



# ANNUAL REPORT & REVIEW 2021



# Governance

British Orienteering Federation Limited

British Orienteering is the governing body for the sport of orienteering in the United Kingdom.

Registered in England & Wales No.1606472.

**Officers and Directors**

Drew Vanbeck,	Chair ( Independent)
Andy Robinson,	Treasurer
Scott Collier,	Vice Chair
Ruth Beale,	Elected
Darren Bernstein,	Independent
Duncan Birtwistle,	Elected
Lauren Page,	Independent
David Rosen,	Elected
Pauline Tryner,	Elected
Laura Kaye Tomlinson,	Independent

Peter Hart                      ex officio

Registered Office  
British Orienteering, Scholes Mill, Old Coach Road, Tansley,  
Matlock, DE4 5FY

**Board Diversity**

British Orienteering has made significant progress in recent years in recruiting greater female representation to its Board of Directors.

The female representation on the Board is in line with the requirements of the Code of Sports Governance; that being a minimum of 30% (actual figure 36%) of each gender on the Board. However, British Orienteering remains committed to making further progress by working towards gender parity on the Board and ensuring that the composition of the Board better reflects the diversity of those taking part in the sport. In doing so it will ensure that Board members possess the skills and experience necessary to deliver its strategic plan and to ensure good governance.



# Contents

- British Orienteering on a page
- Special Acknowledgements
- Words from the Chair
- Words from the CEO
- Treasurer's Report
- Northern Ireland, Scotland  
& Welsh Orienteering Associations
- Development
- Permanent and Virtual Orienteering Courses
- Celebrating our amazing volunteers
- Roll of Honour

# British Orienteering on a page

## Membership

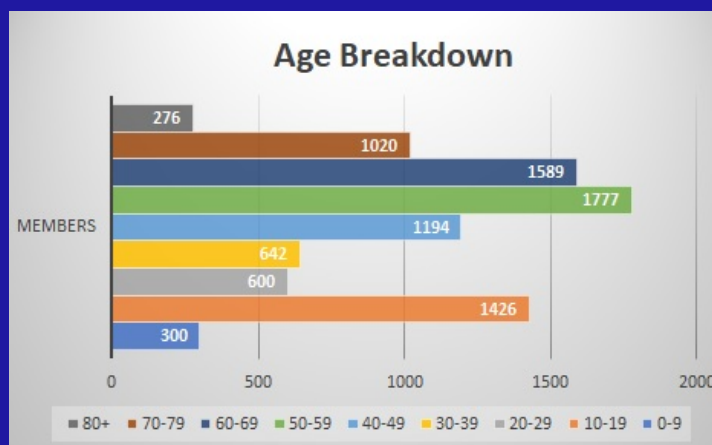
Total Membership = 8,830

Female = 38%

Male = 62%

Average age = 47

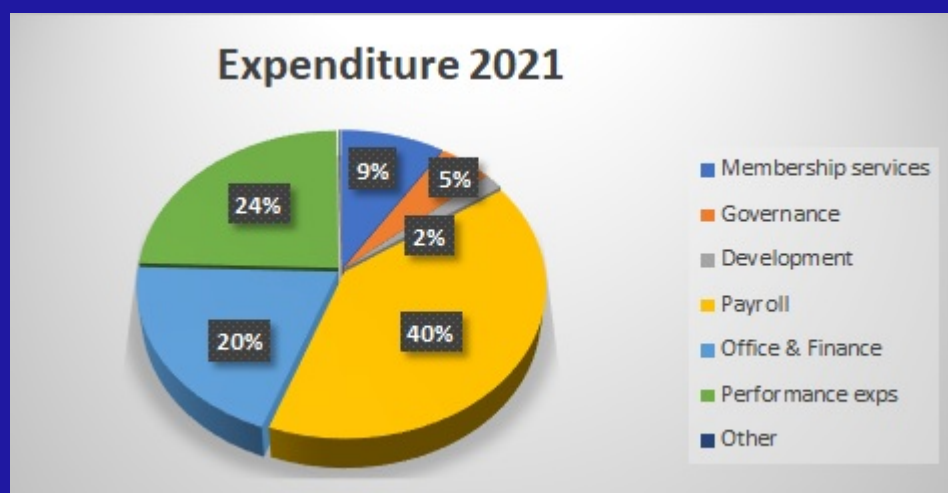
Retention rate = 87%



## Participation

Area	2018	2019	2020	2021
Competitions	1,627	1,649	515	1,032
Participants	147,579	170,688	47,855	88,472
Average	91	103	93	86

## Where your money goes



# Special Acknowledgements

## Chris James

Chris James, one of the great pioneers of Orienteering in Great Britain and active as both competitor and volunteer ever since, until quite recently – more than 50 years in all – passed away peacefully at home in Ross-on-Wye, aged 81. Chris had a background of cross-country and fell running, including being Captain and President of the Imperial College, London cross-country team.

Chris joined the staff of Kingston College of Technology in 1964. Following an Observer colour supplement featuring Orienteering in 1965, Chris decided to have a try, and quickly made his mark by winning a Novice Event at Box Hill organised by Peter Palmer. He joined forces with Peter, Chris Brasher and John Disley as one of the most active pioneers in the sport in the south of England. He learnt orienteering skills so quickly that by 1966 he was a scoring member of a London team at a Euromeeting in Sweden, and later that year he was selected for the first-ever British team to compete in a World Championships, though he didn't in the end get a run.



He rapidly progressed in Orienteering, both as a competitor and organiser; he convincingly won the Scottish Championships in March 1967, and at the same time was becoming fully involved in helping run the sport. He became National and Southern Fixtures Secretary as well as Membership Secretary for his club Southern Navigators, which had been formed 2 years earlier. He placed third in the Senior Men's class in the first British Orienteering Championships in June 1967.

His career took him to Paisley in Scotland. He was immediately co-opted to the Scottish Orienteering Association Executive Committee and became the first SOA Fixtures Secretary as well as continuing in his British Orienteering role. In 1970 Chris moved back to England. However, his association with Scotland continued in one respect because through the early 70's he moved up through the ranks in British Orienteering and became Chairman from 1975 to 1978, during which time the first World Championships to be held in Britain was organised in 1976, with the Event Centre at Aviemore.

Chris maintained his high level of competition achievement; he was British Champion in 1974 (M35) and 1986 (M45). His main organisational interests were in technical matters and development. He was always determined to play an active part in raising competition standards and achieving consistent quality at major events and was fully involved with the BOF Technical Committee for many years through the 70s, 80s and 90s. This continued into the present century in the Events & Competitions Committee; he was Chair of E&CC from 2013 until June 2017 and in this period he restructured the internal workings of the Committee to widespread benefit.

On the development side, he was a founder member of Wye Valley Orienteers and later very active in North Gloucestershire OC. His development interests extended to the International Orienteering Federation too, where he was Chairman of the Development & Promotion Committee for a period in the 1980s.

When BOF became 50 years old, Chris was presented with the British Orienteering 50th Anniversary Award by BOF Chair Judith Holt at the prize-giving of the 2017 Scottish 6-Days. This was "as a representative of his many colleagues and fellow visionaries over the 50 years and in recognition of his unflagging personal zeal and unstinting contribution to orienteering throughout that time". His enthusiasm for whatever he was involved in was unmatched.



## Anne Braggins

Known widely in the orienteering world at large as the 'Mother of TrailO', Anne passed away peacefully in her home on 27th November at the age of 84 after a long battle with cancer.

Anne started orienteering in the late 1970s and was Chair of the British Orienteering Federation from 1989 until 1992, during which period she organised the 15th International Orienteering Federation Congress, held in New Hall, Cambridge GBR in July 1990.

