

Ozone

FOR JUNIOR ORIENTEERS

Issue 9 - Spring 2009

Photo by Rob Lines

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Graham Gristwood

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www.britishorienteering.org.uk/ozone

Graham in action

Preparing for the British Champs with Graham Gristwood

With the Championship season about to commence we caught up with World Champion Graham Gristwood to see what advice he could offer our aspiring juniors.



Graham, Jon Duncan and Jamie Stevenson with their Gold Medals - Credit Soren Andersson

How old were you when you competed in your first National Championship? Did you win?

I don't remember exactly, but I remember running the British Champs on Mychett, when I was 14 I think - David Hodgkinson won, maybe I was second. I didn't win the National Champs until I was 17, at Newborough in north Wales.

What advice would you give to juniors who are competing at their first British Championships or JK?

All the preparation for the race has been done in the training over the previous weeks and

months, so there is no need to do anything extra special, no need to try and run better than ever before. You can push hard, but remember to stay within your limits, run at a sensible speed so you can stay in control, otherwise you run the risk of making a lot of mistakes. Don't get over stressed and focus on performing well, don't worry about the result - if you perform well the result will follow.

Have you any advice/training tips on how to prepare for a British Championship or JK?

Make sure you have checked out the terrain description, looked at old maps. Maybe take an old map and plan some courses - or get someone else to do it for you, then you can have a look at what are the important features to pick out, or what some of the route choice challenges might be. Be totally prepared, make sure you leave nothing to chance - e.g. make sure you have all the kit you need and maybe even spares of important things like compass and shoes just in case.

If you have a bit more time before the championships, you can try and do some relevant technical and physical training - getting into races or training exercises on similar terrain, working out if fast running or terrain strength are going to be particularly important and building those into your training regime.

Did you ever have a disappointing performance at a National Championship, if so how did you overcome the disappointment and improve?

Absolutely. You learn a lot more from the bad performances than you do from the good. More than anything you can take the energy and bad feeling you get after a bad performance and channel that into putting it right, making sure you don't make the same mistakes again.

You can usually take something positive out of every race, and remember, those who are the best at junior level don't always go on to be the best at senior level! It takes more than just talent, it takes

commitment and effort over a number of years. One or two bad performances don't mean you can't be the best in the long term.

As you are a Relay World Champion, do you have any tips for succeeding at Relay competitions?

There are different skills required for each leg. Running the first leg, you have to remove the idea of winning from your brain and just concentrate on running solidly, not making any mistakes and staying near the front. I prefer to run behind the leaders, use them and take a little more time for my own navigation. Middle leg runners should try to stay in touch with those around them, and absolutely make sure they don't lose touch with the leaders! If you can make a gap then great, but no big risks. Last leg is all about coming back first, so you have to think about pacing yourself through the race, making route choices to get away from competitors, and maybe taking some risks. If you can do all this well, then you have a great chance. But on a more simple level, just orienteer well, check your codes and stay calm!

What advice do you have to anyone who wants to be a future British Champion?

Do it! Get as much advice from as many people as you can. Experience as many different races in as many types of terrain as possible. Get as much knowledge about being the best as you can and then go and train hard (but sensibly). A lot of getting to the top is taking the opportunities you can, making your own opportunities and also overcoming setbacks such as bad performances, injury and illness. Just keep the dream in your mind and go for it.

A YOUNG PERSONS GUIDE TO CHILD WELFARE

YOU HAVE RIGHTS – SPORT SHOULD BE FUN.

You should feel safe and enjoy your sport. You can't do that if you feel unhappy – if someone is bullying or abusing you.

My Club Welfare Officer is:

Their contact number is:

KEEPING SAFE:

- Avoid being alone or with just one other person
- Avoid travelling in someone else's car by yourself; travel with a friend or someone you can trust.
- Avoid going to other people's homes by yourself
- Carry a mobile phone, phone card or change.

If you are being bullied or abused
IT IS NOT YOUR FAULT.

HOW DO YOU KNOW IF SOMETHING IS WRONG?

Something is wrong if someone:

- Constantly teases you, shouts at you or calls you names
- Threatens, hits, kicks or punches you
- Touches you or does anything that makes you feel uncomfortable
- Makes suggestive remarks or tries to make you do things you don't want to
- Damages or steals your belongings
- Does anything that makes you feel lonely, upset, worried, unsafe, hurt or embarrassed.

