



Winter 2009/10

FOR JUNIOR ORIENTEERING

Cover Photo: Alice Pea and Robert Young competing at BSOC - Credit: Ray Barnes



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More People, More Places, More Podiums (MP3)

www.britishorienteering.org.uk/ozone



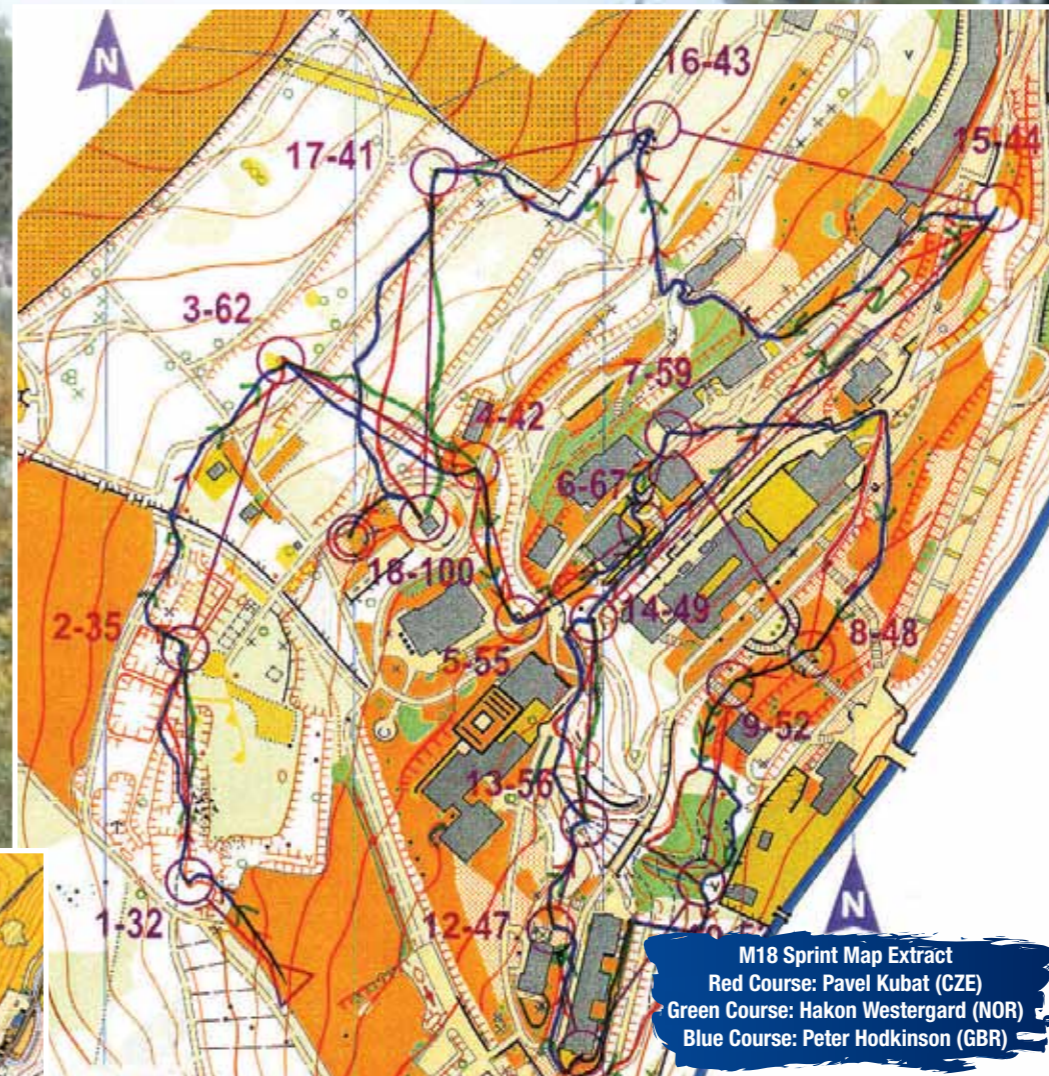
Junior European Cup 2009

Report and Photos by Sarah Hague

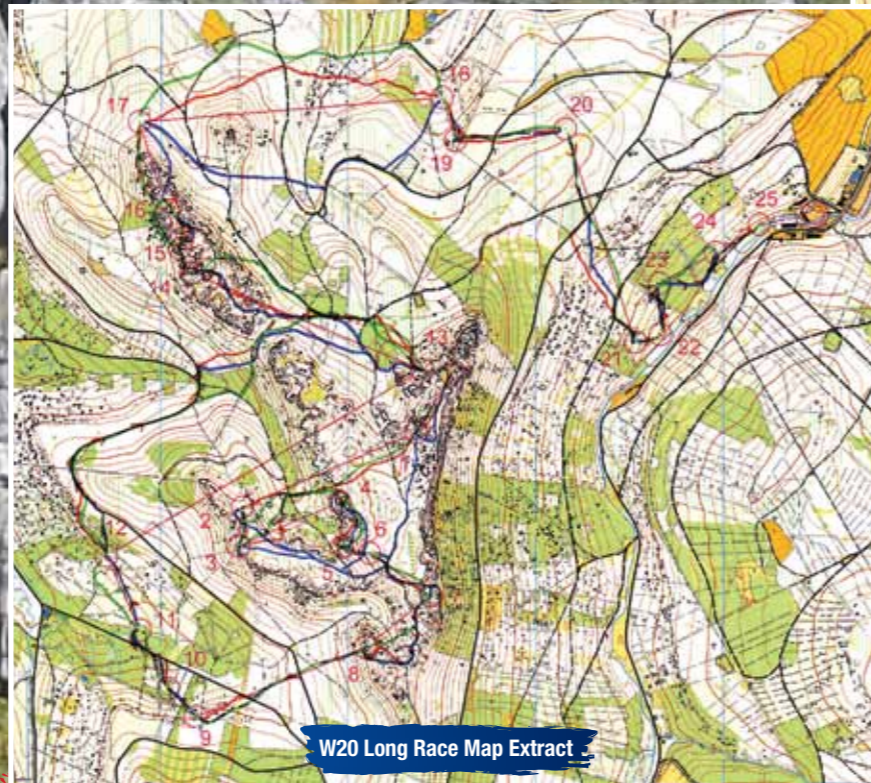
Following in the footsteps of athletes such as Heather Monro and Jamie Stevenson, twelve athletes, all of whom had competed previously for Great Britain, travelled to Dresden, Germany for the 2009 Junior European Cup (JEC). In 2004, the final stage of the World Cup Series was held in Dresden and so it was these 'super stars' that our twelve athletes turned to in order to understand how best to prepare for orienteering in the finest terrain Dresden had to offer.



A jubilant Peter Hodkinson



M18 Sprint Map Extract
Red Course: Pavel Kubat (CZE)
Green Course: Hakon Westergard (NOR)
Blue Course: Peter Hodkinson (GBR)



W20 Long Race Map Extract



Peter Hodkinson won the Bronze in the Sprint

"It's the kind of terrain that you need to be really physically up for and attack all the way; if you're not, it will drain you and time will just slip away!"

