



Pictured: Tim Morgan competing at the Junior Inter Regional Championships. Credit: Rob Lines

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www.britishorienteering.org.uk/page/ozone

THE YVETTE BAKER FINAL

THE COACH'S PERSPECTIVE BY JACKIE HALLETT, BOK COACH
PHOTOS BY ROB LINES

BOK Juniors won the Yvette Baker Trophy for the first time with a score of 885 beating Octavian Droobers (875 points) into 2nd place and Lakeland Orienteers (871 point) into third place.

Jackie says, "I knew the final was to be in the south west two years previously and made it known that it was going to be our aim and that BOK could win it. There is a strong schools' league in the Bristol area with good inter school competition and juniors from these schools are encouraged to join Bristol and then attend junior training as well as compete for the club. Older juniors are then encouraged to join the South West Junior Squad where they experience weekends away and training on varied terrain such as the Lake District, Dartmoor and Penhale Sands as well as local areas in the south west. BOK are also fortunate to have Welsh Junior coaches; Mark Saunders and Alice Bedwell, as members of the club and they invite our juniors to some of their training weekends as well, so there is a wealth of opportunity for our juniors from a young age.

The hardest part of the competition was the first round which was a two way tie between Bristol and Devon. Both were without key members, with BOK's absentees due to Interland selection races and the Hawkshead weekend. So with only small teams it was a very close event and although Devon had more class winners it was our strength in depth especially on the yellow course which really won it for us.

In my email to the juniors when asking for entries for the final I stated that I felt BOK could win but I knew we would need as many runners as possible and to get out our best team possible. The most difficult decisions, in fact, were made before the event when choosing who to put on which course as you need to be tactical. If a runner has not achieved a gold badge standard then they can run an easier course so I had to decide which juniors should run which courses to enable the team to score maximum points. I am not sure I wholeheartedly agree with this rule but when it is there you have to use it to your strength. The trouble now is that there are very few age class competitions and so not many juniors achieve this standard. Maybe we should look at using colour coded standards as the majority of events use these courses. Perhaps those who make the rules need to look at this.

On the day it seems strange to get up early for an orienteering event and know that you are not running. We didn't even have our son, Michael, with us as he was staying with the South West Junior Squad for their Christmas weekend. All the BOK juniors were under strict instructions from me not to train too hard on the Saturday.

We arrived at the entrance to Collingbourne Woods in plenty of time, although after spending 20 minutes negotiating with other teams coaches, it was a bit of a rush to get the emit cards to hand out and to make sure the right person had the correct brick. Luckily there are always other parents on hand to help and I delegated this job whilst I made sure our runners got to the start on time; juniors never seem to be in a hurry and there were a few panicky moments when I couldn't find someone who I felt should be warming up and getting to the start.

BOK had 31 juniors running at the event: 14 of these were on the yellow course, 8 on orange, 5 on light green and 2 on green. This shows our current strength lies in our younger juniors where we have a considerable number of very competitive M10/12's (last year we fielded 3 teams in the mini relay at the British Champs). With 9 runners scoring it was important to ensure we not only had possible course winners but other runners scoring points to push down runners from other clubs. Each of the courses are scored separately for girls and boys which makes 8 classes in all.



I knew the final was to be in the south west two years previously and made it known that it was going to be our aim and that BOK could win it.

We had brilliant packing on the yellow with Ben Shardlow and Harry Stagg in 2nd and 3rd and Sophia Andersen and Sonia Mann in 1st and 6th, which is a fantastic result when you know there were 67 runners on the course. On the orange, Eddie Narbett was 1st and Rachel Potter 3rd. Chloe Potter took 1st and Ella Milne 6th place on the light green. Our last runner out was Adam Potter on green and it was a tense wait. Many of the other top runners from the other teams were waiting for him to download but we weren't disappointed as he took first place on his course.

