

Inside this Issue:

***British Schools
Championships***

***Being in the Talent
Squad***

Xplorer Events

***Julie Emmerson
Profile***

More People, More Places, More Podiums (MP3)

www.britishorienteering.org.uk/page/ozone

BRITISH CHAMPIONS FOR THE THIRD YEAR RUNNING!

British Schools Orienteering Championships 2014 - 16 November, Temple Newsam, Leeds

When we returned home from the British Schools' Score Championships at Arrow Valley in Worcestershire in October with a clutch of Gold medals for both our girls and our boys, there was a feeling of great elation, as this was the first time we had won either the girls' or the boys' competition at the BSSC. Our thoughts soon turned to the forthcoming BSOC in Yorkshire, and the obvious excitement was tinged with a certain feeling of pressure, as we were now aiming for the unthinkable – three wins in a row nationally. Could we really achieve that?

Credit where credit is due, and none of this would have been possible without a great deal of support over the years. When I introduced orienteering to St Andrew's back in 1997, BKO (Berkshire Orienteers) were very helpful, and it wasn't long before Denise Harper came and mapped our 54-acre grounds. She did a wonderful job, of course, and literally hundreds of St Andrew's children have used the map since then to practise their skills.

Then, on many Saturdays and Sundays, we have taken groups of children in the school minibus to 'O' events around the beautiful Berkshire countryside and beyond, always receiving a warm welcome and plenty of help from the members of BKO and other neighbouring clubs. Often there has not been enough space in the bus, and the support of the parents has been magnificent, too. The youngsters have worked through their colour-coded badges and been out in all weathers; yes, the washing machines of Berkshire are always very busy!

Without the help and time commitment of my colleagues it is difficult to know how I could have run the orienteering. Our current Headmaster, David Livingstone, caught the 'O' bug so badly, he and his wife even joined BKO! They have certainly been very supportive. But I have so much to thank Ian Farquhar and Kirsty Parkhouse for as they have turned out regularly to assist me at weekends and it was the three of us once again who loaded both minibuses for our trip to Yorkshire.

With a squad of 21 children this time, we set off after lunch on the Friday. Our journey to York was delayed considerably by heavy traffic and roadworks as far

as the eye could see, and we had to ring the bowling alley en-route to tell them we would not be there in time for the session we had booked. Eventually, though, we arrived at the spacious and comfortable Youth Hostel in York and the evening meal was very welcome indeed. Everyone slept well – once the drama of the false fire alarm and an evacuation into the car park was safely over!

We always like to make the most of the BSOC weekend and turn it into an educational experience for the boys and girls. So we took the shuttle bus into York on the Saturday morning and walked along the old city walls to the famous Minster, continuing along the Shambles, past the unusually named 'Whip-ma-Whop-ma-Gate' and on to the Jorvik Viking Centre where we gained a fascinating insight into the history of the city. In the afternoon, by now reunited with our own transport, we found the training course very useful, and each member of staff walked around with a group of the children, checking techniques and correcting errors (if spotted!). Finally, we travelled down to the National Coal Mining Museum for England, near Wakefield, where we were taken 140 metres down in a lift cage into the depths of the Caphouse Colliery and given a guided tour by two former miners – an extraordinary and unforgettable experience for our 8-12 year-olds.

That evening, we enjoyed another delicious meal provided by the hostel, then held a briefing for the following day's big event. Eventually, Sunday morning dawned and we loaded the minibuses and headed for Temple Newsam Park, near Leeds. We set up a simple shelter in the middle of the field and all helped each other get kitted out for the competition.

One by one, the children set off to the start and our numbers thinned out, only to be replaced gradually as each one finished. Although we knew that some of the children had posted good times we were a little concerned about one of our girls who did not reappear. Sure enough, the first aid team brought her off the course, and Kirsty had to take her to hospital in Leeds to get her ankle checked out.

REPORT BY GLYN THOMAS, ST
ANDREW'S SCHOOL, PANGBOURNE



Pausing for a picture during a walk
along the city wall in York

It was soon time for Ian and I to take the remaining children to the amphitheatre to watch the awards; despite our distance from Berkshire, three of the children had members of their family supporting in the audience.

