



Issue 22 - Summer

FOR JUNIOR ORIENTEERS



Cover Photo: Lewis Taylor competing at the British Orienteering Championships. Photo by Rob Lines

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





# JK ORIENTEERING FESTIVAL

... from a junior brother & sister perspective.

Photos by  
Rob Lines



Kathryn and Andrew Barr enjoyed their weekend at the JK

**Andrew (14 years, M16) and Kathryn (12 years, W12) are based in Moray, northern Scotland and are members of Moravian Orienteers. Andrew has been in the Scottish Junior Orienteering Squad (ScotJOS) for two years, whilst Kathryn is in her debut year.**

**ANDREW:** This year's JK Orienteering festival was over the Easter weekend in Livingston and Perthshire. I was looking forward to it because it is a big event that attracts people from all over the country and beyond. I would also be able to see the friends I made at Lagganlia training camp last year.

Day 1 started badly as we got lost trying to find the event because dad did not follow the instructions, thinking that he knew better! When we eventually arrived, the weather was average, but at least it wasn't raining! We could tell it was a big event because of the steady line of cars arriving. It was all very organised though and everything ran smoothly.

I enjoyed the course on day 1 – it was not too technical and very runnable. I liked the mixture of terrain with housing estates and parkland. Unfortunately though, I mis-punched one of the last controls because there were 2 close together and I did not read the number! Lesson learnt...again!

**KATHRYN:** This was my first ever JK so I didn't really know what to expect but I still felt quite nervous when I walked up to the Sprint start in Livingston with my brother and his friend. It was quite cold and damp so I ran to the bottom of the hill and back up to warm up with my dad but before I knew it, I was being called up to get into the boxes ready to start my race. I pushed hard all the way round my course and I thought I was doing really well. When I came into the finish the commentator even said "Here comes Kathryn Barr for Moravian coming in to take the lead in the W14 category". Woweee! Unfortunately when I downloaded I found out that I had actually mis-punched. As I was coming to number 16, I punched the wrong control. I should have checked my control descriptions! I was so disappointed and annoyed



because in the end I would have come third and ended up with a championship time. Next time it will be different. I enjoyed the atmosphere in the Civic Centre and meeting all the people from the ScotJOS again.



**ANDREW:** Day 2 started earlier because it was our help day. I had to type entry-on-the-day information into the computer which was rather boring! I was supposed to hand over to my mum but she got lost on her course so took absolutely ages! The most memorable thing about day 2 was the really long walk to the start. I did not like the terrain for the first half of the course, but it was better in the second half over the open moorland.



**KATHRYN:** Today was our help day and all I had to do was collect in the money and give my dad their entry form, their SI-Card and their bib. Dad had a bit bigger job so he got a little bit frustrated! When my shift finished, I got myself ready then jogged down to the start. I had a punching start on course 25 so I decided just to go for it. There were quite a lot of people waiting around at the start, so it was quite hard to get through to the boxes. The ground was also quite wet and when I came back I had thick brown mud all the way up to my knees. It was a really good day and at this stage of the JK I was really enjoying it. It's great to see so many people orienteering!

**ANDREW:** Day 3 was my favourite day because I loved the hilly terrain. The navigation was technical with lots of intricate contour detail. Getting to the start was a challenge in itself because of the mountain we had to climb to get there! The finish

**KATHRYN:** Day 3 was nice and I was quite glad that I didn't have to walk all the way up the side of Craig a Barns to get to my start like Andrew did. It was a nice walk up to my start, through the lovely track in the woods. I walked/jogged up there with my mum; we got there quite early so we sat down and watched some of the people go up the side of the mountain to the other start. It looked a long steep path.

Soon it was time for my start. I was quite happy with most of my route choices but on some, I knew that I could have made some time up on them. Overall it was a really good run and I came third so I was really pleased with myself. Unfortunately because I came 6th the day before, it meant that I came 4th overall. I was really pleased with that, but I missed 3rd by 50 seconds! At the end I stayed with my dad at the finish to watch Scott Fraser, it was really good to see him.

**ANDREW:** The final day was the relays and some other juniors from our club travelled down to make up two teams. It was a bit of

a trek to the assembly field from the car park, but the area was great because we were on a hill and we could see lots of the action on the hill opposite. We had a good view of the last control and the run-in as well. Sadly I had a dibber failure on one of the controls – I was absolutely certain I had been there, but must have been too quick and did not make sure it beeped so I was disqualified again. I was really annoyed about it and slightly embarrassed as the others had come all the way down from Moray just to be part of my team for the day! Overall I loved being part of such a big competition and would really love to do it again next year – hopefully without mis-punching twice next time.

