



Issue 1 - Spring 2007



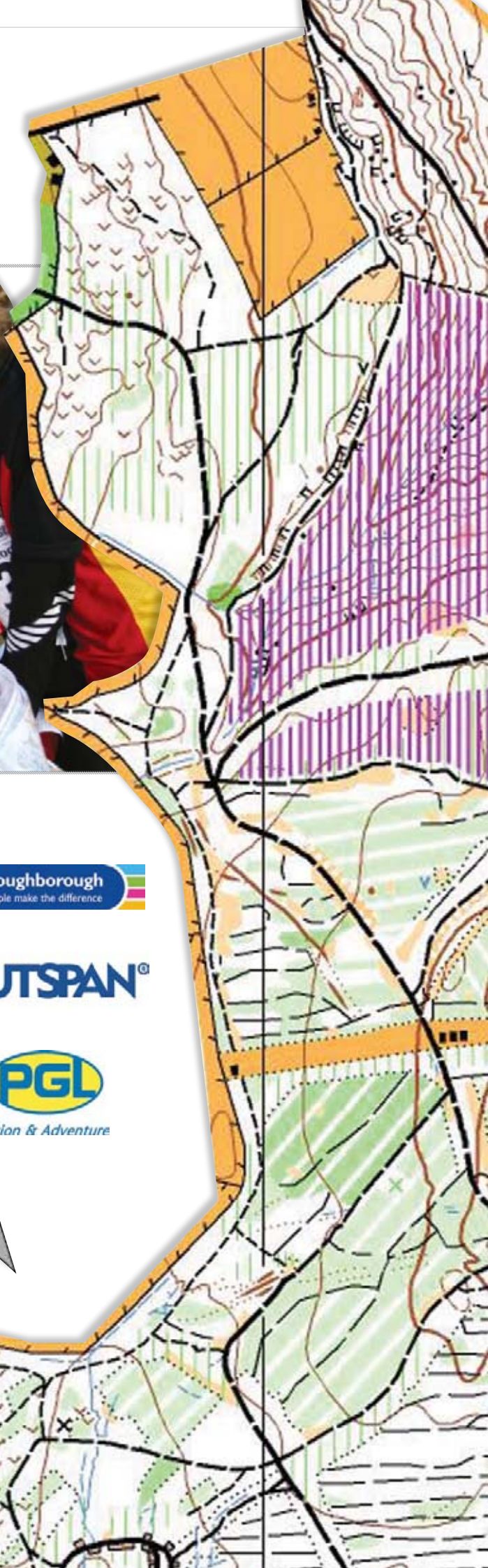
Welcome to the first edition of Ozone.

Inside this issue:

British School Championships
John Rocke Profile
Orienteering with the Butt Family
Junior Survey

British School Orienteering Championships

The 2006 Championships took place on the 19th November in the beautiful Hawkbatch Forest in the Wye Valley and was organised by Harlequins Orienteering club. The event attracted over 1000 competitors representing 139 schools. They came from all over England and Wales with one team even travelling all the way from Biggar in Lanarkshire, Scotland.



Competitors at the event range from children who have only recently taken up the sport to members of the Great Britain national squad. This enables the many school based orienteers to run against the best youngsters in the sport, who then go on to produce some outstanding results.

The children also had the opportunity to meet Great Britain athlete Graham Gristwood who recently finished 9th in the World Championships. The school children were able to have posters signed and Graham also presented the prizes, which were supported by PGL, Capespan and the Loughborough Building Society. Graham chatted with the children about orienteering and he will have inspired many to aim for a place in the GB team.

Some schools were also making their debut at this years championships including Bemrose Community School from Derby. Their teacher, James Dachtler said, "Our children come from an inner-city environment and don't necessarily have the opportunity or chance to visit new and diverse sporting activities and environments. Going to the championships gives our pupils the chance to experience new situations as well as meet new

people. Many of our pupils who have started orienteering at school are now running for their local club"

Ulverston High were once again the dominant school winning an incredible nine of the fourteen team prizes and were also the overall winner in the Large Secondary School category. Burford Primary also performed strongly and won the Primary School title for the 6th successive year!

The schools and pupils will now be training hard and looking forward to next years championships in Dorset. Further information is highlighted below.



