

*Inside this Issue:*

***JK Festival of  
Orienteering***

***British Orienteering  
Championships***

***Future Champions Cup***

***GB Junior Team  
Selections***



***More People, More Places, More Podiums (MP3)***

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





# Stars of the Future Crowned British Champions

Photos by Digisport/Peter Cull

The British Orienteering Long Distance Championships took place this year on the South East edge of Cannock Chase over the first Bank Holiday weekend in May. The individual day included a UK Cup and Future Champions Cup race for the M/W18, 20 and 21's and took place at Abraham's Valley & Wolseley Park. Whilst the northern part of the area was mainly mature and very runnable Forestry Commission coniferous plantations, the southern smaller area was open heath land, with some deciduous woodland and quarries which had lots of detail.

The heath and open forest guaranteed fast times and the challenge for the athletes was to maintain accuracy at speed over the full distance of the courses. The planner appeared to entice the athletes into running too fast at the beginning of the course by planning a couple of long legs before subjecting them to finding lots of controls in the intricate quarry detail.

In glorious sunshine Matt Halliday of Octavian Droobers won M20 by the smallest of margins. He was 1 second down on David Abrams (SHUOC) as he approached the last 500m, but managed to pull out 6 seconds in the closing stages to win the race. Ralph Street (SHUOC) completed the podium. With these results a win in the Relay for SHUOC the following day was looking promising!

It was a different story for Alice Butt of SARUM who enjoyed a comfortable win in W20 with Alice Leake (EUOC) beating Lauren Campbell (AYROC) by 22 seconds to take second. Both Matt and Alice will now take a short well earned rest before spending the next eight weeks preparing for the Junior World Championships which are being held in Denmark in early July.

In M18, Duncan Birtwistle (CLARO) achieved his first win of the season by just over 5 minutes, beating two athletes who couldn't be separated, Peter Bray of Southern Navigators and Michael Beasant of Deeside, who both finished in 78.34.





Charlotte Watson (WCOC) added to her season of victories in W18 by winning her fourth race of the season to date. Isla Simmons (BOK) took second whilst Sophie Kirk (OD) came home in third.

Jack Benham (SARUM) again commanded the field in M16 with his third race victory of the season, whilst Aidan Smith (SYO) finished second, 3 ½ minutes behind. Third place went to an improving Ben Maliphant (BOK) who was a further 2 minutes down. It is pleasing to note that all of these athletes are members of their clubs 'Talent Squads'.

In W16, Zoe Harding (SROC) put her disappointing season behind her by finally winning her first race of the year. Two and a half minutes behind Zoe were Rona Lindsay (ESOC) and Lucy Butt (SARUM) who were separated by only 4 seconds. For Jack, Aidan, Rona and Lucy their season has not ended as they have been selected to run in the European Youth Orienteering Championships in Spain at the beginning of July and their thoughts have now been turned to preparing for those races.

**Report by Sarah Hague  
National Talent Manager**



### British Junior Champions

Junior Men	Age Class	Junior Women
Daniel Weaver (DEE)	10	Gemma Gostick (HH)
Ewan McMillan (MAROC)	12	Fiona Bunn (TVOC)
Alexander Chepelin (GRAMP)	14	Katrina Hemingway (WCOC)
Jack Benham (SARUM)	16	Zoe Harding (SROC)
Duncan Birtwistle (CLARO)	18	Charlotte Watson (WCOC)
Matthew Halliday (OD)	20	Alice Butt (SARUM)



## FCC 2010

The final race of the 2010 FCC series took place at the British Championships and the best 5 scores from the 9 races counted. Congratulations to the winners:

	Men	Points
18's	1st - Thomas Fellbaum (MDOC) 2nd - Jamie Stevenson (FVO) 3rd - Peter Bray (SN)	290 269 255
20's	1st - Peter Hodgkinson (NOC) 2nd - Alasdair McLeod (EUOC) 3rd - Matt Halliday (OD)	295 276 260