**KATHRYN:** I really enjoyed being part of the relay teams and the assembly area was great. My run didn't quite go as well as I had expected and I never seemed to get into the flow of things. In the end, I wasn't really as good or as fast as I know I can be, but I enjoyed it all the same. I'm looking forward to the next event already.



area was great with an amazing atmosphere because of the commentary and everyone cheering as you ran in. It was really good to watch the elite runners coming in and seeing how fast they were.





# BOC 2012

By Katrin Harding, W20 (SROC)

This year, the British Long Distance Orienteering Championships were held in the picturesque, but hard to get to, Eskdale valley. However, I couldn't pass up the opportunity to take part in a British Champs so close to my family home and on some of the best terrain in the country, so for me, the weekend started with a long car journey from Cambridge University on Friday night.

A family sport - Katrin, dad Quentin and Zoe Harding with their trophies

After the intense period of the selection races for JWOC at York and the JK, the British had felt quite a long way away, and we had just got back into the swing of school and university after the holidays which meant that it came round very quickly. Perhaps my preparation that week hadn't been the best, but after a solid winter of training and good results at races earlier in the season, I came to the event intending to give it my best shot.

Driving over to the car park on Saturday through the Lakes reminded me how much I love this part of the country. The views across the hills under the sun were fantastic, and made me just want to spend the day running in the hills. However, this was not the day for it; this was a day for racing! All the transport arrangements worked incredibly smoothly, and though we were tempted to take the train, we decided to opt for the bus. Dad

thought it was very much like the 'Knight bus' from Harry Potter in the way we squeezed down the narrow lanes, somehow managing to not hit any cars or walls!

Waiting in the assembly area before going to our quite late starts, we met up with friends and cheered other club members from our seats just outside the South Ribble tent. Everyone looked very tired on the run-in, and there were reports of it being 'very physical'.

My sister Zoe had a potentially nerve-kindled sore Achilles tendon and a 'niggling' right knee. She wasn't particularly certain of her performance, but after warming up and getting started, she soon got into the swing of things, forcing herself to forget about her legs and concentrate on navigating precisely into the controls.

The race for us was broken up into a few sections. Most of it was in the open, with some steep climbs, patches of intricate contour detail and some rock features. For the most part, it was really runnable underfoot, but slower through the marshes and a few patches of dead bracken. We had a few medium length legs before a bit of a control pick at the far end of the course in the most intricate bits of contours. This was the time to slow down and really make sure you got the navigation right. Having a 1:15000 map scale made it very difficult to read the map on the run, so I took a moment to slow down and make sure I really knew where I was

going to number 6 - it looked very easy to accidentally go down the wrong re-entrant! Luckily this moment of pause paid off and I spiked the control.

Coming out of the control pick we had a long leg, where there was a route choice around a large area of out of bounds. This was a great challenge put in by the planner as we hadn't had much of a chance to plan ahead and had to commit to a route. Quick decision made, we just had to go for it!

After this leg, I felt like I was on the home run, possibly because it was mainly downhill. I really picked up the speed and was orienteering right on the edge of my comfort zone, running through the terrain and just hoping to pick up the features I'd identified by the controls. This made for a hectic but speedy end to the course, only slightly losing it going into the last couple of controls in the woods. Running down the run-in and hearing that I was in the lead was a great feeling, as I knew there was only one person still out there who could come in and beat me.

It was such a great day, with the weather pretty much perfect, and a rather amazing result for our family! As Zoe said, 'The Lakeland fells are where I feel most at home orienteering'. Plenty of practice on the fells over the years meant we could trust our well honed skills to take care of the navigation. While Zoe and Florence Haines (both competing as W18's) had beaten me on time, I was still happy with my result as top W20 and delighted to have had such a

good run when it mattered. Spirits were high in the car on the way home!

The Relay Championships on Sunday was also a great event. At Helsington Barrows; a mainly-open, limestone based hillside; we were met with fast and furious courses, perfect for a Relay. Zoe and I were running with Heather Gardener (2nd on W21E) on the Women's premier Relay. Having come 3rd last year and all having such great results on Saturday, we knew we should be competing with the top teams.

Heather had a great run, coming in well in the lead on first leg. Unfortunately I lost too much time on the middle section by not following my compass closely enough over the fairly vague hillside. I handed over to Zoe at the same time as Rosie Watson from West Cumbria handed over to Mhairi Mackenzie. To beat Mhairi was a tall order, but Zoe had a good run to finish about 2 minutes down on last year's champions WCOG. We moved up a place from last year, so maybe next year is our year!

After I finished my run, I spent the time cheering our teams in the other Relays. It was a great day for South Ribble, with podium places in 5 relays. Mum anchored the W50 team to 1st place, so everyone in the family was a British Champion!



MW20 Winners



MW18 Winners



THANKS TO ALL THE HELPERS FROM THE NORTH WEST CLUBS FOR ORGANISING AND RUNNING SUCH A GREAT EVENT.







