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

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



# Junior Home Internationals

Photos by Wendy Carlyle

The 2012 Ward Junior Home Internationals (JHIs) were held in Surrey in South England which was quite a long way for the Scottish team. My journey started on Thursday at 2.30pm when I left school to drive to Inverness with my dad to get the train down to Edinburgh. I had a big, heavy rucksack on with all the things I needed for the weekend and I was feeling quite excited as this was my first JHIs. It was pouring with rain when we eventually got to Edinburgh and we had to walk all the way along Princes Street to get to the hotel where we were staying before meeting the rest of the team early the following day.

The next morning we went down to the station to meet the others before getting the train down to London. It took four and a half hours and I got very bored but at last we got there. We then had to travel on the tube to get across London which was a bit of a frantic rush to make sure that we didn't miss the next train, although we ended up having plenty of time.

All four teams were staying at High Ashurst Outdoor Learning Centre in the log cabins and tee-pees. It was a really nice place and Scotland's cabin was right at the bottom. My room was quite big and contained two bunk-beds, cabinets and two big blue bean bags. It also had an en-suite bathroom.

Saturday was the day of the individual competition and it was only a five minute walk from the Centre. My start time was 10.11am so I went up nice and early. When I was walking up to the start I realised that the area was quite hilly, because of the high ferns and brambles, it wasn't very runnable except on the paths. Unfortunately the starts were

delayed by 10 minutes so we had a bit more time to get ready.

When I started I was feeling really good because I hit the first control bang on and I was running fast. Although on my way out of number three I ran past a camera man at a junction taking pictures. I think this distracted me a bit which resulted in me going down the wrong path. This mistake cost me sixteen minutes! The rest of my run was good with only very small errors but I could not make up for my big detour. If I hadn't made the mistake I could possibly have come second.... The rest of my team did really well and managed to finish in first, second and third place in the W14 group.

That evening there was a social dance in the main hall with Scottish, English, Welsh and Irish dancing. It was really fun and everyone danced with people from the different teams. I danced in most of the dances and by the end everyone was hot and tired.

The following day it was the Relays and I was in a team with Rhona McMillan and

Bronwyn Matthews. It was a cold morning with frost scattered on the grass and the sun was low in the sky. All the teams gathered at their tents and there was a frantic rush to get face-paint on and warmed up before the mass start.

As the W16s were lined up at the start it was getting a lot warmer and there were lots of planes in the sky all going in different directions. The hooter blew and the girls were off and everyone else started screaming for their teams. I never knew such a relatively small number of people could make so much noise! One of England's teams came back first with quite a

big gap in front of the rest of the field, but then Bronwyn appeared with another girl - we were in 4th place. I went off and ran the best race I could, trying desperately not to let the English overtake me. I ran hard and managed to pull the team up to 3rd. I handed over to Rhona who came back 4th overall which made us the top Scottish team.

Overall England won, Scotland came second, Wales came third with Ireland fourth. The whole weekend was really good. The atmosphere was wonderful and the whole experience incredible and I really hope I will be selected again next year.

RESULTS	England	Scotland	Wales	Ireland
Individual	83	68	32	33
Relay	58	38	30	18
Overall	141	106	62	51

Report by Kathryn Barr (MOR, SOA)





# BRITISH SCHOOLS ORIENTEERING CHAMPIONSHIPS

Report by Jane Mockford / Photos by Rob Lines

Delamere Forest in Cheshire was the venue for the British Schools Orienteering Championships (BSOC) and the World Schools Orienteering Championships selection races. The event was organised by Deeside Orienteering Club (DEE).

On the Saturday afternoon 170 competitors in the Boys and Girls 14 & 16 age groups competed for places in the Great Britain team for the 2013 World Schools Orienteering Championships to be held in April 2013 in the Algarve in Portugal.

At the same time, some 200 runners used the training event in Delamere East to familiarise themselves with the forest and the map. They were also able to have a go at a small maze event constructed around the parallel fences that make up the Forestry Commission's Christmas tree sales area.