Team Winners by School Year

	Boys	Girls
Year 5	Burford School	Burford School
Year 6	Burford School	Barnardiston Hall School
Year 7	Bradfield School	Ulverston Victoria High School
Year 8	Ulverston Victoria High School	Ulverston Victoria High School
Year 9	Ulverston Victoria High School	Lancaster Girls Grammar
Year 10	Ulverston Victoria High School	Ulverston Victoria High School
Year 11	St Bernards Catholic	Ulverston Victoria High School
Year 12	Ulverston Victoria High School	Ulverston Victoria High School
Year 13	King Edward VI Aston	King Henry VI11

Overall Winning School Teams

Primary

1st Burford
2nd Clinton Primary
3rd King Henry VI11 Junior School

Middle-Preparatory

1st Barnardiston Hall
2nd King's College
3rd Orley Farm Prep

Small Secondary

1st Claysmore Senior
2nd Perse School for Girls
3rd King's Taunton

Large Secondary

1st Ulverston Victoria High
2nd King Henry VIII Senior
3rd Bacup and Rawtenstall School

Tertiary

1st Scarborough Sixth Form College

BSOC 2007 will be held in Dorset on Saturday 17th and Sunday 18th November and will be organised by local clubs Wimborne and Sarum. The first event on the Saturday will be a British Schools Qualification Race to select teams (Current M/W14 and M/W16) to represent England at the forthcoming ISF World Schools Meeting. This will be held on Gore Heath in Wareham Forest and this area is now embargoed. At the same time a training event will be available to all other competitors. On Sunday the Championships will be held near Bovington and separate races will be organised for all ages from Years 5 to 13. Further details can be obtained from Chris Branford (WIM) who can be contacted at bsc07@owls-count.net or from www.bsoa.org.uk

Photos by Ray Barnes

The Loughborough
where people make the difference

OUTSPAN®

PGL
Action & Adventure

Profile: *The Butt Family*

There was a time when we didn't do orienteering, but that does seem a long time ago now. I was just having our last baby and Jeff decided to try something he had always fancied doing...orienteering. He read a notice in the local sports centre and came back from his first attempt completely soaked, worn out and enthusing about how he had got lost and finally finished his course...an orange level I think.

After that Jeff would take the three older children off while I had a bit of a break and looked after the baby. Inevitably the day came when I was dragged out into the woods to try an orange course. I got completely lost and took about an hour to finish, but the challenge was there to complete the perfect course with no mistakes. I am still striving for the perfect run and sometimes feel I have come close, but the best bit for me about orienteering is the running. I had not done any competitive running as a child, but I have found that I absolutely love running through the undergrowth. With the ground sloping slightly down hill is the best, jumping over logs, ducking and weaving through the bushes, it makes you feel like you are flying and if you find your point as well that is just such a buzz!

Since these early days we joined our local orienteering club, Sarum. Jeff soon became fully involved, taking on the role of club captain and taking pride in coaching adults and children of all levels. He is particularly interested in junior orienteering development and at most events he can usually be seen talking to one of the juniors. On a personal note he would love to compete in the elite competitions...his reasoning is that you may as well compete against the best!

As far as the family are concerned, I think orienteering is one of the only sports at which you and your children can learn and compete at the same time, in the same place and at the appropriate level for each person's ability. As a parent there is always that guilty feeling if you go and do your own thing whether it is a sporting or other activity, but with orienteering everyone can participate.

At the younger level, the children have revelled in being out of doors for most of the day with mud, sticks and lots of other children to build dams or dens with. It is always a good feeling to see the children come home tired but happy from a day of fresh air and loads of exercise. On the down side are the muddy clothes...our washing machine groans on a Sunday night as we rush to get things clean and dry for the next week.

With regular orienteering our children and ourselves have improved our skills and it is now a regular part of our life. Jeff and I both work and together with the children's school work and after school clubs, life gets pretty hectic. It is always a great relief to get out into the woods and have a bit of time and space to put life back in order and at the same time enjoying some healthy competition.

My older two, Alice and Tom, are in the Start development squad and have become seasoned travellers. They have learnt to cope with all sorts of new experiences and have thoroughly enjoyed their

training camps. To get to these camps they have had to compete and succeed at selection races. At times this can dominate family life and Jeff and I have become part of their backup team, including not only their running coach and sports physio, but also the Sarum club members who have always given the children lots of support. It often feels like they are an extended family looking out for the children while Jeff or I am off on our runs. For example when Harry was taken to First Aid after being bitten by a field mouse or when he



came back in tears because he had fallen in a muddy puddle and hadn't come first!

I personally think the orienteering environment has stood the children in such good stead for life. Not only do they learn to think and solve problems on their own when they get lost or can't find their control, but they also learn how to compete. This includes how to handle winning and losing and how to concentrate when your friends from school are messing about and having a laugh. All good life skills!