Although I knew we were doing well, it was difficult to know quite how well with 12 teams competing. When I was congratulated by the Lakeland coach (last years' winners) my hopes did rise and it looked promising. It is a fantastic achievement to win this competition and great to see all our juniors enjoying taking the trophy and of course the chocolates! With such a young team, I hope that this will be the first of many successes in this competition but it is always more difficult to get people to travel long distances. Wouldn't it be good now that it is going to be in the summer to have something on the Saturday for the juniors as well (inter club relays or something else as exciting). This would help to make it a worthwhile weekend.

THE BOK TEAM SCORING MEMBERS WERE:

NAME	POS.	EVENT	POINTS
Adam Potter	1st	Green M	100
Chloe Potter	1st	Light Green W	100
Ella Milne	6th	Light Green W	95
Eddie Narbett	1st	Orange M	100
Rachel Potter	3rd	Orange W	98
Ben Shardlow	2nd	Yellow M	99
Harry Stagg	3rd	Yellow M	98
Sofie Andersen	1st	Yellow W	100
Sonia Mann	6th	Yellow W	95

The full team included:

Michael Hallet, Zac Hudd, James Haysom, Will Jones, Stuart Hanstock, Joe Hudd, Oliver Mann, Wilf Thompson, Emma Narbett, Millie Stagg, Jess King, Ben Narbett, James Bailey, Ira Crawford, James Rossington, Cecilia Mayne, Edith Stagg, Briony Stagg, and Elizabeth Narbett.



Talent Development Squad's Technical Training Camp

After four months of general preparation in the Talent Development Squad's periodised year, the athletes are moving onto more specific work that includes purposeful technical training. Armed with their training diaries from the previous month, including a note of the hours they had built 'in terrain' and focusing on specific O training, each individual considered the volume and intensity of training that would be appropriate for their needs and then the training began!

The Forest of Dean is known as 'The Queen of Forests'. It has a good mix of deciduous and evergreen wooded areas on an undulating plateau of rolling ridges and valleys. Using a 'Whole Part Whole' approach to the weekend, Friday's training saw the athletes tackle a 5km course whilst considering how effective their skills and techniques were (WHOLE). This was followed by reflection and discussion on the 'good, bad and ugly' of compass work, which led to Saturday's sessions that required the athletes to work on navigation skills and route choice (PART). On Sunday they put it all back together again and had another day of working on the 'WHOLE' where they orienteered with more confidence and focus on their compass and route choice techniques.

On the Saturday evening the athletes were involved in a workshop on mental resilience provided by Hollie Brown of Chester University. Particular thanks to NGOC and BOK who let us train on their areas and to all who were involved in the planning and delivery of this camp including Mark Saunders, Quentin Harding and Malcolm Campbell.

The athletes were asked to reflect on the camp by thinking through the following questions;

How resilient am I technically?

- As good on 1:15000 as 1:10000?
- Can I judge distance accurately when there are no/few features to help?
- Can I rely on compass, flat out in technical terrain?
- Does compass speed me up/help simplify/ slow me down?
- How did I cope technically?
- Do I always train (technical training) deliberately (make it count)?

How resilient am I physically?

- Do I do enough terrain running (winter training) to cope with this volume of technical training in a weekend?
- How does my running style stand up in brushings?
- Do I know how to develop my physical resilience?
- Are my physical expectations of myself 'high' enough?
- How does being physically tired affect my decision?

Route choice - How many factors do I automatically consider?

- Distance
- Height
- Runnability
- Physical shape
- Mental shape
- Good route into control

Mental resilience

- Why do I set goals?
- How good am I?
- Do I feel pleased when I spike a control?
- How do I reward myself?
- How do I build my technical confidence?
- How disciplined am I in training?



