

Ozone

Issue 32 - Summer 2015

FOR JUNIOR ORIENTEERS

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www.britishorienteering.org.uk/page/ozone

JK 2015 LAKE DISTRICT

JK Festival of Orienteering

Ozone magazine caught up with some of the junior competitors from the JK2015 to see what they thought of the event and their performances.

PHOTOS BY
ROB LINES

My JK2015 Experience!

Megan Carter-Davies, (Mid Wales Orienteers) said,

“I went into the Sprint at Lancaster University without any expectations really, just the hope to do well! I was fairly smooth through the first section which was like a control pick around the accommodation, just making sure I knew exactly where I was going for the next control. Control 6 and 7 had a small bit of route choice but I made my mind up to go right and that was that. Each control was pretty clean but with the ground being so wet I wasn't running my fastest.

From control 11 onwards we were in the main part of the campus which was trickier with more route choice legs. I made an error coming out of 12 the wrong way costing a few seconds but was soon up the road again to 13. I had a couple of minor hesitations on the way to 15. Things sped up a bit going into spectator and the last loop. My route to 16 around the building and down the stairs probably wasn't the best, picked 17 off easily, 18 I thought

others went down the wrong alley but when they arrived at the control next to me I realised it was just a different route. I pushed it to 19 straight-lining across the grass as much as possible. The final few controls followed smoothly to put me into 1st place on W20!

It was fantastic being able to run against some of the top female orienteers in the world. However, it puts the standard into perspective when you've had a good run and the leader (Emma Klingenberg, Denmark) still beats you by 2:35 mainly on running speed!

Unfortunately my lack of mistakes in the Sprint was compensated for in the technical Middle race leaving me 6 minutes behind Julie as 3rd W20 for Day 3 at Bigland. The Long didn't start so well either and I overshot both 1 & 2. Then I got into the swing of things and spiked a lot of the controls from there onwards. We had a big route choice leg to 11 and at first I thought my route was great but post-race analysis showed I lost around 4 minutes! I ended up 2nd at Bigland and 2nd overall.”

Megan in Action!

Credit: Dylan Skym, MWOC



My JK2015 Experience!

Julie Emmerson, (Octavian Droobers) said,

“I had a reasonable run in the Sprint. At the time it felt very good but looking back there were a few route choices which lost me quite a bit of time. I also found it very frustrating that I couldn't run flat out and didn't really feel that tired at the finish because it was so slippery in the rain which everyone that ran late will understand. Without having done much Sprint training I am fairly happy with it though.

The Middle distance was a very good race for me. I started off a bit rushed and didn't feel very comfortable for the first 3 controls in the plantation area. I hit the controls fine except a small miss at 3. The change of terrain into the open for number 4 saved me as I subconsciously started orienteering. My route around the hill to attack the crag from below proved a good choice as a few of the other girls went straight over the hill and missed the crag. The course then went onto the tricky wooded slope. If the course had started here it might have been a very different race for me but by the time I got there I felt comfortable. I managed to find a really good balance of racing and staying in control in the tricky terrain and kept that feeling until a 1 minute mistake right at the end from losing focus and thinking about finishing. On the whole I am really pleased with how I ran that race.

The Long distance was a different story. A big mistake at number 3 and then a huge mistake on the Long leg to number 11, which I really just



Julie Emmerson competing at the JK this year.
Credit Wendy Carlyle

can't explain, made this feel like the worst race I'd had for a long time! There was a really nice route around the bottom which I completely missed. However the rest of the course actually went very well. After a big winning margin in the Middle distance I managed to hold onto the overall win.”