She was introduced to Orienteering for disabled people in 1989 at the World Orienteering Championships in Sweden. At that time, the British Minister for Sport was arguing that all Governing Bodies should provide for disabled people in their sport. Sponsored research supported Anne in going to study and take part in 'handicapped orienteering' at the 1990 Swedish O-Ringen.

Anne worked hard to get TrailO successfully established in Great Britain, then came into the international TrailO scene too. She took the Chair of a new IOF TrailO Steering Group in 1993, and continued as Chair when it became a Committee and then morphed into a Commission, finally retiring from this post in 2010. In 1993 she wrote 'Trail Orienteering – a comprehensive practical manual', 64 pages A4 with many illustrations and coloured maps.



Anne had a very sharp mind when it came to planning the way forward for the new IOF discipline of TrailO to make it into one with clear and unambiguous rules, fair to all participants and requiring skill levels at least the equal of other Orienteering disciplines. She envisaged a top-quality sport that would attract both disabled and less-able orienteers from nations throughout the world, and to achieve her vision, she was involved in considerable negotiation with others with alternative views on how things should be done, especially in Sweden. But she battled on, and eventually got her way on most issues.

Anne had a quite outstanding missionary zeal, which meant that very many capable people all over the world were carried away by her enthusiasm and contributed valuably to the cause. She has always been a great communicator, in this case doing her utmost to make the world aware of what was going on. Updates on technical progress and TrailO's spread around the world appeared regularly in the Orienteering press. International TrailO clinics, initially at the Swedish O-Ringen, started in 1994. She worked very hard to get TrailO better known in disabled communities, but at the same time she was rigorous in applying rules that ensured that a clear definition of 'disabled' was applied to participation in the Para class in TrailO events. For her work in developing TrailO internationally, Anne was awarded the IOF Silver Pin in 1998.

Many countries began TrailO as a result of her efforts, and this led to the inaugural World Cup in TrailO, held in Scotland in conjunction with the 1999 World Orienteering Championships, and then the first World TrailO Championships (WTOC) in Sweden in 2004. She did as much if not more work outside the committee room, and one of her greatest achievements was to organise a very successful WTOC in Scotland in 2012, an event that included the first (unofficial) WTOC Tempo competition.

Anne's legacy is a thriving sports discipline, now further developed world-wide with speed and relay formats and very popular 'virtual' competitions online. She will be remembered best for her quite remarkable achievements in bringing TrailO up from almost nothing to the sophisticated sport it is today.



## The Orienteering Foundation

The Orienteering Foundation is a registered charity (number 1118793) that promotes and supports orienteering, helping to ensure that our amazing sport is here for the enjoyment of generations to come. The Orienteering Foundation is independent of British Orienteering but the two organisations cooperate closely.

The Foundation uses the donations it receives to give grants to deserving projects and individuals, recent examples being:

- Cleveland Orienteering Klub (CLOK) to support the engagement of a Club Development Officer
- Edinburgh Southern Orienteering Club (ESOC) to introduce wheelchair users and others with disabilities to orienteering in the Edinburgh area
- Developed a report looking at how orienteering newcomers were welcomed and then encouraged to become regular participants
- Lakeland Orienteering Club (LOC) for coach education courses.

If you want to find out more about making grant applications, donating or leaving a legacy, visit the Orienteering Foundation website: [www.orienteeringfoundation.org.uk](http://www.orienteeringfoundation.org.uk) or email [admin@orienteeringfoundation.org.uk](mailto:admin@orienteeringfoundation.org.uk)

## Special Thanks

British Orienteering would like to give a special acknowledgement to some volunteers and staff who have moved on from their current roles during 2021.

- Paul Murgatroyd – Who has left leading the Talent Programme & transition to the new structure.
- Mark Nixon – Coach of the British Orienteering Junior Team and Talent Squad

Paul & Mark have led the training, development and preparation of the Talent Programme for a number of years culminating in the unprecedented success at the Junior World Championships in 2019. We wish Mark well with his new role with Scottish Athletics. The process of training and developing athletes is being used as part of the process of preparing the new generation of medal winners.

Hilary Palmer – Hilary was Chair of the Coaching Group as well as many other roles and responsibilities with British Orienteering over many years. Her expertise and calm approach will be missed and we wish her well in supporting the development of NOC.

In 2021, we had two members of staff who left British Orienteering to move on to new jobs. Scott Parker from the administration team and Rayan Sammut from the Development Team. We thank both Scott and Rayan for their service and valuable contribution to the sport.



Drew Vanbeck

# Words from the Chair

The start of 2021 saw covid related restrictions hugely impacting society in general and stopping us from running traditional orienteering events. As the year progressed, we were able to start running events again and managed a total of around 88,000 runs. This total compares with approximately 48,000 runs in 2020, which was hugely down from approximately 171,000 runs in 2019. We lost some of our most important events too, including the JK.

As the National Governing Body, we worked hard to try and mitigate the impact of covid and the associated restrictions on orienteering by assessing government guidance and producing orienteering specific guidelines for the return to sport. There were some difficult decisions to be made about things such as international travel and athlete safety. We tried to liaise with major landowners too, as the sport restarted, and I'd like to thank those landowners who went "above and beyond" to support us.

We recognise that whilst British Orienteering had a facilitating role it was, as ever, clubs and volunteers who were at the core of re-starting orienteering. On behalf of the membership, I'd like to publicly thank the clubs and individuals who worked so hard to host events and pragmatically use the 'covid return to sport' guidelines to get our sport operating again. It was a pleasure for me to be able to present volunteer awards for 2021 at the 2022 JK after the Sprint in Swansea recognising the ongoing voluntary efforts of so many people.

After a hiatus in 2020, international competition also restarted in 2021. The World Championships, in the Czech Republic in July, saw some impressive performances from British athletes, including a fourth place in the Sprint for Alice Leake, sixth in the Long for Megan Carter-Davies, and sixth for our Sprint Relay team of Alice, Megan, Ralph Street and Peter Hodgkinson. Congratulations to all of them.

During 2021 the board and staff continued to work on refreshing our strategy with significant input from the membership. Peter and his team are now putting in place plans to cascade the strategy and make it a reality. The refreshed strategy formed the basis of our bid for Sport England funding which was ultimately successful. We are very grateful for the continued financial support that orienteering in the UK receives from Sport England, Sport Northern Ireland, Sport Scotland and others.

Thank you again to everybody who has played a part in getting orienteering restarted.



Photo Credit: David Jukes





Peter Hart

*"I recognise that this has been an incredibly challenging year. Thanks to the support of you our members, our funding partners and the exceptionally hard work of our small but dedicated staff team we have continued to be able to serve and support our sport, albeit in very different ways.."*



Photo Credit: David Jukes

# Words from the CEO

The year ending December 2021 can only be described again as unprecedented and the impact of COVID on our sport, members, clubs and partners has again been significant.

Back in March 2020, our operating environment significantly changed and our focus naturally changed to supporting and protecting our sport and members.

Throughout 2020 and 2021 British Orienteering continued to deliver COVID guidance to clubs, members and stakeholders in accordance with Government advice.

Whilst much of the in-person interaction with our members has declined, a significant effort was put into communicating with our members and clubs, providing information, resources and access to funding to help them throughout the pandemic including connecting with the orienteering community through a variety of online club webinars, and discussions.

It is important to stress that, thanks to the support of our membership and funding partners, British Orienteering has managed to retain a solid foundation, and this has enabled us to support a quicker re-start and rebuilding of our sport in response to the easing of restrictions.

We are extremely grateful for the flexibility and additional support from our funding partners – Sport Northern Ireland, Sport Scotland and Sport England – which has played a vital role in achieving operational and financial stability.