Background image: The tough Dresden terrain
Credit: Jamie Stevenson

RESULTS

SPRINT RACE

W20 Results

1. Fiona Kirk (SUI)	16:41
15. Hazel Wright	19:47
19. Alice Butt	20:25
25. Anwen Darlington	22:17

M20 Results

1. Matthias Kyburz (SUI)	15:49
14. Ralph Street	17:49
19. Alasdair McLeod	18:27

W18 Results

1. Emma Klingenberg (DEN)	16:18
9. Julia Blomquist	17:21
30. Rebecca Harding	19:03
32. Mairead Rocke	19:51

M18 Results

1. Pavel Kubat (CZE)	15:03
3. Peter Hodkinson	15:28
11. Kris Jones	15:50
17. Matt Halliday	16:15
33. Jamie Stevenson	17:36

LONG RACE

W20 Results

1. Anastasia Tikhonova (CZE)	65:51
6. Alice Butt	73:32
16. Hazel Wright	77:48
22. Anwen Darlington	82:52

M20 Results

1. Matthias Kyburz (SUI)	68:47
12. Alasdair McLeod	79:36
22. Ralph Street	85:19

W18 Results

1. Emma Klingenberg (DEN)	53:36
17. Julia Blomquist	63:02
35. Mairead Rocke	73:06
36. Rebecca Harding	74:30

M18 Results

1. Eskil Kinneberg (NOR)	63:28
13. Kris Jones	72:21
11. Peter Hodkinson	73:15
17. Jamie Stevenson	78:18
33. Matt Halliday	78:41

Recommendations from Heather and Jamie included statements such as:

"It's the kind of terrain that you need to be really physically up for and attack all the way; if you're not, it will drain you and time will just slip away!"