JK 2015 SPRINT JUNIOR RESULTS

	1ST	2ND	3RD
M20E	Christopher Galloway (INT)	Dane Blomquist (BAOC)	Matthew Elkington (SHUOC)
W20E	Megan Carter-Davies (MWOC)	Julie Emmerson (OD)	Sarah Jones (EUOC)
M18E	Alexander Chepelin (EUOC)	Alex Carcas (INT)	Tim Morgan (SOC)
W18E	Tereza Cechova JUNIOR O-SPORT (CZE)	Hannah Cox (LEI)	Cecilie Andersen (BOK), Helen Ockenden (SROC)
M16	Kasper Fossler PWT - Heming Orienteering (NOR)	Eddie Narbett (BOK)	Tim Harrison (SUFFOC)
W16	Emma Wilson (CLYDE)	Tereza Janosikova JUNIOR O-SPORT (CZE)	Mia Mathisen Bekhus, Fredrikstad Skiklubb (NOR)
M14	Bendik Eliassen, Fredrikstad Skiklubb (NOR)	David Bunn (TVOG)	Thomas Howell (SN)
W14	Lizzie Stansfield (FVO)	Sarah Duckworth (DVO)	Anika Schwarze (EBOR)
M12	Joseph Hudd (BOK)	Oliver Tonge (BOK)	Liam Cotter BOC (IRL), Alex Fielding (HH)
W12	Rachel Duckworth (DVO)	Rachel Brown (ESOC)	Anna Harris (DEE)
M10	Harrington Leake (LEI)	Arthur Brooke (WSX)	Wiffrid Teasdale (WCOC)
W10	Alexandra Crawshaw (EPOC)	Sarah Darley (GO)	Emilia Lundstedt Sjövalle FK (SWE)

JK 2015 OVERALL JUNIOR RESULTS

	1ST	2ND	3RD
M20E	Aidan Smith (SYO)	William Rigg (EUOC)	Matthew Elkington (SHUOC)
W20E	Julie Emmerson (OD)	Megan Carter-Davies (MWOC)	Hanna Korhonen OK Ravinen (SWE)
M18E	Harrison McCartney (OD)	Alexander Chepelin (EUOC)	Andrew Barr (MOR)
W18E	Hanna Hänström Täby OK (SWE)	Fiona Bunn (TVOG)	Helen Ockenden (SROC)
M16A	Kasper Fossler PWT - Heming Orienteering (NOR)	Alastair Thomas (WCOC)	Jake Chapman (MAROC)
W16A	Lotta Eerola Tampereen Pyrinto (FIN)	Emma Wilson (CLYDE)	Tereza Janosikova JUNIOR O-SPORT (CZE)
M14A	Alistair Chapman (MAROC)	Bendik Eliassen Fredrikstad Skiklubb (NOR)	Flurry Grierson (DEVON)
W14A	Tale Strand Kongsberg O-lag, Norway (NOR)	Zoë Tyner Setanta (IRL)	Åsne Haavengen Kongsberg o-lag (NOR)
M12A	Joseph Hudd (BOK)	Oliver Tonge (BOK)	Adam Conway (GO)
W12A	Rachel Brown (ESOC)	Olivia Lundstedt Sjövalle FK (SWE)	Rachel Duckworth (DVO)
M10A	Harrington Leake (LEI)	Adam Methven (BKO)	Jamie Lightfoot (SYO)
W10A	Emilia Lundstedt Sjövalle FK (SWE)	Iris MacMillan (ECKO)	Alexandra Crawshaw (EPOC)

CONGRATULATIONS TO ALL THOSE WHO TOOK PART

FULL RESULTS CAN BE FOUND:
WWW.SIRESULTS.CO.UK/2015/JK/

JK 2015 RELAY RESULTS Intermediate Men

1st Blencathra Boys WCOC (GBR) Daniel Spencer/Ben Breeze/Alastair Thomas

Intermediate Women

1st AIREBells AIRE (GBR) Lucy Haines/Evie Conway/Laura King

Junior Relay

1st Maroc 9 MAROC (GBR) Grant McMurtrie/Joel Gooch/John Getliff

Mini Relay

1st BOK 16 BOK (GBR) Oliver Tonge/Jim Bailey/Joe Hudd

WORLD SCHOOLS CHAMPIONSHIPS IN ORIENTEERING

Report by Melanie Elkington // Photos by BSOA/ISF

The World Schools Championships in Orienteering 2015 took place in Turkey from Saturday 18 April 2015 to Friday 24 April 2015. Both England and Scotland entered teams. Following arrival at Antalya Airport the teams were taken by coach to the Queen's Park Resort, Tekirova, Kemer.