During the 2021 financial year, membership declined by just under 4% on the figures in 2020 finishing with a total of 8,830 in October 2021 (in comparison with 9,198 October 2020).

Over the last 18 months British Orienteering has fully engaged with its members and stakeholders to develop a new strategic plan. It is planned that the operational plan will be presented to the Board of British Orienteering for approval in the spring of 2022.

Lockdowns and restrictions because of COVID brought the postponement and subsequent cancellation of some of our major events and many of our local and regional competitions. As the months went by, Associations and clubs were continually re-planning activities and competitions as government advice and restrictions were subject to change in different ways across the UK.

In spite of this, competitions have increased from 515 in 2020 to 1,032 in 2021 but still below the 2019 figure of 1,649. This is understandable given the conditions and restrictions that organisers face in 2020 and 2021. I do have a concern over the number of key volunteers involved in events and club activities who may have retired from the sport during the last 18 months and recognise that we do need to do more to support the volunteer pathway.

Internationally there were many postponements, cancellations or indeed athletes not being able to travel due to international travel restrictions as the government did not recognise orienteering as an elite sport. I would like to take this opportunity to formally recognise the achievements of those selected athletes who subsequently missed the opportunity to represent Great Britain.

Planning for the 2022 international competition season hopefully will be easier subject to the horrors in Ukraine. However, we are anticipating a full restart of Great Britain selection and subsequent international competitions.

Overall, I recognise that this has been an incredibly challenging year. Thanks to the support of you our members, our funding partners and the exceptionally hard work of our small but dedicated staff team we have continued to be able to serve and support our sport, albeit in very different ways.

Finally, If you have any views on this report or wish to get more involved please drop me an email at [peter.hart@britishorienteering.org.uk](mailto:peter.hart@britishorienteering.org.uk) and I will respond and use your views and energy to support the sport in the future.





# Treasurer's Report

## Andy Robinson

The 2021 accounts show a surplus of £72,245. This should come to you as something of a surprise if you had been relying on my report from last year. Indeed it was something of a surprise to me albeit a gradual one over the course of the year.

We had started 2021 with a budgeted deficit in excess of £100k. It quickly became apparent from the memberships that were being renewed and the number of you getting out in the terrain after April 1st that we had been massively conservative. Revised forecasts were prepared several times and each showed a smaller deficit than the one before and then right at the end of the year we moved into a small surplus – one of £14,404. This was achieved in the last quarter by a very successful British Championships in Devon and some catching up with the levy returns. The longer term future was also helped by confirmation of Sport England funding for the next five years.

Then the auditors came along and pointed out a couple of things that had accumulated over several years and really ought to be recognised as income. The larger of these (£43,544) was athletes' contributions that has not been spent – Sport England money having been used on the athletes first. This money has now been ring-fenced and can be seen on the Balance Sheet and will be spent on the Performance Pathway in 2022. The other (£14,297) is money people have contributed towards coaching qualifications but had not completed their qualification/assessment. As with the athletes' contributions it was checked that this was not due back to the original contributors and there is a commitment that we will spend whatever is asked for on people getting coaching qualifications.

So we ended up with this large surplus which boosted reserves up to £626k far in excess of that required by our reserves policy - £265k. Somewhat obviously we have no plans to raise subscriptions or levies for 2023.

INCOME £'000		
	2021	2020
Membership	121.2	122.5
Levy	103.5	57.6
Major events	36.0	22.5
Athletes' contribution	27.6	2.6
Commercial	55.5	31.8
Sport England	249.0	246.3
Sport NI	27.5	32.3
Covid related grants	0.0	21.9
Prior year adjustments	57.8	0.0
Interest	4.0	4.3
	<b>682.1</b>	<b>541.8</b>
<b>SURPLUS/DEFICIT</b>	<b>72.3</b>	<b>-49.6</b>

EXPENDITURE £'000		
	2021	2020
Membership	23.9	30.8
Major events	38.7	44.4
Governance	12.2	13.4
Development	50.2	38.5
Performance	92.3	37.6
Marketing & Commercial	34.8	23.8
Payroll & expenses	305.0	350.5
National office & finance costs	52.7	52.4
	<b>609.8</b>	<b>591.4</b>

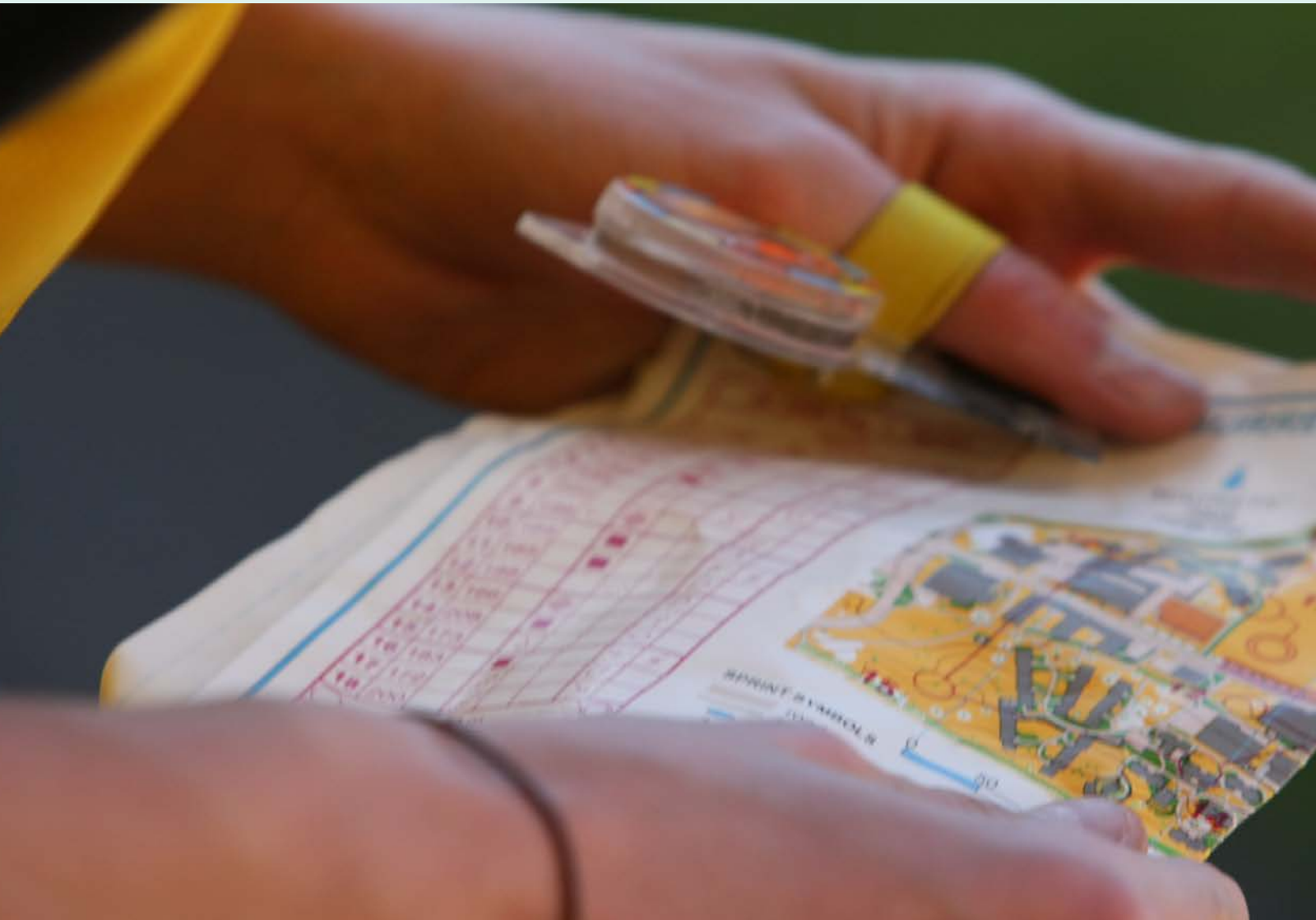


However, over the course of the pandemic the number of national office staff has been run down. Also at this time we have an exciting new strategic plan which needs to be implemented and we need to take as big an advantage as we can from WOC 2024. Yes – we have plans to spend money again. From our reserves we can do this comfortably until the end of 2023 but by then subs will not have risen for 4 years and levies for 7 years. Be warned - this time next year you can expect me to be asking you for money.