New Beechenhurst was used for training on Saturday



Zoe and Katrin Harding deliberating on route choice

Learning from the EXPERTS

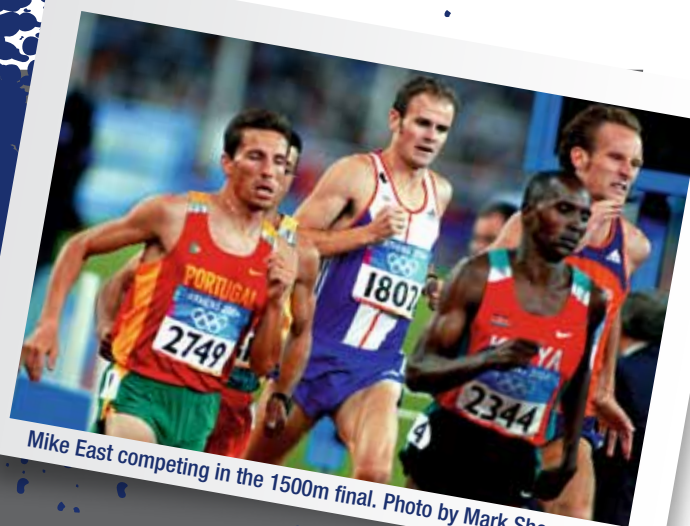
Mike East is the all-time 6th fastest British 1500m runner. He won the 1500m in the 2002 Commonwealth Games and was placed 6th at the Olympic Games in Athens (2004) and was the only British athlete to make an individual track final at that Championship. He spoke to our Talent Development Athletes about various items including the importance of:

- > Being thorough with training and preparation including logging lots of detail in your training diary and making lists/ notes of what to do and when to do it before a race.
- > Peaking and planning training and behaviour towards a target race.
- > The challenge of being ready to run the race of your life at varying times of day.
- > Ensuring that eating, training and sleeping is aligned with your race time.

He said, "It is highly important to concentrate and focus on the major competition but, as the date draws near, anxiety needs to be controlled and managed. To avoid unnecessary anxiety immediately before competition, your time needs to be well managed with kit and equipment organised. Your state of arousal is crucial at this stage and optimal arousal for you might be different than it is for the next athlete. Under or over arousal for you can result in poor performance. Mike found that he would lose concentration if he

started to look around. "In Athens after the final call we were led out and I had tunnel vision. I paid no attention to the crowd. I had to keep focused. In other races I had run badly if I had been looking at my competitors or looking for people in the crowd. I always wore sunglasses and my wife likened it to a horse wearing blinkers, which is a fair comparison! My fellow competitors learnt not to try to communicate with me before the race. I didn't warm up with anyone else."

Mike also talked about the importance of pre performance routines that help with physical and psychological preparation. He described what he used to do prior to racing and how this all built up towards the ritual he had on the start line, which was, "this weird thing that I did with my hands and then with my feet". Unfortunately he wouldn't show it to us and said that someone might lock him up if they saw him doing it!



Mike East competing in the 1500m final. Photo by Mark Shearman

SPRINT TRAINING

This article was first published on www.project2015.co.uk. Project 2015 is an athlete led initiative working with the wider orienteering community with the aim of achieving the best British results possible at WOC 2015 and beyond.

despite it still being early in the season, the focus was placed on training at race pace whilst under pressure. A variety of different race formats combined with excellent planning made for challenging and effective race training. The first morning began with some short training courses: a control pick, a "map flip" exercise in which every leg began

Peter Hodgkinson who is part of the Great Britain Elite Development Squad discusses how they are preparing for the forthcoming season by attending camps such as the one described below.

"For many of the Project 2015 athletes the New Year kicked off with a series of British Squad weekends, this one being focused on Sprint distance orienteering. We were based in Surrey, providing excellent sprint terrain comprising mainly of complex housing estates and military barracks.

Due to the nature of Sprint orienteering, it is difficult to train effectively whilst running at a steady pace. Therefore,

on the opposite side of the map, two line courses and a "pace race" control pick designed to test navigation whilst in oxygen debt. I had never considered using a line course for Sprint training before and it is definitely something that I will do more of in future.