Scotland team



England team

On the Sunday all teams were bussed up to a training area. This was at Phaselis an ancient Greek and Roman City with baths, an amphitheatre and other ruins. The afternoon saw the Opening Ceremony take place. All the teams walked through the streets with their flags to the towns amphitheatre here we were treated to some local dancing and music as well as some speeches.

On the Monday was the Long distance race in temperatures of over 23 degrees celsius. The area had amazing terrain including large rock features with patches of vegetation. There were some quite steep hills initially and then it was very fast running. Both nations had some great results.

Tuesday was an opportunity to experience Turkish culture, with the Middle distance race taking place on Wednesday. The children set up tables offering sweets, meats, cheeses, maps and exchanging leaflets from their country. Following this they were entertained by different countries demonstrating different dances from their countries.

IN THE 'SELECT' CLASSES WE HAD TWO GOLD MEDALISTS:

W2 - Grace Molloy (Scotland)
M2 - Alastair Thomas (England)

Along with an excellent England team performance in W1 from Cecillie Anderson, Lucy Haines and Pippa Dakin in 4th, 5th and 8th places respectively.

IN THE SCHOOLS CLASSES THERE WERE SILVER MEDALS FOR:

M1 School - Alex Carcas (George Heriot School, Scotland)
W2 School - Megan Bartlett (Ulverston Victoria High School, England)

A special mention for Eilidh Campbell who even with the first start time ran really well taking third place on W2 school but sadly as Banchory ended up without a competitive school team she was not competitive.

The Middle race saw another great day in Antalya for both the England and Scotland teams. This area was extremely steep

and rocky although the area was higher up so much cooler for competing in.

Grace Molloy from Scotland won a second Gold medal in the W2 Select class, with Alastair Thomas from England winning Silver in the M2 Select class, just missing out on his second Gold.



Friendship Relay



W2 Select Middle distance map

W2 Schools Long distance map



Scotland Dancing



Local dancing and music



England's stall on cultural day

In the M2 Schools class Jake Chapman and John Getliff from Banchory Academy, Scotland won Gold and Silver respectively.

Team results are based on time rather than positions with the best three times in each of the Long and Middle races added together.

Banchory Academy from Scotland won the M2 Schools competition and England won the M2 Select.

There were Silver medals and trophies for England in W1 Select and Bronze medals and trophies for Ulverston Victoria High School in W2 Schools and the England team in W2 Select.

On Thursday all the teams took part in the friendship Relay. This is a team score event which sees everyone entered into a team with two others from different countries. The coaches and teachers take part too so it becomes very competitive.

Clare Stansfield from Scotland was in a team that came in third. In the coaches Relay Kirsten Maxwell was a member of the first team and Jane Halliday's team came third.

The England team would like to thank both the Orienteering Foundation and British Schools Orienteering Association for their financial contributions towards the cost of going.



Opening ceremony



Scotland's stall on cultural day



Phaselis

Cultural day - England



FOR MORE INFORMATION VISIT:
WWW.BSOA.ORG

M2 Select Middle distance

Junior World Orienteering Championship debutants! **PROFILES**

Ozone caught up with some of our junior athletes selected to compete at the Junior World Orienteering Championships for the first time.

Fiona Bunn

AGE: 16 years old

CLUB: Thames Valley Orienteering Club

WHY DID YOU START ORIENTEERING?

"Because my parents both orienteer I went along to do the string course from an early age."

WHAT DO YOU ENJOY ABOUT ORIENTEERING?

"I enjoy everything! Mainly the opportunity to run through exciting terrain and the feeling of freedom it gives you."

DO YOU HAVE A COACH?

"Yes, I have an athletics coach, Bernard Wilkins."

HOW HAS THIS HELPED YOU?

"He has great experience and knows what is sensible to do - holding me back sometimes but pushing me on at others. I trust his sessions and he can make them specific to the demands that different competitions, terrain and events will pose, so I am in the best possible form."

WHO WAS THE FIRST PERSON YOU TOLD WHEN YOU WERE SELECTED FOR JUNIOR WORLD ORIENTEERING CHAMPIONSHIPS?

"The first people I told were my family."

WHAT KIND OF TRAINING HAVE YOU BEEN DOING TO PREPARE FOR IT?