If something is wrong:

- Be firm and tell the person to stop - attract attention by making a noise, use your whistle.
- Get away from the situation quickly, go to a public place to find help or call the police (999)
- Tell someone you know you can trust, e.g. a parent or friend as soon as possible, so they can help you
- Keep a note of the date, time and place, what happened, how you felt and the name of anyone who may have seen what happened

Call your Club Welfare Officer or use the 24 hr free telephone help lines:
Childline 0800 1111 NSPCC 0808 800 5000



British Schools Orienteering Championships at 21 (and a bit)

The first Schools' Championship of the 'Modern Era' was held in Sutton Park in November 1987. This was the brain child of Peter Palmer and was supported by Birmingham Education and Leisure Services. Since that event held in glorious sunshine the basic format of the Championship has remained recognisably the same but gradual evolution has taken place.

The original competition was designed to allow Primary (Y5/6), Middle and Prep Schools (Y5/8) and Secondary Schools (Y7/13) to all have their own competitions within the main structure. Secondary schools were further sub divided into large (above 600 pupils) and small (below 600 pupils) which was the then current Education Ministry criteria. The number of scorers was fixed from the beginning and the number of categories from which these scorers had to come remained the same until this year when a change was made to the Middle/Prep regulations. All these regulations were designed to permit co-educational schools and single sex schools to compete. In fact, the large school competition has only once, in 1988, been won by a single sex school. The reason the rules were designed this way was to meet the prevailing national target at that time, of encouraging girls into sport.

The first and most fundamental change to the rules was the move from orienteering age groups to school year groups which made entries far easier and more logical for schools. The introduction of a 'Tertiary' category was another fairly early change to encourage establishments to take part with pupils aged 16-19 years. Individual, year group and boys and girls categories were established from the beginning.



A difficulty became apparent towards the end of the 1990s when the results of BSOC were shown to not be effective in selecting teams for the World Schools Event. The resulted in the introduction of selection races on the same competition weekend every other year, based on a more rigorous age group competition. This has worked well but has imposed greater strain on organising clubs on whom, from the beginning, the success of the competition has heavily relied.

There is no doubt that over the last 21 years the BSOC has raised the profile of orienteering in schools, from the appearance of school kit, mascots, tents and flags to keen competition for selection for the World Schools Championships. BSOA (British Schools Orienteering Association) in conjunction with the British Orienteering Junior Competition Group now feel that, despite the perceived continued success of the BSOC, the time is ripe for a review.

This has been highlighted by recent suggestions for evolution which have themselves thrown other aspects into relief. BSOA would, therefore, like to open up a debate on the format and organisation of BSOC with a view to improving the event to go forward another 21 years. Some areas for thought and suggestions are:

- The present categories of schools, especially at the senior level
- The marked imbalance of girls and boys competitor numbers
- The timing of the event
- The financing of BSOC and the involvement of clubs and regions
- The scoring system
- The value of separate boys and girls events compared with combined results for the 'whole school' category
- How to encourage more schools and larger teams to take part
- Transport costs and accommodation

BSOA would welcome contributions to this review from teachers (especially), competitors past and present, parents, coaches, clubs and those who have been involved in the organisation and support of BSOC over the past 21 years. If you have a suggestion on any of the above points or others and/or would be willing to participate in a working group with BSOA to review BSOC please contact the BSOA Secretary, Mrs Mel Elkington at secretary@bsoa.org or write to the President, BSOA c/o British Orienteering National Office. We would expect to publish the results of any review within twelve months.

Peter A Christopher
President BSOA



Photos by
Rob Lines

ISF World Schools Championships 2009

14th – 20th April, Madrid, Spain
Congratulation s to all the athletes selected to take part.

