the Area

First, Solve the 10 anagrams below and write the answers in the boxes provided. Each anagram is an orienteering feature.

RUNOOC

TANREBHAK

CENFE

OTGETNIVEA NUORYBDA

TAERSM

LOKNL

POISRSEEDN

LIINUDBG

PTFOLRAM

GARC

Now copy the letters shown in the numbered squares into the boxes below and find the orienteering area.

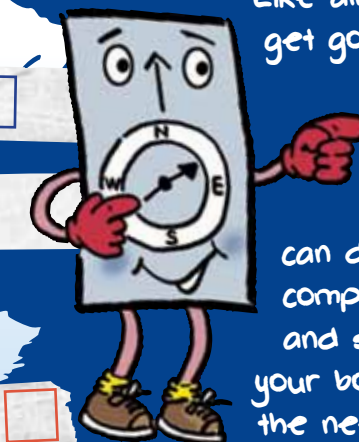
         

Area Answer: Burbage Moor  
Vegetation boundary / Stream / Knoll / Depression / Building / Platform / Crag  
Feature Answer: Contour / Earthbank / Fence

James asks, Sometimes I don't follow bearings very well; do you have any advice?



Charlie Compass says,



Like all skills; you get good at this by - practicing! Firstly, take a bearing from the map; it is best if you can dial it in. Hold the compass horizontal and steady in front of your body and line up the needle and bearing. Look as far ahead

as you can along the direction of travel; on an open area this may be off the map. Identify a significant feature along the line and run to it; look along the direction of travel again and repeat the process. Every time you drop into a dip or crest a ridge; re-sight your bearing. If you fall on your compass hand, re dial the bearing. The main reason for people not being able to follow bearings is that they do not look at their compass frequently enough.



## International School Sport Federation Orienteering Championships 2011

The next Championships will take place in Primiero/Trentino in Italy from the 21st-27th May 2011.

### Scotland Team Selection

Scotland will hold a Selection Race on the 2nd October at Faskally. Further details on selection and the race can be found at [www.scottish-orienteering.org](http://www.scottish-orienteering.org)

### England Team Selection

Please see [www.bsoa.org](http://www.bsoa.org) for the full Selection Policy

England team members must be born in 1996 or 1997 and therefore be M/W14s at the time of the qualifying events. A maximum of 4 teams will be selected: School and Select teams in each of 2 categories: Younger Boys and Younger Girls. There are a maximum of 5 places in each team.

Selection will be based on two events: the British Schools Orienteering Championships (BSOC), and a Special Qualification Event (SQE), to be held the day before the BSOC. Whilst the BSOC will be run in school years (as usual), the Day 1 Special Qualification Event will be run in the appropriate classes, i.e. M14 and W14. Students participating must be the correct age for that category. In particular, students must not run up (M/W12s are not eligible to compete).

All schools wishing to be considered for School team selection and individuals for Select teams must compete in both qualifying events. If a pupil is unable to compete in one or both events, the selectors (admin) must receive a written explanation by Friday 19th November, otherwise the individual concerned cannot be considered. If a competitor becomes unable to compete for a genuine reason during the weekend, the selectors must be informed before Wednesday 24th November. All schools must be BSOA members on the final closing date for entries to BSOC/SQE and at the time of the International School Sports Federation Schools Championship. A Select team can only be selected if a school team is selected for the ISF World Schools Championships and all team members must be from the school.

All areas for the competition weekend are now out of bounds, except during the SQE & BSOC.

The selectors are Pauline Olivand (Admin), Ben Chesters and Carol Farrington. The team will be announced on the BSOA website on Tuesday 30th November. Please note that this is not a British Orienteering team and funding is the responsibility of the schools or the individual team members.

The BSOA are looking for two licensed coaches to accompany the select teams, please contact Mel Elkington for an application form if you are interested in this position. Contact details for Mel and the Selectors can be found at [www.bsoa.org](http://www.bsoa.org)

### JUNIOR PROFILE:

## Rebecca Harding



Rebecca competing at the World University Championships.

**Age:** 19

**Club:** Edinburgh University Orienteering Club and Happy Herts

**Age started orienteering?** 10

**Do your parents orienteer?** Yes

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

The first course I did on my own was at the Scottish 6 days in 2001. I did it because my whole family including grandparents were there and we all went along and cheered each other on.

**What do you enjoy about orienteering?**

The challenge and the continual strive for perfection. The friends I have made and the travelling I get to do.

**Do you have a coach?**

Yes.

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

I have had a couple of coaches who have helped me improve my physical ability, improve my technical training focus and boost my self confidence.

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

I loved the challenge of the French 5 days in Aveyron 2 years ago. It was so different to anything I'd ever experienced before and it was so much fun amongst the rocks. Having said that I am happy with a good map and a well planned course.

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

I mix strength and conditioning with running at various speeds and vary this throughout the year. I also take part in the regular orienteering training that is on offer in and around Edinburgh.

**What is your best result?**

Results wise it is 28th at the JWOC Sprint this year. However race wise, it is the Middle qualification at JWOC this year as it was my cleanest race under pressure so far.

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

Set goals and then devise a plan on how to get there. You will need discipline in your training to achieve consistency in physical training and in getting your technique right in technical training. Then in competition, perform with the same top notch consistency.

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

Reading, cooking, attempting to interpret cryptic crosswords and occasionally playing badminton.