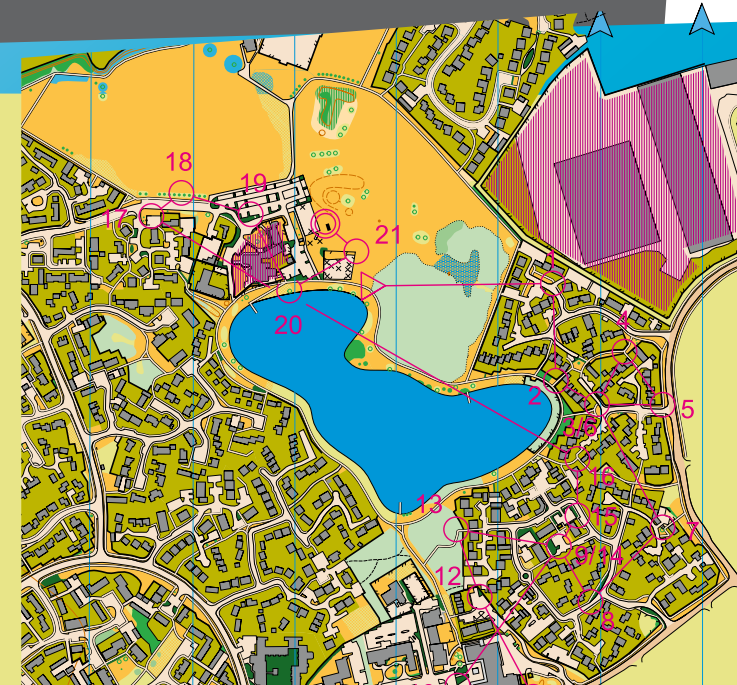


In the afternoon we split into groups to run head-to-head "trains", which, like the morning exercises, took us through some complex areas of housing estate in Bracknell.

The following day simulated the knockout Sprint format which has become a regular feature of the Nordic O Tour (NORT) over the past few years. We ran a forest qualification race in the morning at Bagshot Common, before moving to Pirbright Barracks for mass start knockout heats followed by a final. The courses were enhanced by some

temporary fences being put up for the race; a tactic which this year's planner for the WOC Sprint in Finland is renowned for. As well as being great fun, this was a rare opportunity for us to practice this unusual type of Sprint.

On the final day we simulated the kind of pressure one should expect for the WOC Sprint. Between a morning Qualification and afternoon Final we were confined to a quarantine zone whilst replication of race commentary and TV cameras added to the pressure. On top of all the training, we also held sessions



and discussions about EMIT punching technique, race analysis, start routines, cornering agility and how to approach quarantine. We were also privileged to be joined by Michael East (6th in the 1500m, Athens Olympics) who led a drills session followed by a Q&A about mental and physical preparation.

Overall I think that this was one of the best training weekends I have been on with the Squad. For me it was the attention to detail which stood out, with every session planned and organised so as to test us under relevant and unusual

conditions. In particular I found using emit punching for most of the sessions very useful for boosting my confidence and ability with a system I rarely use.

Thanks to Liz Campbell and Dave Rollins for organising this weekend. We were also grateful to receive help with control hanging from a number of local volunteers from GO, SN and BKO. This is the kind of support upon which the success of Project 2015 and its athletes will continue to rely on in the future."

Teacher Training

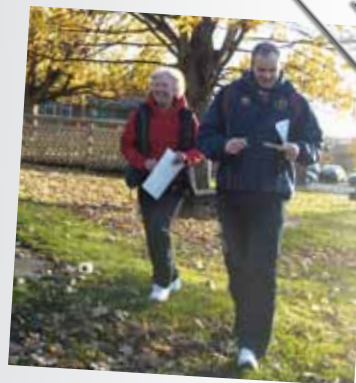
In order to deliver a high quality orienteering programme within your school, British Orienteering recommends that teachers obtain training on how to deliver orienteering in a progressive way that meets the requirements of the appropriate National Curriculum.

