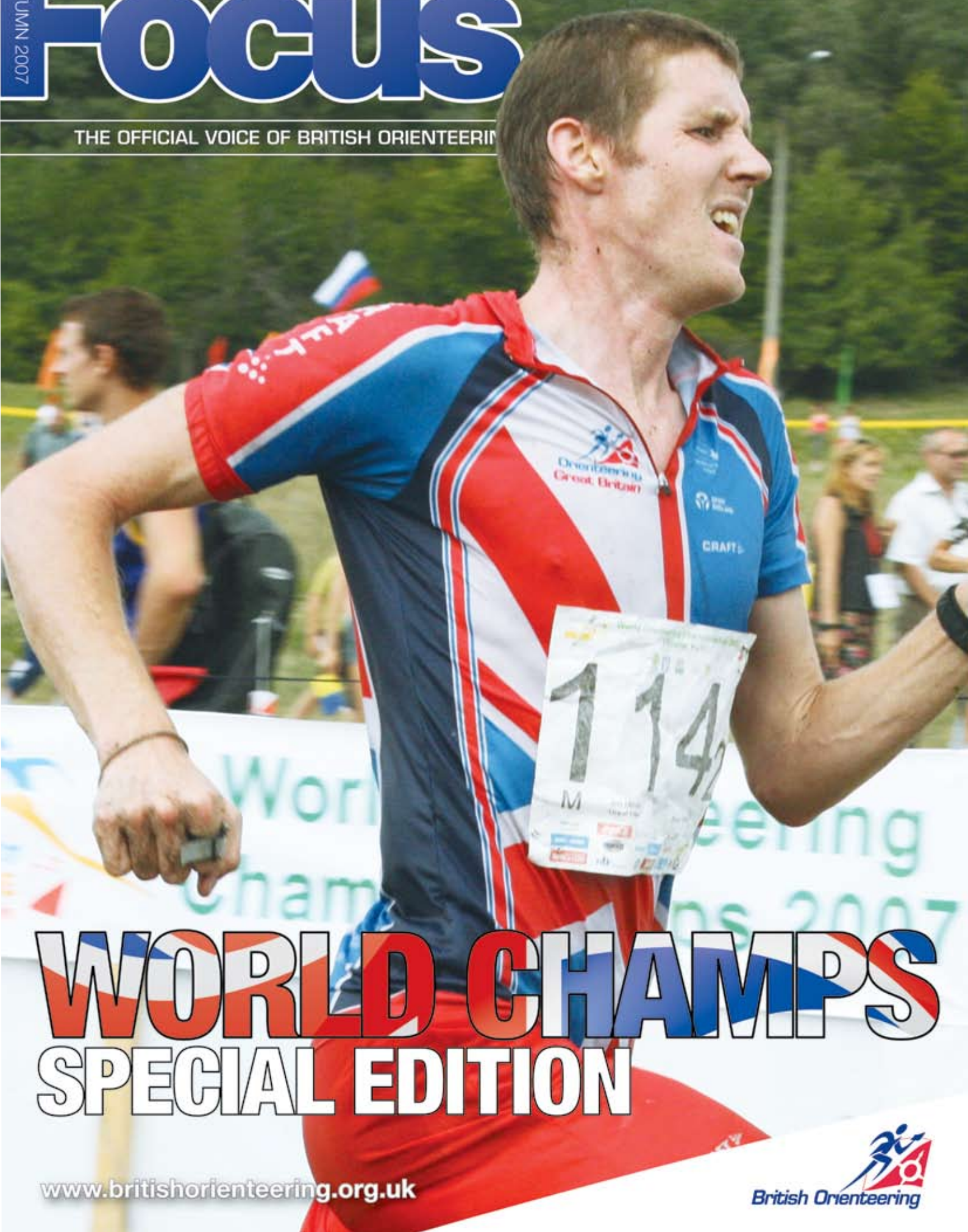


*Orienteering*

AUTUMN 2007

# FOCUS

THE OFFICIAL VOICE OF BRITISH ORIENTEERING



# WORLD CHAMPS SPECIAL EDITION

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

  
British Orienteering

Craft provide functional training and competition wear that ensures optimal performance.



# CRAFT



Craft clothing can be purchased from Ultrasport and planetFear.  
[www.ultrasport.co.uk](http://www.ultrasport.co.uk) and [www.planetfear.com](http://www.planetfear.com)



[www.craft.se](http://www.craft.se)

## Chief Executive's Update

The spring and summer have been even busier times than normal for staff. Amy Sarkies took maternity leave and has very recently produced a baby boy, called Rory Stephen. Congratulations to Amy and Adrian on Rory's birth, we look forward to catching up with you shortly. Laura Young has taken over Amy's role during her maternity leave and is already demonstrating her ability to deal with everything thrown at her!



From my perspective the period has been totally overshadowed by the work required to complete three portfolios of evidence, Safeguarding Children Intermediate Award, Equality Foundation Award and Equality Preliminary Awards. All are required by UK Sport and Sport England to demonstrate that British Orienteering meets the standards and the contractual obligations. Unfortunately we have been informed that we need to provide further evidence for both sets of standards; interpret that as we have not yet passed! Not good news. Hopefully by the time you read this we will have achieved the Equality Foundation Standard. Both standards require us to communicate our policies and action plans to our members so both take prominent place within this edition of Focus.

Congratulations to all those who participated in the World Championships. We had a few good performances at the World Championships in Kiev but, unfortunately, have failed to achieve a podium place. I'm sure there will be lessons to be learnt for athletes and staff.

Now that we have our Vision, 'More People, More Places, More Podiums (MP3)' and Values agreed we are in a strong position to commence work on our next Whole Sport Plan for

Orienteering. We will be looking to build on the vision and develop our Plan from the club level upwards rather than the more tradition top down approach; there is an article about the Plan in this issue of Focus. You will see the Vision repeated in various places demonstrating just how important it is in underpinning our work. Can I express the thanks of Council and Management Committee to the many members who contributed to the Vision and Values.

The debate about how British Orienteering is governed has progressed and Council have taken the decision to call an EGM on Saturday 27th October at the Holiday Inn near Rugby. Notices have been distributed to members with details and hopefully the EGM will enable those of you that are interested and able to take part in the discussions to tell us what you think about the Board of Directors. So far the feedback has been positive and the couple of queries that have been raised we have discussed and prepared responses that we will be putting before you for consideration.

The Conference being held alongside the EGM will be looking at the Competition Structure for orienteering and gathering your

views on the Whole Sport Plan for orienteering, a topic that is dealt with later in this edition of Focus. I suspect the Competition Structure discussion may raise the level of adrenalin and be a passionate debate! My only plea is that we consider ways in which the competition structure may be enhanced and play its critical part in helping increase participation in orienteering. No aspect of the competition structure should be held sacrosanct and classed as 'not for discussion' but we should make changes if there is a clear benefit or if the potential to increase participation is great and worth the risk. I'm using participation in the widest sense to include both members and potential members.

Part of this debate and of the Whole Sport Plan discussion is to consider how a membership organisation such as British Orienteering can focus on both retaining members and increasing participation. There is a need to balance decisions about how we retain our traditional orienteers whilst making the sport more inviting and accessible to new

audiences – difficult but not impossible criteria to resolve I hope. With three challenging discussions taking place at the EGM/Conference I'm looking forward to the day and feel sure that some great ideas will be put forward enabling us to find innovative solutions to secure the future of orienteering.

On the basis that there are several topics in this issue of Focus that I've prepared I think I'll leave you to read through another enjoyable magazine that hopefully provides something for everyone from World Orienteering Championships reports to Safeguarding Children! I'll return to the challenge of finding evidence for portfolios and battling to get back on top of all the work that has been put on hold whilst the portfolios were completed.

Before I go can I take the opportunity to thank Caroline and her workforce for the hard work she and they have put into editing and writing the three issues of Focus this year – I've spoken to quite a few members during 2007 and many have commented that Focus is now a valuable and professional means of communication.

