



Issue 10 - Summer 2009

FOR JUNIOR ORIENTEERS

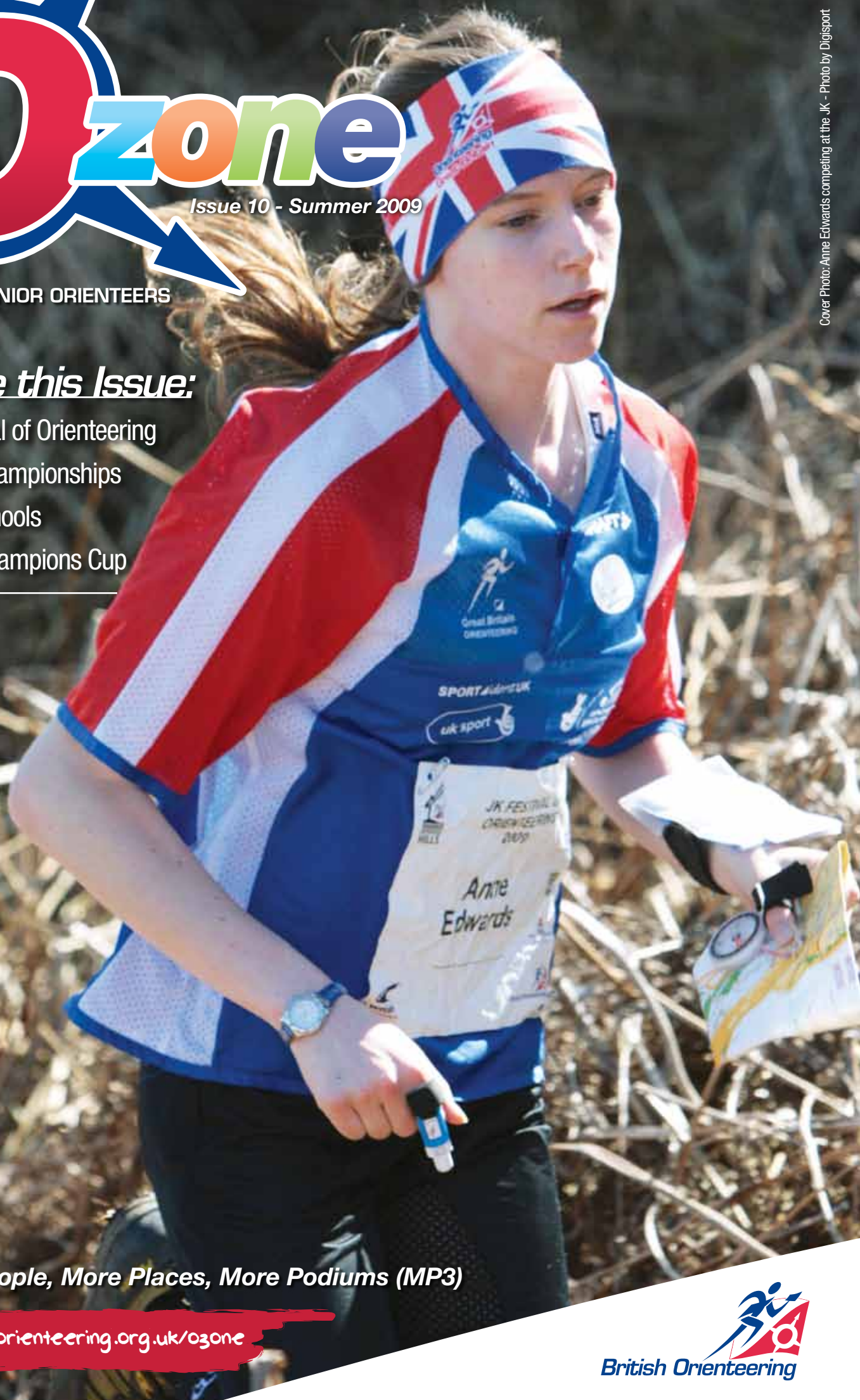
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JK Festival of Orienteering

