

# Ozone

FOR JUNIOR ORIENTEERS

Issue 34 - Spring 2016

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*More People, More Places, More Podiums*

[www.britishorienteering.org.uk/page/ozone](http://www.britishorienteering.org.uk/page/ozone)



# TALENT SQUAD REPORT

REPORT BY PAUL MURGATROYD, HEAD COACH FOR TALENT & JACKIE NEWTON, PERFORMANCE MANAGER / PHOTOS BY BOB DRAEDGE AND MARK NIXON

The Talent Squad's 2015/16 training season is made up of an enhanced programme of camps. New for this year was a sports science camp at the University of Lincoln before a change of focus for the next three camps to concentrate solely on the development of the individual's technical and tactical orienteering skills.

The Lincoln camp saw the athletes spend time reviewing their 2014/15 season, reflecting on their strengths and potential areas for improvement, and also covered updates on the Talent programme as a whole. Saturday afternoon and Sunday morning focused on several practical workshops from a team of sport science experts, covering areas of strength and conditioning, sports injuries and psychology, all of which was targeted towards developing the all-round performance of the athletes and these sessions gave them plenty of ideas to take away and integrate into their training over the forthcoming months.

The next weekend together as a squad in November, termed the 'Base Phase Technical Camp', found the squad down in the forests of Surrey, based out of the Field Studies Centre at Juniper Hall, near Dorking. Following a technical briefing on Friday evening, setting the scene for the weekend, the athletes then headed out onto Box Hill for an exercise based around planning and route choice. Athletes had to plan and memorise optimal routes between controls, whilst completing a running circuit of around 300m, and then return to draw their route onto a base map. This 'map memory' style exercise placed pressure on both their physical and mental skills, as they tried to perform this at a pace that balanced accuracy with speed. Saturday afternoon saw a session reflecting on their planning processes and previewed the evening exercise,

where the athletes took to the Southern Night Championships and ran courses attempting to put these lessons into practice. A review followed and introductions to the analysis tools of 2D/3D Rerun and QuickRoute gave the squad chance to begin a critical reflection on their skills and tactics.

Finally, Sunday morning saw an opportunity to again put the learning points from Saturday evening into action, with the group joining in at the OK Nuts Trophy race. This gave the athletes opportunities to put the key skills of planning, distance judgement and direction under some pressure and see whether they could build on what they had taken from the experiences on Saturday.

The third training camp in the programme was held in the North Lakes. 'Picture' was the focus for this

camp and training exercises gave the athletes the opportunity to visualise the key features on their routes and in the control circle.

The first session was at Low and High Hows, Borrowdale, with a forking exercise without compass, so that the athletes could focus on the detail and features on the map. With several of the coaches shadowing, the feedback from and to the athletes was comprehensive and taken into the afternoon session. The snow began to fall as the squad moved to Hogs Earth for a pairs exercise with a map memory challenge. After looking at the first leg, one runner planned the route, put away the map, and ran it from memory, whilst his/her partner planned the second leg and they switched back and forth along the course. This exercise was described by one of the athletes as "a method

of training I'd never considered before for improving visualisation [map memory]".

The athletes thoroughly enjoyed the areas, describing them as "the best I've been on in ages" and went away with many ideas and inspiration for future training sessions.

The evening session saw the athletes analysing their routes and evaluating their training, before building on this the following day when the training was carried out at a higher intensity putting these skills under pressure on High Rigg.

The squad, energised by this weekend will now start their build-up to the racing season with a strong focus on improving both their physical and their technical skills.



Credit: Bob Draedge



Credit: Mark Nixon



Credit: Bob Draedge

SURREY CAMP

BLENCATHRA CAMP



Credit: Bob Draedge

TALENT SQUAD TRAINING ON HIGH RIGG, LAKE DISTRICT



Credit: Jackie Newton

TRAINING EXERCISES FOR ATHLETES



Credit: Mark Nixon



Credit: Bob Draedge



Credit: Mark Nixon



Credit: Bob Draedge



# British Schools Orienteering Association UPDATE

Autumn 2015 saw both of the British Schools Championships take place.

