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



# Solid Results for Team GB at JWOC 2011

Report by Jason Inman (Lead Coach), Photos by David Rollins (TM/Coach)

The 2011 Junior World Orienteering Championships (JWOC) were held in Wejherowo, Northern Poland. Preparations began in August 2010 when most of the team spent a week in Poland getting used to the terrain, maps, planning styles, culture, standard of accommodation and food. This camp proved an invaluable preparation tool for the 2011 team, one which has unfortunately had to be cut from the JWOC 2012 programme.

A pre-JWOC camp was held in Macclesfield in June, working on discipline-specific training ably planned by Tom Fellbaum of MDOC and Iain Stamp of WCH. On the Friday Iain staged a Middle race qualifier and final on Cannock Chase and on the Saturday, Tom planned several short Relay sessions (mass start and chasing start) before the team took part in MDOC's Middle distance event. On the Sunday Tom's new map of Macclesfield Town was used for a prologue and chasing Sprint event where the JWOC team were able to really open up and show the locals how it's done.

## Sprint Distance Race

As always the Junior World Champs began with the Sprint race which was held in Lebork. This was on a brand new map and the races were 20% forest and 80% urban. Kris Jones, JWOC Silver Medallist from 2010 was Team GB's main medal hope in this race. Unfortunately, Kris couldn't replicate last year's performance, being caught out twice by dead-end alleyways in the latter part of the course. Kris finished in 17th place, 57 seconds off Gold, with Peter Hodgkinson 16 seconds behind him in 26th.

Team GB's highest result came from Julia Blomquist who finished 16th, and this was backed up by good performances from Mairead Rocke in 20th and Rebecca Harding in 21st. It was great to see W18s Charlotte Watson and Zoe

Harding both in the top 40 and Jamie Stevenson, despite a whole season banned from sprinting due to shin splints, managing 42nd after a recent all-clear from the physio.

## Long Distance Race

The Long distance race took place in the runnable beech forest that is characteristic of northern Poland. Team GB were "well-chuffed" to bring home some very solid results on what proved to be tough and hilly courses with some interesting route choice legs. Three excellent top 20 results came from Mairead Rocke (14th), Julia Blomquist (15th) and Kris Jones (17th); all major improvements on their 2010 performances. Peter Hodgkinson finished at the back of a tight pack in 26th but only 47 seconds down on Kris and Alan Cherry running in his first JWOC achieved his best individual run of the week in 42nd. Matt Halliday suffered a real misfortune due to inconsistencies in the start officials' understanding of the rules after he lost his dibber in the pre-start area. Matt would have achieved a top 30 result if his actual time had been allowed to stand.

In the Middle qualification races Team GB achieved 4 men and 4 women through to the A final, a solid representation. Peter Hodgkinson learnt a valuable lesson though, as he failed to qualify by 44 seconds because of "racing too conservatively".

In the Middle distance final, courses offered a fast start with some trickier low visibility short legs towards the end. Our best result came from Rebecca Harding in 16th, closely followed by Julia



Back row: Rebecca Harding, Lucy Butt, Mairead Rocke, Julie Blomquist, Charlotte Watson, Zoe Harding  
Front row: Alan Cherry, Jonathan Crickmore, Peter Hodgkinson, Matt Halliday, Jamie Stevenson, Kris Jones

.Blomquist, 8 seconds behind in 20th and Mairead Rocke in 21st. All four men failed to run cleanly enough to break into the top spots with Matt Halliday recording the best result in 40th.

In the Relays things proved very fast and furious with a relatively flat forest around the assembly arena producing sub 4 minute kilometres. On the women's first leg, 2nd team Charlotte Watson had a fantastic run to send Lucy Butt out with some very classy athletes. Rebecca Harding didn't have such a great start, and despite Julia Blomquist and Mairead Rocke both racing well the women could only manage 11th. In the men, Kris Jones proved again that he's a reliable first leg runner to come back only 52 seconds down, but the highlight of the day was Alan Cherry for the 2nd team, coming back only 28 seconds down! Matt Halliday ran a solid 2nd leg to keep Team GB in the fight for a podium but unfortunately Peter Hodgkinson couldn't maintain the position and the lads had to settle for 9th, two minutes off the podium.

This was another successful JWOC for Team GB, finishing 8th Nation. Although we didn't quite accomplish the individual results of 2010 (Ralph Street 7th in the Middle and Kris Jones Silver in the Sprint), we saw more athletes attain a higher spread of results; 4 athletes achieved top 20s and 7 athletes achieved top 40s.