Sunday morning found the assembly area and forest bathed in sunshine (and frost) for the 935 competitors from 128 schools from around the UK for the British Schools Championships. Prizes, medals and trophies were on offer for individual and team competitions for school years 5-13 and for overall schools in the primary, middle/preparatory, small secondary, large secondary and tertiary categories.

Prizes were kindly donated by the Chester branch of Cotswold Outdoor, Buff® headwear and activity centre company PGL. Local Northwich company Roberts Bakery provided gingerbread men for every finisher and DEE member Jenny Beasant added an iced control kite to every one!

Prizes were presented by DEE member Chris Smithard, current British Sprint Orienteering Champion; north-west orienteer Quentin Harding, double gold medallist in the M50 & over age class at the 2012 World Masters Orienteering Championships; Cathy Garside, chair British Schools Orienteering Association and Pat Smith OBE, National Council for School Sport. Full results can be found at [www.bsoa.org](http://www.bsoa.org)

**Katie Wilson from Davenham CE Primary School achieved a bronze medal in the Girls Year 5 individual race at her first British Schools Championship. Here are her impressions of the day:**

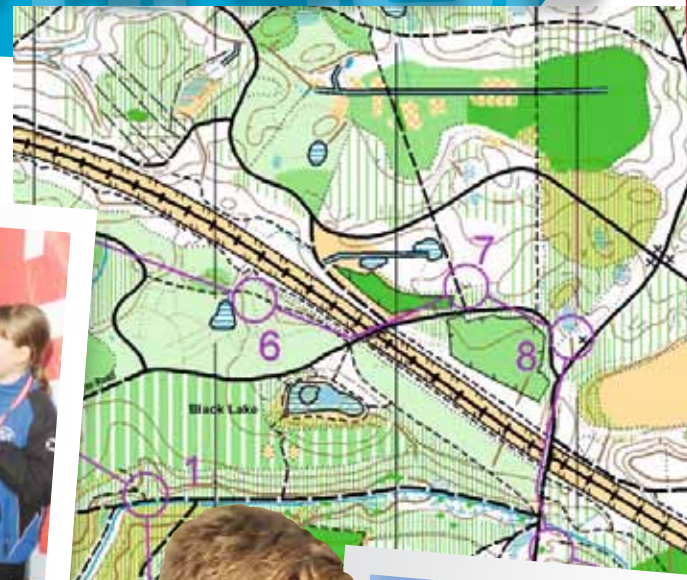
**TELL US ABOUT YOUR RUN:**  
It was a white course, 1.4km.

**WHAT WAS THE FOREST LIKE?**  
It was nice and sunny but a bit soggy in places.

**WHAT DID YOU LIKE ABOUT THE EVENT?**  
There were lots of people from different schools from all over the country and the gingerbread men were very nice.

**HOW DID IT FEEL TO WIN A MEDAL?**  
I felt very proud and thanks to my school and club Deeside for all their help.

**MICKLE TRAFFORD PRIMARY SCHOOL** were at BSOC for the first time and their teacher Liz Jackson commented, "Thank you to all the team for a great event. The children loved it and are dying to do more. They want to know where next year's championships are and a couple are talking about joining DEE. It's a great example of progression from after school club to local inter school events, to club events and on to the National Championships. The icing on the cake for our school was we won some medals!"



## RESULTS:

### Primary

1. Kingswood Primary School
2. Berkswich Primary School
3. St Andrew/s Primary School Halstead

### Middle/Preparatory

1. St Andrew's School Pangbourne
2. Barnardiston Hall preparatory School
3. Worksop College Preparatory School

### Small Secondary

1. Clayesmore Senior School
2. The Ramsey College
3. Cartmel Priory School

### Large Secondary

1. Ulverston Victoria High School
2. Banchory Academy
3. Kenilworth School and Sports College

### Tertiary

1. Barrow 6th Form College

## PFO Junior Success

- a long term project! By Hamish Willis

PFO juniors once again surprised the club coaches and volunteer by getting through to the 2012 Yvette Baker Finals in Wiltshire. I say once again surprised because we are having a great year with a podium place at the British Championships junior Relay, a podium place at the Peter Palmer Relays, a podium place at the British Schools Score Championships and now the Final of the YBT.