After the G5 and G6 girls both lifted their respective trophies, and Holly Wakelam won an individual G5 Bronze medal, we were quietly hopeful for overall success. However, our great rivals from Suffolk were also picking up awards, so it was going to be tight. Finally, the announcement came that we had been waiting for, and we had done it again! Twenty jubilant children raced to the winners' podium to



British Schools Score Championship winners
(Middle Prep) 2015 - great excitement!

lift the splendid trophy and collect their Gold medals. It had been a squad effort, without a doubt, and everybody was extremely happy.

In case you are wondering, the x-rays did not show up anything too bad, so a short detour to pick up our missing colleague and 21st pupil did not dampen our spirits on the way home. Even while we were still somewhere on a motorway in Yorkshire, our thoughts turned to 2015: could we win Gold for the fourth time in a row? Cheshire, Derbyshire, Yorkshire how about Norfolk? Well, we're going to give it our best efforts and we're already booked into the Youth Hostel!

P.S. The Tenpin bowling company very kindly agreed to us transferring our booking, which we thought we would have to forfeit, to our local bowling centre, so we recently had a celebratory New Year outing together!

BSOC WINNING SCHOOLS

PRIMARY
St Andrew's C of E, Halstead,
Essex

MIDDLE/PREP
St Andrew's, Pangbourne

SMALL SECONDARY
Clayesmore School, Dorset

LARGE SECONDARY
Banchory Academy,
Aberdeenshire

Orienteering Success

British Schools National Score Championships 2014

Arrow Valley Country Park, Redditch,
Worcestershire

By St. Andrew's C of E Primary School,
Halstead, Essex Year 6 Orienteers

On Saturday 11th October the St. Andrew's orienteering team made the long journey to Arrow Valley Park in the West Midlands for the British Schools National Score Championships. It was a very challenging experience with many different routes to choose. Although the weather was sunny the ground was very muddy and we had to cope with marshy conditions. About 30 controls were dotted around the site. Thomas Martin achieved 2nd place in the individual Year 5 competition. Close behind him in 4th place was Zac Poter and Amy Skeet. The boys' team had a fantastic result achieving Bronze medals. Unfortunately Lucy Walker could not run as she had injured her leg just before the competition. However, the girls did extremely well with only three team members – also winning Bronze medals.

Congratulations to: Evie Amos, Max Davies, Harrison Dixey, Joel Hull, Thomas Leader, Ben Partridge, Liam Polley, William Press, Oliver Prince, Oliver Pringle and Hannah Wallace on their energy and team spirit.

We would like to thank our parents for taking us and Mrs Hartley for training and supporting us. We all returned home exhausted, but proud.



Full list of results are available visit: www.bsoa.org

BRITISH SCHOOLS CHAMPIONSHIPS DATES FOR THE DIARY!

10th October 2015
British Schools Score Championships (Petworth)

15th November 2015
British Schools Orienteering Championships
(Sandringham)

Membership of BSOA is now free to all schools.
For more information, visit: www.bsoa.org