	Women	Points
18's	1st - Charlotte Watson (WCOC) 2nd - Kirstin Maxwell (RR) 3rd - Sophie Kirk (OD)	300 272 272
20's	1st - Rebecca Harding (HH) 2nd - Mairead Rocke (SYO) 3rd - Lauren Campbell (AYROC)	278 263 258

### Club Competition (4 to count)

Pos	Club	Points
1st	Octavian Droobers (OD)	1004
2nd	Nottingham Orienteering Club (NOC)	870
3rd	Manchester and District Orienteering Club (MDOC)	861

### University Competition (3 to count)

Pos	Club	Points
1st	Edinburgh University Orienteering Club (EUOC)	823
2nd	Sheffield University Orienteering Club (ShUOC)	680
3rd	Cambridge University Orienteering Club (CUOC)	559





# JK 2010

## INTERNATIONAL FESTIVAL OF ORIENTEERING

The JK took place in Devon over the Easter weekend. It was a mix of sunshine and showers, mudbaths and beaches! The weekend was enjoyed by all and it was a great opportunity for juniors to experience the thrill of competing at a large event and win their first major title!

***Ozone caught up with some of the Junior Champions to see what they thought of their performances.***

**Kirsten Maxwell** (RR) won the W18E Sprint Event. Kirsten said, "My race started well but I lost over half a minute at number 6 as I was pushing too hard which I knew was a lot for a sprint race. I managed to slow down enough in the buildings, for once, to be clean, before running hard over the last few controls and I think that is what won me the race. After my mistake I did not expect to win but the course suited me as it involved a lot of hard running. Sprint is my favourite discipline so that made it even more special and I was proud of myself for proving that I could do it."

**Rebecca Harding** (SROC) won the W20E Sprint Event. Rebecca said, "I set off racing hard from the start, as I had previously decided by looking at the start and google earth that we would be starting in the fast parkland. From there I tried to maintain my speed but concentrate on planning ahead, especially during the change to the school buildings, where the legs got shorter and more complex."

**Charlotte Watson** (WCOC) was the overall JK Champion in W18E. Charlotte said, "I really enjoyed the contrast in terrains and so you had to use different techniques everyday."

### JK Sprint Champions

Junior Men	Age Class	Junior Women
David Bunn (TVOC)	10	Bethany Kippin (TVOC)
Harrison McCartney (OD)	12	Fiona Bunn (TVOC)
Jonathan Quinn (IRL)	14	Sarah Jones (BARRO)
Thomas Louth (WAOC)	16	Rona Lindsay (ESOC)
Jamie Stevenson (FVO)	18	Kirstin Maxwell (RR)
Peter Hodgkinson (NOC)	20	Rebecca Harding (EUOC)

### JK Overall Champions

Junior Men	Age Class	Junior Women
Alastair Thomas (WCOC)	10	Ella-Rose McCartney (OD)
Harrison McCartney (OD)	12	Fiona Bunn (TVOC)
Hamish Rogers (OD)	14	Katie Wright (LOC)
Aidan Smith (SYO)	16	Lucy Butt (SARUM)
Jamie Stevenson (FVO)	18	Charlotte Watson (WCOC)
Peter Hodgkinson (NOC)	20	Mairead Rocke (CUOC)





My favourite race was the long distance at Branton Burrows. My race didn't start off very well but I really enjoyed the area as it was really technical and required constant focus. Once I got into the map I orienteered really well. To prepare for the JK, I looked at some old maps of the areas, took some of the maps out when I went running and went through some courses in my head saying how I'd do each leg and what I thought the terrain might look like. I also thought about what techniques would be good to use for each area. This preparation paid off and although not all my orienteering went as expected, it felt great to win."