DISCRETIONARY £'000		
	2021	2020
Membership	23.9	30.8
Major events	34.2	36.2
Governance	12.2	13.4
Development	4.6	2.7
Performance	64.4	6.4
Marketing & Commercial	34.8	23.8
Payroll & expenses	106.5	168.0
National office costs	36.4	38.4
Finance costs	16.3	14.0
	333.3	333.7

It remains for me to thank the efforts of the office staff in the preparation of these figures. Jannette Blunden has done all the legwork in keeping the records up-to-date over a difficult year, preparing these accounts and liaising with the auditors. Peter Hart has always been at hand (day, night, weekend) for advice and guidance.

Andy Robinson





# Northern Ireland Orienteering Association

Northern Ireland Orienteering Association along with its three clubs have made every effort to allow members return to and enjoy as full an Orienteering programme as possible in 2021.

With Covid restrictions preventing any sporting events to take place in first 4 months of the year, the earliest activities and events could start back was in May. The clubs were prepared to start back but for accountability reasons, to begin with, these events were limited to members only.



Over the eight operational months the three clubs put on 22 Orienteering events and 76 activities, not omitting all five annual NI Championship events and the six regional NI Colour Series events.

Juls Hanvey is the Sporting Clubs Coordinator for Northern Ireland, funded by SportNI she is employed for 4 days/week supporting the Development of Orienteering in NI through Clubs and creating links with outside agencies. We are incredibly pleased that Sport NI are increasing the investment in this position for the 2022/23 transition year, which will mean a return to a 5-day working week.



Some of the more innovative projects Juls has worked collaboratively with clubs on this year have been:

- The Fermo FOOT Series - An adventurous orienteering challenges across Fermanagh & Omagh supported by Fermanagh Omagh District Council and Fermanagh Orienteers – 981 individual adventures took place over 7 months of programme.
- The NWOC OATS Project – this joint project, with Athletics NI and Northwest Triathlon Club, was set up to help bring athletes back to sport and to encourage new participants with the recognition that many athletes have suffered mentally under the restrictions of the pandemic. – Over 200 young people participated across the course of the programme. Mini OATS has now been developed.
- Running Wild – this was a focussed programme for young people aged between 11 and 14 to experience our sport and to develop the skills and confidence required for orienteering adventures- approximately 15 young people were involved in this new venture.
- Orchard County Orienteers Encompass All TrailO – 161 individual adventures took place which aimed to be an inclusive activity and attract those with a disability.

Another project worth mentioning is the Equipping Teachers Course – 30 teachers or trainee teachers have now undergone training with the aim to introduce or improve the provision of Orienteering in schools. The hope is that this will raise the profile of our sport and link in with other school and club juniors. The positive results of this course is evidenced through many of these schools being mapped and Orienteering provision being introduced to the PE curriculum as well as extra-curricular clubs.

Presently, overall membership is 5% below what it was at the start of 2021 but 9% above the 2021 SportNI target.

An encouraging bounce-back can be seen not just from rising membership figures and the number of events/activities but through the varied and creative efforts being made to make Orienteering more accessible for members and non-members alike.

An effort has also been made to collaborate more with the Irish Orienteering Association, an example of this was shared Webinars:  
What does the Controller do for you? *NIOA 20, IOA 25 (45)*.  
Post-Race Analysis *NIOA 19, IOA 30 (49)*.  
Interview with Elite Orienteer: Lina Strand *NIOA 10, IOA 27 (37)*.

Looking ahead we have an exciting year of events and planning. Work is well underway for the British Sprint and Middle Championships coming our way on 6-7 Mar 2023, the week after the Irish Orienteering Championship weekend.

We are excited about providing some great courses and of course our famous Irish hospitality!





# Scottish Orienteering Association

2021 saw a successful Scottish 6 Days take place in Lochaber, with some last minute adjustments and an altered format due to covid restrictions it was a fantastic event and would not have been possible without considerable efforts from so many volunteers within the Scottish Orienteering community. The Scottish 6 Days has again acted as a valuable catalyst to orienteering development to a new audience, Lochaber 2021 allowed us to establish new links in Fort William with Active Schools and has generated interest in a new satellite club in the region. Another highlight for many was the return of Scottish Championships at Craig A Barns, again all the credit must be given to the organisers and volunteers for all their time and energy to make the event happen. With the required permissions only in place a matter of weeks before almost 500 members toed the start line it was quite a feat! ESOC pulled off a double championship success in 2021 hosting the SCORE championships to conclude the year. The Scottish Junior Cup races were new additions to the event calendar and will be continued into 2022 providing a series of fun, social events for our developing orienteers.

Within the Association the staff team continued their drive to develop new partnerships and opportunities within orienteering despite the ever changing landscape of covid restrictions, they showed considerable adaptivity and creativity to progress projects and partnerships. We saw holiday camps delivered in Dundee and across Aberdeenshire with some young leaders and coaches taking on responsibility. Working to develop our young orienteers and provide development opportunities is an area of work which is firmly embedded in our Mapping The Way Forward strategy which was launched following the lifting of restrictions. The SOA is committed to hearing the voice of our members and we have worked hard to provide engagement and consultation platforms across a wide range of topics including the experience of young people in our sport, inclusion and equality. In 2021 our Welfare Director, Neil Rankin, established an equality and inclusion sub-committee to continue to progress our work in this field. 2021 saw some staff changes. Colin Matheson retired after 15 years service to orienteering and Denise Martin stepped away from the coaching and volunteering officer position.

2021 was another year which challenged us in many ways, however we were pleased to have the support of our membership. We more or less maintained our membership numbers throughout the pandemic, we are grateful to all the clubs and members for their ongoing support. Furthermore, we would like to express our sincere thanks to sportscotland for their valued partnership. In the past 12 months this partnership has been strengthened by honest dialogue, flexibility shown to grant conditions and also crucially the part they have played in support of producing covid related guidance to allow the sport to continue safely throughout the stages of the pandemic. A last thanks to the SOA Board who met on a monthly basis through much of the year to ensure the association was reactive to changes but still forward looking in our planning for continued development.





# Welsh Orienteering Association



It is encouraging that events at all levels have resumed across Wales after a challenging period due to the impacts of Covid-19.

Importantly, our Clubs remain supported by a dedicated number of experienced members whose enthusiasm has not diminished.

That said, resources are finite, particularly in the context of being small Clubs, and is having most impact in Mid and North Wales.

However, at the time of writing, preparations continue to deliver the JK in South Wales with significant support from many individuals and Clubs in WOA. Support from English Clubs is also really appreciated to ensure effective delivery, provide expertise and sufficient manpower. Also, in the autumn, our Mid and North Wales Clubs will be organising the VHIs.

Looking ahead, it is good to see strong programmes of events in SBOC and SWOC during the winter and summer. SWOC have secured, 'Winter of Wellbeing' funding via the Welsh Government to offer free participation for young people at local events which has triggered the highest number of newcomers for many years across the whole region. The Club is now assessing ways of retaining and developing this renewed interest and is making good use of social media platforms to promote events.