British Championships

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Future Champions Cup



Cover Photo: Anne Edwards competing at the JK - Photo by Digisport

More People, More Places, More Podiums (MP3)

www.britishorienteering.org.uk/ozone

Junior Success at the JK By Hollie Orr

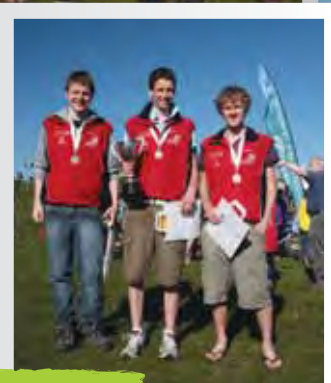
For many juniors the JK would be their first race of the year and would provide the perfect stage for them to show what they were made of.



M20E



W20E



M18E



W18E

The JK kicked off in true style with the sprint race in Newcastle and for this the juniors raced the same course as the seniors. In the girls race some young juniors set the pace early on in the day, these proved to be excellent times putting them on the podium and showing their great potential for the future. Mairead Roche took the overall victory on the girl's course with a time of 18.59 - exhibiting her great ability for sprint racing. Aine McCann's time (19.56) saw her take 2nd place and Charlotte Watson (20.08) was 3rd.

In the men's race it was the older boys who showed their experience, dominating the podium. Hector Haines took the win, with Ralph Street hot on his heels, showing his great cross country season and speed translate into his orienteering. Sprint legend Kris Jones, took 3rd place overall and 1st in the M18's class. The lead changed hands between the three throughout the race. Kris led from the start but

after a small mistake at control number 13, Ralph took over, only to lose it on the penultimate control letting Hector come through to win after a strong consistent race.

Next up was the middle distance at Kyle, on a gorgeous day that I think exceeded everyone's expectations of the North East! Again the juniors were to run the same course as the seniors, a course that was set to sort out the men from the boys! On the girls side it was Anne Edwards who exhibited her strength on a tricky and tough course taking the win ahead of Mairead Roche who put in another strong performance only a minute down on Anne. It was however a difficult course in tough terrain with many different controls tripping people up. It was hard to find anyone happy with their performance, it was a case of who could keep their mistakes to a minimum.

It was a similar story with the boys. Kris Jones bettered his sprint performance to come in on top, his was a very impressive time (38.57) that put him 5th overall on the day even including the seniors. Ali McLeod performance was also impressive, he was hot on Kris' heels only 19 seconds behind, he commented that his 'aim was to start well and get into the map' this obviously worked well with the two boys being very close the whole way. However, Ali said that for him he had some 'bad routes and mistakes, especially on the third last control where the change in terrain from slow technical forest to faster vaguer forest caught him out'. A final comment from Ali, that sums up the day at Kyle 'I was pleased with the result more than the run - the course was great, I really enjoyed it, which was rare as everyone seemed to find the forest tough, but that's what I like. Tough = Fun.'

The next day was the long distance race which was on equally challenging terrain: a mix of steep hillsides, open crag ridden slopes and scrappy tough woodland. It was Anne Edwards again who proved her strength amongst the juniors putting in an impressive performance to win by a notable margin of six minutes ahead of Hazel Wright, who after being disappointed the day before brought it all together on the last day. Another notable performance came from Rebecca Harding who was 3rd fastest on the course and the winner in the 18 elite.

For the boys it was once again tight at the top with Ralph Street putting in another excellent performance to clinch the win from Hector. Peter Hodgkinson was another one searching for a more satisfying performance than the previous day and he certainly produced it, hot on Hector's heels, there was only 54 seconds between the three competitors.