"Always know how high / low on a slope you are and try and simplify it, so that you can just pick out the big rock features until you are inside the circle."

"Read the control description when you are planning your route (when you are approaching the circle it is too late!). The reason for this is that the crags and pillars are very high in places - so whether the control is at the top or bottom of one of these will probably determine the best way to approach the control."

Armed with this information, each athlete set themselves their goals for the competition which comprised of a sprint, long and relay race. As a result, expectations for some outstanding results were high and the athletes didn't disappoint.

Sprint Race

The sprint race was the first event of the JEC 2009 campaign and the area was situated on a steep slope on the outskirts of Bad Gottlieb and consisted of a park area as well as a neighbouring wooded area. The sprint race was all over in 2 hours and Team GBR posted a mixed set of results. However, the honours of the day went to Peter Hodkinson who grabbed the bronze medal in M18 by just 1 second and therefore achieved his first ever international podium place as a junior. The gold in M18 went to Pavel Kubat

(CZE). In the M20 it was Matthias Kyburz (SUI) fresh from his sprint race victory at JWOC, who took the honours, with team mate Fiona Kirk (SUI) also securing the gold by an impressive 59 second margin. Emma Klingenberg (DEN) won W18.

Long Race

The steep slopes and rock labyrinths all around the village of Cunnersdorf were used as the competition area for the long distance race. The competition area consisted of two large hills which had a lot of detailed rock areas and the forest was mostly pine and spruce, although there were some areas of beech and oak. This meant

that visibility was good, although at times the runnability was slow due to the uneven and rocky ground. These conditions didn't distract Team GBR who delivered a solid set of performances and achieved some great results. Most notably was that of Alice Butt who finished in an impressive 6th place in W20 and as a result achieved her first ever international podium place as a junior.

Matthias Kyburz (SUI) and Emma Klingenberg (DEN) continued their good form from the day before by claiming their second gold medals of the championships winning M20 and W18 respectively. Anastasia Tikhonova (CZE) took the honours in W20 and Eskil Kinneberg (NOR) won gold in M18.

Relay

The final race of JEC 2009 was the relay and the men's and women's races started at the same time. Emma Klingenberg (DEN) anchored the Danish team home and won her 3rd gold medal of JEC 2009. Denmark also won the men's race. The two GBR teams fought a tough battle and finished 4th and 5th only 2:51 minutes and 3:24 minutes down respectively.

In the overall standings Team GBR finished 6th behind Switzerland, Norway, Czech Republic, Denmark and Russia. Next year the team will be setting their targets higher!

JUNIOR INTER-REGIONAL CHAMPIONSHIPS

Written from a Scottish perspective, by Team Manager Maureen Brown - Photos by Rob Lines

The Junior Inter-Regional Championships (JIRCs) is a competition between the 12 Regions of Britain. It rotates around the regions, but has never been held in Northern Ireland before. The organising team from Lagan Valley, led by Greg McCann, put in a huge amount of work to make sure that all went smoothly.



The start of Day 1, high in the Mourne Mountains

Most teams travelled by air but the Scots travelled from Troon to Larne on the ferry. We took two minibuses and arrived at the accommodation near Newcastle, County Down, on Friday at midnight. The accommodation was in an army barracks and after lengthy security checks it was after 1am before we were in bed. Breakfast was at 7am, but amazingly (most of) the juniors were up on time to eat in a huge mess hall alongside the soldiers and cadets.

The weather on Saturday was fantastic, wall to wall blue skies and glorious warm sunshine. The Individual assembly area was in the Mourne Mountain's beauty spot of Silent Valley Reservoir. The event was on Slievenagore, a rocky hillside with lots of tricky control sites, and when the first finishers returned it was clear that this was going to be a great competition.

230 juniors took part, and although as expected, the largest Regions of North-West, Yorkshire & Humberside and Scotland did well, so did the smaller Regions. Representing South-West, Lucy Butt and Jack Benham were first in the W/M16 classes, and Harriet Lawson (East Midlands) was 1st in W14. However, with two to count in each class, this competition requires strength in depth and in recent years it has been the largest Regions of North-West, Yorkshire & Humberside and Scotland which have been at the top.