Most notable athlete of the week was Julia Blomquist who achieved a top 20 in all three individual disciplines. Despite this, Julia still wasn't pleased with the technical cleanliness of any race and like many members of the team she's very keen to improve on her results next year and beyond.



Mairead Rocke had very strong performances in all of her races.

"I'd like to thank Team Manager/Coach Dave Rollins, Coach Jess Halliday and Physio Dave Sprot for providing excellent support to the athletes both throughout the week and during their preparation."



Kris Jones competing in the Relay.

## Sprint Final Results

Men				Women			
1	Lucas Basset	FRA	00:15:07	1	Ida Bobach	DEN	00:14:29
2	Andreu Blanes	SPA	00:15:17	2	Emma Klingenberg	DEN	00:14:31
3	Florian Howald	SWI	00:15:19	3	Tereza Novotná	CZE	00:14:41
17	Kristian Jones		00:16:04	16	Julia Blomquist		00:16:00
26	Peter Hodgkinson		00:16:20	20	Mairead Rocke		00:16:07
42	Jamie Stevenson		00:16:41	21	Rebecca Harding		00:16:09
53	Matthew Halliday		00:16:54	33	Charlotte Watson		00:16:31
77	Alan Cherry		00:17:26	40	Zoe Harding		00:16:39
87	Jonathan Crickmore		00:17:38	81	Lucy Butt		00:18:01
150 finishers				129 finishers			

## Long Final Results

Men				Women			
1	Yngve Skogstad	NOR	01:08:49	1	Ida Bobach	DEN	00:55:23
2	Robert Merl	AUS	01:10:23	2	Emma Klingenberg	DEN	00:56:51
3	Lucas Basset	FRA	01:10:36	3	Tove Alexandersson	SWE	00:57:37
17	Kristian Jones		01:17:39	14	Mairead Rocke		01:03:52
26	Peter Hodgkinson		01:18:26	15	Julia Blomquist		01:03:54
42	Alan Cherry		01:20:16	40	Rebecca Harding		01:08:05
59	Jonathan Crickmore		01:24:00	43	Charlotte Watson		01:09:00
62	Jamie Stevenson		01:24:15	85	Zoe Harding		01:18:50
101	Matthew Halliday		01:36:15	92	Lucy Butt		01:20:58
148 finishers				129 finishers			

## Middle A Final Results

Men				Women			
1	Robert Merl	AUS	00:25:43	1	Ida Bobach	DEN	00:23:10
2	Dmitry Nakonechnyy	RUS	00:25:43	2	Tove Alexandersson	SWE	00:23:44
3	Topias Tiainen	FIN	00:25:43	3	Emma Klingenberg	DEN	00:24:16
40	Matthew Halliday		00:29:59	16	Rebecca Harding		00:27:23
45	Alan Cherry		00:30:52	20	Julia Blomquist		00:27:31
48	Jonathan Crickmore		00:31:18	21	Mairead Rocke		00:29:55
49	Kristian Jones		00:32:01	43	Charlotte Watson		00:30:11
60 finishers				59 finishers			

## Relay Results

Men				Women			
1	Poland		01:53:33	1	Sweden		01:42:32
2	Sweden		01:53:36	2	Czech Republic		01:48:51
3	Czech Republic		01:54:47	3	Denmark		01:48:57
9	Great Britain		01:57:09	11	Great Britain		01:56:34



Alan Cherry was running in his first JWOC.



Jonathan Crickmore in action.



Julia Blomquist was our top performer in the Sprint.

Sprint map extract

Middle map extract



# Junior Inter Regional Championships

Report By Adam Bartlett, Carl Edmonds and Katrin Harding / Photos by Rob Lines

This year's Junior Inter Regional Championships (JIRCs) were hosted by the North West Orienteering Association, with events being held in the South Lakes. Twelve regional teams and a total of 195 juniors came together to compete in the event.

Adam Bartlett (LOC) reports, "Saturday's Individual race was organised by LOC, and was held on the sand dunes of Haverigg in hot and sunny weather. The area is a long narrow strip of sand dunes, which resulted in fast winning times. Courses were visible from the assembly, giving a great view for spectators as competitors disappeared and reappeared, as they zigzagged their way through the dunes."