Admittedly they were all third places, however let's not take away from the fact that PFO got a team there and competed successfully, something that not many of the larger clubs can always do. As we go to press, the year eight girls team have just won the team and individual Gold medals at the British Schools Orienteering Championships – an amazing achievement.

PFO is a small club and over the last three years (with the exception of Sophie Horrocks going to the international schools competitions) we haven't done well as a team. At present we have two junior members in the North West Junior Squad with another junior getting hot on their heels. So what has changed?

The majority of our juniors come from Bacup and Rawtenstall Grammar school (BRGS) which has a long tradition of orienteering under Tom Gray. However even with the best will in the world, one person can't always keep a club going year after year without support. PFO have always seen BRGS as an important asset to the club and the juniors have always automatically become PFO members.

However numbers and quality were falling over recent years and there was considerable drop off. Through my 'Club and Coach' role I then started going in to run the after school club and numbers started to slowly climb with now over twenty pupils coming to the club during last winter with a hand full of them taking up night orienteering as well as going to traditional events. I have also pressed hard to get those juniors to come to our club night which is also held nearby in Rawtenstall and seven of them now come along each week. In addition to this, three of them are now Young Leaders and help with training both at school and club night.

This September the number of new members in to the club were also down on previous years so I put together a presentation based on the earlier success the junior orienteers from the Rawtenstall Grammar School had achieved and the variety of training we offer as a club. The presentation was entitled 'Join a Winning Team' and was shown at a year seven assembly. This was followed by short talks by the young leaders as to why they orienteered and why they enjoyed it. This had the desired effect and now over twenty juniors attend orienteering every Monday at our club night. This now enables us to field a decent sized team at events and start developing the next generation of athletes.

As a club and in particular our five volunteer coaches we have worked very hard to support our juniors by helping them get to events, putting on training in the holidays and at weekends and taking them to our annual Forest of Dean training camp. We are also on hand to give them lots of moral support when things don't go as well as they had hoped. We have a team of coaches who are always willing to help with the juniors whatever their abilities and ambitions and we don't just concentrate on the best. Our aim is to keep them orienteering until they leave school (and beyond) regardless of ability.

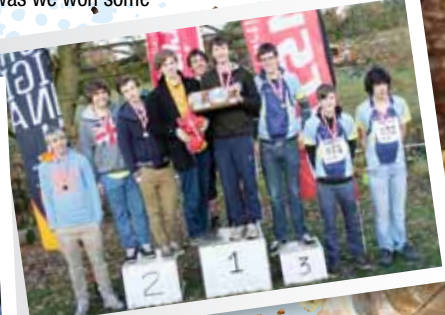
The results of this hard work and intervention are now coming through with our ability to field at least 15 -16 athletes at Junior events which gives us a fighting chance to get a podium place.



Some of the juniors that attended the Yvette Baker Final



Chloe Brotherton, Rebecca Hall & Corinna Howorth won at BSOC





# British Schools Score Championships

Report by Mel Elkington / Photos by Ray Barnes

This year's Championship took place on the 13th October 2012 at Kingsbury Water Park, Warwickshire. The event was organised by Octavian Droobers. Prizes, medals and certificate frames were donated by Buffera, BSOA and the Dave Birkett fund.

After several weeks of the park occasionally being underwater the weather in the preceding week was good enough for the flood waters to subside allowing full use of all the control sites and car parks. Four hundred children took part in what proved to be a challenging 45 minute score event. The only orienteer to score the maximum number of points was Max Cox from Groby College, although he was slightly late back attracting a deduction of penalty points.

In the Primary Schools categories Oakridge Primary girls came first and their boys third. St Andrews Primary School boys were first and their girls were third. Abbotsholme girls and Kingswood Prep school boys were second.