On a similar theme, SBOC have recently been successful in securing part-funding from the Orienteering Foundation for the creation of a Club Development Officer. Once in place, the CDO will not only develop initiatives in the Swansea region but also share best practice and lessons across WOA.

WOA will therefore hopefully help support all Clubs continue to deliver a wide range of events and attract new people to the sport from all backgrounds.



# Development

## Training/ Webinars

Early 2021 saw the first National Coaching Conference hosted exclusively online. Over five weeks, nine sessions covering a variety of different areas of coaching saw over 710 live views and over 250 individuals registering, from 70 UK clubs.

Sessions included **Systematic Orienteering, using Virtual platform for Coaching, Safety for Coaches**, to discussing just **'What is a Coach?'** The sessions were delivered by experienced coaches from across the country.

A special mention to Denise Martin of Scottish Orienteering and Hilary Palmer for their support and hard work in pulling the programme together.

## (Map Run) Find Your Way Project

Late 2021 saw the start of an exciting new project in partnership with Sport England.

Sport England has provided funding for three years to support the development and growth of orienteering through the use of virtual apps.

The project focuses on reaching communities and areas where Orienteering may not traditionally take place, by providing opportunities at a time and place to suit them. This in turn will aim to raise awareness and participation in Orienteering.



## Safeguarding / welfare

# 4

Number of Safeguarding Welfare Referrals  
in 2021

British Orienteering maintained its rating from the Child Protection in Sport Unit (CPSU) in its annual review, achieving the highest standard of meeting the standards set.

# 217

Number of coaches funded for receiving  
safeguarding training

Additionally, in 2021, over 200 coaches undertook a Safeguarding & Protecting Children course as part of the introduction of a safeguarding qualification onto the coaching license.

# 100%

Number of clubs that have a safeguarding /  
welfare officer named

Together with newsletters and a live forum for Club Welfare Officers, positive steps have been taken to increase the support and training offered around this key area in order to provide a safe and enjoyable environment within Orienteering.



# Participation Report Permanent and Virtual Orienteering

Covid-19 restrictions have had an impact on outdoor sport throughout the United Kingdom and orienteering has not been exempt.

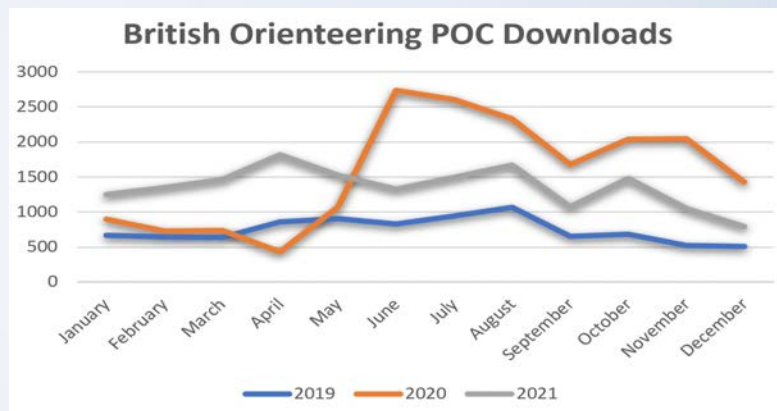
## POC Download Figures

The general trend for 2021 is a similar shape to the pre-covid year of 2019, except there are a higher number of POC downloads (approximately between 50-100% more downloads per month).

The rise in April 2021 may be related to the lifting of restrictions in England on 29 March.

This past year (2021), downloads fluctuated between 1000 and 2000 per month with the exception of the last month where figures dropped closer to pre-covid levels.

All three years see the sharpest fall between the months of August and September.

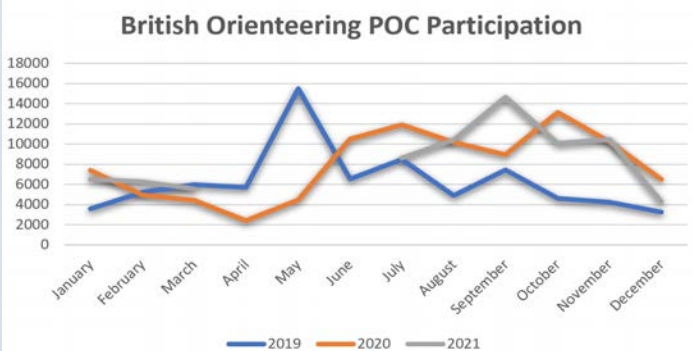


## POC Participation Figures

For the first quarter of 2021, POC participation remained similar to the end of 2020 (approx 6000 participants).

July through to the end of the year saw a rise in participation with September having a significant rise in numbers (14,649). The exception was December, where participation dropped close to pre-covid figures.

The rise in participation in September 2019 and 2021 is interesting because downloads went significantly down. This suggests that larger groups are using POCs in September. A possible explanation for this is - in the summer month of August, individuals, smaller groups are downloading maps whereas in September, fewer downloads are made by larger groups, possibly schools or youth organisations.



## VOC Participation Figures

This graph shows a relatively low use of the MapRun app until April 2020. Usage shot up in May/June which aligns with the introduction of restrictions to organised sport and the resultant British Orienteering webinar training (12 May 2020) and publicity.

There was a drop in usage in the first quarter of 2021 at a time of tightening restrictions to the sport.

The rise in use in April 2021, corresponds to relaxation to the regulations across the UK.

Participation dropped off significantly between April and September but in the last quarter, there has been a slow but steady rise. Although the end of year figure is much lower than the peak, the Q4 figures are still approximately 4 times higher than they were pre-covid (Q1 2020).



Note: these figures are for MapRun downloads and do not capture participants who are going round as a pair or in a group. So, these figures are minimum values of participants.



# eLearning

Our provision has grown in 2021 supporting our members and participants in these social distancing times.

Two new courses were developed, Introducing Orienteering for Secondary Schools and Introducing Safeguarding

A total of 410 learners have completed eLearning courses in 2021

Event Safety – 106

Introducing Orienteering -116

Introducing Orienteering for Secondary Schools – 146

Introducing Safeguarding - 42

In early July 2020, the Event Safety Course was launched, since going live, 362 people have taken the course.

Many thanks to our technical experts, Introducing Orienteering for Secondary Schools - Pauline Olivant (NOC) and Introducing Safeguarding – Sue Hornby (Independent Safeguarding Consultant) for providing their expertise and support in developing the course content.

Total of four  
eLearning  
courses created



410 learners  
in 2021



*"location was different and never been. Great range for all children's ages"*

Two new sets of markers were designed in consultation with partners to ensure the programme remains fresh and in line with Xplorer partner's expectations and needs.

The Marker themes were 'being active' and the Environment.

We ended the year with 33 Xplorer partners up from 23 in 2020. This does represent a healthy increase in the number of Xplorer partners, especially during the challenging Covid restrictions.

Xplorer partners have been engaging local groups from across their communities, with a particular eye on diversity and inclusion.

*"all the questions, all the reading and the challenges of findings"*

# Celebrating our amazing volunteers

## Hilary Palmer - Silva Continued Service Award

Hilary is firstly a coach, she has been the East Midlands Coaching coordinator for 30 years, ran the regional junior squad for 15 years and took the British Orienteering training camp to Mysen in 1995. She has regularly organised sessions for NOC juniors and ran school teams in both primary and secondary schools where her children attended. She continues to coach NOC members to this day.

She has supported the British Orienteering Coaching qualifications through all its changes over the past 25 years being both a coach educator and assessor, Internal Verifier as well as supporting the staff at the office with queries about coaching. She has been at the forefront of coaching development overall throughout this time.

Hilary has been involved in many aspects of club activity as well as coaching, for example, back in the 90's she organised the annual club camping trip to White Rose for several years, the junior versus adult's cricket match will be remembered by many.