Carl Edmonds (LOC) continues, "The event was on complex terrain which was both technically and physically challenging but as usual there was a friendly competitive atmosphere between all the competing regions and coaches."

The North West came out on top scoring 243 points, with Scotland just 19 points behind on 224 points and the West Midlands on 200 points. There were 14 top ten placing's for the North West with some of

the best results for the boys being: Ollie Williams (2nd, M16), Will Rigg (3rd, M16) and Carl Edmonds (4th, M18). The girls did even better with Hannah Cleary-Hughes (2nd, W14), Lois Jefferson (3rd, W14) and Helen Ockenden (5th, W14). Sarah Jones secured a class win on the W16 race with Katie Wright 4th. Rosie Watson was 3rd in the W18 and Katrin Harding was 5th.

These results really helped to set the team up for the following day.

As this was my last appearance at the JIRCs it was fantastic to be on the winning side again and to have contributed towards the win. The only downside was the huge blisters which I gained after my run on the dunes!"

Adam continues, "Sunday's Relay races were organized by SROC

and were held in the pine forest of Simpson Ground which was a complete contrast to the previous day. The races began with a mass start of the 16's, followed by the 14's and then the 18's. All courses this year were gaffled. Much of the race was hidden from spectators, as competitors battled through the thick forest, with positions only apparent when the competitors burst out of

was a tough course. Oddly for Relays, at the end of the second leg, there were very few runners in groups, sending the 18s who were on last leg out into the forest generally alone.

In the boys, Yorkshire and Humberside came out on top with the team of Zac Field, Ruairidh Mon-Williams and Aidan Smith. The podium was completed by the South Central team of Dane Blomquist, Tim Morgan and Peter Bray in second place and the West Midlands team of Matthew Elkington, Harrison McCartney and William Gardner in third.

In the girls Relay, the first three North West W18s set out on last leg with over a 5 minute lead to any other teams. Fairly clean runs meant that the girls' podium was awash with yellow, red and green with a NW 1 (Natalie Beadle, Hannah Cleary-Hughes, Katrin Harding,) 2 (Sarah Jone, Lois Jefferson, Rosie Watson) and 3 (Katie Wright, Helen Ockenden, Carrie Beadle).

So after an especially strong performance by the North West girls, the NWOA walked away with 4 of the 5 available trophies, with Scotland taking the boys' trophy. As my last

JIRCs, and on home soil, with a great competitive yet friendly atmosphere throughout the weekend, it seemed like the perfect result to me!"

The North West won the individual team trophy.

Scotland won the boy's trophy.

Carl, Katrin and Adam would like to say on behalf of the North West Junior Squad a huge 'well done' to all the athletes and coaches from all the regions who took part and a special thank you to all the people who gave their time freely to organise and plan such a marvellous weekend for us all.

Full results on the NWJS website at [www.nwoa.org.uk](http://www.nwoa.org.uk)



the trees to punch the spectator control, before disappearing again."

Katrin Harding (SROC) tells Ozone about the races, "The boys Relay started and they went charging out into the forest. The marshes, hills and fairly intricate contours led to everyone becoming very spread out with Matthew Elkington coming into the lead on the first leg, 3 minutes clear of a group containing about nine teams.

The W16s came out of the forest far more together, with the first 7 teams within a minute. Many coming back were rather muddy and all considered it





# European Youth Orienteering Championships

**Jindřichův Hradec, Czech Republic, 23-26 July 2011**  
**Report & Photos by Elizabeth Furness (Team Manager)**

At a time when many other teenagers were totally focused on exams, twelve of our young athletes had also been preparing for the European Youth Orienteering Championships (EYOC) taking place in the Czech Republic. On the day of departure, one had been in school at 07:30 to sit an exam and another had to come out on the evening flight after two A level exams. We are not the only country thus affected but talking to other nation's coaches and to athletes, the view is that the calendar is so full that if we want EYOC then this is when it is. Our athletes consider it an excellent opportunity to test themselves at this level and all agreed they had learnt a lot and gained motivation to aim higher.

## Long Race

We had mixed fortunes over the weekend but the undoubted highlight was in the Long race when Florence Haines came into the spectator control announced in 5th place, then at pre-warning as the new leader and finally giving her all through the run-in to finish 9 seconds ahead of the Estonian. Her eventual 4th place was the best performance by a W18 in the Long at EYOC for a very long time.