School Teams

Junior Girls
Ulverston Victoria High School

Senior Girls
King Henry VIII School

Junior Boys
Ulverston Victoria High School

Senior Boys
Ulverston Victoria High School

Select Teams

Junior Girls
Lucy Butt - South Wilts Grammar School †
Florence Haines - Ilkley Grammar School *
Zoe Harding - Lancaster Girls Grammar School †
Laura Jones - St Bernard Catholic High School †
Rosie Watson - Keswick School *

Reserve: Tasmin Moran - Thornden School (for those marked *)
Reserve: Hannah Bradley - Cockermouth School (for those marked †)

Senior Girls
Alice Fellbaum - Fallibroome High School†
Bryony Harding - Ashlyns School *
Katrin Harding - Lancaster Girls Grammar School †
Sophie Horrocks - Bacup and Rawtenstall School †
Isla Simmons - Wellsway School *

Reserve: Rebecca McKenny - Ulverston Victoria High School

Junior Boys
Jack Benham - The Burgate School *
Matthew Elkington - Kenilworth School†
Sam Giles - Bishop Wordsworth's School †
Thomas Louth -The Perse School †
Aidan Smith - Birkdale School*

Reserve: Chris Young - St Pauls School (for those marked *)
Reserve: Matthew Penellum - Chetwynde School (for those marked †)

Senior Boys
Peter Bray - Amery Hill School *
Thomas Butt - Bishop Wordsworth's School †
Jonathon Crickmore - Downlands Community School *
Thomas Fellbaum - Fallibroome High School †
Tom MacKenzie - The Chase†

Reserve: Robin Tett - King Edward VII (for those marked *)
Reserve: David Maliphant - Bristol Grammar School (for those marked †)

Please note reserves are non travelling.
Coaches: Ben Chesters, Josh Jenner, Pauline Olivand, Christine Sutcliffe.



PGL Young Volunteer Awards 2008

Congratulations to Stephen Haley of Interlopers and Stuart Hooton of Eborienteers Orienteering Club who have been selected for the British Orienteering/PGL Young Volunteer of the Year Award!

The award scheme sponsored by 'PGL' aims to offer an incentive for more young people to get involved with volunteering within our clubs. Stephen and Stuart will be presented with the award for 'Outstanding Contribution at Club Level' at the AGM where they will receive a glass trophy and a cheque for £150. Their club will also receive a cheque for £50 to spend on junior development.



Stuart became EBORs first Junior Committee member

Stuart Hooton

Stuart, although only 19, has been orienteering for several years having been trained locally under Barrie Speake and regionally as part of the YHOA junior squad under Tony Carlyle. Even as a junior himself (at M16) Stuart committed himself to mentoring the youngest orienteers at training weekends or after local events. He shadows and supports juniors most weekends with the full support and confidence of the regional coach and/or the junior's parents.

For the last two years (since passing his driving test) Stuart has spent a considerable amount of time transporting club members to and from events and training weekends. He first attended Lakeside four years ago as an M16, however he has returned every year since then to assist with training, shadowing and transporting juniors to and from the area.

Stuart has also surveyed and mapped new local areas (for example Brayton Barff) so that school score events can take place in locations close to the schools. He always helps the event planners by putting out and collecting controls, more often than not at the expense of a competitive run himself. Stuart has planned several Ebor local events and has just attended a controller course so that he can also volunteer to control events; a position that it is difficult to find sufficient volunteers for.

More recently Stuart volunteered for his most challenging role as organiser/captain of the Ebor Peter Palmer team. He helped train a large squad of junior orienteers; he transported them to the event and then had the unenviable task of selecting who would run.

Stuart was elected to the Ebor Committee three years ago to become the clubs first junior committee member, a position he still holds, attending all the meetings and acting as the voice of the Ebor juniors. Without Stuart's fantastic contribution Ebor would not be such a content successful club.

Stephen Haley

Stephen Haley has regularly helped at Interlopers events, having volunteered to help on starts, results, and control collection. At events he has been a reliable and respected contributor and has also been a planner (rare for a junior!). He planned a Street O based at Tryst Park and a CATI at Cammo, both in Edinburgh.

As well as showing excellent club spirit, Stephen has also achieved some individual success, including a victory in M18S at the Scottish Championships 2008 and representation in the East of Scotland team for several years.

At a more strategic level, Stephen has been a member of the Interlopers club committee since election in June 2005. His contributions have provided a valuable input to committee discussions and club work and he was instrumental in encouraging the club to fund and develop folders for juniors that explained the different types of event, control descriptions, etc, and thereby help develop the new and novice juniors.

Interlopers feel his greatest contribution as a volunteer has probably been his work introducing people, especially juniors, to orienteering. This has been an innovative, focused and long term programme of hard work and has been a definite success. He has achieved his goals and increased local interest, participation and membership as a result. He has guided three particular boys from being complete orienteering novices to them taking part in a Scottish Schools competition and now running for Scotland at the World Schools Orienteering Championships!