Report by Melanie Elkington, BSOA Secretary  
Photos by Barry Elkington, Emma Drohan & Ray Barnes

## British Schools Score Championships 10th October, Chobham Common, Surrey

The British Schools Score Championships took place on Chobham Common on 10th October 2015. Guildford Orienteers put on a very good event and although numbers were down those that took part thoroughly enjoyed themselves. St Andrew's Church of England Primary School won both the Boys and the Girls Primary Categories. In the Middle/Prep School Category St Andrew's Pangbourne won the Girls while Leicester Grammar School won the Boys. Loughborough High School won the Lower Secondary Girls while Hedingham School won the Secondary School Girls. Torquay Boys Grammar showed they were on good form by winning both Boys Categories in the Secondary Competition.

## British Schools Orienteering Championships 2015 15th November, Sandringham, Norfolk

The British Schools Orienteering Championships 2015 took place on the 15th November on the Sandringham Estate. This saw one of the closest results ever with only two points separating the top three Large Secondary Schools. Cockermouth School won with 26 points, Ulverston Victoria High School were second with 27 and Torquay Boys Grammar School in third with 28.

Leicester Grammar Primary won the Primary School Competition; Loughborough High School won the Small Secondary Schools Competition whilst Barnardiston Hall Prep School won the Middle/Prep Competition.

Of special note is the Year 13 Girls winning team who have won the year team trophy every year since they were in Year 8, although they didn't make it to the competition in 2009 as Cockermouth was flooded. Well done!

British Schools Score Championships - Primary Girls. Winners St Andrew's Church of England Primary School.



British Schools Score Championships - Upper Secondary Girls. Winners Hedingham School



British Schools Score Championships - Middle, Prep Boys. Winners Leicester Grammar School



British Schools Score Championships - Primary Boys. Winners St. Andrew's Church of England Primary School



British Schools Score Middle - Prep Girls. Winners St Andrew's Pangbourne



British Schools Score Championships - Lower Secondary Boys. Winners Torquay Boys Grammar



British Schools Orienteering Championships - Middle - Prep. Winners Barnardiston Hall Prep School



British Schools Orienteering Championships 2015 - Primary. Winners Leicester Grammar Primary



British Schools Orienteering Championships - Small Secondary. Winners Loughborough High School



British Schools Score Championships - Lower Secondary Girls. Winners Loughborough High School



British Schools Orienteering Championships - Large Secondary. Winners Cockermouth School

## STOP PRESS...

- This year sees British Schools Orienteering Association celebrating its 21st anniversary and the medals British Schools Orienteering Association supply to support both Championships events will reflect this.
- This year also sees British Schools Orienteering Association launching a new website that will support mobile devices.

## 2016 Dates for the Diary!

- The British Schools Score Championships 2016 are being organised by Leicestershire Orienteering Club on Saturday 8th October 2016.
- The British Schools Orienteering Championships 2016 is being organised by both Octavian Droobers and City of Birmingham Orienteering Club and will be held in Sutton Park on the 20th November 2016. The previous day there will be a training event held in conjunction with the World Schools Selection Race held in Sutton Park. Entry forms will be emailed to all BSOA members as they become available and will be available to download from the BSOA website. Please note that all those areas are now out of bounds to any child wishing to compete in those competitions.
- The next British Schools Orienteering Association Annual General Meeting will be held on Saturday 18th June 2016 at 10.30am until 11.30am in Stoke on Trent. All those with an interest in Schools Orienteering are welcome to attend. A meeting will follow on from the AGM. For more information visit [www.bsoa.org](http://www.bsoa.org)

## IMPORTANT NOTICES

THERE HAVE BEEN A FEW CHANGES TO THE SCHOOLS CHAMPIONSHIPS RULES SO PLEASE READ THE RULES CAREFULLY THE CURRENT 2016 RULES MAY BE FOUND AT [WWW.BSOA.ORG](http://WWW.BSOA.ORG)

MEMBERSHIP OF BRITISH SCHOOLS ORIENTEERING ASSOCIATION (BSOA) IS NOW FREE TO ALL SCHOOLS. FOR MORE INFORMATION OR TO JOIN ONLINE VISIT THE BSOA WEBSITE: [WWW.BSOA.ORG](http://WWW.BSOA.ORG)



# 2016 YVETTE BAKER TROPHY NEWS

PHOTOS BY ROB LINES

IT IS GREAT TO SEE ALL 10 REGIONS ARE HOSTING A YBT QUALIFYING ROUND THIS YEAR. ANY CLUB IN ENGLAND AND WALES IS ABLE TO ENTER A TEAM IN ANY ONE OF THE FOLLOWING HEATS. THERE IS NO REQUIREMENT TO GO TO THE EVENT IN YOUR OWN REGION. THE RULES FOR THE COMPETITION CAN BE FOUND ON THE BRITISH ORIENTEERING WEBSITE.