Jeff and Jackie with their family

Here are a few thoughts from the children on their orienteering experiences:

I do the orange course which is much more adventurous than the yellow courses because the points are more off the paths and normally means you have to go through the rivers and mud. (that's what I like best!)

Harry aged 10

Orienteering is a racing sport and every second counts. I know this because I normally come second to my friend Florence Haines by a few seconds! Apart from the competitive side it is great fun meeting up with friends and mucking around after our runs. I really admire Jenny Johnson because I think she is great and I met her when I was about 11 years old. It feels great when you are running and you get the orienteering all right, but the best feeling is standing on top of the podium in first place.

Lucy aged 12

I go along to orienteering because it is a good chance to meet up with your friends. I like to have a big game of football when I've finished my run. Usually lots of people from other clubs join in...of course we usually win!

Tom aged 14

When I started secondary school, I loved orienteering as it was a break from teachers and homework. Now I love the sense of adventure orienteering gives me especially when I orienteer abroad or in very technical terrain. A few years ago I started running with a local club run by Phill Morris (who is the best running coach in the world!) I managed to get into the Start squad and suddenly I became part of the orienteering community. I got to meet my competitors who soon became friends. At events it is great to meet up with them and commiserate or congratulate them on their runs. Orienteering has become a part of my life and has brought our family closer together. We all have to help with getting ready to go away for a weekend competition as it takes quite a lot of organising. As well as spending the day out together, we also get to chat about our 'O' problems as everyone understands!

Alice aged 16

Active Learning and Leisure

Curriculum based activity courses, adventure holidays and ski trips in the UK, Europe and USA

Challenge
Opportunity
Education
Achievement

For a brochure and enquiries call:

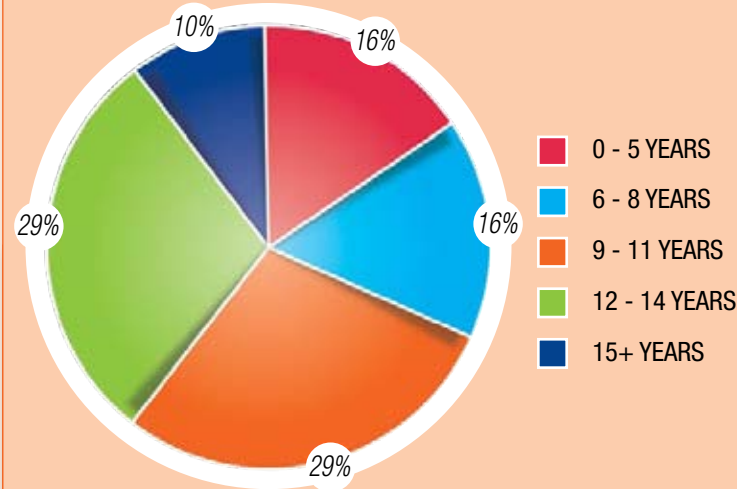
08700 551 551

www.pgl.co.uk

Junior Survey

In December we asked our junior members to take part in an online questionnaire. The results made interesting reading and gave an insight into their orienteering habits.

Age Started Orienteering



Orienteers start young! 61% started orienteering before 12 years of age with 16% starting before they were 5!

It is often believed that our junior members start orienteering predominately through their family. This survey reveals that this is not correct with nearly 40% taking up orienteering at school.

Participation

44% of our juniors orienteer once a week, with 90% orienteering at least once a month. However they are still looking for more opportunities to orienteer, with over 90% wanting more opportunities to orienteer locally.

Although our junior members are keen to orienteer as much as possible it appears that they may struggle to get to the larger national events. This may be why 90% of them are keen to have more local events. The juniors were asked if they had competed at the JK, British Champs or British School Champs with the opportunity to tick all three events. This revealed that on average only 33% of the juniors were competing nationally.

Communication

We asked the juniors how they wanted us to communicate with them and which publications they currently read. 68% of respondents read Route Choice 5 with 74% reading Focus if their family received it. We therefore believe that there is a demand from juniors to receive the information that is in Focus and is why this new larger magazine has been created. We also asked juniors if they wanted dedicated "kids O-Zone" pages on the new website. 65% said yes and this will be implemented.

Increasing Membership

Finally they were asked how they think we could get more people into orienteering. Below is a selection:

"I think there is an opportunity to approach kids through school orienteering, but I think they have to be approached early before they take up too many sports. It would be good if some of Britain's elite took part in this to give the sport a cooler image."

"Sprint orienteering is a great way to show the sport to juniors."

"Put on after school events where the children's parents are invited so that the whole family gets interested because it will be the whole family that competes."

"Orienteers who have connections with running clubs could put on Park O races as part of their clubs training, this could get more running minded people interested."