**GO Gel TECHNOLOGY**

**SIS Smart 1**

**SIS energizer gel**

**make the smart choice**

**SIS**

**www.smart1energy.com**

# WOC 2007



### << GB Team Photo

Back Row (L-R)  
Graham Gristwood,  
Matt Crane, Scott  
Fraser, Jamie  
Stevenson, Jon  
Duncan)  
Front Row (L-R)  
Helen Bridle, Helen  
Palmer, Rachael  
Elder, Helen Winskill,  
Jenny Johnson,  
Pippa Whitehouse

## RESULTS

### Women's Middle Results:

**Gold** Simone Niggli Switzerland 00:32:13  
**Silver** Heli Jukkola Finland 00:33:18  
**Bronze** Marianne Andersen Norway 00:34:14  
=23rd Jenny Johnson Great Britain 00:43:32  
=23rd Rachel Elder Great Britain 00:43:32  
35th Helen Winskill Great Britain 00:46:13

### Men's Middle Results:

**Gold** Thierry Gueorgiou France 00:32:21  
**Silver** Tero Fohr Finland 00:34:22  
**Bronze** Valentin Novikov Russia 00:34:30  
26th Matt Crane Great Britain 00:38:34  
Graham Gristwood DNQ  
Scott Fraser DNQ

## MIDDLE FINAL

WOC Reports by Chris Poole & Photos by Courtesy of Digisport



**The World Orienteering Championships (WOC) took place in the Ukraine from the 18th - 26th August.** The Middle Final took place in the forest of Bortnychi, just to the east of the city centre. It was an encouraging sign for the IOF that 26 different countries managed to have a runner on the start line for the final. The results saw the familiar faces at the top of the leaders board but some highly established competitors found the challenge of the testing forests too much. In the compact arena under a baking sun at the finish there were lots of encouraging support from the relatively small crowd of spectators including a gaggle of British supporters.

### WOMEN'S RACE

It was a nervous wait for news of the first women runners as lots of them struggled with the technical nature of the terrain early in the course. It was World Ranked Number One Simone Niggli from Switzerland who retained her Middle Distance title with a controlled performance in the tough conditions. Simone was heard screaming in delight as her win was confirmed as Heli Jukkola crossed the line in second place. Niggli thus firmly establishes herself as a supreme champion with her new medal making a total of 11 individual Golds from World Championships since her first in 2001.

For the British team it was a day of mixed results and performances that were satisfactory without being outstanding. Jenny Johnson and Rachael Elder eventually finished equal 23rd, although had different feelings about their performances. Jenny in her last WOC race, had hoped to depart the international scene on a higher note. Starting steadily she had been caught just after the first

control by the French girl Verceletti and was a little surprised to 'lose' two minutes. She finished mostly satisfied with her run, but annoyed to have lost time on a relatively straight forward error, losing touch with the map after the run through the arena and heading towards the finish controls. She felt the mapping of the vegetation was inaccurate and a number of other experienced runners lost time there from similar errors. So it wasn't quite the performance she desired but it did deliver her best WOC result.

Rachael Elder was disappointed with her race performance as she had been looking forward to the challenge of the race. She felt it was a good challenging championship course, although she did feel that some parts of the courses and dense vegetation did offer an element of luck in finding the controls. Missing the first control and relocating off the second didn't help her cause especially as she had a clear plan and attack point for the first control, but she managed to run over a larger path without noticing. She put in a lot of effort to keep with the Czech runner Stara, but found the forest particularly demanding and didn't have much energy left for the easier running of the final part of the course. She admitted that physically and mentally the terrain was sapping "as you could see where you wanted to go but couldn't get there very fast".

Helen Winskill was equally disappointed with her run, and reflected that she hadn't particularly enjoyed the challenge, finding the forest hard work to run through and difficult to determine the landform shapes with the bushy vegetation. Like Rachael she had lost time at the first control, relocating off two, and then had another miss at control five.

### MEN'S RACE

The Mens Final saw Thierry Gueorgiou of France emphatically regain his title of King of the Middle Distance as he totally dominated the field winning his 4th individual Gold medal by just over two minutes. Only Matt Crane from the GB Team had qualified for the final with Scott Fraser and Graham Gristwood missing out.

Matt delivered a good performance for his best WOC result in 26th place. Matt was pretty satisfied with his race, rating it "8 out of 10 - a decent run, not a special run". He felt he could see how to improve on his performance for the future, as he had lost a bit of discipline in the latter stages as he was pushed off line by the tough terrain. But overall he enjoyed a really good course with plenty of variety.



Jenny Johnson's Map

Thanks to our generous team sponsors



# WOC 2007

## LONG FINAL

# RESULTS

**Women's Long Results:**  
 =Gold Minni Kauppi Finland 01:20:17  
 =Gold Heli Jukkola Finland 01:20:17  
 Bronze Simone Niggli Switzerland 01:21:48

32nd Helen Winskill Great Britain 01:40:04  
 42nd Pippa Whitehouse Great Britain 01:50:59  
 Helen Bridle DNF

**Men's Long Results:**  
 Gold Matthias Merz Switzerland 01:44:28  
 Silver Andrei Khramov Russia 01:48:06  
 Bronze Anders Nordberg Norway 01:48:36

9th Jamie Stevenson Great Britain 01:51:28  
 18th Jon Duncan Great Britain 01:55:55  
 Scott Fraser DNF



The Long race was an event of high drama and long winning times in the Golosivo forest. The organisers had chosen a picturesque setting for the finish arena amongst the fields of the rural museum on the forest edge. Overlooking the run-in was a backdrop of rustic windmills and old cottages all moved to the park from different parts of the country to showcase Ukrainian village life. The runners entered the arena towards a control on the base of one of the windmills for drinks and words of encouragement from their coaches before completing the final part of the courses. Temperatures were predicted to rise to 37 degrees, and the very stifling conditions made for a particularly tough long race. The winning times were predicted to be around 70 and 90 minutes respectively but maybe not surprisingly given the conditions the times exceeded these by a significant margin – 80.17 winning the Womens and 104.28 the Mens.

### MEN'S RACE

There was unexpected drama before the race started as first Marc Lauenstein of Switzerland was forced to withdraw with a stomach upset, then the reigning Long Champion Jani Lakanen of Finland decided a calf injury was too sore to risk after warming up at the start. As the race started it was a little difficult to gauge progress of the runners as split times were not appearing from the 2nd radio control so it was a long wait before news of the runners just before the arena and map exchange.

After the early withdrawals of the reigning Champion Lakanen and favourite Lauenstein we knew there would be a new face claiming the Men's title. Maybe a little unexpectedly but nonetheless with a dominant lead of 3 mins 38 secs, Mattias Merz of Switzerland proved his rise from junior success to senior level has been very swift. Junior World Champion over

the Long Distance in 2004 in Poland in quite similar terrain, to Senior Gold Medallist in only three years. A fantastic achievement for the young and strong Swiss runner.

For the Brits it was Jamie Stevenson who again showed his class producing another impressive top ten result in 9th, only one place lower than the best ever British result he achieved in 2004 in Sweden. He said "I am pretty satisfied with the race, technically good, I tired a little towards the end, but I did get a boost from catching Jon after a third of the course". Jamie had known about Lakanen's withdrawal before he started and used it to positive effect putting the 'Champion' out of his mind as he knew he didn't have anyone immediately chasing. The race was mostly as Jamie expected – nice open terrain, plenty of path routes to choose, long legs and very hot. He used a camelbak to good effect for hydrating during the race, only dropping it at the arena to lighten the load a little. The long leg of 3.6km through an urban section was a little surprising and he tried to choose a straighter line which didn't stay out on the open roads in the heat for too long. Overall he felt he had met the challenge very well of yet another gruelling Long distance.