When Community Club development was promoted by British Orienteering Hilary took on running a club night in Rushcliffe County Park and several new members joined the club.

As a planner Hilary has planned at all level of events, from a Robin Hood trophy event in her early days of planning but is now more likely to be seen planning and organising level D events to help attract newcomers, she was instrumental in setting up a group of NOC members to run the "Explore the Parks" initiative in 2017 and is very proficient at advertising on Facebook to promote the activity.

Hilary is a qualified Organiser, over the years she organised at every level and still takes on organising at Level A events, like the recent Midlands championships.

As a qualified controller, she has controlled numerous NOC events, and is always happy to mentor new planners. She has run Organiser courses and Event Safety workshops to ensure not only NOC members, but EMOA members have the opportunity to attend fun and informative learning.

The club has had helper groups for the key volunteer roles for many years, Hilary is been a key member of the Start team, taking over the coordination of the team when the previous team leader retired.

Hilary was instrumental in getting NOC restarted early after the first lockdown, putting on the 3 first events under the Covid arrangements.

All of this whilst still competing the highest level in her age class, being a role model to all in the club.



# Pendle Forest Orienteers Club of the Year Award

Though a club of 80 members people comment we 'punch above our weight' when it comes to what we provide to our members, the orienteering and wider community. We've made a conscious effort to make the club and the sport appealing to all, being innovative with community engagement schemes, building relationships with local partnerships, clubs, members, and the public becoming a thriving club.

Even with a small 'workforce' compared to clubs of over 400 members, in 2021 we held 22 events, almost one bi-weekly (not including Lockdown 2 until April), in 2022 we have 32 scheduled. These range from free community Come and Try It events, Street O leagues, Urban, traditional 'O' events, midweek series, and the return of the Capricorn a historic mountain marathon event- the origin of the popular OMM events.

We provide a wide range of opportunities for people to take part whatever their preference and experience of events. We have established strong links with local Active Partnerships, three separate School Sports Partnerships in our area, community groups such as Rawtenstall Market and local Headteachers.



In 2022 we are working with East Lancashire Scouts to provide more orienteering opportunities to people of an Asian background and will be holding free events as part of Eid festivals and Armed Forces Day to connect further with the public. We are also part of the Find Your Way Project by British Orienteering and have many events and activities planned to introduce Virtual Orienteering into areas of deprivation within our catchment area. We held an innovative Maprun competition in two boroughs attracting 250 participants and created Christmas, Halloween, and Easter trails in towns for the public to complete in school holidays resulting in over 600 people taking part in 2021.

The Local Headteacher Association used PFO to create a set of 30 courses for the community to get children more active during Lockdown 2 in March 2021 with 12 members planning courses. We work closely with local running and fell clubs to introduce their members to orienteering, holding free Score events in parks local to them for their club night. Some of their members now come to our own Club Nights and in the past year-8 have joined as PFO members. At Street O events, participation from these groups is often over 50% of the attendees. In August 21 we held a Red course event to attract these types of runners and found members of other O clubs enjoyed them too, we have more planned to capitalise on this.

We hold innovative events such as Turf matches vs other orienteering clubs, Strava challenges and have a informative club WhatsApp group sharing maps, stories, and reports from races. We value the power and impact of social media, marketing, promotion and branding, posting daily across Facebook, Instagram and Twitter good news stories, 'Get to Know You' stores, events and results.

Event posts are placed in local 'What's On' pages, relevant community groups and shared to the local press. We regularly have over 2000 engagements on our posts which translates to continued good attendance at events. We hold free weekly Club Nights open to all, with training on both the physical specifics of the sport but also aspects such as S.I, planning and mapping. In lockdown this was moved virtually with a mix of home workout and activities like route planning, Trail O type sessions.

We value the commitment and development of our members, and this is shown with our new 4 year club development plan. We recently have 2 new trained controllers and training 2 Level 2 coaches and established a new Mapping Group with 13 members being trained by our senior mapper on surveying and OCAD use. Recently we held a club night for SI training and now have 14 members trained. We are mapping 6 new areas in 2022 and will offer free first aid training courses for members in addition to a new Membership Reward Scheme which will reward members for taking up volunteer roles and attending non PFO events to encourage wider participation. We hold free coaching days and have many different social events for 2022 planned to continue club belonging, including quiz nights, social days, and weekly drinks post training.



# Celebrating our amazing volunteers

## Peter Effeney & Pat MacLeod MapRun - Development and Innovation of the Year Award



Peter has developed the Maprun6 app which has made a massive difference to the way orienteering can be accessed by the wider public. Though there were O apps available before Maprun6 the ease at creating courses and accessing them has made an instant orienteering opportunity available to all. The easy interface means that with little tuition any member of the public and even children can use the app and this shows from the popularity in it's use by other associations such as mountain marathon races and 'normal' athletic club runs/races.

A big part of the nomination is that Peter has managed to keep the app free to use and humble about the positive effects he has had on the O community around the World.

Pat McLeod is an excellent 'right-hand man' to Peter for Maprun6 in the UK. He has worked tirelessly for the new Find Your Way Project being a great source of advice and help for progressions moving forward and the creation of a whole new set of UK folders for the clubs involved in the Project.

He has worked hard without want for recognition in not only the Project but also the great work he has done in the past few years promoting the app and the creation of many events for his club NGOC including some great website content.

## Young Volunteers of the Year - Helen Ockenden & Fiona Bunn

Helen and Fiona were the Big Weekend organisers for the 2022 edition of the event. Since May 2021 they have been relentlessly organising every aspect of the event.

In the early days of planning, they worked with the WOC2024 technical team to arrange the remapping of certain areas in Edinburgh which would be used for BW2022. They decided on which areas to remap, appointed mappers, set the deadlines and arranged all financial aspects of the remapping. This helped strengthen the relationship of the club with the WOC organising team ahead of the event and is a great partnership to have as EUOC will be asked to help plan a pre-WOC training camp next year.

Helen and Fiona have then managed the whole Big Weekend organising team ahead of the event. They have helped all three planners select areas and have arranged permissions for all places used. They have arranged all the equipment (SI kit, controls, tents...) borrowed from various local clubs. They have selected controllers for all three events. They have worked with the club's social secretaries to book a venue for the ceilidh and arranged drinks/food/raffle prices. They designed and ordered BW T-shirts. They managed all entries. For the first time ever, they added a Trail-O event to increase the inclusivity of the event.

Organising such a big event during COVID times was particularly challenging for the club but Helen and Fiona were resilient, motivated and stayed positive all throughout the many struggles. Event assemblies cancelled one month before the event, ceilidh cancelled due to new restrictions...whatever came in their way, Helen and Fiona never complained, they always fixed the problem with a smile on their face:)

Thanks to Helen and Fiona's hard work, Big Weekend 2022 was a great success and a great comeback event for the club after a year of lockdowns. Over 560 entries were recorded with competitors from all over the UK. The club made a profit of over £5800 which will allow our members to go on heavily subsidised trips to the British and Scottish Champs later in the year, the JK and a summer holiday in Croatia. Big Weekend is the main source of income for the club and an essential means to promoting inclusive club trips and affordable membership prices.

Moreover, despite both being busy doing PhDs, Helen and Fiona are always available to help the club whether it is to plan a training session, lead a beginner's group at intervals, host a social in their flat, both girls are extremely friendly and welcoming faces of the club and a great great asset for our club.



# Peter Maliphant BOK Coach & Volunteer of the year

Pete has been outstanding in the support he has offered the young people of the SWJOS. His enthusiasm and motivation has been unwavering throughout this tricky Covid period, reflected by the fact he will shortly be hosting their 100th Zoom meeting two years on.