Florence says: "I really enjoyed my race. I was quite sloppy with my navigation early on as we got thrown straight into some low visibility green but as I got into the course I found myself running with a few other people. This pushed my running, especially when I took a different route choice and beat them to the control! As I went through the spectator control I felt strong going into the last couple of kilometres. From here on my navigation was near perfect and on a longer leg towards the end I was racing head to head with a German girl. As I punched the 2nd to last control I accelerated and left the German behind and used my remaining energy on the sprint finish. It's a good job I did because I was leading by only 9 seconds!

As the morning passed I watched 3 girls come in to beat me; congratulations to them. Coming 4th was amazing and going up onto the podium with the whole Great

Britain team cheering me on made all that hard training worth while.

Well done to the rest of the GB team and a big thank you to all the coaches for a fantastic weekend of racing.

## Sprint Race

We had a relatively young and inexperienced team who all rose to the occasion and approached the races with appropriate focus, some nerves and a great deal of determination. Chris Galloway, who only started orienteering two years ago, tells us about his Sprint race which was held in the bustling tourist town of Trebon with ancient walls, narrow streets and open parkland.

"The courses were largely park based with some urban legs which made for fast orienteering. My start was late so I was hanging around in quarantine for a while as the rest of the team went off one by one. I had a reasonable run, but made some stupid mistakes on the way including not being sure of the location of the start kite, which led to me standing lost at the first corner for about 5 seconds and then taking the wrong route to the first control, overall losing about 20 seconds; a bad start! I made another mistake at number nine going the wrong way when I hit a path which lost me about half a minute so I was frustrated going through the spectator control (no12). The rest of the course was fine and I ended up coming 20th which was good, but I was frustrated about the mistakes which cost me a top 6 finish. Overall it was a great experience and I would like to thank the coaches and the rest of the team for making it so amazing."

## Map Note:

Athletes came from quarantine through the narrow alleyway south of the Finish, into the bustling town square with the Finish ramp on their right. They were then funnelled across the run-in to a start gate with the narrow alleyway ahead of them. Chris was not the only one to be confused about where the start kite was.



L-R Florence Haines, Rhona McMillan, Natalie Beadle, Rona Lindsay, Megan Carter-Davies, Chris Galloway, Katherine Hall, William Gardner, Steve McLean, Matt Elkington, Carl Edmonds, Elizabeth Furness, Aidan Smith, Peter Bray, Paul Murgatroyd



Chris Galloway only started orienteering two years ago



Florence Haines competing in the Long race were she finished in 4th place

## Relay Race

The three first year W16s were clear about their Relay order and Katherine Hall describes her experience as our first athlete off on the first mass start of the day.

"The third and last day of the EYOC was the Relay day, which didn't really start well as it was raining in the way that means your shoes get soaked through in about a minute! It was also another 6:30am breakfast as the first mass start was off at 9am – the W16 girls – which I was running 1st leg on. With this being my first competition at this level, I wasn't expecting to do as well as some of the other girls, but I was still very excited and didn't want to let down my team members so early on in the Relay.

Arriving at the arena and receiving the warm-up map, my hopes weren't high as the area didn't look too brilliant and having had a bad run on the Long day, I really wanted to have at least one clean run over the weekend. At about 8:15am the GBR team did a group warm up with coach Paul Murgatroyd, which was great to keep warm in the drizzle and take my mind off the race ahead.

As we lined up in the start pen I didn't feel too nervous – I wasn't putting myself under any pressure to perform this year and chatting to a few people in the pen whom I'd met at the World Schools in May and the other EYOC days kept me relaxed. The mass start itself was OK as I'd run 1st leg before, but everyone ran so fast! I was at the back of the pack as we entered the forest, but I caught up in the terrain which was, thankfully, nothing like the warm up map!

I had set my mind on just having a clean run and enjoying it, and not looking at what the others were doing. The first few controls went smoothly, however at #3 I was with a pack of about 7 and found it before them. When they saw me exit the control they literally ran straight into me to get it, and I got put off my bearing, taking about 2 minutes of messing around and being followed by a Spaniard to relocate.