# British Sprint and Middle

Ozone magazine caught up with some of top juniors from the Championships to see what they thought of the event:

**Julie Emmerson was the top W16 in the Sprint and Middle.**  
"In the week running up to the British Sprint and Middle Championships I did no training at all as I had a cold which I really didn't want for the weekend. This meant I started the weekend feeling well rested and ready to race."

The sprint qualifier went well but I ran much faster than I needed to as I wasn't sure how much I had to do to qualify for the A final but as it happens I won my heat comfortably. The final was very nerve-wracking as everyone started at 1 minute intervals. I tried to forget about the other heat winners who were starting behind me and the race went nearly as well as the qualifier with just two small mistakes. After everyone had finished we knew it was going to be close and it was. I won by a second with just 8 seconds separating the top 4! I've always enjoyed sprints but have never done particularly well at them. It is down to speed rather than navigation, so I'm glad my training this winter has paid off.

After winning the sprint I really wanted to have a good run at

the middle, especially as it was a selection race for EYOC and summer tours. The area was perfect for a middle distance and I really enjoyed my course. I made a few small mistakes but nothing big. I knew before the race that I could win but I was still surprised when I did!"

**Dane Blomquist was the top M16 in the Sprint and Middle.**

"I arrived early at the sprint and feeling prepared and ready, I knew I had to have a clean and strong run to get through my heat and still have the energy for the final. I entered the start box feeling nervous and took the first controls slowly before really pushing into my flow. The heat was amazing I had a great run and won by around 30 seconds without feeling too tired, qualifying for the A Final. After my run I made sure I was recovered and had taken in the sufficient fuel and liquid for the final. Again, I left myself 20mins before my start and went through my pre-race routine; stepping into the box this time around I felt 10x more nervous knowing that I had a lot of good competitors in my class. I started well but made a few mistakes and route choice errors on controls 6, 11 and 14 which I thought had cost me the race. I still pushed hard and was so shocked to find out I had won when I finished! In my eyes it was

nowhere near the perfect run and I was lucky to win the race.

I felt confident for the Middle race and knew I had to perform well as it was the first GBR selection race for EYOC. I set off to the start with high hopes and felt confident in the box, thinking just do what you've been doing all year in training. I set off well and adapted a good flow around the course. Being second to last starter on my course I knew when I came in to the field first it was a good result and when I found out I had won I was so happy! Reflecting on my performances I feel that everything went amazing and that all my hard training has been worth it, especially after getting selected for Great Britain at EYOC.

I'd like to say a big thank you to my Dad, Axel for all the support he has given me and to my Coach Colin Dickson for all the hard work he's put in this year to support and improve my orienteering development."

**Charlotte Watson was the top W18 in the Middle.**

"A disastrous performance in the British Sprints the day before meant I was determined to do well in the Middle. I was feeling a lot more confident about the middle but was still a bit nervous as it was in very different terrain from what I'd be

training in all winter. The races hadn't started in Sweden yet but I'd done some middle courses at race speed every Sunday for the past three weeks at the Vinterserien (a local winter series in Stockholm) which had gone well, so I was feeling fairly confident. As I was warming up I felt ok but didn't feel in the most positive frame of mind. I told myself to snap out of it and began turning all the things that were bothering me into positives and I began to feel a lot better.

My strategy was to focus on the orienteering, make sure I used my compass properly and have a good picture of the control circle so I could have my head up coming into the control circle and be able to spot the control as soon as possible. This mostly worked well for me; I found on the legs where there wasn't much to use on the ground I was able to run confidently on my compass knowing what I was going to see. I was fairly pleased with my run; I've never felt very confident on flat fairly vague terrain and this was the first time I really felt that I'd managed to race on that sort of terrain. I have now got lots of things I want to improve on from the race but I did as well as I could on the day so I was satisfied."

**Aiden Smith was the top M18 in the Middle.**

"Starting the British Middle Champs I knew it was going to be a fast physical race. I was a little tired and disappointed with my performance in the Sprint Champs the day before, as I don't think I got the best out of myself physically, but I knew I just needed to run fast and straight. The race started well, although I lost some time at number 3 standing 5m away and not seeing the gully or flag. Then I was clean through to 8, where I ran into the circle expecting to see the depression and flag and overshot. I recovered well from the mistake and finished the rest of the course with no large errors, though some hesitation. I was very pleased to win M18E and with my physical performance. It was great to be 4th junior on an area that wasn't really suited to my strengths (no hills!) and I really enjoyed the event."

**Lucy Butt was the top W20 in the Middle.**

"At the start of the race I was a little far left to number 1 and found the M18E number 1 first,

however I relocated off this and soon after I got into the course. There was a really nice part of forested area around half way round which I really enjoyed as the runnability was good. The rest of the course went well, I came off my planned route a few times where I was running too fast but had no major mistakes so was really pleased with my race and result when I came back in first."