**Mairead Rocke** (CUOC) was the overall JK Champion in W20E. Mairead said, "My plan for this race was to simplify as much as I could up to an obvious feature and then slow down into the control if necessary. After a collection of errors in the early part of the course I was determined to make the rest of my race as near to perfect as I could. From this point on the race really started for me. I was able to attack the terrain physically without compromising my navigation. Overall, I found it to be a fun but challenging (and at times frustrating!) race in great terrain."

**Jamie Stevenson** (FVO) won both the Sprint and the overall JK title in M18E. Jamie said, "I think this JK will forever be on everyone's minds for the mud, which it shouldn't be because there was some top quality orienteering. What I liked was the variety put on for us, from fast parkland and then forest on the Friday and Saturday to incredibly intricate and fine orienteering on the Sunday with the added pace of the relay bringing an extra dimension for Monday's race."

was what caught me out coming back for the final loop into the finish. My mind got ahead of me and I lost time jumping from detailed to vague terrain. Although I was annoyed at myself for this it still felt amazing to win the long as I generally don't feel so comfortable in such technical terrain. It was also great to take the overall trophy having missed out for the last few years by not very much. I'm very pleased with my performances and looking forward to some good international competition this summer."

The JK was down in my calendar from the start of the year as one of the biggest domestic races and all of my training was tapered to lead up to this and the Trossach beforehand. I started training in the winter with a solid base phase to build up strength and then did some speed work from the beginning of March to get some speed in my legs. This year I also started at Edinburgh University which brought with it a lot of opportunity to train with a group as part of the Bursary and Winning Student programme, which provides gym and technical sessions. All these training sessions have helped me get in great shape for the season.

My favourite area at the JK had to be the sand dunes at Branton Burrows. I found the area really challenging especially with the added pressure of it being a major selection race sitting at the back of my mind. In the end this

**Peter Hodkinson** (NOC) won both the Sprint and the overall JK title in M20E. Peter said, "After good results the weekend before, I went into the JK feeling really motivated and ready to give it my all. The sprint was really easy for the first part which made me switch off a bit; causing me to make lots of smaller errors once we got into the technical part. Overall though, my run was fairly clean but a little slow and hesitant. I was really surprised to take the win!

I couldn't get my head in the game for the middle distance race (I guess I was distracted by all the mud on my new o-top!) and I went out fast, making small mistakes straight away. However I managed to control myself

and not make any larger errors for the rest of the course, but the mud was really sapping and I was losing a bit of time on every leg. I finished feeling that I'd run better than any of my previous races, so I was a bit gutted that Alistair McLeod had robbed me by so much!

The long race was what I was really focusing on, as the sand-dunes were similar to JWOC in Denmark. The weather was loads nicer so I was feeling very positive on the start line. I went out really fast at more of a middle distance pace as it was quite short (11km-ish) and was pushed on even faster after catching Kris Jones at number 2. I pulled away from him and kept on hammering it. It wasn't until about two thirds of the way round that I started to notice how fast I'd been moving and a few mistakes started to slip in. I seriously regretted not taking a GoGel with me and had to really struggle to keep my speed up and my head switched on for the last loop. I was very relieved to finish knowing I'd had a really quick run and it felt like my best race of the year so far. I haven't won the JK since I was 16, so it was a great feeling to take the overall title."

## NEWS CORNER!

### Peter Palmer Relay is on!

Thanks to the British Army Orienteering Club (BAOC) who will be hosting the Peter Palmer Relays on the 4th September in the Midlands. More details to follow.

### School Championships

Don't forget to enter the School Orienteering Championships:

**British Schools Orienteering Championships (BSOC)**

21st November, Wormley Woods, Broxbourne, Hertfordshire

**British Schools Score Championships (BSSC)**

9th October, Witton Park, Blackburn, Lancashire

Further information can be found at [www.bsoca.org](http://www.bsoca.org)



# GREAT BRITAIN TEAM SELECTIONS

Congratulations to the following athletes that have been selected to represent Great Britain at the European Youth Orienteering Championships and the Junior World Orienteering Championships.