Getting ready for an
underground tour of
Caphouse Colliery

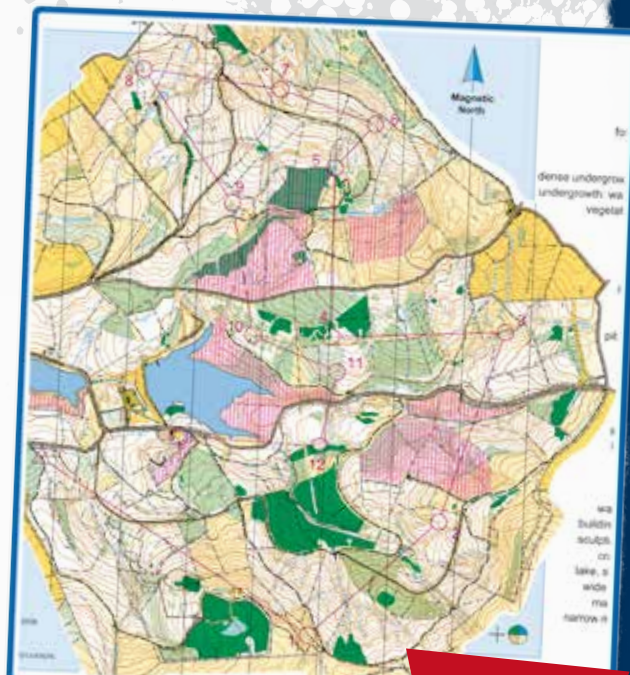
TALENT PLANNING WEEKEND

21ST - 23RD NOVEMBER 2014
BY JACKIE NEWTON, PERFORMANCE MANAGER

The first Talent Coaching Camp for 2014 - 2015 took place 21st - 23rd November in Stockport and was attended by 28 athletes and six coaches.

The theme for the camp was "Planning" and the athletes were given the opportunity to begin planning for their training, competitions and lifestyle for the coming year. The planning theme also continued into their training as the technical training sessions focused on the PLAN aspect of PDP (Plan, Direction, Picture).

The athletes were provided with a mix of coached training sessions including both physical and technical. The weekend started with the parkrun at Woodbank Park which the athletes treated as a Threshold Run before splitting into groups to complete interval sessions made up of various efforts and recoveries depending on their stage of development.



Map of Macclesfield Forest

The results of the parkrun can be found here:
www.parkrun.org.uk/woodbank/results/weeklyresults/?runSeqNumber=273

After a short break and time to refuel the athletes and coaches headed to the classroom for a debrief of the session that had just been completed and an introduction to the Macrocycle (or yearly plan) where they were then able to consider their 2015 competition target as well as 'process' goals that would affect the outcome of this goal.

In the afternoon the athletes went back into their smaller groups and rotated around sessions for functional movement skill & strength, planning the mesocycle (six week block of training) and planning technical training for each other that would address a specific training goal.

The Saturday evening saw the athletes set off on a mystery tour that took them to the ice skating rink at Spinningfields in Manchester. The skill on the ice rink kept the coaches entertained and amused for a couple of hours! It also followed the functional movement session quite nicely as balance and coordination was severely tested!

The Sunday was dedicated to technical work on the PLAN aspect of PDP and the training took

place in Macclesfield Forest. The athletes worked in pairs to consider optimum route choice over several exercises that offered sections where the athletes were able to plan together before splitting to compare their chosen route choice options.

This camp will now be followed up with a camp in Sedburgh (Cumbria) on 9th - 11th January (which will have already been delivered before this edition goes to print) and Oban (Scotland) 13th - 18th February where the focus will build on the PLAN aspect and move on to DIRECTION and PICTURE.

A big thank you goes to the coaches for their time and effort in planning, delivering and reviewing these sessions:

Tom Fellbaum
Bashir Hussain
Paul Murgatroyd
Ed Nicholas

The Talent and Performance Pathway for 2014 - 2015

The Talent and Performance Pathway for 2014 - 2015 has been confirmed and athletes have been invited into the squads.

The programme will comprise of three squads plus a 'watch' squad.

The Talent Squad: Athletes who have accepted their place in the squad and are ready to progress to in-depth specialisation and master the sport-specific skills necessary to become top 10 performer at World Championships:

Andrew Barr, Kathryn Barr, Natalie Beadle, Fiona Bunn, Alex Carcas, Alexander Chepelin, Hannah Cleary-Hughes, Hannah Cox, Julie Emmerson, Matthew Galloway, Christopher Galloway, Sarah Jones, Nathan Lawson, Alistair Masson, Harrison McCartney, Tim Morgan, Helen Ockenden, Adam Potter, Mark Purkis, Jennifer Ricketts, Aidan Rigby, Alice Rigby, William Rigby, Daniel Stansfield, Callum White, Oliver Williams, Emma Wilson, Thomas Wilson, Joe Woodley

The Development Squad: Athletes who have been invited to join the squad and are developing their ability to deliver top 20 performances at the World Orienteering Championships in two to five years-time:

Peter Bray, Lucy Butt, Alan Cherry, Jonathan Crickmore, William Gardner, Peter Hodgkinson, Ruth Holmes, Alasdair McLeod, Katie Reynolds, David Schorah, Christopher Smithard, James Tullie, Jess Tullie, Charlotte Watson

The Performance Squad: Athletes who have been invited to join the squad and are working towards delivering medals and Top 10 performances over the next one to five World Orienteering Championships:

Scott Fraser, Graham Gristwood, Hector Haines, Zoe Harding, Tessa Hill, Kristian Jones, Hollie Orr, Murray Strain, Ralph Street, Catherine Taylor, Douglas Tullie, Claire Ward.