British Orienteering have developed a teacher training pathway to enable teachers and youth sector workers to teach the basic skills of orienteering. This pathway consists of three courses:

Teaching Orienteering Part 1

- The training is aimed at teachers, youth sector workers and people working in schools and outdoor centres.
- The training delivers the knowledge, understanding and practical ability to teach the basic skills of orienteering.

- Anyone over the age of 16 may attend the course however the Orienteering Young Leader Award suitable for 14 – 19 year olds may better



- meet young people's needs.
- Attending Teaching Orienteering Part 1 is a prerequisite for anybody wishing to deliver the Orienteering Young Leader Award or attend the Teaching Orienteering Part 2 training course.



Teaching Orienteering Part 2

- The training delivers the knowledge, understanding and practical ability to teach some of the advanced skills of orienteering.
- People wishing to deliver GCSE syllabuses for candidates from

England, Wales and Northern Ireland should attend Teaching Orienteering Part 2. Candidates from Scotland will be shown the appropriate activities to meet their own curriculum requirements

Young Leader Award

- This award is designed for 14-19 year olds.
- The course they undertake will enable them to coach the basic skills of the sport, provide fun activities on a safe enclosed site and enable them to assist as volunteers at school or local events.

Details of courses can be found at www.britishorienteering.org.uk/page/training_courses

Schools can organise their own course and British Orienteering can support you in sending you details of a local tutor. To organise your own course please email info@britishorienteering.org.uk



The Junior World Orienteering Championships is the pinnacle of a junior athletes career.

Key Junior Events in 2013

There is an exciting programme of domestic and international events for juniors to compete in throughout 2013.

The main season begins in the south with the JK Festival of Orienteering which plays host to the selection races for the Junior World Orienteering Championships and the Talent Development Coaching Camp.

This year, the season has been extended right through to the Autumn, with two international competitions, the Junior European Cup and the European Youth Orienteering Championships. Selection races for these competitions

will be held at the Scottish 6-Days.

The other main junior competitions for 2013 are the Yvette Baker Trophy (7th July), Peter Palmer Relays (8th September), Junior Home Internationals (14th – 15th September), Junior Inter Regional Championships (28th – 29th September), British Schools Score Championships (12th October) and the British Schools Orienteering Championships (17th November).

For full details on selection for camps and competitions please see the British Orienteering Selection Policy on the Performance section of the website.

ORIENTEERING GAMES & TIPS

ORIENTEERING WORD SEARCH

Can you find the British Orienteering Clubs listed below:

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

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

Millie Map asks...

What are the most important orienteering techniques that I should work on during training?

Clive Control says,

Local events held during spring provide a great opportunity to relearn and practice your basic techniques which can include:

Maintaining Direction – This can be achieved by intensively reading the map, which allows you to gain an understanding of the terrain (through spatial awareness), or using a compass as an aid to maintaining the correct direction quickly and safely. Compass bearings can be used for short legs where you should look at your compass often and aim towards a feature, or object. Short compass bearings are often used when going into a control, so when practicing these types of bearings you shouldn't set legs that are longer than 200m. Long compass bearings are used when running to catching features, such as a road, a large marsh or a clear ridge, and when it is not as crucial to come out in exactly the right place. Whilst long compass bearings should still be accurate, you should be able to run longer sections without looking at your compass so often.

Understanding Distance and Pacing – It is important that an orienteer has a feel for distance in order to achieve flow in their orienteering, and there are times when pacing is very useful, such as when the terrain is sparse and flat, or when you are night orienteering. For pacing to be as accurate as possible, you need to count every double step (counting every step makes it harder). You should learn how many double steps you take for 100m of 'normal' forest running, and then this can be altered depending on the terrain. If the terrain looks challenging, or if it is uphill, your steps will be shorter and therefore the number of steps will increase. If you are, however, running on a path, or track, or downhill, then you will take longer strides and therefore have fewer steps. The aim with pacing is to make it automatic so that when you are orienteering you will not have to think about it.