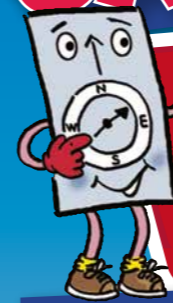


## 2016 YBT QUALIFYING HEATS STILL TO GO!

DATE	REGION	CLUB	VENUE
10/04/2016	EMOA	LEI	Spring Cottage, Ashby de la Zouch
17/04/2016	SWOA	BOK	Black Down, Mendips
08/05/2016	WOA	MWOC	Aberderw, Erwood
15/05/2016	YHOA	SYO	Sandall Beat, Doncaster
15/05/2016	NEOA	CLOK	Silton Forest, Osmotherly
15/05/2016	NWOA	PFO	Peel Park, Accrington
05/06/2016	WMOA	OD	Pooley Country Park, Polesworth

THE FINAL WILL BE HELD AT WORMLEY WOODS, NEAR BROXBORNE & HOSTED BY HEARTFORDSHIRE ORIENTEERING CLUB ON SUNDAY JULY 3RD. GOOD LUCK!

# ORIENTEERING GAMES & TIPS



## Charlie Compass says,

If you are under 18 years of age, you should be doing at least 60 minutes of moderate to vigorous physical activity every day to keep healthy.

## ATTACK POINTS

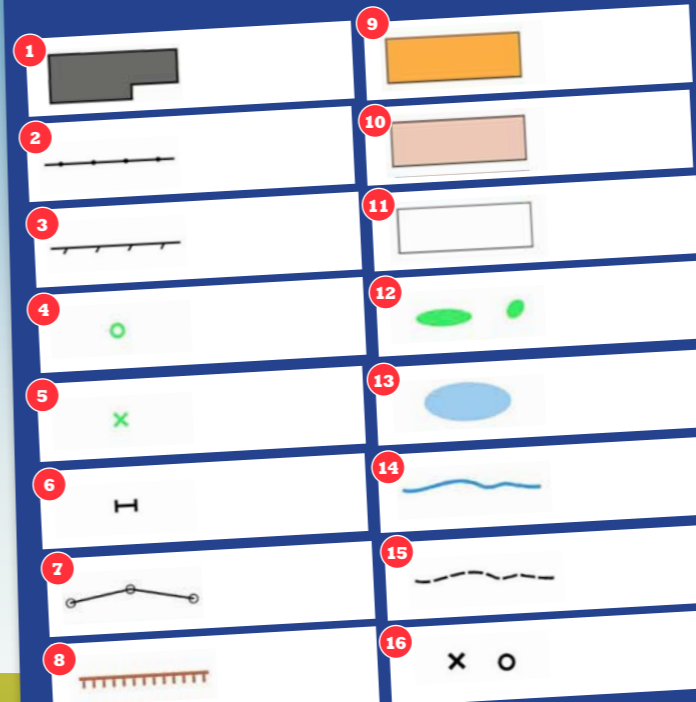


Millie Map says, When should I use an attack point?

## NAME THE SYMBOLS GAME

Knowing the symbols is important especially when orienteering in a country that doesn't speak English. It could be difficult to read words or understand someone who speaks a different language to you. The symbols are like their own language so no matter where you are, you will be able to understand the terrain.

There are 16 symbols shown below. Each one of these symbols represents a different feature on a map. Can you name the features?



How did you get on? Check your answers on page 8.

## Colin Control says,

An attack point is most useful when the control is on a small feature that is easily missed as you are running through the bush. Point features such as small depressions or boulders are good examples. Of course, there is nothing to stop you using an attack feature on controls that you think will be easy to find.