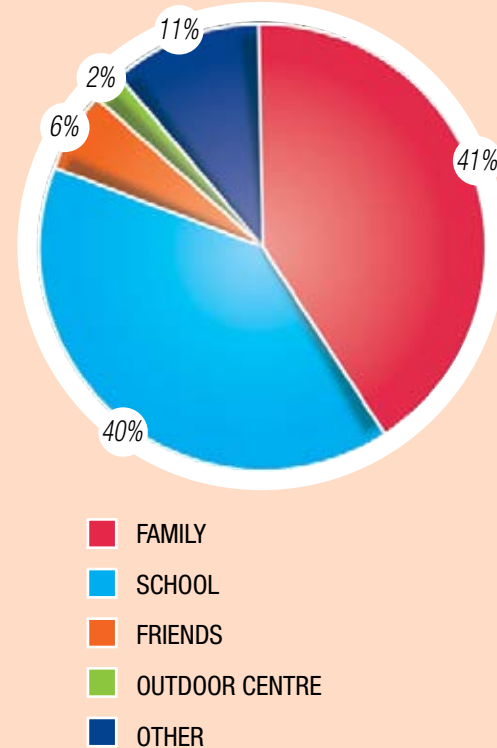
"More promotion in schools. I had never heard of orienteering until one of my friends told me she went. Now we both run for the school in the local league."

"Try to do more local events in areas for school children."

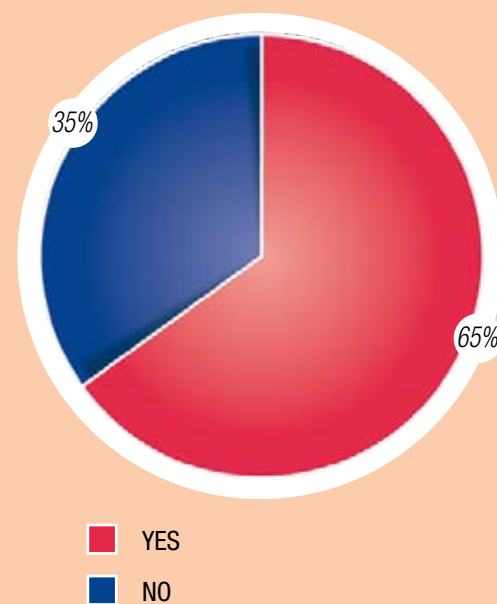
"Get really good role models and advertise with these athletes."

"Maybe get more schools to put orienteering on the curriculum at a younger age. This would get them started younger and if they enjoy orienteering they will carry on past school."

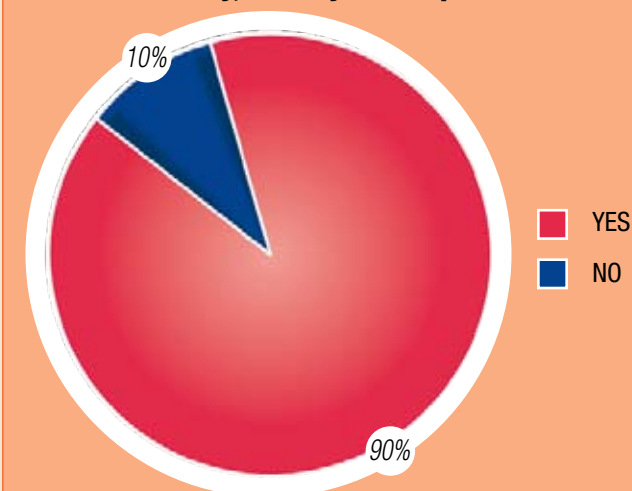
How did you start Orienteering?



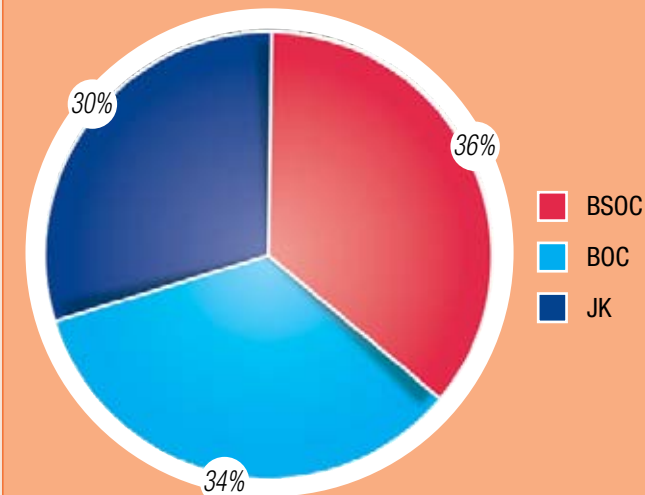
If it existed, would you look at the "Kids O-Zone" pages on the British Orienteering website, containing games, events, news and tips?