For the North West, Chris Nash won M14 and Charlotte Watson (running up a class) was first in W18. For Yorkshire, Duncan Birtwhistle won M18, with Florence Haines and Aiden Smith (M14) runners-up in W/M16 respectively. Scotland had no

winners, but Evelyn Mason was 2nd in W14 and there were several 3rd and 4th places. So when the results were announced at the evening's prize-giving (as usual in reverse order), it was SOA who won both the boys' and girls' competitions, and the overall Individual Trophy. The trophy for the best Individual performance (voted by the team managers) went to M18 champion Duncan Birtwhistle of YHOA.

Individual Results:

	Region	Boys	Girls	Total
1st	Scotland	116	127	243
2nd	Yorkshire	114	110	224
3rd	North-West	103	111	214

Scotland have won the Individual Trophy several times in the past, but have never won the Relays, and for the past 10 years have been runners-up in the overall competition to either NWOA or YHOA.

The Relays were held in Belvoir Country Park, Belfast on Sunday morning in yet more warm, sunny weather. Up to 4 teams of 3 boys and girls, can compete for each Region with 2 teams to count. Teams consist of a 16, 14 and 18 who run in that order. The scoring is 72 points for a win, 69 for 2nd and so on, so the Relay competition is worth twice as many points as the Individual.

The M16's went off first and as usual at the changeover a number of runners came back in the leading pack, including teams from Scotland, YHOA, NWOA, Northern Ireland and Wales - the competition was really on! However four of the runners, including one Scot and one from the North West, were



JIRCs is a highlight in the social calendar as friends from across the country get to meet up for a weekend of competition

Ward Junior Home Internationals - A Welsh perspective by Kris Jones

This year's JHIs took place in Anglesey on Newborough Warren. As always it was the highlight of the year for the Welsh team who went there with the goal of beating Ireland to win the Judith Wingham Trophy and hopefully take some points off the bigger nations as well. This year's competition promised to be a hard fought battle as Ireland had been getting closer and closer for a number of years, but after a successful tour to Norway we were confident that we could do well on home turf.

The weekend kicked off with the individual race on the northern part of Newborough. This provided runners with the challenge of fast running and tough navigation and at the end of the day the points were close. Scotland and England as expected were well clear, tied on 72 points, and Wales had just edged Ireland into 3rd by a mere 3 points. Every team managed a podium place which meant that all the teams had something to cheer about in the prize giving that evening.

Outstanding runs of the day went to the English M14 boys who managed a clean sweep of the podium places and to Kirsten Maxwell who took third place on W18 after being called up to the Scottish squad as a reserve. Scotland certainly have one to watch for the future with Alexander Cheplin taking 4th on the M14 despite only being an M12.

The next day saw the relay on the south end of Newborough and it was sure to be a tough fought

contest with every place counting. First through the spectator control was Jonathan Crickmore for England. The English team were widely expected to win, having two individual winners on first and second leg. However just 30 seconds after, Finlay Lagan of Scotland came through to show that it was not going to be an easy victory. Next came possibly one of the biggest surprises of the day with Ben Mitchell and Ciaran Allen of the Welsh first and second teams coming through together, clear of the chasing pack in 3rd and 4th. After the short final loop, Scotland had managed to catch up England to come in together, with Wales second team coming in third. Wales 1st team had dropped to 10th but were still only 3 minutes behind the winners.

Next out were the 14s on the middle leg. Aiden Smith of England managed to pull away from Alexander Cheplin to give England a clear 3 minute lead over the chasing pack of Wales 1, England 2 and 3 and Scotland 1 and 2 who set off together on the last leg. Run of the

disqualified for making the joint decision that a control had been misplaced or removed (but it hadn't). In the end the YHOA first team of Aidan Smith, Zac Field and Duncan Birtwhistle won the boys' Relay, with Wales 2nd and the West Midlands in 3rd place.

In the girl's race, it was South Central's W16 Tamsin Moran who came back in the lead, closely followed by Scotland's Rona Lindsay and Rozy Shepherd. Overall, the race was won by a team from the North West, thanks to a storming run from Charlotte Watson, taking over 3rd leg from W14 Katrina Hemingway and W16 Katrin Harding. SCOA were 2nd and YHOA 3rd. However, as with the Individual Competition, and 2 teams counting for each Region, strength in depth are important and the overall Relay results were:

	Region	Boys	Girls	Total
1st	North-West	108	123	231
2nd	Scotland	108	111	219
3rd	Yorkshire	90	111	201

This meant that Scotland had won the Individual Trophy and the North West had won the Relay Trophy. Combining the Individual and Relay results calculates the overall results:

	Region	Boys	Girls	Total
1st	Scotland	224	238	462
2nd	North-West	211	234	445
3rd	Yorkshire	204	221	425

So after 10 years of coming 2nd in this competition, Scotland took the overall JIRCs Trophy for only the 2nd time since 1991!