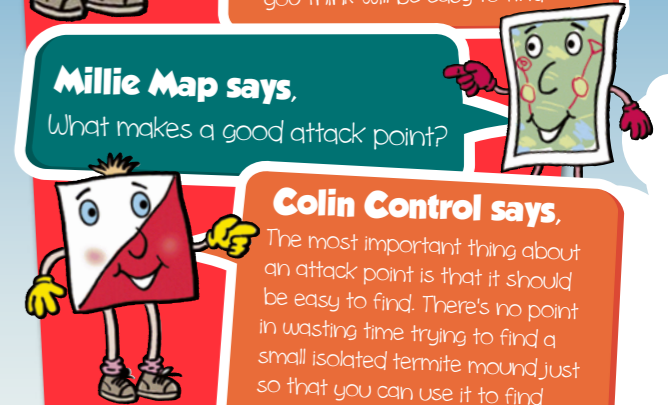


## Millie Map says,

What makes a good attack point?

## Colin Control says,

The most important thing about an attack point is that it should be easy to find. There's no point in wasting time trying to find a small isolated termite mound just so that you can use it to find another small isolated termite mound. It is much better to use something obvious like a track junction, watercourse bend or fence corner.



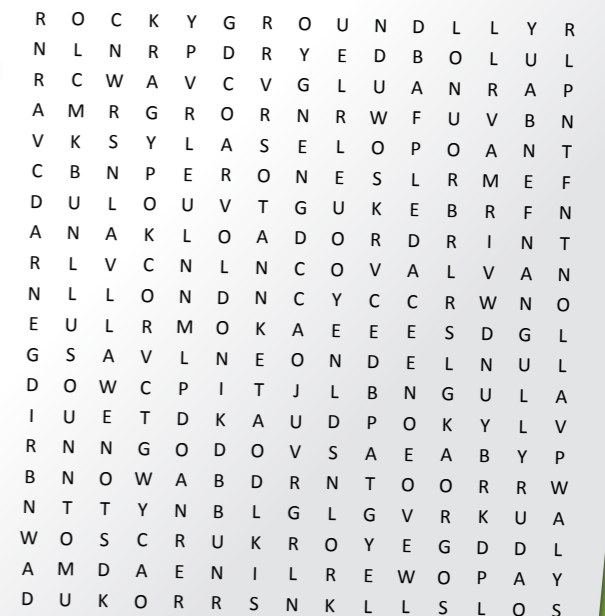
## Orienteering

# WORDSEARCH

Solution can be found on page 8.

More features! Find all 15 words located in the grid and cross them off the list. The words run left to right, right to left, horizontally, vertically and diagonally.

- ROCKY GROUND
- CAVE
- PIT
- ROAD
- CLIFF
- POWER LINE
- STONE WALL
- KNOLL
- SPUR
- GULLY
- BOULDER
- CREEK
- BRIDGE
- BARE ROCK
- TERRACE





## ALASTAIR THOMAS

**AGE:**  
15 years old

**CLUB:**  
West Cumberland Orienteering Club

**DO YOUR PARENTS ORIENTEER?**  
Yes

**WHY DID YOU START ORIENTEERING?**  
My parents orienteered before I was born, so I've always done it.

**WHAT DO YOU ENJOY ABOUT ORIENTEERING?**  
I enjoy that you need to combine both your physical and mental ability to perform in races; it isn't always the fastest runner who will win! Also I enjoy the fact that we get to run in such a variety of environments in orienteering, and it is always a challenge.

**DO YOU HAVE A COACH?**  
Yes, my coach is Lewis Taylor.

**HOW HAS HE HELPED YOU?**  
He has helped me to structure my training so that I get the most out of myself and he also motivates me to train well.

**WHAT HAVE BEEN THE BENEFITS?**  
I have learnt a lot of new training concepts which have helped me to train better throughout winter. Also there is a bigger support team around you to go to if you need help with anything.



Credit Wendy Carlyle

### HOW LONG HAVE YOU BEEN IN THE TALENT SQUAD?

I have been in the Talent Squad for 5 months.