"My physical training has been impaired by ankle injuries, but technically I have been focusing on sprint sessions and just getting to as many events as possible."

WHAT ARE YOU LOOKING FORWARD TO MOST AT YOUR FIRST JUNIOR WORLD ORIENTEERING CHAMPIONSHIPS?

"I am really looking forward to the atmosphere and inspiration from competing against the best in the world."

WHAT ADVICE WOULD YOU GIVE TO PEOPLE WANTING TO GET INTO THE GB TEAM?

"Focus on your weaknesses. Decide what slows you down, running speed or navigation and work on it so you can get close to your own personal best. Have confidence in your race and don't worry about others."



Credit: Wendy Rankin

Megan Carter-Davies

AGE: 19 years old

CLUB: Mid Wales Orienteers

WHY DID YOU START ORIENTEERING?

"Mum took me along to Coed Tynbedw after hearing about the local club. She knew about the sport in University."

WHAT DO YOU ENJOY ABOUT ORIENTEERING?

"I love running in the terrain, like when you're flying downhill through a gorgeous forest and dodging all the trees or when you're up on a windy rainy moorland and you're battling with all of your might to find that orange and white flag."

DO YOU HAVE A COACH?

"Yes, Mark Saunders and Alice Bedwell from Bristol Orienteering Klub."

HOW HAS THIS HELPED YOU?

"As Welsh Junior Squad coaches, most of my technical training since I was W12 has been set by them, both in the UK and on several European tours. They've helped me analyse orienteering races and my training plans."



Credit: Andrew Barr

WHO WAS THE FIRST PERSON YOU TOLD WHEN YOU WERE SELECTED FOR JUNIOR WORLD ORIENTEERING CHAMPIONSHIPS?

"Ben Mitchell, squad athlete."

WHAT KIND OF TRAINING HAVE YOU BEEN DOING TO PREPARE FOR IT?

"Some speed work, hill reps and steady runs, but mainly I've been orienteering. I spent a week in Finland training and competing in Venla for my overseas club Rajamaa Rykmentti, as well as doing several events on home terrain."

WHAT ARE YOU LOOKING FORWARD TO MOST AT YOUR FIRST JUNIOR WORLD ORIENTEERING CHAMPIONSHIPS?

"I think the terrain for the Long looks great and with top planning it should turn out to be an exciting race!"

WHAT ADVICE WOULD YOU GIVE TO PEOPLE WANTING TO GET INTO THE GB TEAM?

"I suppose it's important if you're making big time losses to figure out why and try to improve on those aspects. Remember to look at what you did well too."

Hannah Cox

AGE: 17 years old

CLUB: Leicestershire Orienteering Club

WHY AND WHERE DID YOU START ORIENTEERING?

"My running coach suggested I tried orienteering as a new way to train and told me about a few Leicestershire Orienteering Club Summer League Events I could go to. A Sprint event at Loughborough University was my first event."

WHAT DO YOU ENJOY ABOUT ORIENTEERING?

"Running in all kinds of terrain and how no two races are alike."

DO YOU HAVE A COACH?

"Yes, Ed Nicholas."

HOW HAS THIS HELPED YOU?

"This has helped me to structure, plan and review my training and also helped me to prepare for major competitions."

WHO WAS THE FIRST PERSON YOU TOLD WHEN YOU WERE SELECTED FOR THE JUNIOR WORLD ORIENTEERING CHAMPIONSHIPS?

"My parents."

WHAT KIND OF TRAINING HAVE YOU BEEN DOING TO PREPARE FOR IT?

"I am competing in the Sprint and Relay so there has been a lot of focus on the Sprint event and I have used local races for Relay preparation. I've tried to get to as many Urban and Sprint events as possible and have used local areas for my own training. My physical training has been planned by my athletics coach and has been tailored towards the shorter distance of the Sprint."



Images supplied by Hannah Cox

WHAT ARE YOU LOOKING FORWARD TO MOST AT YOUR FIRST JUNIOR WORLD ORIENTEERING CHAMPIONSHIPS?

"I am really looking forward to the atmosphere of a big competition and racing in the Norwegian terrain."

WHAT ADVICE WOULD YOU GIVE TO PEOPLE WANTING TO GET INTO THE GB TEAM?