In addition to this Stephen has assisted in the development of orienteering at all levels of the scouting family (beavers, cubs, scouts and explorer scouts) by providing guidance and instruction to the group and their parents and introducing them to local 'Come and Try It' events. Furthermore, Stephen has helped with several training sessions for local school groups, that have been put on by club members in the lead up to the Scottish Schools Championships and assists with the East of Scotland coaching sessions. Again, he would put controls out as necessary, lead or shadow individuals, provide guidance where needed and collect markers afterwards.

It is clear that Stephens various efforts to introduce and develop new people to orienteering have been fantastic. There is no doubt that he has been innovative, focused, committed and enthusiastic in his approach. He has achieved a lot of success for the club, other people and his own development.



Stephen in action at the Jamie Stevenson Trophy

Orienteering Games & Tips

Answer the five questions below to test your orienteering knowledge.

1. On a map at a scale of 1:5,000 what distance on the ground would 2cm on the map be?
 - A. 150m
 - B. 300m
 - C. 500m
2. What is the general level of a re-entrant?
 - A. Above the surrounding ground
 - B. Below the surrounding ground
 - C. On the same level as the surrounding ground.
3. Which of the following correctly describes green on an O map?
 - A. Dense forest
 - B. Marsh
 - C. Open land
4. What do the tags on a contour indicate?
 - A. North
 - B. Uphill
 - C. Downhill
5. If a series of contours are close together, what does it depict?
 - A. Steep
 - B. Event Slope
 - C. Flat

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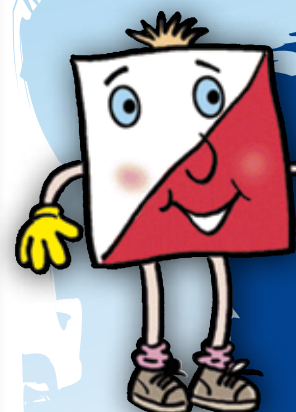
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NEW

millie map asks,

How do I know when I am at the correct control?



Clive Control says,

By checking your control description sheet. Whenever you reach a control you always need to check that the code on your control description sheet matches the code on the control and also that the control is on the correct feature. You will then know for sure that you have punched correctly.



Answers to quiz: 1 = B, 2 = B, 3 = A, 4 = C, 5 = A

Yvette Baker Final 2008

Report by Pauline Olivant / Photos by Rob Lines



Octavian Droobers won the title

On a very cold but sunny December day over 200 juniors from 10 clubs contested the Yvette Baker Trophy on the Sandringham estate in Norfolk. Less than 100 points separated all 10 teams, which demonstrates the depth of talent amongst our junior members. The Trophy was finally retained by Octavian Droobers, second place went to West Cumbria OC who moved up one place from last year and Southdowns finished in third place.

1st OD, 2nd WCOC, 3rd SO, 4th DEE, 5th WAOC, 6th DVO, 7th HOC, 7th SOC, 9th CLOC, 10th AIRE.

Congratulations to all the juniors and clubs that took part.

Many thanks from all the teams to Norfolk Orienteering Club for hosting the final this year.

Full results available at www.norfolkoc.co.uk



The icy conditions made it slippery under foot

JUNIOR PROFILE:

Hazel Wright

Age: 18

Club: Maroc

Age started orienteering? 9

Do your parents orienteer?

Mum started at the same time as me. Dad took a bit longer to get past the car park!

Why/where did you start orienteering?

A district event at Glen Tanar.

What do you enjoy about orienteering?

The great people (cheesy but true!)

Do you have a coach?

My personal coach is Sarah Dunn.

If so, how has this helped you?

Sarah helps to keep me focused and motivated. I go running with her once a week and talk through my course with her after local events.

Where is your favourite place to orienteer?

Scotland – Cambus o May and Loch Vaa. Internationally – Halden is gorgeous!!

What kind of training do you do?

I always try to incorporate the three key sessions into my training (intervals, long run, tempo run) and I swim four times a week. I've just started working to a four week program.

What is your best result?

20th in the long at the 2007 JEC in France and 23rd in the sprint at the 2007 EYOC in Hungary.



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

Anything is possible – you just have to believe in yourself and be prepared to put in some good hard work.

What do you enjoy doing outside of orienteering?

Eating, catching up with the girls and partying!!


**Orienteering
Great Britain**