The Watch Squad: Athletes who are either just outside the criteria for inclusion into the squads or are not able to accept their place in the squads at this time:

Michael Adams, Ciaran Allen, Carrie Beadle, Dane Blomquist, Megan Carter-Davies, Pippa Dakin, Anne Edwards, Matthew Elkington, Florence Haines, Rebecca Harding, Ben Maliphant, Kirstin Maxwell, Rhona McMillan, Tamsin Moran, Joanna Shepherd, Aidan Smith, Matthew Speake, Charlotte Ward.

Alex Carcas
in Action

Photo by Wendy Carlisle

BEING IN THE TALENT SQUAD AND WHAT IT MEANS TO ME!

BY ALEX CARCAS

When I was selected to join the British Talent Squad this year I was really excited! I had really wanted to be part of the squad because it would help give me opportunities to run in technical terrain, compete against my friends from all over the country and to try to improve my orienteering to the next level. I also hoped that I would learn more about the types of training I should be doing and I could make a more structured and more specific training plan.

Now, about three months and two training camps on, I am not disappointed.

Over the first weekend we looked at the kinds of base phase training we should be doing over the winter, the strength and conditioning work, the mileage, the amount of technical sessions and the types of technical sessions. We also worked out our aims, and ways to reach those aims, for the next season.

The second weekend was at the beginning of the pre-competition phase. We were focusing more on the technical side of orienteering, rather than the physical side, and thinking about the types of training this "mesocycle" would require. (I have learnt some new words too - mesocycle means the month by month types of training as opposed to macro- (yearly) or micro- (weekly) cycles). We also had a really interesting presentation from Mistrelle Baker, a nutritionist looking into how much food and which types of food we should be eating (... or, probably more to the point, the food we shouldn't be eating!!!)

The talent squad has been a really good experience so far. It has helped me to think more about the type of training I do and when I do them so that instead of training harder and getting injured I can start to train smarter. I hope it will make the jump from M16-18 easier and help me get a step closer to my long term aims... and dreams.

Alex Carcas
Credit: Rob Lines

Alex Carcas
Credit: Rob Lines



NEW FOR 2015!

Developed in partnership with Youth Sports Trust, the XPLORER SCHOOLS pack is an equipment toolkit to enable delivery of fun, active, educational and cross curricular activity to KS1 and lower KS2 pupils. The activity sessions provided in the pack are designed to enable basic understanding and associated physical skills in a fun and exciting manner – you are only limited by your imagination!

You can register your interest now for a chance to win a FREE pack for your school – go to www.youthsportdirect.org/xplorerschools



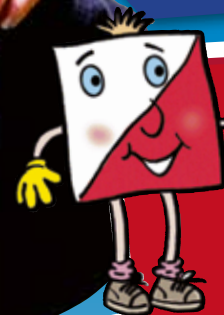
EVENTS COMING SOON!

Xplorer is a family friendly navigational challenge that is educational and fun and gives children a sense of adventure as they explore the park to find the markers. It involves a healthy mix of physical activity and decision-making that the whole family can enjoy together. A simplified version of Orienteering, children need to identify what is pictured at each marker and enjoy learning a fun fact to tell their friends.

We currently have events being planned in the East Midlands, East Anglia, North West, North East and Yorkshire from Easter 2015 onwards. To find out more use the 'find an event' search tool on www.xplorer.org.uk



ORIENTEERING GAMES & TIPS



Colin Control says,
Try and do at least 60 minutes of moderate to vigorous physical activity every day to help you keep healthy.



Millie Map says,
Always warm-up before activity and cool down afterwards to help prevent injury and to assist your body in recovery.