Completing a good team performance for the British men – with only two other nations with two runners in the top 20 was Jon Duncan in 18th place. For Jon whose best Long finish was 17th last year in Denmark, "It was the usual story – survival rather than attacking a WOC Long Final". Again slight frustration at not quite being

able to show his best form. Proving how tight the margins often are between a successful performance and a satisfactory one. He had made a poor route choice early on, then was caught by Jamie and found a good rhythm for the rest of the course. Jon found the course less technical than expected, with none of the intricate gully detail used for control sites. Debutant Scott Fraser failed to qualify this year for the final but will definitely be back in the future.

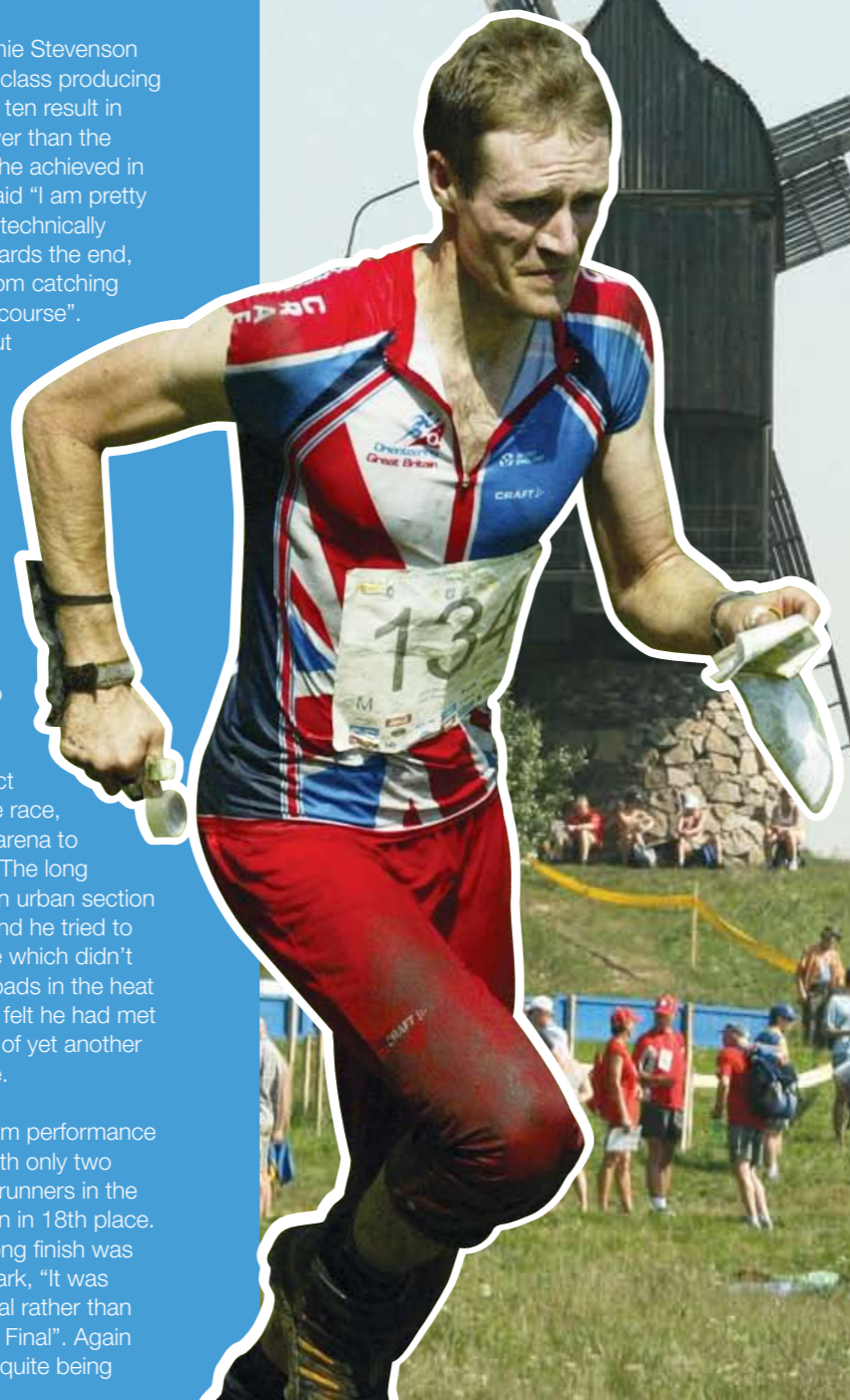
### WOMEN'S RACE

The Women's race produced exciting and historic scenes for the Finnish team, as amazingly Minna Kauppi and Heli Jukkola matched each other exactly to finish with the same winning time over such a long and testing race. This is the first time in WOC history that a gold medal has been shared and was also a special day to remember for both Jukkola and Kauppi winning their first individual gold medals. The reigning champion Simone Niggli had to be content to finish in the Bronze medal position in a race many had expected to favour her strong running talents.

Helen Winskill finished the best of the British Women in 32nd position. She was happy with her race saying "I really enjoyed the race in a bizarre kind of way." Although she was surprised by the long leg across the urban area and the courses avoiding the detailed gullies, she felt in a better frame of mind to meet the challenge compared to the Middle race and it gave her a good chance to put that experience to bed. Admittedly she lost a little time on the long route choice and then later some small time loss from playing a little too safe on a few legs. She didn't feel particularly affected by the heat, but felt you needed the ability to push hard on the running sections.

It was a draining experience for Pippa Whitehouse in her debut Long Distance race at WOC. She finished in 42nd place and had clearly been affected by the conditions despite carrying a Camelbak, wishing it had been a lot cooler. Technically she was happy with her race and her route choices with only a few small mistakes. Pippa did admit that she was a little scared to run too hard in the heat, and had felt drained from early in the course although her legs didn't feel tired at the finish. Helen Bridle unfortunately just missed out in qualification for a place in the final.

Dave Peel, Team Coach described the conditions as very, very hot and a race for the toughest competitors. He was satisfied with the performances of the team and reflected that all nations maybe have to revise expectations with the strength in depth of both fields particularly from the nations of Eastern Europe.



## LANDKOM UKRAINE

Landkom Sponsor GB World Champs Team

Landkom International is a land based UK company which is developing to be Europe's largest feedstock producer for biodiesel. Landkom is funded by investors throughout Europe and has developed agricultural land holdings of almost 100,000ha in Western Ukraine near the city of Lviv in the last two years, working closely with village and regional communities. The crops grown on the land are oilseed rape and wheat,

destined for processing into biofuels to meet obligations within the EU to meet the European targets for renewable transport fuels. Landkom's philosophy is to provide green fuels and be a feedstock producer with high environmental standards meeting the needs for carbon efficient fuels which capture more carbon dioxide than they release.

The economy in Western Ukraine is dependent on agriculture and has gone through hard times since decollectivisation of land." There is a great deal of rural poverty with insufficient capital to fund farmers production, despite the land being some of the most fertile in the world" stated Dr Keith Dawson, Director of Agriculture for



Landkom." We have already boosted the local economy by providing employment, land rents, and taxes and adopting a social program to help local schools and orphanages".

"As a land based company in the Ukraine in harmony with the environment, sponsorship of the GB team at the Ukraine WOC was in sympathy with our company's aims" said Dr Dawson "With over thirty years of enjoyment from orienteering and having seen events such as the World University Championships at first hand, we were delighted at Landkom to help the team in their endeavors in the Ukraine."

Thanks to our generous team sponsors



# WOC 2007

## RELAY

### MEN'S RACE

Gold was the colour for the second consecutive year as the Russian team celebrated cruising to the finish line with the flags raised. Using exactly the same team as last year Roman Efimov had set a fine start for the champions only 5 secs behind Finland after leg 1. Andrey Khramov then built a lead of 1 minute 33 secs over the

Norwegian team in 2nd place on the second leg. Valentin Novikov on the final shorter leg kept his cool to extend the lead before having time to celebrate without the eventual silver medallists Sweden catching.