In the Prep/Middle school category the results of both boys and girls

were identical with Barnardiston Hall Prep School first, St Andrew's School, Pangbourne second and Worksop College Prep School third.

The Lower Secondary Girls saw Loughborough High School in first with King Henry VIII second then Bacup and Rawtenstall Grammar in third. The Lower Secondary Boys saw Torquay Boys Grammar School in first place, Kenilworth School in second place and Walton High School in third.

The Upper School Girls saw King Henry VII beating local rivals Kenilworth into second place with the Fallibroome Academy coming third. The Upper School Boys had Kenilworth School just beating Torquay Boys Grammar and The Kings School coming in third just 20 points behind them.

Well done to everyone who took part. Full results can be found at [www.bsoa.org](http://www.bsoa.org)

## Cate Madgwick (W12) tells us about her day at BSSC

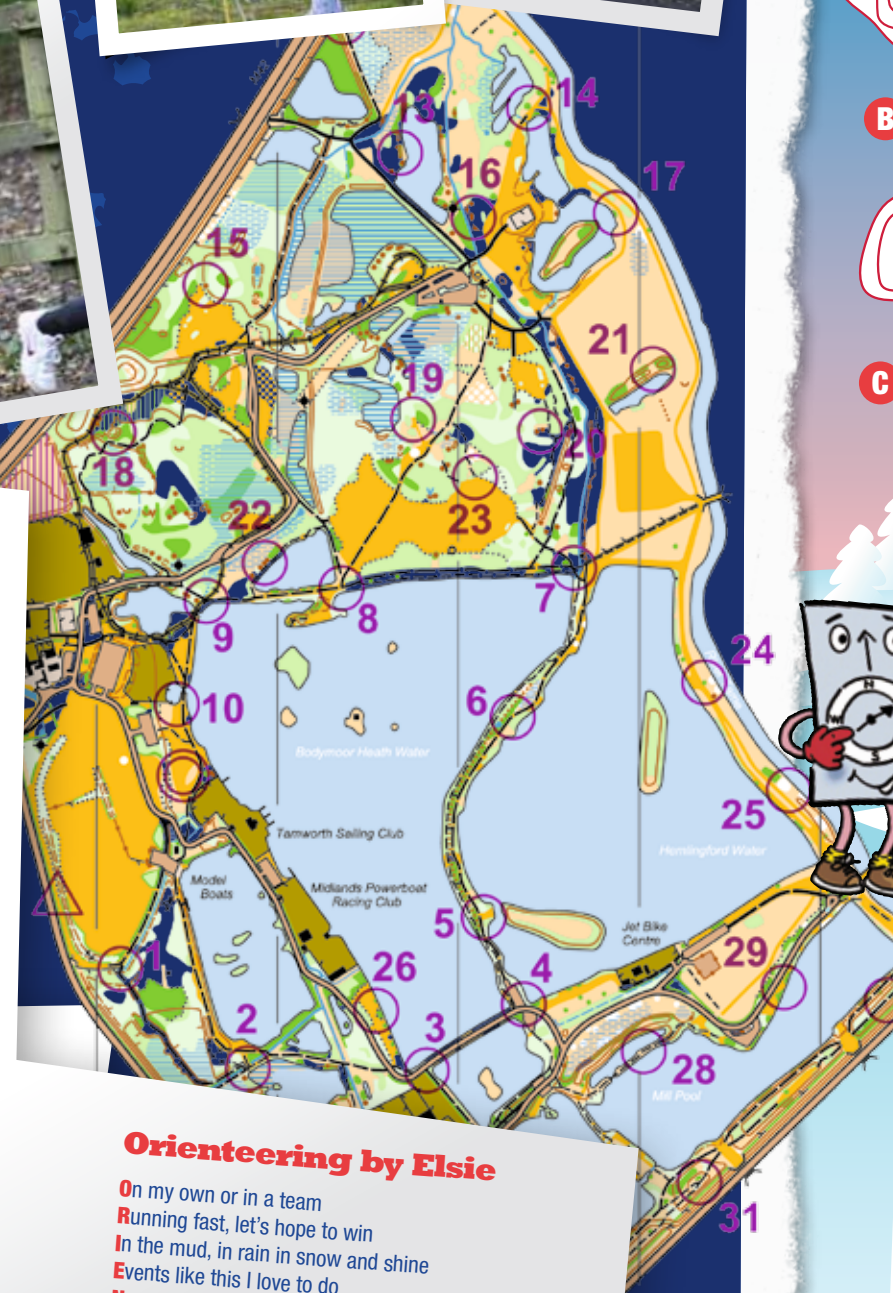
I travelled to Kingsbury Water Park in Warwickshire for the British Schools Score Championships. It was my second championships but my first as an individual as last year I ran as a pair with my friend Bonny. We had 45 minutes to get as many controls as possible. I was given a number (27) and when it was near to my starting time I headed down to the starting area.