If you had more opportunities to orienteer locally, would you take part



Have you competed at the JK, BOC or BSOC?



Always make sure that you fold your map so you can easily see the bit of your course that you need and mark your position with your thumb. Make sure that the direction you need is pointing ahead of you and each time you change direction, change your grip on the map.

Wordsearch

Hidden in the puzzle are the fifteen clubs listed below. How many can you find?

POTOC	A	D	I	L	Y	O	N	D	H	W
CLARO	F	O	Y	S	R	T	L	P	C	G
WCH	H	K	H	K	B	H	W	H	L	N
CLYDE	M	A	R	O	C	G	Y	P	O	B
LOC	U	W	V	I	Z	I	E	X	K	V
HAVOC	R	T	M	O	L	H	D	E	I	C
SLOW	A	I	H	B	C	W	C	D	Z	O
WHIGHTO	S	N	C	L	U	O	F	Y	B	T
MAROC	F	T	I	O	R	T	W	L	J	O
SARUM	A	O	R	A	L	C	K	C	I	P
CLOK	N	U	M	V	F	S	W	O	L	S
OD										
SYO										
TINTO										
WYE										



News

British Orienteering Start Squad

The Start programme kicked off in 2007 with a long training weekend for the 14s, 15s and 16s based at Shugborough OEC towards the end of February. Technical training took place on the contour rich Cannock Chase, culminating in a Hagaby race for all ages. The 17s however will be going to the Spring Cup in March. This year the Spring Cup is based near Roskilde, the scene of the 2004 European Champs and not in its usual location in the far north of Denmark. However, the terrain is not too dissimilar with rolling hills, drainage ditches and in the spring, good visibility as the leaves are not yet out. They will certainly benefit from this intensive weekend of races which includes a Night Race on Friday evening, Classic on Saturday and Relay on Sunday.

Over the spring season, Juniors in these age classes will be competing to secure a place on one of the Start Tours in the Summer. Selection to these tours is open to all and not exclusive to Start programme athletes. The selections for the 14s and 15s will be in Scotland the week before the Scottish 6-days, the 16s will go to Halden in Norway and the 17s to Uppsala, in the two weeks before the 6-days. For further information please visit the Start pages on the British Orienteering website www.britishorienteering.org.uk

Nick Barrable
Start Programme Manager

Junior Profile: John Rocke

Age 18

Club: LEI, ShUOC and OK Ravinen

Age started orienteering:

Not really sure exactly but when I was very small.

Do your parents orienteer?

My mum does but my dad prefers just to come along and help out being a kit carrier and goes for a walk instead.

How did you start orienteering?

My mum got me into orienteering after she found the sport through fell running. I started on string courses and worked my way up as I got older, apparently my first string course was on Simpson Ground in the Lake District.

What do you enjoy about orienteering?

I enjoy the variety of the sport, with different areas and different types of races, no two races are the same. The sport also takes you to amazing places that otherwise you wouldn't have gone to.

Do you have a coach?

I have two. Helen Palmer (member of the senior squad) and Charlie McConnell (level 4 athletics coach).

If so, how has this helped you?

Helen Palmer introduced me to OK Ravinen and has helped me over the last few years to plan and analyse my orienteering races and training. This has really improved my technique and performance in races. I started at my local athletics club (Corby AC) six years ago, where I met Charlie, and he has been setting my physical training sessions ever since. This has given me a big physical advantage in orienteering races and his knowledge of running has also prevented me from getting any injuries when I have increased my training.

Where is your favourite place to orienteer?

Sweden is the best place to orienteer, especially areas around Uppsala and Stockholm. The atmosphere at races in Sweden, especially the Oringen, is also amazing.



What kind of training do you do?

I do a variety of training and I try to periodize my weeks into easy, medium and hard. An average week would be; circuits and easy run, track session, gym session and easy run, fartlek, rest, race and a long run in the Peak District.

What is your best result?

Second in the M18 Relay at the European Youth Orienteering Championships last summer in Slovenia. The courses were really tough but all three of the team put in good results and we deserved to get a medal.

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

Find an experienced coach, or two, and train consistently with them.

What do you enjoy doing outside of orienteering?

I also run cross country, fell and track races outside of orienteering. I like to watch sport, mostly football, in my free time. I recently started studying medicine at Sheffield University so work and training take up most of my time.