The Russians were relatively clear in first position although the margin wasn't huge at any stage but it was an exciting battle for the other podium positions as the order changed several times during the 2nd and 3rd legs.

Setting the pace for GBR early on the 1st leg was Graham Gristwood, with a narrow 6 sec lead at the 1st radio control. Speaking after his run Graham said there was quite a bit of gaffling in the gullies and he had missed maybe 30 secs on a route choice leg and another 30 secs at a gully control. At the 2nd radio control he punched just behind France and Sweden and kept in touch with them until the spectator control on the windmill.



Left: Womens Relay Team  
Below: The Mens Relay Team



Graham finished the leg after the final loop strongly in 15th place, but only 1 minute 49 secs from the lead of Mats Haldin of Finland. Although Graham did find the steep ascents and descents into the numerous gullies particularly energy sapping, he was very happy with his race and felt he was running as strongly as the leaders.

Jon Duncan carried on from Graham's lead off. Graham had passed on a message at the changeover "there's lots of gaffles and I've had a good race", Jon said it was just what he needed to hear. At the first radio point he had moved up to 12th position from 15th, then by the spectator point he had gained to 10th behind the Russian leaders. By the end of the second leg Jon had pulled back to sprint past the French team to handover to Jamie in 8th place. Jon did say he felt a little heavy legged at the start but was very pleased with his run saying "that was nice, it feels good to do that and give Jamie something to do". Jon did feel that it had been an advantage for him running the Long race as he had a couple of similar routes and close control sites. He explained it was a good fast forest, but you needed a good strategy from your attack point to hit the controls cleanly.

Jamie Stevenson started just in front of Thierry Gueorgiou, but even as they left the open area and headed into the forest the Frenchman was 30 sec ahead and it was apparent that they had different gaffles for the first few controls. As they approached the first radio control, Thierry had pulled further ahead. This was how it stayed for the rest of the race, but Jamie was able to pick off the Italian and Ukrainian runners

and bring the team back in 7th, so close to a podium top six. Jamie said he was happy with his race and routes, but just didn't quite have the edge to catch Thierry who moved France up to the 6th position. Overall an impressive team performance as the British team were in the shout for a podium position throughout the race but as Jamie said "Close but no cigar..."

### WOMEN'S RACE

The women's race was exciting right from the start with the lead changing from first Russia early on leg 1 to Sweden with Annika Billstam taking a 23 sec lead over Russia. Pippa Whitehouse started well and despite a punch up at the 3rd control where 10 runners descended on the single SI unit she showed her strength and hard running form to take 5th position at the spectator control and after the final loop back into the arena in 6th position at the end of leg 1. Pippa was really pleased with her run and was much happier in the cooler conditions and described a very runnable and visible forest. She said the controls had been hung high and it was possible to run very straight lines as you could see the landform shapes very clearly in the open forest.

Helen Winskill headed out on second leg 2 minutes and 46 secs behind the Swedes. She was still with the second chasing pack at the 1st radio control, but had dropped



# RESULTS

### Women's Relay Results:

**Gold** – Finland (Paula Haapakoski, Heli Jukkola, Minna Kauppi) 01:46:35  
**Silver** – Sweden (Annika Billstam, Emma Engstrand, Helena Jansson) 01:47:41  
**Bronze** – Norway (Ingunn Hultgreen Weltzien, Marianne Andersen, Anne Margrethe Hausken) 01:47:50

16th – Great Britain (Pippa Whitehouse, Helen Winskill, Helen Bridle) 02:09:06

### Men's Relay Results:

**Gold** – Russia (Roman Efimov, Andrey Khramov, Valentin Novikov) 02:10:26  
**Silver** – Sweden (Peter Oberg, David Andersson, Emil Wingstedt) 02:11:08  
**Bronze** – Finland (Mats Haldin, Pasi Ikonen, Tero Fohr) 02:11:35

7th – Great Britain (Graham Gristwood, Jon Duncan, Jamie Stevenson) 02:15:18

a little time to that second group by the 2nd radio. Punching in 9th position at the spectator control Helen had a chase on to catch Grace Elson of Australia. She maintained the position to hand over 10 minutes 16 secs behind the leading Finns. Helen said she was disappointed at the amount of time she had dropped to the leaders and the pack.

With the shorter last leg and fast runnable terrain it was always going to be a tough ask for Helen Bridle to pull the team up the leader board. She held 9th position through the 1st radio control but at the 4th control she made a big mistake in the detailed gullies. She hadn't realised how far left she was of the control and corrected further away before relocating. It was to prove difficult from there to hold her position and visibly tiring after the remainder of the course she finished in 16th position. It was a disappointing finish for the Women's team after the early promise of the good start from Pippa.

### FOCUS ON PIPPA – Preparing for WOC

Since mid-April I have taken time out from work, and have used this to concentrate on my orienteering. I based myself in Gothenburg as this offers a good mix of terrain, plenty of people to train with, but also easy access to the rest of Europe. I've benefited in many ways; building up my confidence in Scandinavian terrain, taking the time to hone my navigational skills, and improving my strength and stamina. The confidence I've gained meant I was able to approach the team selection races with a relaxed attitude, and just focus on my orienteering.

Immediately after the selection races I spent a week in the mountains of Sweden building up my stamina with 2-hour terrain runs in the morning and technique training in the afternoon. This was the final touch to my training for the long distance and in the two weeks following this I returned to running shorter intervals and hill reps to ensure I also had the speed for the relay and sprint.

In the final few weeks before WOC I raced selectively at the Swedish O-Ringen and the Scottish 6-days to simulate more high pressure race scenarios and check I was happy with the extra things that races throw at you, like drinks stations, butterfly loops, spectators etc. The team also visited Kiev for a short training camp. This is invaluable as it enables you to suss out all the little oddities that you'll have to cope with – the food, weather, chaotic transport systems – as well as practice specific techniques relevant to the Kiev terrain.

Finally all the hard work is over and you can taper just some short intense sessions, interspersed with my favourite hobbies of eating and sleeping. I returned to Durham for the week before WOC as I knew it would be less stressful; a chance to run my favourite training routes, sample my boyfriend's excellent cooking and get a stress-free lift to the airport for my 6am flight. It's the little things like this that mean you are relaxed and raring to go when you reach the start line."

Thanks to our generous team sponsors



# WOC 2007

## SPRINT FINAL

The final contest of the 2007 Championships was the dramatic Sprint Final races. Using the parkland and forested terrain of the Botanical Gardens on the western flank overlooking the Dnipro river. Runners started from the impressive finish bowl before passing on a short spectator leg onto a spur above the edge of the arena. The courses of 2.5km for Women and 3.2km for Men produced an exciting spectacle for the crowd of spectators.

### MEN'S RACE

The British Men's Sprint team performed well in the heats and hoped to continue the great results achieved over the last few years in Sprint Finals. Jamie the Sprint World Champion from 2003 has prepared with his usual thoroughness, and anticipation was high for Graham Gristwood after his outstanding 9th position in last years Sprint in Denmark. Qualifying best of the team from the heats, was Jon Duncan continuing the form he produced with his recent podium 6th at the World Cup Sprint race in Sweden.

After two years of Swedish domination by Emil Wingstedt, a thrilling Men's race saw a new champion in Thierry Gueorgiou of France. He produced a superb eyeballs out sprint down the run in to take the win from Mattias Merz of Switzerland by 9 hundredths of a second, and then a large gap of 18 seconds to Martin Johansson of Sweden. Gueorgiou thus became the only man to finish the Championship with two gold medals, and his first World Championship Sprint Title.