The park was fairly flat with only a few gentle ups and downs so running was quite easy. It was very wet and there were a lot of big and small lakes everywhere. I managed to work out

what the white course was from my map and completed it easily. I still had lots of time left so I went and got two more controls. When I finished I realized that I still had lots of time left and that next time I will try and get more!

I ended up coming 6th out of 16 in my age group with a time of 23.35mins and 120 points. My big brother Joe came 14th with 180 points and a time of 39.57mins. I thoroughly enjoyed the competition and can't wait until the next one!

Cate Madgwick enjoys BSOC



## Some of the pupils from Abbotsholme School share their experience of the event:

"My name is Matthew. I have been orienteering for a year. This was my first big event and my partner was my friend Henry. Our start time was 11.09 and it was an agonising wait! We ran for 45 minutes around a lake. We saw lots of different schools from around the UK, especially from Devon. We went to 12 controls and scored 120 points. We really enjoyed the event so we signed up to take part in the next one."

"My name is Lucy. I competed with my friend Elektra and we were one of the first to start. The area was quite flat with lakes. We found 17 of the 32 controls in 45 minutes and WE WON. All the marshals were very funny and helpful and they made it great fun. When we finished we had hot chocolate and are really looking forward to the next event."

"My name is Elektra. We left school early to get to the event. I had Jaffa Cakes but they were eaten on the way to the event. We were given our compasses and whistles, then our numbers and a label saying at what time we were starting. We went to the start and were given an electronic card and away Lucy and I went. I had hot chocolate, an ice cream and our lunch. Lucy and I had won and our team was second."

## Orienteering by Elsie

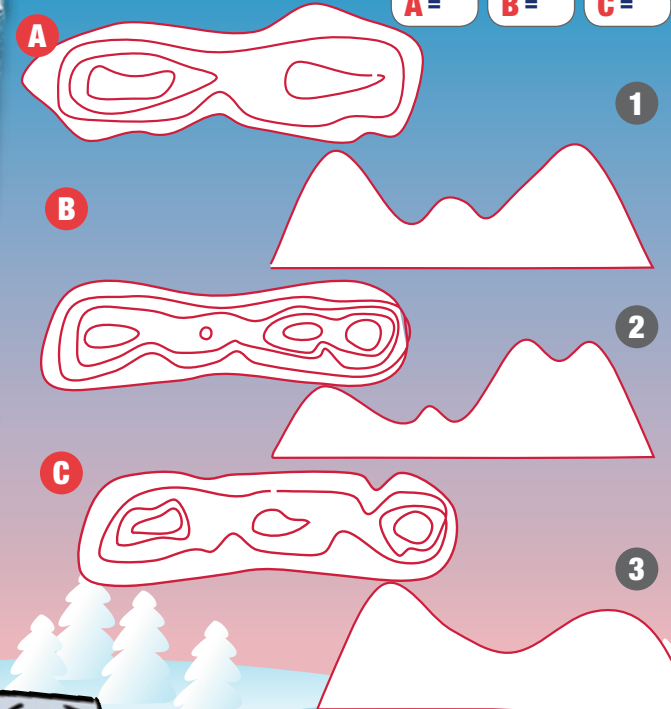
On my own or in a team  
Running fast, let's hope to win  
In the mud, in rain in snow and shine  
Events like this I love to do  
Narrow paths, hills and trees  
Turn the map, just check you're right  
Eager and keen my friends and I  
Elektra, Lucy, Harriet and me  
Running Fast to beat the time  
In case of trouble I will give a whistle  
Never give up, you will do just fine  
Great fun and challenging, the memories will stay forever