Great Britain's TALENTED ATHLETES

Photos courtesy of JWOOC

British Orienteering have a Talent Pathway which supports athletes all the way from the point they are first identified as talented, and enter the programme, up to delivering World Class success. The Talent Pathway allows for the right type of support and knowledge to be delivered to athletes at the right stage in their development, with the flexibility to cater for early or late developers as well as those who enter orienteering through traditional family pathways or those that get involved at a later stage.



Jonathan Crickmore

The Talent Development Squad is the entry point to the Talent Pathway and the first point where we formally identify athletes as being talented and having demonstrated the potential to become World-Class. Any athletes who meet the age profile and performance standards will automatically gain selection to the Talent Development Squad. Those outside either the age profile or the performance standards can still be selected at the discretion of the selectors.

Talent Development Squad:

- Age Profile: 16-20 years of age
- Performance Standards*: M/W17-20 <17.5%, M/W16 <15%

*average percentage behind the winner in nominated selection races

Jackie Newton the National Talent Development Coach will work with the Talented Athletes to ensure they meet their potential. If you would like further information on the Programme please email: jnewton@britishorienteering.org.uk



Jamie Stevenson



Florence Haines



BSOA are delighted to announce the selections for the England Team which will attend the ISSF World Schools Championships 2013 in Monte Gordo, Portugal in April 2013



School Teams

Junior Girls: Ulverston Victoria High School

Senior Girls: King Henry VIII School

Junior Boys: Torquay Boy's Grammar School

Senior Boys: Ulverston Victoria High School

School Team Coaches: Clare Evans, Debbie Morse, Steve Perelle and Richard Tiley

Select England Teams

Junior Girls: Fiona Bunn, Pippa Dakin, Katie Lowles, Heather Rogers and Lucy Haines

Senior Girls: Natalie Beadle, Julie Emmerson, Sarah Jones, Katrina Hemingway and Becky Young

Junior Boys: Laurence Johnson, Will Louth, Harrison McCartney, Aidan Rigby and Lachlan Chavasse

Senior Boys: Dane Blomquist, Harry Butt, Michael Hallett, Hamish Rogers and Joe Woodley

Head of Delegation: Dave Brown.

Deputy Head of Delegation: Mel Elkington (admin)

Select Team Coaches: Ben Chesters, Josh Jenner, Sophie Kirk and Sue Bett

We wish the teams well in their endeavours to bring back medals.

The teams are sponsored by both the BSOA and Buff who have kindly donated Buffs, T shirts and shorts to all athletes.

The Annual General Meeting of the British Schools Orienteering Association will be held on Saturday 1st June 2013 from 2.30pm-3.30pm at JWs, Moat House Hotel, Stoke-on-Trent ST1 5BQ

Everyone with an interest in School's Orienteering is welcome. Please e-mail the BSOA secretary (secretary@bsoa.org) before the 28th May 2013 if you are planning to attend.

Melanie Elkington



JUNIOR PROFILE:

Tim Morgan



Age: 15

Club:

Southampton Orienteering Club

Age started orienteering?

4

Do your parents orienteer?

Yes.

Why/where did you start orienteering?

My family have always orienteered so I can't remember not doing it.

What do you enjoy about orienteering?

The way that it's just as mentally demanding as it is physically demanding and you travel to places you would never know existed.

Do you have a coach?

Yes, Roger Thetford.

If so, how has this helped you?

He helps to organise my training and says whether it's going well or something needs improvement. It's great to be able to ask advice about things you are unsure on.

Where is your favourite place to orienteer?

Any area that's either technical or fast, (or both!). I love orienteering abroad as well because everything is different, particularly when the big names are there too.



Tim Morgan competing for England at the Junior Home Internationals. Credit: Rob Lines

What kind of training do you do?

I run 5/6 times a week, with at least one session at my running club, and usually some kind of orienteering on the weekend.

What is your best result?

2nd at both the British Sprint and the JK Sprint

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

Work hard and be patient, but also have a clear picture of how you will be selected.

What do you enjoy doing outside of orienteering?

Reading mountaineering books.