All three British men packed into the top 20. It was the youngster Graham Gristwood who produced the best result of the trio in an impressive 12th position, 46 seconds behind Gueorgiou. Graham was very pleased with his performance feeling it was a better technical run than his race last year for 9th position. Graham reckoned he had missed only a couple of controls by 5-10 seconds and felt it was a good course with a good variety of terrain.

Graham ads, " To achieve the results I wanted, I decided early on that WOC in the Ukraine is a lot about running speed and also orienteering at a very high intensity. I



trained a lot of high intensity running (ie. intervals) during the winter to try and increase my running speed and general fitness and then in the spring and early summer, I tried to do a lot of high intensity orienteering and specific training in the Ukraine to prepare myself for the races."

Jon Duncan finished in 16th place producing his best ever result in a World Championship final, his previous best was 17th from the Long Distance in 2006. Jon said it was a fast running course and he was a little hesitant at control 2, trying to decipher the vegetation and then late in the course at control 13 where he drifted past the control not picking the correct thicket the control was on. He estimated he had missed by maybe 15 secs here and could have been maybe 2 or 3 places higher.

Jamie Stevenson finished in 18th position, 1 minute and 12 seconds behind the flying Frenchman. Jamie said it was an ok run, but not great. He had found the forest sections quite rough and nettly and said he was maybe a bit conservative with one route choice.

### WOMEN'S RACE

The World Number One Simone Niggli stamped her class on the women's field to reclaim her Sprint World title with a relatively large margin of 20 seconds over the Finn Minna Kauppi. Simone increased her tally to 12 individual gold medals, although not as dominant as she was on home soil in 2003 winning all four medals, she still leaves the Championship with two Golds and one bronze medal. Minna Kauppi has also had a very successful week winning two Golds and one Silver. Completing the Scandinavian/Swiss dominance of the medals was Lena Eliasson of Sweden taking the bronze medal a further 20 seconds back.

Debutant Helen Palmer missed out in qualification so Britain had two women in the Sprint final with high hopes for both Helen Bridle and Pippa Whitehouse after their impressive results last year in Denmark. Both qualified well in the heats with Helen in 8th place and Pippa in 4th.

Pippa Whitehouse finished best placed of the two British Women, in 28th position, but 2 minutes 38 seconds behind Niggli.

## RESULTS

### Men's Sprint Results:

**Gold** Thierry Gueorgiou France 00:14:44.0  
**Silver** Matthias Merz Switzerland 00:14:44.9  
**Bronze** Martin Johansson Sweden 00:15:03

12th Graham Gristwood Great Britain 00:15:31  
 16th Jon Duncan Great Britain 00:15:47  
 18th Jamie Stevenson Great Britain 00:15:52

### Women's Sprint Results:

**Gold** Simone Niggli Switzerland 00:12:06  
**Silver** Minna Kauppi Finland 00:12:26  
**Bronze** Lena Eliasson Sweden 00:12:46

28th Pippa Whitehouse Great Britain 00:14:38  
 35th Helen Bridle Great Britain 00:15:00  
 Helen Palmer DNQ



Graham Gristwoods Map

Thanks to our generous team sponsors





Derek Allison on far left with the World Champs Staff (Heather Monro, Liba Sheeran, Dave Rollins and Dave Peel.)

# World Class

Derek Allison's new role at British Orienteering and an update on the World Class Programme.

Since February, Derek has been endeavouring to spend more time on the World Class Programme (WCP) and less on coaching. The long term plan is for Derek to be full time on the World Class Programme. Along with the other staff, he has been considering, planning and implementing the recommendations of the WCP review and Heather Monro's questionnaire on the WCP. The World class staff have met twice this year. This is the first time they have met 'away from a camp or competition', specifically to consider the reviews and plan for 2008 and beyond.

## Funding Position

Although Sport England now have a 'participation focus', they say that they accept continued responsibility for the Start and Potential Programmes which they are currently funding. We hope that this means these funding streams will continue. UK Sport's position with regards to orienteering after April 2009 is yet to be confirmed to British Orienteering. Currently water skiing and orienteering are funded as non-Olympic sports and British Orienteering relies heavily on this funding. In May the British Orienteering Council met and approved the outline budget for 2008; this indicates a further reduction for the WCP for 2008 of £45,000, down to £329k from £374k. However on the positive side, the Council has included a performance statement in the vision and has accepted responsibility for Performance by allocating some membership/levy income in the future.

## Support from External Councils

We believe that our results at the next two World Championships (2007 and 2008) will be critical in the decision to continue to fund our World Class Programme. We need to demonstrate that we can continue to deliver top 10 results.

## 2008 Programme

To be able to satisfy the requirements of giving more frequent individual support as identified in the reviews, the size of the squad will be reduced as previously indicated. The WC staff and selectors are currently reviewing the selection procedures and developing the plans for 2008. All those selected for the squad would have access to the 2008 programme.

The role of the World Class staff will be to work exclusively with the new 2008 squad, this will include significant coach time with each of the squad members.

All athletes selected would undertake at least one case conference with their personal coach and members of the World Class staff. These will take place in the later part of September or early October. The selected athletes would be involved in the development of the Plan for 2009 – 2012.

Derek Allison  
World Class Programme Director

# World Cup Round Up

by Dave Peel



The recent months have been busy for the GB team with the start of the new look World Cup. This new format has allocated Britain places for nine men and nine women – far more than we have had in the past. The extra places have enabled many more athletes to sample international competition and test themselves against the best in the world. The costs to fund so many runners are beyond our budget so athletes have self funded their World Cup races. Competition is tough as all the strong nations in the world have big teams with the three best nations being allocated ten runners.

The first race was a sprint in Lapua, Finland in association with the Jukola relay. Top performers there were Graham Gristwood in 11th with Jon Duncan 10.1 secs behind in 15th. This was a great performance from Graham who has been producing consistently high performances internationally this year and established himself as a main player in the GB team.



Jon Duncan secured 6th place at World Cup 5, Sweden.

Eight days later and round two was in Norway in association with O-Festivalen. Jon Duncan was our best performer in 25th which was a frustrating result given he was in 15th position only four controls from the finish.

The world cup took a break and then moved to Sweden for three races in association with the O-ringen (the world largest orienteering event with 14,300 competitors). The program started with an ultra long mass-start race followed by a middle distance and then a sprint in Mjølby town centre. There was a strong team performance in the ultra long with five men & one women winning world cup points in the top 40, with WOC medallist Dan Marston the highest in 29th. The middle saw Jon Duncan producing another world-class performance in 11th his best performance for five years. This was short lived as the following day in the sprint Jon bettered this finishing a fantastic 6th in the sprint.

Jon has worked hard on his fitness and more importantly his technical skills this season and he's reaping the rewards and answered some of his critics who say he's past his best. The World Cup overall scores can be found at: [www.orienteering.org](http://www.orienteering.org)

# MBO

Mountain Bike Orienteering



Two championships have taken place since the last issue of Focus, the Europeans and the Worlds. Both Championships include a sprint, middle, long and a relay event. The highlight of the week at the Europeans (Florence, Italy 4th – 9th June) was the undoubted talent of Emily Benham winning the first ever MTBO medal for GB - a silver medal in the W20 class in only her third MTBO race.

The 18 year old showed a raw talent for the sport and a gutsy approach to the tricky down hill sections of the course. She had been quietly confident of riding well having seen how the other riders had performed at the previous European Championships in Poland last year. Her time would have given her a top 20 position on the same course as the senior women! Hopefully her performances will inspire more juniors and adults to try out the sport. The team had more personal bests, with Andy Conn and Janine Inman achieving top 20 performances at a major championship. At the World Champs in the Czech Republic it was once again Emily Benham (competing in the senior women's class) who produced the best result in 35th with Andy Conn the best of the men in 24th.

## Gold at the World Masters



I was a late starter to orienteering completing my first ever event as a W35 and five years later my first GB international. At 47, I retired from the GB squad (in 2001) with a fair number of steady performances at international level behind me, but knowing that I had never had the 'perfect' run in a World Cup or World Champs race. I enjoy technical orienteering and rough terrain and felt that WMOC in Finland, although not quite the same as Elite International Races, would be a competitive field in challenging terrain and an opportunity to have another go at that perfect run.