# ORIENTEERING GAMES & TIPS

## MATCH THE CONTOURS

Which of the contour shapes on the left match the profile shapes on the right? Write your answers here and check them on the back page.

A= B= C=



## Charlie Compass says,

Now that winter is here what precautions can I take to avoid illness and stay healthy when training?

## Millie Map says,

- Regularly wash your hands
- Eat foods that are high in Vitamin C and Zinc to help boost your immune system e.g. Peppers, Broccoli and Kiwi's.
- Eat foods high in antioxidants to aid recovery e.g. cherries, tomatoes, berries and beans.
- Try and avoid confined spaces with lots of people coughing and sneezing e.g. the London Underground!





## PETER PALMER RELAYS

By SYO's Katherine Hall

This year the Peter Palmer Relays returned to Sutton Park after 2 years of urban army barracks and was hosted by COBOC. The 6-leg relay consists of 2 red courses followed by an orange, yellow, light green and green and starts at 5am.

This year SYO managed to take two teams, one running for the Peter Palmer Trophy and hoping to reclaim it off LOC: Zac Field, Dane Blomquist, Simon Bradbury, Myself, Louise Adams and Aidan Smith and a team eligible for the Joan George trophy for teams with an accumulative age of under 90. This team consisted of Jake Field, Yasmin Field, Pippa Dakin, Joanna Smith, Dominic Dakin + Joe Field and Michael Adams.



SYO Won the Peter Palmers



There are a few things about the Peter Palmers that make it such a great event for juniors, partly because it's a chance to see some of our friends from across the country, and partly as there's always a bit of competition as to who gets the least sleep, resulting in some very tired, zombie-like teens in the early hours of the morning! But everyone always wakes up properly for the mass start to cheer off around thirty headtorches bobbing off into the forest.

This year the person handing over in 1st was SARUM's Harry Butt, coming in well in the lead with a time of 32:44, about 2 minutes ahead of the first pack. By the time the second leg runners were returning, the sky was beginning to lighten and the morning fog arrived to dampen everyone's feet, but it didn't dampen the moods of our team as Dane had arrived back in first. From then on it was a clear lead for our team until the end and we managed to achieve our goal of winning both the Peter Palmer and the Joan George trophy which we were all really pleased with! Second came the Wizards Of OD and third LOC Locos. The winners of the Norwich trophy were SARUM Woodfalls.

## JUNIOR PROFILE:

# Katrina Hemmingway



**Age:** 16

**Club:** WCOC

**Age started orienteering?**  
Since I can remember.

**Do your parents orienteer?**  
Yes, but only my mum now.

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

My whole family have orienteered ever since I can remember so I was immediately in the club!

**What do you enjoy about orienteering?**

The challenge that constantly changes as you progress but also the people you meet and the opportunities it brings.

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

Technical forests such as Grizedale but I love Nordic terrain especially around Fredridestad in Norway

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

Lots of different kinds, generally intervals, circuits and also technical training and cross-training too.



Katrina at BOC



Katrina at the British Squad Training Camp

**What is your best result?**

Overall probably running the British in 2010, but this year I was 4th best in the overall.

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

Train and race for yourself and not for anyone else, enjoy your orienteering and don't beat yourself up over mistakes.

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

Being with my friends, other sports such as windsurfing and relaxing amongst others.

**Do you have a coach?**

Yes for running but not for orienteering although my squad coach helps me.

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

It has focused my training and really progressed my orienteering and running.