He has planned engaging and fun sessions which have developed their orienteering skills as well as drawing them together as a group.

At a time when people talk of how children's mental well-being has suffered I can, without hesitation, say that what Pete has given them has allowed them to stay positive, motivated and connected with each other.

With the lifting of restrictions he has planned face-to-face training on different terrain and has coached them through the next steps of their orienteering journeys.

For my older son Pete has helped him achieve his dream of running in an England shirt.

I believe there have been studies about how critical it is in the development of young people to find trusted adults, other than parents, who they can look up to and learn from and Pete has certainly given them this.

I am so grateful for what he has given my boys and would love to see him achieve greater recognition for the truly amazing things he has done.

I will certainly remember the excitement of the JIRC's results 2021 for a long time!



# Continued Contribution to Orienteering - John Britton

John is Vice-Chair of GMOA since 2010, works on every aspect of its work.

John is responsible for printing, map library and (external) development of new website. He manages payments of maps. JB developed the Postwatchers portal. Carries out maintenance of 56 sites over a wide area 10 M/C Boroughs and Cheshire.



In 2011 he had sent out by post 14,000 maps in the past four years. 2011 produced new map of Amberswood. Previously done regular map surveys and updates for several years before that.

John maintains a huge amount of data about every POC provides regular updates and individual post photographs, acts on Postwatchers reports and cleans, maintains and replaces damaged posts, largely on his own. He paints all posts, including the 'O' symbol, and pioneered the use of QR coded plaques on all posts at every POC. This is well over 1,000. These publicise the POC to park users, who on scanning the QR code with their phone are taken to a webpage to get a map.

The 56 areas are constantly changing, to maintain the quality of the Orienteering experience for map buyers it is essential to keep them up to date. No map is static for more than a year and most are updated more frequently by John. He liaises with SELOC & MDOC for major map resurveys.

**Coaching** - John started helping MDOC Junior Club. He helped with the NW Junior squad starting in 2002. Level 2 2003 and Level 3 2007. Coached at British Orienteering training event organised in the Lakes April 2008. In 2009, he organised a club coaching day at Bouth woods about 20 attended. Ran club coaching days at Halkyn mountains 2012, Lakes and weekends in Scotland. Helped at Lagganlia 2011-14. 2009- Ran course intro to OCAD. Organiser for Sprint event at M/C univ.

**Planner** for first Stockport Urban 2008. Offerton Sprint 2016, both days. Twin Peaks (Angle Tarn and Place Fell) 2004. Co-planner British Champs at High Dam 2017, OMM 2019 Largs. Planned multiple Night Street League Events and Countryside Score Events. Planned NWNL event at Watergrove. 2010, he planned the Ultrasprint in Macclesfield

**Controller** - Grade B 2011, Grade A 2015. Several Capricorns, JK Sprint Lancaster Uni 2015, British Sprint Champs Loughborough Uni 2019, Lakes 5 days, Angle Tarn 2018 & Grizedale 2014. Tockholes PFO 2010. 2012 Introduced and co-ordinated the NW Urban League 6 events based in the region. 2013 Involved in organising Schools event at Bramhall Park. 2015- Organiser of the Twin Peaks. Also planned reserve area for 2014 Lakes 5 Days. Recently Northwich Urban, Pendle Fell, Big Moor.

**Mapping**, he learned OCAD in Portland 1995, published a new map of Hoyt Arboretum, later used for World Masters Games. 2015.

**Media**, he ran the club's Facebook Page. Formed a media sub-committee to share ideas and work concerned with Facebook and Twitter.

2015 Trialled the MOBO app organised the first local MOBO event in Burrs Park Bury in 2016. He wrote a detailed guide on how to use MOBO. 2016 he was responsible for the Sprints at Leeds Uni. John is always self-critical and offers advice to others on a regular basis. 2017 John had spent a year planning an excellent set of courses in the highly technical area of High Dam for the British Champs. Elite runners said it was the best course they had run all year. May 2017 level A planning British Champs Offerton. In the annual GMOA report, 2020-21-JB had done 119 POC site visits for maintenance alone.

**MDOC NIGHT STREET LEAGUE** -John is involved at every level. The mapping standards and planning are regulated by John to ensure competition is fair and understood by all.

**SPORT ENGLAND VIDEOS**-in 2020 he was closely involved with the production and promotion of the 4 Getting Started videos. They have been used by other clubs and praised by local schools. He also wrote a detailed guide on how to use them. Club Chair 3 years. Committee member and acts as a mentor and coach to International Orienteers.

**No one in our club works harder.**



# Celebrating our Volunteer of the year



## Kathrine Bett - volunteer of the Year

Kathrine is only 27 years old, but she has been volunteering and promoting orienteering in many different ways during 2021.

Kathrine has for the last few years been running the podcast “The Run In”, together with Will. Kathrine both talks on the podcast and produces it. On this podcast they have been interviewing professionals, but also in 2021, Kathrine pushed to do episodes discussing important topics such as gender equality in orienteering. She also went on to start a focus group that explores the topic further. She has created this great platform to reach out to orienteers, especially the younger generation.

Kathrine has also this year been involved with the talent squad south. She’s been going with them to important races to support them and to camps and weekends where she has been coaching them. She’s also been on the Lagganlia camp to coach and support the kids and bring forward the next generation.

She has especially been coaching juniors in her club SN, making training programs for them and taking them out running with maps in the local area, shadowing and coaching them, when their parents haven’t got the skill or fitness to keep up with their kids.

Also during the 2021 lockdown Kathrine organised a MapRun tournament for her local Club SN. During a time when we were not allowed to do competitions, she kept peoples motivation up to keep training and exercise our competitive nature.

On top of this she was also the organiser for the SN trophy in November 2021. A competition with 640 competitors. Likely one of the youngest organisers for such big competition.

Overall Kathrine is a wonderful individual, she does more than most people to promote orienteering and it’s thanks to people like her that we keep the next generation of orienteers.



# Celebrating our University Club of the Year

## Sheffield University Orienteering & Fell Running Club - University club of the year

The University of Sheffield has this year delivered the first British University Orienteering Championships (BUCs) since 2019, and as a competitor and participant I was very impressed by the club. The accommodation, planning and general organisation was the best I have seen in my extensive experience participating at BUCs, with the team lead by Evan Bowers, Joe Thomas and Connor Smith.

The club came 4th at the championships, which I believe is very impressive considering the club also had to run the events alongside competing. The club also had a record number of participants (26 competing if I remember correctly, beating the 19 that attended BUCs 2019, with many of those being new orienteers experiencing their first encounter with the sport), which exceeded the number of participants from any other university. Whilst the University of Edinburgh won the championships, they have won the last several University Club of the year awards, and I believe credit should go to the University of Sheffield for their inclusivity, organisation and commitment to the sport.

The individual day was well-planned by Connor Smith, with Joe Thomas being present at all times at assembly providing advice to participants, the majority of whom had not attended a BUCs previously. Evan Bowers provided an amazing location for accommodation (which, on discussion, was very difficult to organise), and equally provided the ideal location for the traditional meal at the Student Union (equally difficult to organise). The awards were provided promptly at the social for the individual. There were additional social activities after the dinner (which was not the case at some previous BUCs I attended). The relay day was delivered well, with several members giving directions and accurate advice, and the relays and awards starting promptly and being well organised, with relay courses well gaffed and providing a good challenge, and many controls being exclusively set out for the relay in addition to those set out for the SYO event nearby. University clubs were made to feel welcome, and the Sheffield students.

I would like to put some further emphasis on the activities that ShUOC have put forward this year. Club trainings are put on three times a week, which exceeds the number I have seen at any other club, having been or currently being a member of EUOC and AUOC. These trainings are well advertised by coach Daniel Gibson and well received, though as a non-member I have not attended them. The club has many members and is giving a great pathway for new participants to the sport, with several I could name here. The club also assists with SYO event organisation, with one event at Burbage Mines being exclusively organised by ShUOC if I remember correctly.