The overall results from the JK reflected the consistent performances by Anne Edwards and Hector Haines who took the wins in the 20 Elite. Victoria Stevens and Ralph Street finished in 2nd place and they were followed by Hazel Wright and Ali Macleod. In the 18 Elites Matthew Halliday clinched victory after being 2nd in each race only seconds off the pace, with Mairead Roche leading the way in the girls. In 2nd place on the 18's were Rebecca Harding and Kris Jones followed by Jessica Orr and Peter Hodgkinson.

It was a great weekend of racing with some great performances. The JK showed that after a great winters training the juniors have a lot to offer and will be keen to prove this further at the Junior World Champs in Italy in the summer.

Photos by Digisport



Mairead Roche won the W18E



Hector Haines won the Sprint

British Championships 2009

Congratulations to all the 2009 British Champions. Full results can be found at www.boc2009.org.uk





JWOC 2009

comes to the Italian Dolomites

The Junior World Orienteering Championships (JWOC) 2009 comes to Italy for the second time from the 6th - 11th July. The event will be set in the breathtakingly beautiful Dolomite region in the small town of Fiero del Primiero and there will be a demanding programme of events with five competitions over six days. All GB team athletes will compete in every race. The JWOC team was selected after a tough season of races. In fact seven races were considered to pick this team, one of which was a physical time trial in the Lake District. The battle for places has been fierce and a strong field of both male and female athletes made selecting the final team a very tough decision. We also have a strong set of reserves and younger athletes (M/W 16s and 18s) selected to race at the European Youth Championships in Serbia at the same time as JWOC. The successful athletes are:



Women	Men
Julia Blomquist (BAOC)	Hector Haines (AIRE)
Alice Butt (SARUM)	Matthew Halliday (OD)
Anne Edwards (TVOC)	Peter Hodgkinson (NOC)
Hollie Orr (CLYDE)	Kris Jones (SBOC)
Mairead Roche (LEI)	Alasdair McLeod (EUOC)
Hazel Wright (MAROC)	Ralph Street (SLOW)
R1* Rebecca Harding (HH)	R1* David Abrams (GO)
R2* Anwen Darlington (ERYRI)	R2* Alan Cherry (INT)

*Reserves are non-travelling



The Middle qualification will provide the most technical challenge of the week. Based on the steep slopes surrounding the picturesque town of San Martino these races will be both physically and technically very demanding. A good, clean run will require excellent technique, terrain strength and a strong mind. Watch out for technical masters Alice Butt and Hazel Wright.

As you can see from the picture and map the terrain will be steep and tough, possibly the toughest JWOC any GB junior team will have encountered. The event will start with the Sprint race which we expect to be fast and furious as competitors race through the tiny streets of Mezzano. Keep an eye out for Mairead Roche and Kris Jones (European Sprint Champ) to lead the British charge here.

The further four races will prove technically and physically demanding. The brand new area for the Long at Passo Rolla, a col at 2000 metres, will be particularly tough and require strong legs and lungs as well as great endurance. Watch out for our most senior team members, Hector Haines (16th in last year's Long), Hollie Orr and Anne Edwards.

The relay, after five days of racing will be extremely physically demanding and will require every last ounce of effort from our team in order to do well. I am confident that we have a fit team who have prepared well. Most have had the chance to experience the maps and terrain on a GB training camp in the area last summer and will be ready to take on the physical, mental and technical challenges faced at JWOC.

You can follow the teams progress at www.jwoc2009.it

Jason Inman - GB JWOC Team Lead Coach

Summer Training Camps

Congratulations to the following athletes who have been selected to attend British Orienteering's Talent Programme Summer Training Camps.