The map didn't look very inspiring but then it didn't show that the white forest has a dense cover of small young trees and bushes; or that anthills are covered in lichen and hard to spot; or that contour lines seem to indicate imaginary hills; or that the controls will be carefully placed – fair, but not easy to spot. When I crossed the line I knew I could say 'I had my best possible run'. I know I could and should have been fitter but perhaps one can always say that. I maybe could have pushed a bit harder in places and moments of distraction that I should have avoided, but I was always quick to regain my focus on getting the most from every moment. For once I had total belief in myself and I did it. The whole experience felt and feels quite special. I know it is not a 'proper' World Champs medal but so what - the satisfaction I feel doesn't come from the bit of metal round my neck but from the knowledge that I gave this thing my total commitment, achieving a performance on the day that I was really proud of.

by Liz Campbell

# World Trail O Championships



Quoting Brian Parker, the IOF Event Advisor for WTCO 2007, "It is done, it was good and medals were well dispersed." The whole event was supported by Valeriy Sushkevych, President of the Ukrainian Paralympic Committee who looked in on the Day 1 competition and attended the Banquet; however all competitors must be grateful for his input in finding the excellent accommodation situated in a pine forest even if it was necessary to travel daily to the competition areas by bus.

Six different nations won the medals with another five at the flower ceremonies for the top six. This shows that the elite Trail Orienteers from many nations are all capable of winning medals and that the terrain and planning in different countries suits some more than others with speed at the time controls often making the difference between a medal and not even being given flowers.

The new World Champion (Paralympic class) and Gold Medalist is Roberta Falda ITA, with the 2005 winner wheelchair user Valdas Butrimas LTU taking the Silver Medal and Bernt Gustafsson SWE the Bronze. The Gold medallist after the two day competition was Kreso Kerestes SLO, one point ahead of Antti Rusanen FIN and Ole Johan Waaler NOR; Dave Gittus was the first eligible paralympic competitor in this class.

The British team did well in the Paralympic class to get 5th (Dave Gittus), 7th (Dick Keighley) and 9th (John Crosby) and Neil Cameron who was at the Day 1 competition will have been pleased, especially after he tried the course. Anyone interested can find the full results, the maps and many photos on [www.wtco2007.org.ua/result](http://www.wtco2007.org.ua/result)

## European Trail Orienteering Championships

The recent European Trail O Championships held from the 9th - 12th July in Maubuisson, France certainly proved that the discipline can appeal to the World Elite Foot Orienteer when French athlete Thierry Gueorgiou, a known technical orienteer proved that he could adapt to a slower pace by gaining the title and Gold Medal. Second was Paralympic competitor Arne Ask from Norway and third was Alan Gartside from Belfast, competing for Ireland. In the Paralympic class Dave Gittus' had to settle for the overall fourth place. He with Dick Keighley and John Crosby gained bronze medals in the Paralympic Team Competition.

# Scottish 6 Days International Orienteering Event Spey 2007

The 30th anniversary of this prestigious event saw a return to Badenoch & Strathspey, the scene of the very first Scottish 6 Days. Much credit must be given to the far-sighted and visionary Scottish orienteers who met on the Darnaway Estate just before the successful staging of the World Championships in 1976 and decided to try and establish a multi-day event for orienteers of all ages and standards. From an entry of 800 in 1977, large at the time, we have moved to a position where many British orienteers and an increasing number of foreign ones, make this event an absolute priority when it is staged in every 'odd' year.

This year's central team was provided jointly by the Edinburgh Southern and Badenoch & Strathspey clubs. The venue was again the Spey Valley and we have tried to make as many connections as possible with that very first event. Three of the areas, Alvie, Anagach and Culbin, were used in 1977 but have, of course, been substantially revised. The original Alvie map even covered an area which is now the other side of the very busy A9 trunk road. The three other areas, Balavil, Camerory and Inshriach West, were partly or wholly new to the 6 Days Event this year.



By the time pre-entries closed on the 20th July, 3,750 competitors had entered, almost 1,000 of them from overseas (the largest contingents being 280 from Sweden, 125 from Norway and 105 from Switzerland). It was also pleasing to report an increase of about 25% in the entries from UK clubs outside Scotland. With entry on the day also being high, we can say that over 4,000 people were competing for at least part of the week, and mainly for all 6 days. This made Spey 2007 the biggest ever multi-day event held in Britain apart from the Highland 99 which was run in conjunction with the 1999 World Championships. Possibly the most distinctive

Good, wholesome, homemade food...  
at  
Events  
01539 822329



and

at our  
Café  
Staveley, nr Kendal  
Cumbria  
www.wilfs-cafe.co.uk



### Elite Winners:

- 1 Oli Johnson GBR
- 2 Allan Mogenson SWE
- 3 Johan Nordlund SWE

- 1 Sarah Rollins GBR
- 2 Elisabeth Hovmöller SWE
- 3 Kim Buckley GBR

feature of Spey 2007 was the contrast in terrain from day to day, and even within some of the days. Traditional Scottish plantation forest, more natural pine forest, birch woods and semi-open or open moorland all played their part. Some parts of the areas were deemed a little rough by some, but the general impression was of quite runnable terrain with plenty of challenging navigation in very well-contoured and sometimes rocky ground. Some of the veteran classes, partly because of the presence of top-standard Scandinavian competitors, even produced winning times quite a lot faster than anticipated. Day 6 in the classic eskers, kames and kettle holes of Anagach Woods right next to the Event Centre in Grantown-on-Spey provided a fitting climax to a most successful event.

The Mens and Womens Elite competition was run using a new format aimed at providing more exciting racing. All days counted instead of the best 4 out of 6, and there were 3 'ordinary' races, 2 middle distance races and a full-length classic race. The traditional chasing start was held on Day 4 while the finale was a reverse-order start based on each competitor's previous 5 times.

With 5 training areas, and for the first time some coaching made available on each of them, the event attracted good numbers in the preceding week. There was also an MTBO race in Inshriach Forest and a very popular Sprint Race in Kingussie on the so-called Rest Day.

Sponsorship and grant aid, from both public and commercial sources, also made a distinctive contribution and we were able to run a hospitality tent on Day 6 to which sponsors and local community representatives were invited. The event was part of the Highland Year of Culture and this gave us substantial extra funding for event enhancement and the employment of a professional publicity company. As a result, media coverage was greatly improved and was very much on message.

The 2007 summer weather let us down somewhat, with Day 2 being particularly difficult because of heavy overnight rain, but the middle of the week provided some welcome sun and warmth. Spirits nevertheless remained high throughout.

Mike Atherton (BASOC),  
Co-ordinator

Let's have more

# STREET-O!

by Neil Cameron

I believe street-O can play an important part in pursuing our new vision of "More people, more places, more podiums (MP3)". It addresses two of the MP3 elements, and also offers valuable opportunities for promoting the sport through visibility and ease of access, as well as enabling us more easily to reach currently under-represented groups such as ethnic minorities.

"But it's not really proper orienteering!" I hear. Well, in my opinion, it's simply one form of orienteering which lies on the spectrum of navigational race opportunities. If it's not for you, that's OK, but please don't dismiss it as trivial or irrelevant. It offers a superb opportunity to offer orienteering to large populations in an accessible and environmentally friendly way.

Further advantages are that organisers and planners can be found more readily since the work of organising or planning an event is not excessive, and events can be held with minimal on-the-day effort, making early evenings, afternoons or Saturdays all potential times, dependent on local conditions.