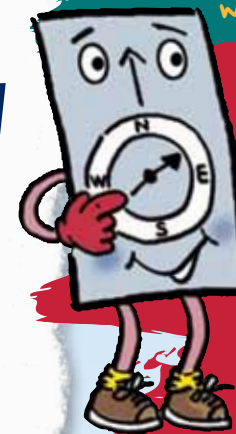
However I found the same pack again at #4 as they'd all followed each other and got lost too. Then it was clean running, albeit a 10 second wobble at #9, to the spectator control at #10. I had a nice bit of a GBR chant from the team and felt good entering the forest for the final loop, catching a few people on the way. I lost 30 seconds at #13, coming down into the forest too quickly but relocated fine. Unfortunately my running let me down coming up the hill to the changeover and I dropped 2 positions, bringing the team back in 8th.

Overall our team of Meg Carter-Davies, Natalie Beadle and I came 12th and we all really enjoyed it. It was a great experience running first leg with some of the best in Europe, and the whole weekend was amazing!"

Elizabeth Furness concludes, "We headed home with real team spirit, a sense of achievement and a clearer understanding of what each athlete needs to do over the coming months to build up to greater fitness, develop more speed or master technical aspects of our sport. We're already looking forward to Bugeat, France in 2012!"

## Orienteering Games & Tips

millie map asks, I would love to go orienteering more often and be able to practise and learn more orienteering skills. Do you know where I can do this?



## Charlie Compass says,

Yes, many orienteering clubs now hold Community O Club Nights on a weekly basis. Each week you will be able to practise or learn new orienteering skills as well as make new friends or meet up with people you already orienteer with. To find a Community O Club near to your home visit

[www.britishorienteering.org.uk/page/community-o](http://www.britishorienteering.org.uk/page/community-o)

## Orienteering Crossword

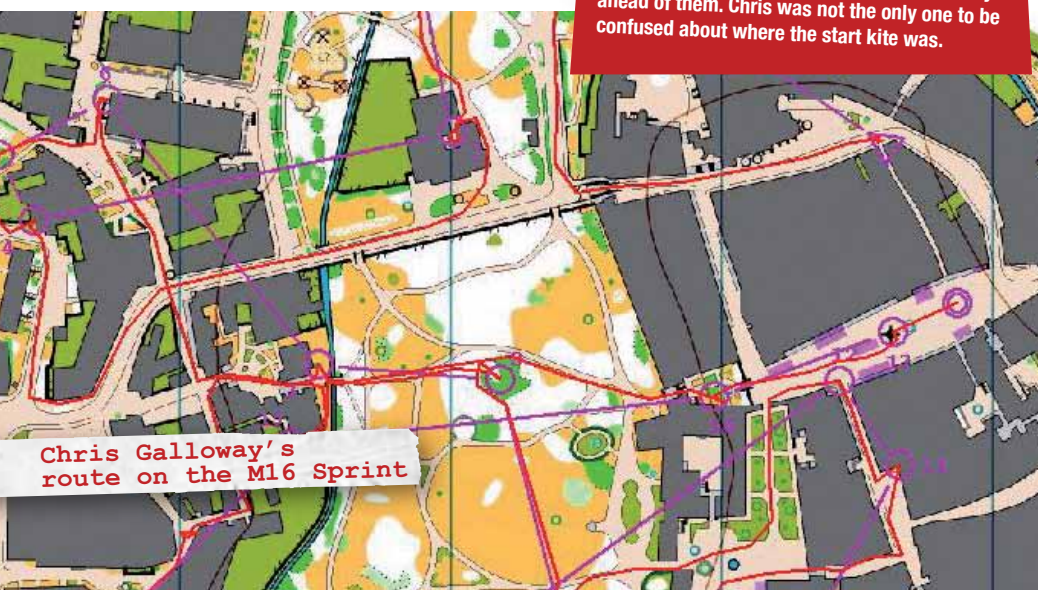
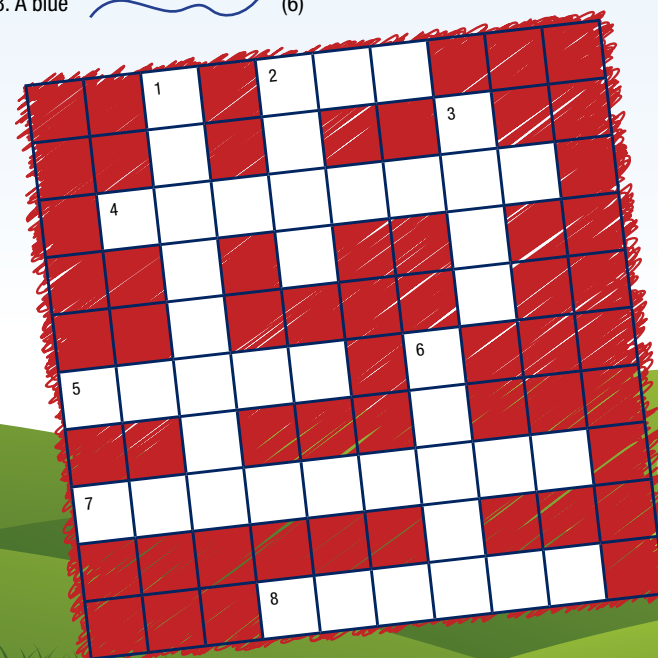
By identifying the map symbols, complete the answers in the crossword below. See back page for Crossword answers