After Greg presented the prizes in the warm sunshine, to much shouting and cheering, most of the teams left in buses to the airports to catch their flights home. The winning Scottish team had several hours until their ferry and went out for well deserved ice-creams.

Thanks very much to the NIOA organisers, in particular Greg McCann, for such an enjoyable weekend, great competitions and venues, excellent accommodation facilities (real beds!), organised transport, and of course the fantastic weather.

Full results at: www.niorienteering.org.uk/lvo



The excellent courses were both technically and physically challenging

Scotland - Overall winners of the JIRCs for the first time



The North West celebrate victory in the women's relay competition



Knee high heather added to the challenge on day 1



The victorious England Team
Photo Credit: Chris Branford



The Boys Relay was a close fought competition.
Photo Credit: Chris Branford

day went to Stephen Reynolds of Wales who managed to pull up seven places on second leg to hand Wales 1 the chance of a podium. Matt Halliday had a steady run in the lead but was losing a lot of time to Wales 1 who went through the spectator control just a minute down, and now had a chance of gold!

However on the very last control Matt gained a 10 metre lead and secured England the win. Wales 1 finished some seconds after and England 2 completed the podium, with Peter Hodgkinson on last leg. This was a serious blow to Scotland's hopes of taking the overall win.

In the women's relays the English teams managed a similarly impressive feat taking 1st and 2nd places, three minutes ahead of Scotland. Ireland managed to edge Wales in the women's relay but it was not enough for them to take the Judith Wingham Trophy. The final standings were England 1st, Scotland 2nd, Wales 3rd (and winners of the Judith Windham Trophy), and Ireland in 4th, less than 10 points behind. The weekend was excellent with close competitions and the added bonus of racing for your country.

The small Welsh club of Eryri did an amazing job of organising the competition with most club members involved in some way or another. **Bring on next year...**

Despite all the rain during the previous couple of weeks, the sun shone for a lot of this year's British Schools Championships, held at Druridge Bay in the North East. Although the event was very far north this year, they received nearly 800 entries from 97 different schools from all over the country, with strong teams also attending from Scotland.

The large assembly area accommodated the finish and registration areas, together with a large marquee that housed not only the prize giving but also other activities to keep the children entertained whilst waiting for all the competitors to finish. It included team challenges and face painting, with several large cats appearing on the podiums later in the day!

The individual winners of each course couldn't have been closer, in most cases they were only separated out by a few seconds. Two of those who did win by a larger margin were Abigail Mason from Banchory Primary School and Zoe Harding from Lancaster Girls Grammar who won by over 3 and 4 minutes respectively.

The age class team winners saw some new schools on the podium but Ulverston Victoria High School dominated the boy's age categories. However they were denied a clean sweep by the Year 13 team from Torquay Boys Grammar. The girl's age class team honours were much more shared and Banchory Academy was rewarded for their attendance with a win in year 9.



The beach provided some fantastic control locations

The whole team prizes were again strongly contested, with King Henry VIII Prep School winning the Primary category, Barnardiston Hall Prep School winning the Middle Prep category, Newcastle School for Boys winning the Small Secondary category and with their strong showing in the team prizes, the Large Secondary school category was won by Ulverston Victoria High School. Barrow Sixth Form College won the Tertiary category.



Our thoughts must also go to the teams from the Cocker mouth areas that were so badly affected by the floods and unable to attend. Thanks to Nato

Orienteering club with the help of CLOK and NN for making this event possible and to the event sponsors PE Office Supplies and Buff.



Some of the Junior girls receive their medals

Orienteering Games & Tips

orientteering sudoku




millie map
asks...

Why is it important to keep a training diary?



Charlie Control says,



So you can look back and see what training has and hasn't worked and also see what you did in the lead up to a successful competition.



Junior Survey

Many thanks to all the juniors who took part in the online junior survey. There was lots of great feedback about how we can improve events for junior participants and the full results will be published in the New Year.