## European Youth Orienteering Championships

1st – 4th July, Soria, Spain  
[www.eyoc2010.com](http://www.eyoc2010.com)

The European Youth Championships are a first step into international competition for many of our future orienteering stars. A team of 12 athletes will be travelling to Spain to test themselves against Europe's best.

### M18

Peter Bray - SN (SCOA)  
Jonathan Crickmore - SO (SEOA)  
Thomas Fellbaum - MDOC (NWOA)  
Reserve – Duncan Birtwistle - CLARO (YHOA)

### M16

Jack Benham - SARUM (SWOA)  
Aidan Smith - SYO (YHOA)  
Chris Young - HH (SEOA)  
Reserve: Ben Maliphant - BOK (SWOA)

### W18

Sophie Kirk - OD (WMOA)  
Kirstin Maxwell - RR (SOA)  
Joanna Shepherd - INVOC (SOA)

### W16

Lucy Butt - SARUM (SWOA)  
Florence Haines - AIRE (YHOA)  
Rona Lindsay - ESOC (SOA)  
Reserve: Zoe Harding - SROC (NWOA)

## Junior World Orienteering Championships

5th – 10th July, Aalborg, Denmark  
[www.jwoc2010.dk](http://www.jwoc2010.dk)

The world's most talented junior orienteers will be descending on Denmark this Summer for the Junior World Championships. The British team has high hopes of another strong performance after last year's success in Italy.

### Men

Matthew Halliday - OD (WMOA)  
Peter Hodgkinson - NOC (EMOA)  
Kristian Jones - SBOC (WOA)  
Alasdair McLeod - EUOC (SOA)  
Jamie Stevenson - FVO (SOA)  
Ralph Street SLOW - (SEOA)

Reserve: David Abrams - ShUOC (YHOA)

### Women

Julia Blomquist - BAOC (SCOA)  
Alice Butt - SARUM (SWOA)  
Rebecca Harding - HH (SEOA)  
Mairead Rocke - SYO (YHOA)  
Charlotte Watson - WCOC (NWOA)  
Hazel Wright - MAROC (SOA)

Reserve: Alice Leake - EBOR (YHOA)



Hazel Wright was the best W20E  
Credit: Wendy Carlyle

# British Middle Distance Champs

The British Middle Distance Championships were organised by Lakeland Orienteering Club which were run on Haverthwaite Heights, one of the best areas in the Lake District. The Organiser Derek Allison, encouraged lots of juniors to get involved with the organisation of the event including his son Stewart. Stewart (M12) said, "I helped to set up three tents and the run in and it was good that the children from Ulverston were organising the start. I had a really rubbish run but the course was more interesting than usual as we had to follow walls and streams instead of tracks and paths."

In the junior men's race the fastest time was set by Thomas Fellbaum (37.17) from MDOC who even though he is still only an M18 beat all the M20s for the best junior time. The fastest M20 was Peter Hodgkinson from NOC in 38.24.

In the junior women's race Hazel Wright from MAROC won by a 4 minute margin in 37.18. The fastest W18 was Charlotte Watson of WCOC in 41.52.

## The next day was the British Elite Sprint Championships in Chorley.

Although this was only the British Championships for the M/W21E classes lots of juniors still competed. The best junior results were by Ralph Street and Mairead Rocke who finished in 4th and 7th places overall.

Stewart said, "The sprint races were good fun. I liked the bits around the houses in the first race most but I made a mistake going to number one taking the wrong path; my dad said I should check my compass!"

The final was boring in the beginning with two long runs across a flat field but I liked the wooded bit! However the best bit was playing with the other children in my age class between the races!"