World Orienteering Championships 2015

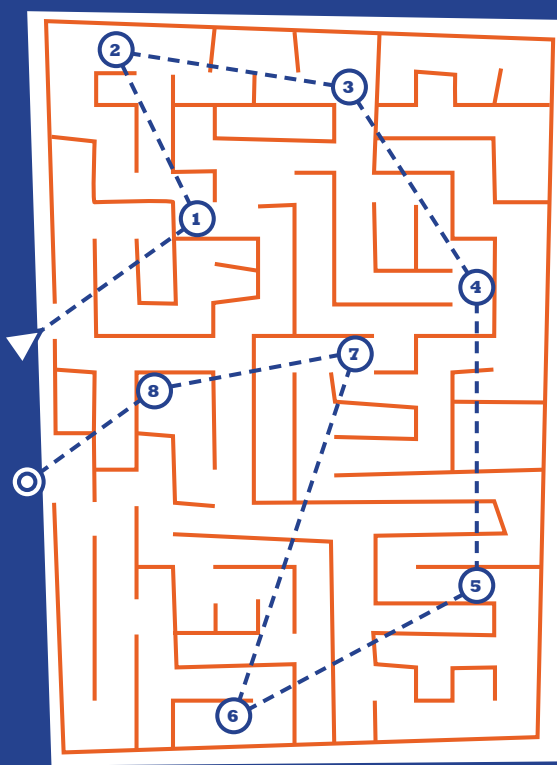
WORDSEARCH

Simply find all the World Orienteering Championships 2015 words in the grid and tick them off as you find them

- REGISTRATION
- ATHLETES
- EMBARGOS
- TERRAIN
- MAPS
- HIGHLANDS
- EDEN COURT THEATRE
- TRAINING
- MORAY
- ORGANISERS
- DEMANDING
- PHYSICAL
- TECHNICAL
- INTERNATIONAL
- INVERNESS

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

O-MAZE



Work out how to get to each control in order (just like orienteering)

ORIENTEERING ODOKU

This is a bit different from a Sudoku and probably a little harder because orienteers like a challenge!

Instead of using the numbers 1 to 9, in Odoku, nine different LETTERS are used. Like Sudoku there is only one letter in each row.

You need to work out what the nine letters are and finish the Odoku. The nine letters spell two words which describe what you never want to be in orienteering!

						B		
			O		E		S	T
I		G		T	S			L
		B		O	I		G	N
G	O			N			B	E
L	N		E	B		T		
T			I	E		S		O
B	I		L		O			
		S						

Julie Emmerson JUNIOR PROFILE:

Age: 18

Club: Octavian Droobers (OD) and Tampereen Pyrintö

Age started orienteering?

As soon as I could walk.

Do your parents orienteer?

Yes.

Why/where did you start orienteering?

I started because my parents orienteer.

What do you enjoy about orienteering?

I enjoy the combination of the mental and physical challenge and being faced with something different every time. Also the amazing places I get to visit.

Do you have a coach?

Yes, Riina Kuuselo.

How has this helped you?

It has helped with all aspects of my orienteering from planning physical training to preparing for major competitions.

In action at the JWOC Middle



Taking part at the Junior European Championships



Where is your favourite place to orienteer?

I love the Lake District and also sand dune areas.

What kind of training do you do?

I have a periodised training plan and usually train with a ratio of 3 hard weeks to 1 easy week.

What is your best result?

11th JWOC Middle 2014

7th EYOC Long 2012

What advice would you give to people wanting to get into the GBR Team?

Things don't happen by themselves so you have to make it happen. If you work hard the results will come.

What do you enjoy doing outside of orienteering?

Cross country and athletics of course. I am also a black belt at Tae Kwon Do.

ORIENTEERING GAMES & TIPS SOLUTIONS

ORIENTEERING ODOKU

The letters used are L T O G I B E S N. This of course spells the words "being lost". This is something you never want to be in orienteering. The solution to the Odoku is below.

S	T	O	G	L	N	B	E	I
N	B	L	O	I	E	G	S	T
I	E	G	B	T	S	O	N	L
E	S	B	T	O	I	L	G	N
G	O	T	S	N	L	I	B	E
L	N	I	E	B	G	T	O	S
T	G	N	I	E	B	S	L	O
B	I	E	L	S	O	N	T	G
O	L	S	N	G	T	E	I	B

WORDSEARCH

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