Congratulations to Benjamin Parkinson who was the lucky winner of the GB 0 top signed by World Champions Graham Gristwood, Jamie Stevenson and Jon Duncan.



British Schools Score Championships (BSSC)

Photos by Rob Lines

The British Schools Score Championships (BSSC) took place on the 10th October at Hylands Park, Chelmsford and was organised by Essex Stragglers. As a venue, Hylands Park was ideal as it offered ample parking and good open parkland with good boundaries suitable for the most inexperienced runners whilst still enabling a challenge to the more experienced. The winning school teams were:

Primary Girls - King Henry VIII Prep School
Primary Boys - St Andrews Primary
Middle Prep Girls - Barnardiston Hall Prep School
Middle Prep Girls - Barnardiston Hall Prep School
Lower Secondary Girls - Kenilworth School & Sports College
Lower Secondary Boys - Torquay Boys Grammar School
Upper Secondary Girls - King Henry VIII Senior School
Upper Secondary Boys - Torquay Boys Grammar School



Benjamin Parkinson was the lucky winner of the signed GB top



Octavian Droobers Win Peter Palmer Relays



The successful OD Team: Julie Emmerson, Sophie Kirk (back) Aimee Morse (front), Robert Gardner, Matt Halliday, Will Gardner and Ben Ross. Photo Credit: Rob Lines

The Peter Palmer Junior Team Relays, were staged this year at Sutton Park, Birmingham. Thirty three teams from across the country, stayed overnight on Saturday at the Leisure Centre, to be ready for the start of the relay race early on Sunday morning, one hour before dawn.

Congratulations to Octavian Droobers (OD) who won the Peter Palmer Relay Trophy for the first time. Club captain Andy Emmerson congratulated team members Robert Gardner, William Gardner, Sophie Kirk, Ben Ross, Julie Emmerson, Aimee Morse and Matthew Halliday on winning such a prestigious race, a marvellous achievement to add to the juniors list of successes.

The SYO Team of Adam Bradbury, Simon Bradbury, Cari Littler, Michael Adams, Louise Adams and Aidan Smith won the Joan George Trophy for teams of combined ages of 90 or less.

The MAROC Team of Patrick Low, Finlay Langan, Jessica Mason, Jane Lenton, Mariel Phimister and Joab Matthews won the Norwich Trophy for small clubs.



Will Garner of OD competes wearing a head torch
Photo Credit: Rob Lines

JUNIOR PROFILE:

Peter Hodkinson

Age: 18

Club: NOC

Age started orienteering? All my life, but the first time I ran a course on my own I was 5, the day before my 6th birthday!

Do your parents orienteer?

They used to, but now they have other interests.

Why/where did you start orienteering?

When my mum carried me around her courses as a baby. My two older brothers (Chris and David) got into it before I was born and dragged the family along.

What do you enjoy about orienteering?

The rush you get when you run into a proper bit of forest and really leg it. But the best feeling is always when you have a really solid performance and get the result you deserve for it. However, orienteering would be nothing without all the amazing people I've met and places I've been with them.

Do you have a coach?

Not at the moment, but I get advice about physical, technical and mental training from lots of different people who all effectively coach me.

Where is your favourite place to orienteer?

The Italian Dolomites, Trondheim and Speyside are some of my favourite. I don't really like open areas because I find them boring and don't concentrate hard enough.

What kind of training do you do?

It depends a lot on the time of year, but at the moment (in my strength phase). I'm doing a 2hr run, a 90min run in the hills or terrain, 1 threshold interval session and 3 strength or core sessions of 30-60min. I fill in the gaps with plenty of very easy recovery runs or orienteering, which are really important.



What is your best result?

3rd in the sprint at the Junior European Cup in October. This was the best personal performance I have achieved in a race. The run was very clean technically and despite not feeling all that fast I won the bronze!

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

Love what you do! If you don't enjoy training, find someone to do it with. You will only win races if you navigate well, so you should always race as fast as you can orienteer, not as fast as you can run! If you train hard, then you can race easier.

What do you enjoy doing outside of orienteering?

Eating, being with friends and having a laugh. Preferably at the same time! I also love having a go at any sport: Athletics, X Country, Fell Racing, Cycling, Badminton...just not Swimming! Not a good idea since I sink pretty quick! Driving is great too. And listening to Scott Mills - he's awesome!