### ACROSS

2. A brown V is (3)
4. A black \_\_\_\_\_ (4,4)
5. A black (5)
7. A black \_\_\_\_\_ (4,5)
8. A blue \_\_\_\_\_ (6)

### DOWN

1. A black \_\_\_\_\_ (8)
2. A black \_\_\_\_\_ (4)
3. A black \_\_\_\_\_ (4)
6. A black \_\_\_\_\_ (5)



Chris Galloway's route on the M16 Sprint





JUNIOR PROFILE:

# Jessica Orr



Yvette Baker Trophy

## Planner



Association	Date	Venue	Club
EAOA	23/10/11	Rowney Warren, Shefford	WAOC
EMOA	13/11/11	Byrons Walk, Kirkby in Ashfield	NOC
NEOA	13/11/11	Wallington, Morpeth	NATO
NWOA	09/10/11	Caldbeck Fells, Penrith	BL
SCOA	20/11/11	Pamber Forest, Tadley	BADO
SEOA	02/10/11	Charlton Forest, Chichester	SO
SWOA	13/11/11	Hone Moor, Ashburton	DEVON
WMOA	12/11/11	Lickey Hills, Rednal, Birmingham	HOC
WOA	20/11/11	Ffridd Mathrafal, Welshpool	POW
YHOA	13/11/11	Ashdale, Helmsley	EBOR
YBT Final 2011			
YHOA	04/12/11	Mausoleum Woods, Caistor	HALO

### British School Score Orienteering Championships (BSSC)

**Saturday 8th October:**

**Beaulieu Estate, New Forest, Hampshire.**

General Enquiries to Colin Hicks.

Email: colinhicks@chartwork.org.uk

Entries to David and Christine Currie.

Email: bsscentries@southampton-orienteers.org.uk

**Sunday 9th October:**

WSX Orienteering Club will have a level B event at Bisterne

Close in the New Forest.

### British Schools Orienteering Championships (BSOC)

**Saturday 19th November:**

Training Day - Lanark Moor Country Park, Lanark

**Sunday 20th November:**

Championships - Beecraigs Country Park, Linlithgow

Email: BSOC2011@biggar.s-lanark.sch.uk

**Further information for both events can  
be found at [www.bsoa.org](http://www.bsoa.org)**

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



Jessica Orr at the  
squad 'running and  
planning' weekend

**Age:** 20

**Club:** EUOC/CLYDE

**Age started  
orienteering?** 5

**Do your parents  
orienteer?** Yes

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

During a holiday in France with friends.

We used to take ages doing an orange  
course as we would have a picnic on the  
way round.

**What do you enjoy about  
orienteering?**

The people, the satisfaction of a good race  
and going to amazing parts of the world.

**Do you have a coach?**

I have a lot of people I talk to about my  
orienteering, such as my sister Hollie, my  
dad and Nev Myers.

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

It's good to know that other people care  
about your racing and training; they give  
you a different perspective on things,  
good or bad.

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

I like a good challenge, so somewhere  
technical. The French terrain during the  
World Champs is definitely up there, but  
maybe somewhere similar in Norway or  
Sweden.

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

A mixture of lots of things but mainly  
running, orienteering, some cycling, pilates  
and strength and conditioning work.

**What is your best result?**

3rd at the British Long Champs this year.

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

Don't give up! Orienteering is a long game  
and you only get better with experience. If  
you miss out on something one year, there  
are plenty more opportunities to come. Self  
belief is everything!

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

I like skiing and the odd bit of painting.

Crossword Answers  
2a. Pit 4a. Dirt Road 5a. Cairn 7a. High Fence 8a. Stream  
1b. Building 2b. Path 3b. Wall 6b. Fence