**Jonathan Crickmore was the top M20 in the Middle.**

I knew this would be an interesting Middle Distance Championships as the area lacked any large features making navigation quite hard. I set off fast, pushing hard on the tough running through the tussocks. I got into the map quite nicely using the distinctive trees as much as I could. Then after about 10 minutes I caught up Peter Bray and we pushed on together until the end leaving me pretty exhausted at the finish after a hard weekend racing. I had a really enjoyable race with only a few 10 second mistakes here and there.

**Congratulations to all the class winners and everyone who achieved a personal best performance.**



L-R: Lewis Taylor, Jonathan Crickmore & Duncan Birtwistle, M20



L-R: Tamsin Moran, Lucy Butt & Florence Haines, W18

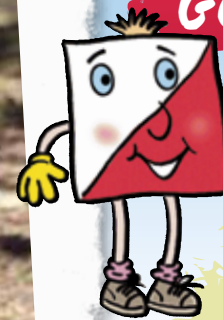


Aidan Smith won M18



L-R: Natalie Beadle, Julie Emmerson & Helen Wood, W16

## Orienteering Games & Tips



**Charlie Control asks,**  
How can I improve my race results?

**millie map says,**

The route to success is to focus on the skills that you have practiced during training rather than the end result. Finding controls at speed during a race challenges you both physically and mentally so it is important to concentrate on doing the small, but important things accurately e.g. compass bearings, pacing, aiming off.

To practice your skills whilst meeting up with friends, go along to your clubs weekly training night. They are great fun and coaches will be there to help you improve your orienteering skills.



## Orienteering Word Search

Find some of the winners of this year's JK and British Championships:

- ☐ Garan Allen
- ☐ Lucy Butt
- ☐ Jonathan Crickmore
- ☐ Scott Fraser
- ☐ Graham Gristwood
- ☐ Hector Haines
- ☐ Katrin Harding
- ☐ Zoe Harding

- ☐ Sarah Rollins
- ☐ Aiden Smith
- ☐ Chris Smithard
- ☐ Jamie Stevenson
- ☐ Murray Strain
- ☐ Cat Taylor
- ☐ Claire Ward
- ☐ Charlotte Watson

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





JUNIOR PROFILE:



# Natalie Beadle

## BRITISH SCHOOLS SCORE ORIENTEERING CHAMPIONSHIPS 2012

**SATURDAY 13TH OCTOBER 2012**

Kingsbury Water Park  
Warwickshire  
Hosted by Octavian Droobers  
Orienteering Club

## BRITISH SCHOOLS ORIENTEERING CHAMPIONSHIPS

**SUNDAY 18TH NOVEMBER 2012**

Delamere Forest, Cheshire  
Hosted by Deeside Orienteering Club

A training event will be staged on Saturday 17th November. There will also be a special qualification race to select the England teams for the ISF World Schools Championships in 2013.

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

## PETER PALMER JUNIOR TEAM RELAY

**8TH/9TH SEPTEMBER, SUTTON PARK,  
BIRMINGHAM**

The race will start at around 5.00 a.m., with Leg 1 runners completing their courses in the dark and daylight breaking as the Leg 2 leaders come in for their handover. The four daylight legs range from Yellow and Orange standard through to the final long Green leg which will test the most experienced. The Peter Palmer Relay is a great opportunity for clubs to give all their juniors the experience of competing in an exciting relay competition, as well as having a social weekend away. Make sure you have a team there in September.

All the details and an entry form can be found at [www.coboc.org.uk](http://www.coboc.org.uk).



**Age:** 15

**Club:** LOC

### Age started orienteering?

About 6 but I only really started enjoying it and taking it anywhere near seriously when I was 12.

### Do your parents orienteer?

Mum does, but Dad won't go near it!

### Why/where did you start orienteering?

I started off going to local events with my mum when I was little, then primary schools' league, which was when I decided I actually liked it.

### What do you enjoy about orienteering?

I really like the running, but then the technical side stops me from getting bored as can happen in cross country races.

### Do you have a coach?

I do, Carol McNeill

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

Carol is very experienced and professional. I find it really helpful learning how she does things, and combining what works for her, with anything I figure out myself.

### Where is your favourite place to orienteer?

Either Culbin, or Haverigg; Culbin because it's pretty, Haverigg because it's so familiar.

### What kind of training do you do?

Mostly running with Hannah Cleary-Hughes and my sister and also doing hill reps/intervals. I also train with the LOC talent squad and attend local evening events each week.

### What is your best result?

2nd at the JK last year.



Natalie  
competing at  
EYOC

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

To enjoy it and not to worry too much - which I think is the mistake I've made a lot recently!

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

Swimming in the river near my house, and playing rounders, so not a lot to be honest!