Lagganlia, 25th July - 1st August

East Midlands	South East
Ben Beresford	Miranda Leaf
Harriet Lawson	Shona Masson
Victoria Littlewood	South West
North West	Adam Potter
Hannah Bradley	Wales
Alex McCann	Charlie Jenkins
Chris Nash	Stephen Reynolds
Oliver Williams	West Midlands
Scotland	Matt Elkington
Frances Brown	Guy Ross
Rona McMillan	Yorkshire & Humberside
Karen Maxwell	Lova Chechik
Craig Nolan	Zachary Field
Robert Patterson	Cari Littler
South Central	Aidan Smith
Katherine Bett	

Badaguish, 25th July - 1st August

Men	Women
Jack Benham (SW)	Lucy Butt (SW)
Simon Bradbury (YH)	Florence Haines (YH)
Thomas Louth (EA)	Zoe Harding (NW)
Ben Maliphant (SW)	Rona Lindsay (SOA)
Joab Matthews (SOA)	Tamsin Moran (SC)
Chris Owens (NW)	Katie Reynolds (WOA)
Jack Wright (NW)	Lucy Thraves (SE)
Chris Young (SE)	Rosie Watson (NW)

Halden, 18th July - 1st August

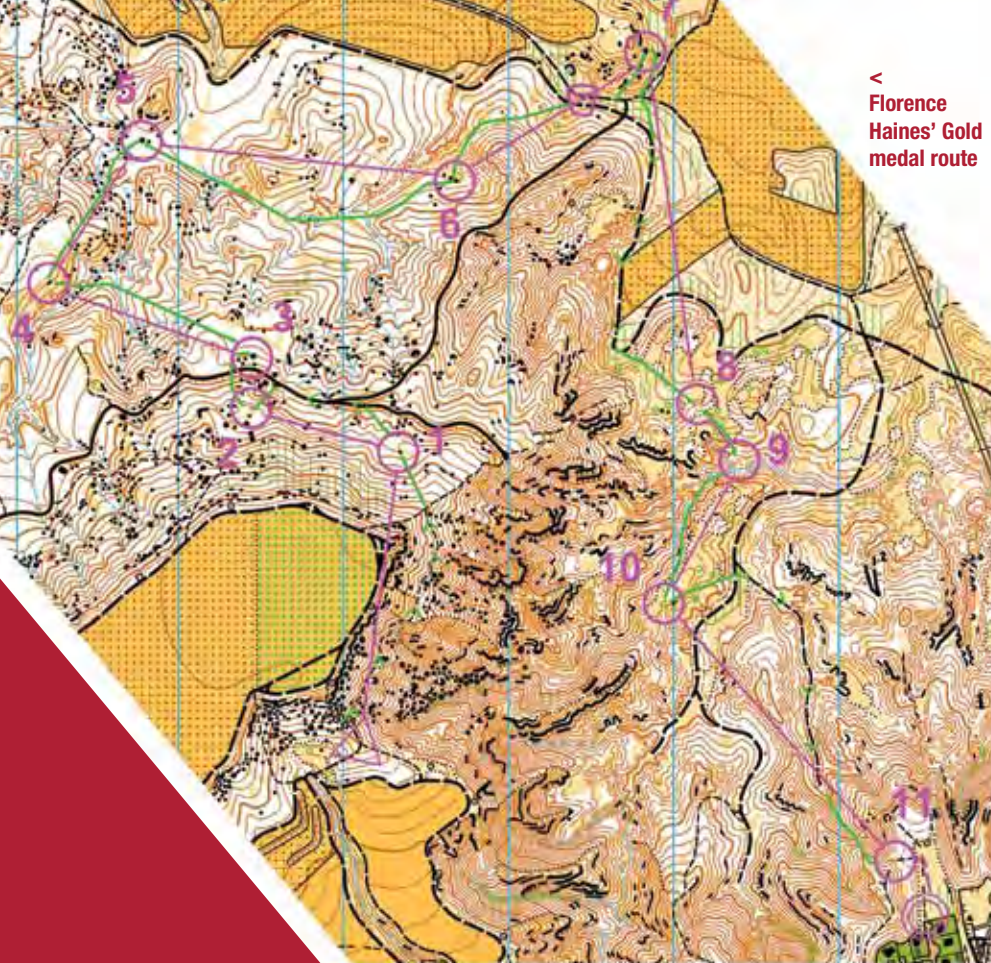
Men	Women
Duncan Birtwistle (YH)	Kirsty Coombs (SOA)
Peter Bray (SC)	Katrin Harding (NW)
Jonny Crickmore (SE)	Sophie Kirk (WM)
Tom Fellbaum (NW)	Abi Longhurst (SOA)
Robert Gardner (WM)	Aine McCann (NI)
William Gardner (WM)	Joanna Shepherd (SOA)
Graham Hemingway (NW)	Charlotte Watson (NW)
Finlay Langan (SOA)	
Jamie Stevenson (SOA)	