I am honestly in awe of the effort which has been put in by Evan Bowers and the rest of the ShUOC team, and they are in my opinion the most deserving club for this award.

I would ask as well that Evan Bowers is given credit as the best ShUOC captain that I have seen in my time at university (I have been well-engaged with the club since 2017).



# Roll of Honour

## British Championships

Age Category	Long	Middle
Senior Men	1. Alasdair Pedley EUOC 2. Ben Wilson DRONGO 3. Zac Hudd WCOC	1. Graham Gristwood FVO 2. Peter Bray MDOC 3. Peter Hodgkinson EUOC
Senior Women	1. Chloe Potter BOK 2. Lucy Butt SARUM 3. Julie Emmerson OD	1. Holly Orr LOC 2. Grace Molloy FVO 3. Megan Carter-Davies SBOC
Junior Men	1. Jim Bailey BOK 2. Euan Tryner SYO 3. Ewan Musgrave MAROC	1. Oliver Tonge BOK 2. Euan Tryner SYO 3. Jim Bailey BOK
Junior Women	1. Rachel Duckworth DVO 2. Scarlett Heap SO 3. Elizabeth Horsler WIM	1. Rachel Brown ESOC 2. Rachel Duckworth DVO 3. Fiona Eades INT

Age Category	Sprint	Night
Senior Men	1. Jonathon Crickmore SYO 2. Chris Smithard FVO 3. Nathan Lawson OD	1. Philip Vokes OD 2. Joe Woodley AIRE 3. Ben Mitchell SBOC
Senior Women	1. Alice Leake AIRE 2. Charlotte Ward HALO 3. Laura Robinson SYO	1. Megan Cater-Davies SBOC 2. Cecilie Anderson BOK 3. Anne Edwards LOC
Junior Men	1. Euan Tryner SYO 2. Max Mobus SYO 3. Joe Sunley WCOC	1. Benjamin Squire NOC 2. Max Mobus SYO 3. Adam Conway GO
Junior Women	1. Rachel Brown ESOC 2. Rachel Duckworth DVO 3. Lois Parker CLARO	1. Rebecca Ward NGOC 2. Emily Turner LOC 3. Aimee Darley SN

Mixed Relay	Members
1. South Yorkshire Orienteers	Kim Baxter, Euan Tryner, Jonathon Crickmore, Laura Robinson
2. Lakeland Orienteering Club	Karen Heppenstall, Noah Howlett, Matthew Horne, Anne Edwards
3. Humberside and Lincolnshire Orienteering Club	Charlotte Ward, George Van Dam, David Jolly, Elspeth Jolly

## Club Competitions

Competition	Winners	Competition	Winners
Compass Sport Cup	South Yorkshire Orienteers (SYO)	Compass Sport Trophy	South Ribble Orienteering Club (SROC)
Yvette Baker Trophy	South Yorkshire Orienteers (SYO)	Yvette Baker Shield	Berkshire Orienteers (BKO)



# Role of Honour

## Volunteer Awards

Name of Award	Winner	Club/Organisation
Continued Contribution	John Britton	MDOC
Coach of the Year	Peter Maliphant	BOK
Development & Innovation	Peter Effeney, Pat MacLeod	MapRun
Volunteer(s) of the Year	Peter Maliphant Katherine Bett	BOK SN
Young Volunteer(s) of the Year Award	Fiona Bunn Helen Ockenden	Edinburgh University Orienteering Club
Silva Award	Hilary Palmer	NOC

## Club & University Awards

Name of Award	Winner
Club of the Year	Pendle Forest Orienteers (PFO)
University of the Year	Sheffield University Orienteering and Fell Running Club (ShUOC)

## Mapping Awards

Name of Award	Winner	Area
Bonington	Greg Best	NGOC
Walsh	Paul Basher	Redditch Church Hill
Silva	Graham Gristwood	Kinlochleven
Chichester	Dominic Dakin	Lodge Moor, Sheffield

# International Results

## World Championships

Athlete	Competition	Position
Peter Hodkinson	Sprint	14th
Alice Leake	Sprint	4th
Grace Molloy	Sprint	12th
Ralph Street	Long	18th
Megan Carter-Davies	Long	6th

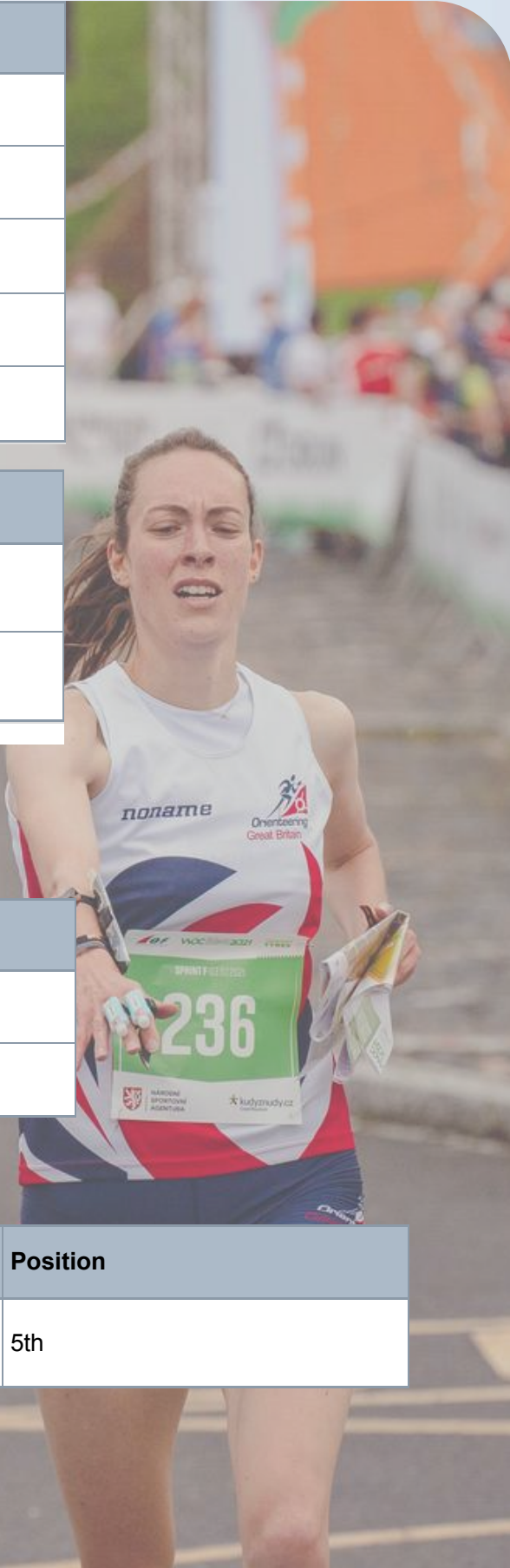
Relay Competitions	Team	Position
Sprint Relay	Alice Leake, Ralph Street, Peter Hodkinson, Megan Carter-Davies	6th
Relay Women	Grace Molloy, Jo Shepherd, Megan Carter-Davies	7th

## European Championships

Athlete	Competition	Position
Megan Carter-Davies	Sprint Knockout	16th
Megan Carter-Davies	Sprint	17th

## World Cup Final

Relay Competition	Team	Position
Mixed Relay	Megan Carter-Davies, Chris Smithard, Grave Molloy, Ralph Street	5th







[britishorienteering.org.uk](http://britishorienteering.org.uk)  
[info@britishorienteering.org.uk](mailto:info@britishorienteering.org.uk)