"Work hard on all aspects of your orienteering and make sure you're fully prepared for selection races."

Dane Blomquist

AGE: 18 years old

CLUB: British Army Orienteering Club, South Yorkshire Orienteers, Lillomarka

WHY AND WHERE DID YOU START ORIENTEERING?

"I started orienteering because my family did, so our family holidays were mostly to the Scottish 6-Days or the JK and I'd do the string course with my Mum. I then saw my sisters going away on tours and running for GBR and always wanted to follow in their footsteps."

DO YOU HAVE A COACH?

"Yes, Colin Dickson from British Army Orienteering Club."

HOW HAS THIS HELPED YOU?

"Colin has done so much for me. He has shown me how I could improve my technique as well as helping my post-race analysis. Colin has also helped me think about my orienteering and the different processes and routines at a more mature and professional level which has made me think about training and racing in a much more serious manner."

WHO WAS THE FIRST PERSON YOU TOLD WHEN YOU WERE SELECTED FOR THE JUNIOR WORLD ORIENTEERING CHAMPIONSHIPS?

"My Dad."



Credit: Nighthawk19

WHAT KIND OF TRAINING HAVE YOU BEEN DOING TO PREPARE FOR IT?

"I've been doing a lot of speed and track running to prepare for the Sprint as well as sprint interval training for my technique. I've also mixed in a few long recovery runs and marsh intervals to physically prepare for the Long. Technically, the areas near me aren't similar to Norway one bit but I've done slope orienteering and corridor training to prepare for the terrain in Rauland."

WHAT ARE YOU LOOKING FORWARD TO MOST AT YOUR FIRST JUNIOR WORLD ORIENTEERING CHAMPIONSHIPS?

"Racing against new people and racing at a higher level of competition. Then outside of competition meeting new people."

WHAT ADVICE WOULD YOU GIVE TO PEOPLE WANTING TO GET INTO THE GB TEAM?

"Stay relaxed in the selection races, don't let your disappointments drag you down and remain positive."

Helen Ockenden

AGE: 18 years old

CLUB: South Ribble Orienteering Club

WHAT DO YOU ENJOY ABOUT ORIENTEERING?

"I love the fact that there is a physical and a technical side to the sport, but I also enjoy going into parts of the countryside that you wouldn't normally go to."

DO YOU HAVE A COACH?

"Yes, my coach is Quentin Harding."

HOW HAS THIS HELPED YOU?

"I have found it very useful to be able to discuss what sort of training I should be doing at different times of the year and how to prepare for important races."

WHO WAS THE FIRST PERSON YOU TOLD WHEN YOU WERE SELECTED FOR JUNIOR WORLD ORIENTEERING CHAMPIONSHIPS?

"My parents."



Credit: Jackie Newton

WHAT KIND OF TRAINING HAVE YOU BEEN DOING TO PREPARE FOR IT?

"Quite a bit of running, but I try to keep it varied with a mix of interval sessions, long runs and terrain running. I've also been doing cross-country and fell races to increase my speed."

WHAT ARE YOU LOOKING FORWARD TO MOST AT YOUR FIRST JUNIOR WORLD ORIENTEERING CHAMPIONSHIPS?

"I can't wait to race in the excellent Norwegian terrain against the best junior athletes in the world."

WHAT ADVICE WOULD YOU GIVE TO PEOPLE WANTING TO GET INTO THE GB TEAM?

"Enjoy orienteering and try to get to events as much as you can. Don't worry if you miss out on selection in one year. If you can put in a year of good training then you will be in a good position next year."

ORIENTEERING GAMES & TIPS



With the World Orienteering Championships just days away, athletes around the globe are preparing for their visit to Scotland. How can I improve my Orienteering performance?

- Get as much advice from as many people you can
- Get out and try to experience similar types of terrain that you will be competing on
- Understand and set goals and then talk each of them through with a coach if you can.



Orienteering MATCH THE MAPS

Two maps are the same - can you work out which 2 of the 6 maps are identical?