Thomas Fellbaum chasing down Peter Bray and Jamie Stevenson. Credit: Wendy Carlyle

## British Middle Junior Champions M18E

1	Thomas Fellbaum	MDOC	37:17
2	Duncan Birtwistle	CLARO	41:09
3	Matthew Vokes	DEE	41:35

## M20E

1	Peter Hodgkinson	NOC	38:24
2	Matthew Halliday	OD	39:30
3	Alasdair McLeod	EUOC	39:38

## W18E

1	Charlotte Watson	WCOC	41:52
2	Kirstin Maxwell	RR	43:51
3	Sophie Kirk	OD	44:47

## W20E

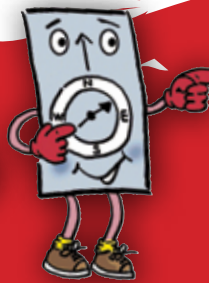
1	Hazel Wright	MAROC	37:18
2	Rebecca Harding	EUOC	41:38
3	Chloe Haines	AIRE	41:46



Charlotte Watson was top W18E  
Credit: Wendy Carlyle



# Orienteering Games & Tips



## Charlie Compass asks...

I find it difficult counting paces to estimate distance, do you have any advice?

## millie map says,

You can try either of the following which can be very successful with practice.

If you are familiar with the length of a football pitch, then it is often quite easy to estimate 100m by eye, which is the approximate length of a pitch. This is particularly useful when running along paths where visibility is usually good.

Alternatively, when you are on your course; look at what features you will pass on a leg; there will usually be something about halfway, crossing a stream for example. You will then know how far you have run to get to the half way feature and so you need to only run the same distance again before you need to look out for your control. You can do this with other fractions but halfway is the easiest!



## Word Search

Tick the words off as you find them.

A	V	P	O	N	D	X	L	L	E	W	M	K	B
S	B	A	S	F	H	L	V	F	C	N	N	D	R
C	N	O	P	Y	I	R	E	F	H	O	V	V	C
L	V	U	L	B	V	N	Y	L	L	U	G	V	V
E	R	O	A	D	C	F	S	L	S	S	D	M	A
A	I	D	T	E	Y	M	V	E	T	F	A	G	E
R	D	G	O	P	P	T	O	W	E	R	N	M	R
I	E	B	R	R	T	E	I	N	S	M	X	R	A
N	C	V	G	E	A	R	T	H	B	A	N	K	D
G	K	S	E	S	V	T	U	M	L	C	E	R	E
P	I	R	V	S	V	N	R	I	S	L	O	M	V
K	I	V	P	I	T	E	E	A	N	C	I	E	A
O	P	U	I	O	M	E	N	E	R	C	V	H	P
A	R	I	N	N	M	R	O	F	T	A	L	P	E

- ☐ Ride
- ☐ Earthbank
- ☐ Depression
- ☐ Pit
- ☐ Marsh

- ☐ Spur
- ☐ Road
- ☐ Tower
- ☐ Platform
- ☐ Fence

- ☐ Well
- ☐ Paved area
- ☐ Clearing
- ☐ Hill
- ☐ Gully

- ☐ Ruin
- ☐ Knoll
- ☐ Pond
- ☐ Well

Peter Hodkinson was the best M20E - Credit: Wendy Carlyle

### British Schools Orienteering Association Update

During the last twelve months representatives from the British Schools Orienteering Association (BSOA) and British Orienteering have been consulting about the best way to promote orienteering in schools and in organisations with school aged children.

It has been decided, subject to approval at this year's BSOA AGM that, for 2010, membership of the BSOA will be available to all schools and colleges for £0.00 fee. The BSOA would hope to continue this in future years. Any school that has paid for 2010 membership will have their cheque returned. It is hoped that this will encourage more schools and colleges to join and benefit from what both British Orienteering and BSOA can offer.

In the future, member schools and colleges will be able to receive an electronic version of Ozone, the junior magazine section of Focus, four times a year. However, if a school or college would like to continue to have their own paper copy of Focus magazine they can subscribe separately through British Orienteering.