EYOC Selection

Congratulations to the following athletes who have been selected to represent Great Britain at the European Youth Orienteering Championships (EYOC) being held in Serbia from 2nd - 5th July.

W16	M16
Florence Haines (AIRE)	Jack Benham (SARUM)
Katrin Harding (SROC)	Peter Bray (SN)
Aine McCann (LVO)	Jonny Crickmore (SO)
Charlotte Watson (WCOC)	Finlay Langan (MAROC)
Res* Lucy Butt (SARUM)	Res* William Gardner (OD)
W18	M18
Rebecca Harding (HH)	Alan Cherry (INT)
Jessican Orr (CLYDE)	Jamie Stevenson (FVO)
Res* Abi Longhurst (FVO)	Res* Tom Fellbaum (MDOC)

*Reserves are non-travelling



< Florence Haines' Gold medal route



The Scottish Team were pleased with their success

ISF World Schools' Orienteering Championship

by Pauline Olivant.

Following the JK, 58 juniors representing schools from all over England and Scotland flew out to Madrid from the 14th – 19th April to participate in the Championships.

The school teams were from Banchory Academy, Biggar High School, King Henry VIII and Ulverston Victoria High School. There was also a select team for each age group from England and one from Scotland.

The first event on Thursday was the long distance race with Gold medals won by Rhona McMillan of Banchory Academy, Maxwell O'Hara of Ulverston and Florence Haines from the England select team. Medal were also won by Jonathan Crickmore (Silver), Zoe Harding (Bronze) and Thomas Louth (Bronze) all from the England Select Team. Rona Lindsay of Scotland and Aidan Smith were just outside the medals in 4th place.

Friday was the cultural day and included a full trip round the Real Madrid stadium from the top of the stands to the changing rooms. We then had to negotiate the underground to

The Successful England Team



go on a short sightseeing tour round Madrid.

On Saturday the middle distance races took place. In the younger girls select race Florence Haines took another Gold medal and Rona Lindsay of Scotland took Bronze. Lucy Butt was just outside the medals in 4th place. Katrin Harding won Bronze in the older girls select race and in the younger boys select race Jack Benham won a Silver medal.

Sunday was the friendship relay where teams of three are made up of competitors based on the results from the long race. This is a great opportunity to find a common language whilst sharing out the controls.

All agreed it had been a fantastic trip; the orienteering was technical and physically hard, with the opportunity to compete against other nations a real test of competitiveness. Also the opportunity to make new friends made the experience even more special.

Team Results

Older Boys: Ulverston 7th, England Select Bronze

Older Girls: King Henry VIII 4th, England Select Bronze

Younger Boys: Ulverston 5th, Biggar High School 10th, England Select Gold, Scotland Select 7th

Younger Girls: Banchory Academy Bronze, Ulverston 4th, England Select Gold, Scotland Select 4th



The overall FCC winners

Future Champions Cup

The finals of the Future Champions Cup (FCC) were held on the 2/3 May in the Forest of Dean following a series of qualifying events. The 'Future Champions' are determined by combining the time of the middle and long distance events that take place over the final's weekend. Ralph Street and Anne Edwards made it a clean sweep winning both the FCC series for M/W20 (best 3 scores to count) and the overall final. Both had perfect scores of 300 points.