### ARE THERE ANY PARTICULAR ASPECTS OF YOUR TRAINING YOU ARE WORKING ON AT THE MOMENT?

I am working on my cross country speed in the physical side of the sport, and on the technical side I am working on creating effective and simple plans that include a visualisation of the terrain.

### WHAT ADVICE WOULD YOU GIVE TO PEOPLE WANTING TO GET INTO THE SQUAD?

I would say that you need to work on your race preparation and technical ability in race situations, since at the end of the day it is the races where you need to show yourself at your best.

### WHAT DO YOU ENJOY DOING OUTSIDE OF ORIENTEERING?

Swimming, road biking and long fell runs in the Lakes.

## JAKE CHAPMAN

**AGE:** 16 years old

**CLUB:** Mar Orienteering Club

**DO YOUR PARENTS ORIENTEER?**  
Yes, my Dad did and still occasionally does.

**WHY DID YOU START ORIENTEERING?**  
I started orienteering because my Dad introduced me to it when I was younger and I loved it. I started when I moved to Deeside, where I met countless beautiful areas.

**WHAT DO YOU ENJOY ABOUT ORIENTEERING?**  
I enjoy being in the forest, and the sense of achievement from spiking controls.

**DO YOU HAVE A COACH?**  
Yes.

**HOW HAS THIS HELPED YOU?**  
My coach has helped me create sessions that have a specific focus to enhance my technical ability. He also inspires and motivates me to push myself and become a better orienteer.

**HOW LONG HAVE YOU BEEN IN THE TALENT SQUAD?**  
Under a year, I was selected at the end of summer 2015.



Credit Wendy Carlyle

**WHAT HAVE BEEN THE BENEFITS?**  
The talent squad has helped me plan and stick to a solid training plan, as well as organise training weekends with specific aims: physical and other technical aims.

**ARE THERE ANY PARTICULAR ASPECTS OF YOUR TRAINING YOU ARE WORKING ON AT THE MOMENT?**  
In terms of my technical training, at the moment I am trying to improve the speed at which I can plan legs and improve map memory.

**WHAT ADVICE WOULD YOU GIVE TO PEOPLE WANTING TO GET INTO THE SQUAD?**  
With motivation and determination, you can become anything that you want to be.

**WHAT DO YOU ENJOY DOING OUTSIDE OF ORIENTEERING?**  
I used to mountain bike, but I mainly just run and orienteer now!

## GRACE MOLLOY

**AGE:** 15 years old

**CLUB:** Forth Valley Orienteers

**DO YOUR PARENTS ORIENTEER?**  
Yes, my Mum is good and my Dad is keen.

**WHY DID YOU START ORIENTEERING?**  
My parents took me along to string courses from birth and I have orienteered ever since.

**WHAT DO YOU ENJOY ABOUT ORIENTEERING?**  
Nothing is more exciting than seeing an orange and white kite poking out from behind a crag. It has taken me to Turkey, Croatia and most excitingly Wales.

**DO YOU HAVE A COACH?**  
No

**HOW LONG HAVE YOU BEEN IN THE TALENT SQUAD?**  
6 months

**WHAT HAVE BEEN THE BENEFITS?**  
It has helped to structure my training and learn from the top athletes in the age classes above me.



Credit Wendy Carlyle

**ARE THERE ANY PARTICULAR ASPECTS OF YOUR TRAINING YOU ARE WORKING ON AT THE MOMENT?**  
I am working on increasing the intensity of my fitness training so that I am ready for the competition season.

**WHAT ADVICE WOULD YOU GIVE TO PEOPLE WANTING TO GET INTO THE SQUAD?**  
Orienteer as much as you can and keep pushing yourself to improve.

**WHAT DO YOU ENJOY DOING OUTSIDE OF ORIENTEERING?**  
I play lots of football and hockey.

## ORIENTEERING GAMES & TIPS SOLUTIONS

### WORDSEARCH

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

### NAME THE SYMBOLS GAME

- BUILDING
- WALL
- FENCE
- TREE
- TREE STUMP
- SEAT
- PLAY APPARATUS
- STEEP SLOPE
- OPEN LAND
- PLAYGROUND
- FOREST RUN
- BUSHES
- POND
- STREAM
- FOOTPATH
- MAN-MADE OBJECTS