Street-O differs from sprint-O in an urban area in the type of map and

types of controls used. Figures 1-3 show three different types of street-O map drawn to different standards. Generally, the only mapped items are the streets or roads, paths, alleys and other pedestrian rights of way. But occasionally, the mapper may decide to show selectively other features such as railways, ponds, streams, buildings or even distinctive trees. Maps are



Bishop's Cleeve Credit: John Fallows

fig.1

theft, as well as highlighting many interesting features of the area being used that often go unobserved even by local residents.

Map segment 3 is of part of Lydney in Gloucestershire, a town with a population of under 10,000. From census data, there are well over 2,000 urban areas of this size in England and Wales alone, and many of those could offer several or dozens of potential areas, meaning there are many thousands of readily accessible areas available for street-O. Given that a hamlet like Gorsley (map segment 2) has only a handful of houses, there are also plenty of other suitable semi-rural areas close to major urban centres.

Street-O has different dangers to traditional orienteering so it is important that competitors are reminded that they take part at their own risk, and advised not to allow the excitement of competition to remove the need for awareness of traffic. The organiser must also play a role by choosing areas and event times that reduce risk and there is a new British Orienteering risk assessment form available to assist. Provided events are registered with British Orienteering, and a proper risk assessment is done, events will be covered by insurance.

Street-O is great fun, and offers marvellous opportunities to recruit new volunteers, to promote the sport to new audiences, and to increase participation and membership – give it a try!

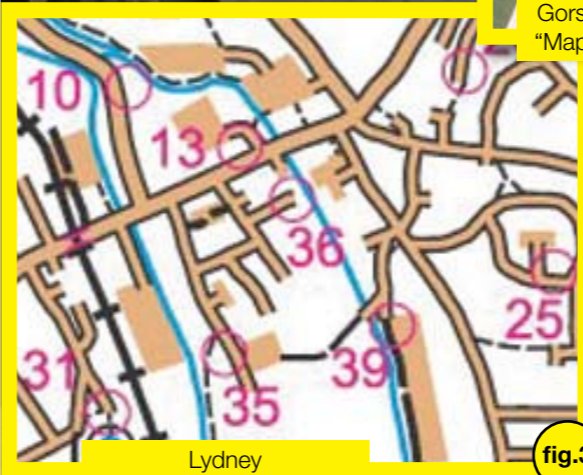


Gorsley Credit: Peel Land Surveys  
"Map drawn to client specification"

fig.2

generally faster and less time-consuming to draw than standard O maps.

In street-O the controls are usually not standard O kites with punches or electronic controls, but instead require the competitor to record something such as a post-box number, a house name, or a lamp post number, or to answer questions about features to be found at the control circle centre such as signs, colours of objects, or other interesting items. This approach obviates the need for marshals to protect controls against vandalism or



Lydney  
Courtesy of Joe & Sam Taunton

fig.3

The new British Orienteering website has many new functions and a guide to how to use these can be found on the new site. A brief overview of what each "section menu" includes is explained below:

**Navigation**

To navigate around the site you need to use the "section menu" across the top of the page. Once you have chosen a section, a menu will appear on the left hand side of the page. There are nine sections:

**Home**

From the home page you can log onto the members only area. The members only area enables you to renew your membership online and enter and pay for yourself and friends to compete at events.

**New to Orienteering**

This section is aimed primarily at newcomers with information on getting started and going to your first event. It also enables people to search for Clubs and Permanent Orienteering Courses in their area and join British Orienteering online.

**News Archive**

You can search for all past News items by subject and date.

**About British Orienteering**

This section is all about the Governing Body and includes all British Orienteering Policies and Regulations. This section also includes details of all the committees and their members and a link to a business calendar which includes recent minutes.

**British Teams**

This section includes details of the World Class Programme, British Squad profiles and selections.

**Developing Orienteering**

This section provides a wealth of information about how to develop orienteering within your club or school and the support that is available. This section also covers personal development. You can find out more about how to become a coach and coaching information that will improve your orienteering. There is also advice about how event organisers can improve their skills.



**Downloads**

This section contains all the documents that you are able to download from the British Orienteering website in one place.

**Event Information**

Here you can locate the fixtures list through "find an event", check out the event rules and guidelines and view details of future major events. There is also information to help event organisers.

**Contact Us**

Contact details for the National Office and for the different departments.

I hope that you like the new website and find the new functionality useful. If you have any technical comments please send them to [webmaster@britishorienteering.org.uk](mailto:webmaster@britishorienteering.org.uk). General comments should be sent to [marketing@britishorienteering.org.uk](mailto:marketing@britishorienteering.org.uk)

# Lee Valley

## Orienteering Competition

### Is your school up for a challenge?

THE LEE VALLEY REGIONAL PARK CHALLENGED ALL SECONDARY SCHOOLS IN THEIR CATCHMENT AREA (ALL LONDON BOROUGHS, HERTFORDSHIRE AND ESSEX) TO AN ORIENTEERING COMPETITION AT THE LEE VALLEY REGIONAL PARK, HELD ON THE 12TH JULY 2007.



the London Borough of Newham attended to see how they might offer a similar event for schools next year, using Beckton Park and eventually we hope, using the Olympic Park.

All the Lee Valley staff had, as part of preparation for this event, attended a Level 1 Coaching Orienteering course run by Helen Errington. This course was also attended by several members of the South East Junior squad. For some this was part of their preparation for attending as coaches at Lagganlia this summer.

CHIG also had six club members at the event, several of them were on their bikes patrolling the northern and southern fringes of the competition area. As well as giving advice and

This was a score event for teams of four from years 9 & 10. They were all fully briefed by Lee Valley staff and Chigwell and Epping Forest OC members before going out to complete a ninety minute score event using the permanent course controls in the park.

patrolling there was a publicity tent. CHIG members and the RDO were seen to be targeting all the school staff that attended the event to ensure they went away with plenty of leaflets about the forthcoming season of schools leagues and events in the area.

The base for the event was the Youth Hostel right in the heart of the park, which for those unfamiliar with the area, is very long thin park stretching some 26 miles along the banks of the River Lee. It is anticipated that the southern end of the park will eventually be extended through the Olympic Park down to the River Thames.

This event was part of the park's bid to celebrate their 40th anniversary. There will also be a follow up event for members of the public, organised by CHIG on the 11th August.

Sixteen secondary schools attended and this added up to over three hundred participants in the competition. In addition to this, representatives from

The winning team were from Townsend School, St Albans. Lee Valley hope this will be an annual event and judging by the goody bags the participants got, it will be a very popular event next year.

Helen Errington.

**BSOA New Website Launched**

Have you had a browse on the new BSOA website? [www.bsoa.org](http://www.bsoa.org) The colour scheme has been changed to reflect the new logo and the content has been updated. Let us know your views at [info@bsos.org](mailto:info@bsos.org)

**No AGM this Autumn**

The BSOA has changed its financial year to run from the 1st April to the 31st March each year. It has therefore been decided that the Association's AGM will be held in the Spring of each year. Further details in the next edition of Focus.

**BSOA Membership**

Thank you to all the schools who have renewed this year after a reminder. Many schools missed the original mailing as it was included in Focus. We will send renewals as a separate mailing in future.

**British Orienteering/BSOA Joint Agreement**

At the British Orienteering Council meeting held on the 2nd June 2007 a joint agreement was signed by Neil Cameron chairman of British Orienteering and Peter Bylett of BSOA (pictured). This document formally recognises the close partnership that exists between the two organisations.