In M/W18 it was Rebecca Harding and Kris Jones that won the FCC series.

The top four scores also count towards a club trophy which was won by Octavian Droobers and the top three scores count towards a university trophy which was won by Edinburgh.

Final FCC scores can be found at www.pgopage.btinternet.co.uk

FCC Final Winners

Men
1st Ralph Street
2nd Hector Haines
3rd Kris Jones

Series Winners 18's

1st Kris Jones
2nd Matt Halliday
3rd Peter Hodgkinson

Series Winners 20's

1st Ralph Street
2nd Hector Haines
3rd Alasdair McLeod

Women

1st Anne Edwards
2nd Hollie Orr
3rd Hazel Wright

1st Rebecca Harding
2nd Mairead Roche
3rd Jessica Orr

1st Anne Edwards
2nd Victoria Stevens
3rd Alice Butt

National School Competitions

British Schools Score Championships

Saturday 10th October 2009

Venue: Hylands Park, Chelmsford, Essex

Open to all schools to enter teams from year 5 through to year 13.

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.

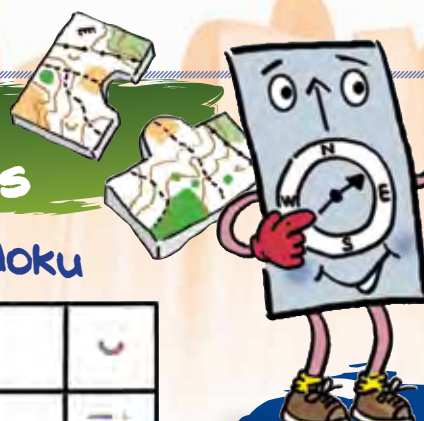
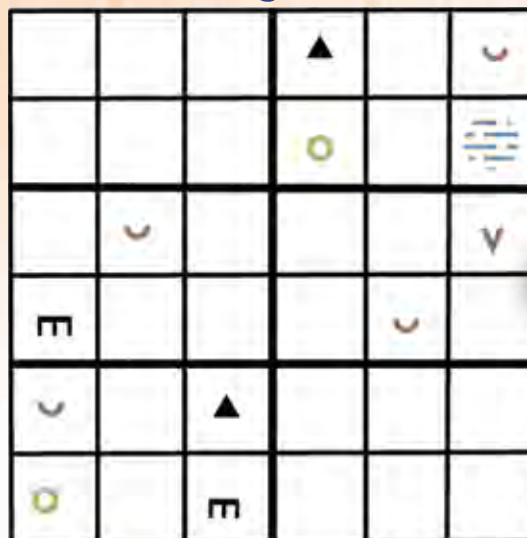
Open to all schools to enter teams from year 5 through to year 13.

For further information email John Crosby at

nsoa@hotmail.co.uk or visit www.bsoa.org

Orienteering Games & Tips

Orienteering Sudoku



Charlie Compass asks...

Why should I warm up before an event?

Clive Control says,

By warming up you are preparing your muscles to run fast without the risk of getting injured. Warm ups can include some gentle jogging and a few short sprints fifteen minutes before the start to ensure you are ready to get to those first few controls quickly. Warming down with some gentle jogging and stretches after your run will also ensure you don't get stiff and sore after a hard run.

British Student Orienteers Show their Stripes

Report by Ben Weiss

This year marked the first annual British Universities Orienteering Tour (BUOT) to the Spring Cup in Hillerød, Denmark. It had been arranged by Fiach O'Rourke and Dave Schorah and there was a good showing from Sheffield, Newcastle, Bangor, Bristol, Imperial and UCL. Most of the group didn't previously know one another, so it was good to get to know so many new people. We had runners in all categories from the H21 elite down to the novice courses.