Talent Pre-Competition Camp

Report & Photos by Jackie Newton, Performance Manager



Athletes at Talent Camp

The final Talent Camp of the winter took place during the February half-term just as the athletes were moving into their last block of training before the JK. The camp took place in relevant terrain in Perthshire. Technical Talent Coach Mark Nixon led the programme for this five-day camp and was supported by Physical Conditioning Coach Paul Murgatroyd, Assistant Coach Ed Nicholas, Performance Manager Jackie Newton and coaches who are on the Talent Coach Development Programme: Iain Embrey, Heather Thomson and Vicky Thornton.

This was the third camp of the year for these athletes and the emphasis was on the technical aspects of orienteering. The focus for the camp was "Learning to Race" re-visited the fundamental skills of route choice, direction, distance and picture, and putting them together into a comprehensive orienteering process aiming for reliability and consistency. The Perthshire camp took the

athletes through two cycles of training that included Long, Middle and Relay.

The first cycle continued the focus of taking the individual skills and putting them together into a comprehensive orienteering process and the second cycle focused on taking this orienteering process and executing it at speed and under pressure.

In addition to working on technical and tactical skills, the athletes considered how they organise themselves in preparation for competition, both long and short term, and their pre-competition routines, warm-up methods and tapering. All in all, a good week of training sprinkled with some fun and games for good measure!

Thanks go to Edinburgh Southern Orienteering Club, Saint Andrew's Orienteering Club and Tayside Orienteers for their support and help with maps and access and also to Kindrogan Field Studies Centre for fabulous accommodation and catering.

THE BLUE PETER SPORT BADGE



If you are aged 6-15 years old and inspire someone else to try orienteering then you could qualify for a Blue Peter Sport Badge!

Full details of how to apply are on the CBBC website: www.bbc.co.uk/cbbc/joinin/bp-how-to-get-your-sport-badge-2015

BRITISH NIGHT CHAMPIONSHIPS

Report by Laura King, W16, Aorienters

The climax of the night orienteering season is the British Night Orienteering Championships. The 2015 championships was hosted by Aorienters and held in Middleton Park, South Leeds. The South Leeds Stadium provided an excellent indoor event centre. The terrain comprised contrasting areas testing different orienteering techniques. Rough open grassland, playing fields, and a golf course required accurate bearings in the dark but permitted fast running. The deciduous woodland contained many sunken bell pits, depressions, contour detail and holly thickets demanding very careful navigation.



After competing in and winning the Junior Women's class in the Yorkshire and Humber Night Orienteering League I was hoping to have a good run at the British Night Championships.

I would say I had quite a clean run, especially considering it was in the dark! Setting off to control number 1, I was taking it quite steady as I had learnt from previous mistakes earlier in the season. Everything was going fine until number 3 when the path I was following seemed to disappear. Despite this I trusted my instinct and I carried on to what I thought was the thicket I was looking for and, probably by luck more than anything, came across the control. After that most of the controls flowed quite nicely, the only thing letting me down was my speed (new shoes giving me blisters).

After finishing I was anxiously waiting for Hannah Hateley (Deeside Orienteering Club) to finish as I knew that she had started close behind me and may have caught me up. It's harder to tell how close your competitors are when running in the dark. In the end, I won by a safe margin with Hannah 2nd. Megan Harrison (East Pennine Orienteering Club) and Yasmin Field (South Yorkshire Orienteers) two experienced night orienteers had good runs also coming equal 3rd.

I can recommend that juniors give night orienteering a go. It is a great way to test and improve your navigation and it's very satisfactory when you can complete a course in the dark successfully.



W16 winners



W16 winners

W16 RESULTS

1st	Laura King	AIRE	W16	43:10
2nd	Hannah Hateley	DEE	W16	48:03
3rd=	Yasmin Field	SYO	W16	54:08
3rd=	Megan Harrison	EPOC	W16	54:08

M16 RESULTS

1st	Alastair Thomas	WCOC	M16	53:59
2nd	Jake Chapman	MAROC	M16	55:12
3rd	Alasdair Pedley	EPOC	M16	55:25

Excerpt from Laura's map

FOR FULL RESULTS FROM THE BRITISH NIGHT CHAMPIONSHIPS VISIT: WWW.BRITISHNIGHTCHAMPS.ORG.UK/PAGE/RESULTS