The BSOA's website will be closely linked with that of British Orienteering and both sites will provide schools information on coaching, resources, news and competitions.

The above changes have no effect on the British Schools Score Championships, the British Schools Orienteering Championships or the procedure to select and take the England Schools team to the biannual World Schools event. The BSOA Awards for Services to Orienteering will also continue to be administered by the BSOA.

It is hoped that by following this course of action more schools, teachers and children of school age will be able to both access information and get involved with orienteering.

**Robert Parkinson, BSOA Chairman**

## Annual General Meeting

**British Schools Orienteering Association**  
Saturday 5th June 2010 - 1.15pm to 3.30pm

The Boundary (west of Junction 28 of the M1)  
Lea Vale, Broadmeadows, South Normanton,  
Alfreton, Derbyshire DE55 3NA

Everyone with an interest in School's Orienteering is welcome. Please email [secretary@bsoa.org](mailto:secretary@bsoa.org) in advance if you are planning to attend.

Melanie Elkington  
BSOA Secretary



Charlotte Watson in action.  
Credit: Roger Jackson

**Age:** 17

**Club:** West Cumberland Orienteering Club

**Age started orienteering?**  
9

**Do your parents orienteer?** Yes.

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

My parents have always taken me and my sister to local events since I was about 3.

**What do you enjoy about orienteering?**

I really enjoy the challenge of orienteering, looking for ways to improve and working towards my aims. I love the feeling of when everything seems to flow really well when I'm orienteering. I'm a bit of a perfectionist when it comes to orienteering so I really enjoy working towards trying to orienteer perfectly. I also enjoy travelling to lots of different countries to orienteer and meeting lots of different people.

**Do you have a coach?**

Yes, Liz Campbell

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

Liz helps me with my technical, mental and physical training a lot. We basically work on everything together; she offers lots of advice, helps me plan my training, prepare for races and has lots of experience. She is a star!!

**What is your best result?**

I would say my best individual result is 8th in the Sprint at EYOC 2009 in Serbia. However I would say my best run was in the W18 Relay at EYOC 2009 when I came back 2nd on 1st leg.

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

I don't really have a favourite place to orienteer. I'm really lucky living on the edge of the Lake District in that there are lots of really good areas close by so I really enjoy running in areas close to home. I love training in Scandinavia as there are endless forests, really good terrain and great training opportunities. I especially like the terrain around Halden. Some of the best areas I have run on are in Serbia at EYOC 2009 and in France at the French 5 days 2008 as they were both really different from anything I'd run on before and really technical.

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

I train 6 days a week. Liz and I plan my training together and this year I have stuck to my training hours and tried to do more good quality training. Depending on what I've done at the weekend, on Mondays I usually just go for a recovery run. Tuesdays I train with a group in the morning before school; we usually do circuits, strength stuff, speed work or endurance work depending on the time of year. Then this year I've started doing 30 minutes of strength work in the gym in the evening. On Wednesdays I usually do intervals or hill reps. This winter I've tried to do intervals as much as possible in terrain and I've found this has helped my terrain running a lot. On Thursdays I go to an event put on by my club. Then on Fridays I have a rest! At the weekend I make sure I go orienteering, so I either organise my own training, train with the North West Junior Squad or go to an event.

In the winter I make sure that my long runs are long orienteering courses as I think this is a more effective use of my time than just running. I also do core work for about 30-40mins, 3 or 4 times a week and stretching every day. I really enjoy O geeking and looking at maps from events in other countries so I sometimes do a bit of armchair O as well!

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

Set yourself realistic aims both over a long period of time and also a short period of time and come up with a plan of how you're going to achieve your aims and enjoy working towards them. I also think keeping your training consistent helps and try to make every session as relevant as you can to orienteering. Always look for ways to improve, believe in yourself and don't give up; if you really want to achieve your aims you'll get there in the end.

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

I changed schools this year so I really enjoy catching up with my friends from my old school, going out, watching films and cooking.