We arrived a couple of days early for some training on the site of last year's Spring Cup in Gribskov Midt, just north of Hillerød. We got through plenty of enjoyable training and there was even a bit of snow on the ground for good measure. It was also a good chance to see some of North Sjælland's sights like Helsingør (Elsinore). Our first two nights were spent in the local danhostel where we enjoyed some big meals, pool, table tennis and the most epic game of spoons in history. This was before we moved into the event accommodation in a school for the weekend, where the classroom chalkboard provided more than enough entertainment.

The Friday night saw the Night-O, which this year included the first ever night relay at the Spring Cup. Run of the day went to Bryn Monnery for completing half the course without a light!

The Long race on Saturday and the Relay on Sunday were both held in Tisvilde Hegn, near Fredriksværk on the north coast of the Sjælland. There were several runners from BUOT competing in the elite H21E race which featured several bits of very technically challenging orienteering on a 13.6km course. The race was also extreme fun, albeit challenging for us amateurs. It was great to get exposure to international level orienteering and up our game a bit. We continued the fun onto the beach with plenty of frisbee and football after racing, but no one stepped up to taking a swim! Run of the day to Anwen Darlington who was 4th on D20E.

In the relay we fielded three Open teams and two Adhoc teams, with nearly all runners finishing their courses. The terrain was equally as interesting as Saturday's, this time featuring some of the sand dunes near the shore which made for some interesting contour reading. Run of the day to Bjørn Jacobsen coming in close behind the leaders on 1st leg of the adhoc relay.

All in all it was a great trip with some brilliant performances and fun had by all. It was a good chance for experienced orienteers in university to compete at an international level before exams started and for those of us who were new to the Spring Cup it was the perfect opportunity for us to come out and really challenge ourselves and have a good time doing so. Speaking personally as someone who only started orienteering at university it was great to be able to stretch out beyond the UK, meet orienteers from other universities and challenge myself.

Best of luck to next year's BUOT team.

JUNIOR PROFILE:

Julia Blomquist

Age: 18

Club: BAOC (British Army), Sarum & Täby ok

Age started orienteering? 6

Do your parents orienteer?

Only my Dad, Axel. My Mum will only orienteer if the dog can go around with her on an orange course.

Why/where did you start orienteering?

My Dad was in the army and that's where he learnt how to orienteer. He then introduced orienteering to the family although it's only him and I who compete seriously and most often. As for where, I don't have a clue.

What do you enjoy about orienteering?

I love the fact that you travel the world, encountering challenging terrain and gaining a new experience. Also I have made life long friendships with amazing girls and boys that have different personalities than my friends back at home.

Do you have a coach?

Yes, Sarah Rollins and my Dad.

If so, how has this helped you?

Sarah thinks she talks too much, but the more she talks the more I learn! I look up to her and she saves me from doing my Dads heavy going training! She has a lot of knowledge and experience which helps because then we can discuss training, maps, races etc.

My Dad loves to interfere with my training, which sometimes is good. He motivates me to train and he supports me so much by paying for lots of trips away, without his money I'd be nowhere!

Where is your favourite place to orienteer?

I loved running in Slovakia in 2006 at the World Schools. The forests are so runnable and it was fun running through vineyards. Also Sweden keeps me really focused and on my toes, I enjoy the technical challenge.



What kind of training do you do?

My summer training consists of short and fast reps at my athletics club, a tempo run and technical training which is either at an event or with Sarah or my Dad. Winter training is spent gaining strength and doing longer interval sessions at athletics.

What is your best result?

My best result is 41st in the classic at JWOC 2008 as a first year W18.

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

If you train hard then it tends to pay off. I have got to where I am today without being in the start squad. If you miss out then work harder and aim higher by trying for the junior squad. At the end of the day it's down to you to succeed in your goals.

What do you enjoy doing outside of orienteering?

I have a terrible addiction to shopping; I spend far too much money! I also love spending time with my friends and I like going to parties where I can let my hair down. I relax best watching movies with my sister, Stef, with a bowl of popcorn and a tub of ice cream.