**Explorer Challenge Award Scheme (ECAS)**

Do you want to reward your pupils for taking part in orienteering? ECAS does just that by providing certificates that can be personalised with your school logo. Further information on the BSOA website

**Make use of the BSOA Resource Offers**

Make your BSOA membership pay for itself by ordering discounted orienteering resources. We have offers on:

- Starter Packs
- Compasses (Clip on and SILVA Field 7)
- Orienteering in the National Curriculum Key stage 1 - 3 book

Further information on the BSOA website - [www.bsoa.org](http://www.bsoa.org)

Issue 3 - Autumn 2007

# Ozone

FOR JUNIOR ORIENTEERS



## *Inside this issue:*

Junior World Champs

European Youth Champs

Junior Inter Regional Champs

Duncan Coombes Profile

# Junior World Champs Round Up

by Gareth Candy

## Sprint Race

Duncan Coombs led the way for the British team in the sprint with a very strong 22nd place only 52 seconds behind surprise winner Vojtech Kral and only 23 seconds off a podium position. Joe Mercer also showed good speed in 41st position and all the men finished in the top 70 in a strong field. The British women were led in by Becca Roberts in 60th place closely followed by Tess Hill (61st), Anne Edwards (64th) and Hollie Orr (74th).

## Long Race

The British team showed great form in the long race. Tessa Hill led the way with an outstanding 26th place in the womens race, less than 10 minutes behind Norwegian winner Siri Ulvestad. The Mens team again showed their outstanding depth with our top three runners all in the top 50 plus Hector Haines in 51st. Joe Mercer ran with a cool head to lead the way in 36th, 14 minutes behind runaway winner Olav Lundanes from Norway, and was unlucky to fall out of the

top 30 overall. Unfortunately there was also some bad luck for the team with Becca Roberts missing a control amongst the confusing loops on the map and Anne Edwards rolling her ankle towards the end of the course.

## Middle Qualification

Duncan Coombs and Tessa Hill, Great Britain's best two athletes from the first two races, again led the way in Middle Distance qualification. Tessa, who was 26th in the Long distance final was 4th in the W20 B heat, only a minute behind Norwegian Kine Hallan Steiwer, the silver medallist from the long distance. Duncan qualified 3rd in the M20 B heat, just over a minute behind World Champion from the long distance, Olav Lundanes. Both Hollie Orr (16th) and Anne Edwards (12th) qualified along with Doug Tullie (11th) and Joe Mercer (17th). The hard luck story was Hector Haines, 21st in the M20 C heat missing qualification by only one second.

## Middle Final

Doug Tullie produced the best individual result for Britain this year at JWOC with 16th place in the Middle Distance final. Tessa Hill continued her outstanding form with 28th place in the womens race despite injuring her ankle two thirds of the way around the course. Hollie Orr finished 37th, Anne Edwards 42nd, Duncan Coombs 40th and Joe Mercer 50th in other outstanding British results. In the individual races Britain has now had four top thirty results by three different athletes.

## Relay

Duncan Coombs had the best run of the day, pulling the men's team up into a pack of four fighting for 6th place at the first spectator control. Unfortunately, he took a different route and dropped back at the end to 13th nation but only a couple of minutes away from the podium. Doug Tullie's run on second leg for the mens team was also outstanding. Tessa Hill was again the best of the girls pulling the team up to 13th nation on last leg. Rebecca Roberts ran a great last leg for a composite team probably having her best run at the championships.



Back Row (L-R) Gareth Candy, John Locke, Iain Embrey, Duncan Coombes, Joe Mercer, Hector Haines, Douglas Tullie, Jason Inman  
Front Row (L-R) Tessa Hill, Hollie Orr, Rebecca Roberts, Anne Edwards, Jane Ashbrook



*JWOC Athlete John Locke's diary gives us an insight into what it is really like to compete against the best in the World*



the race started and it was mainly dry. I think everyone was a bit disappointed at the technical challenge offered by the area but despite this it was enjoyable and a great advertisement for our sport in Australia.

*Monday 9th July (long)*

The long race was tough today; I don't think I've ever been on a more rocky area. The area also had a lot of hills and there were some tricky navigational legs. Personally I finished with one demolished shoe but I felt I had a lot more to give and wished I had pushed harder. The event was a great spectator race with three spectator controls with one half way up a hill visible from the event arena which required an extra level of concentration to avoid embarrassment. The planning of the race was brilliant with plenty of variation and change of pace.

*Tuesday 10th July (rest day)*

Today was spent doing very little. We went to see Shrek 3 at the cinema in Dubbo, which was very disappointing and most of us agreed that they should have stopped at two. There were more discussions on the middle races which are to be held in the areas overlapping the long area.

*Wednesday 11th July (middle qualifer)*

Today we got six of the team into the A final, there were some close misses and disappointment from those who missed out. The planning today was not as good as the long race with a lot of very similar length legs but we expect this to change for the finals tomorrow.

*Thursday 12th July (middle final)*

As we expected the planning was back to brilliant today with lots of variation. Both finals started with two extremely short legs into a technical area and then a long leg across a vague which threw a lot of people including myself. Douglas, despite his surprise, put in the fastest time on the long leg and put in the best result of the day with a top twenty.

*Friday 13th July (relay)*

The relay was held in another area adjacent to the long area but was a lot less technical than the areas we had encountered before but still had the tough rock and hills to encounter. There were some good individual performances today but unfortunately no team managed to quite string three excellent performances together. The relays were followed by the coach's race with much fun and games. The whole JWOC event was rounded off tonight by the closing ceremony and banquet. Overall I think the team are pleased with the week and I have gained new experiences and extra hunger to achieve next year in Sweden and at senior level. I personally believe that a podium next year in the relay is a realistic goal after the Latvians came third this year. The junior team will continue to work hard to push each other to achieve the results we crave in the upcoming year.

*Photos by John Locke and Duncan Coombes*

*Friday 29th June*

Travelled down to London to meet the rest of the team which was followed by 22 hours of flying across the world with a quick visit to the cactus garden in Singapore airport.

*Saturday 30th June*

After finally working our way through the thorough Australian customs and overcoming the various problems with o' shoes we met up with Gareth. We picked up Duncan and Douglas who had flown down from Victoria the same evening and made our way to a motel in Sydney to sleep.

*Sunday 1st July*

We got up to winter clear skies and went for a team jog before breakfast. The team then boarded the people carriers for a quick tour of the sights of Sydney and after lunch we made our way through the Blue Mountains to Orange for our training camp.

*Monday 2nd July - Friday 6th July (pre-JWOC camp in Orange)*

This week we have stayed in a private school with other nations wanting to experience a bit of granite terrain before the competition. We have orienteered every day and tried to get a balance between experiencing the very rocky terrain and not getting tired before the races. The evenings were spent discussing the day's terrain and playing various games, the most enjoyment came from a game named banana-slap. Joe, Duncan and Hector also starred on Australian television and in the local newspaper when the three were filmed and interviewed while sprint training. Despite some of the team picking up illnesses during the week we left feeling we had a good idea of what the terrain was like in this area of Australia. We then travelled to our hotel in Dubbo where most of the other teams are staying.

*Saturday 7th July*

Today was spent preparing for the week ahead, like all the other nations we went to the model event in an area situated next to the long and middle areas. We attended the opening ceremony which included a flag parade through Dubbo and after dinner discussed the challenges that the sprint tomorrow might throw up.

*Sunday 8th July (sprint)*

We had our first race today, we woke up to heavy rain but thankfully this eased before



# European Youth Championships

Hungary, 21-24 June 2007

Jason Inman



Team GB sent eight athletes with two staff to this year's European Youth Championships (EYOC) based in the picturesque, historic town of Eger in Hungary. Nestled in the foot of the Bukk Mountains, two hours north east of Budapest, this small city was the perfect place to kick off three races with a city sprint. The long distance and relays took place high in the hills above the town in runnable but steep forests interspersed with pockets of detailed limestone.

The European Youth Champs has classes for M/W16s and M/W18s. The GB Junior Squad programme supplied the staff and funding to take four Men and four Women M/W18s to these Championships; as an experiential trip. These athletes were deemed to potentially make up some of the Junior World Championships (JWOC) team in 2008 and 2009 and for most, it was their first opportunity to experience a major international junior competition on a scale

similar to JWOC. Lead Coach Jason Inman said, "Emphasis on this trip was to show these athletes what it's like to race at the top, what skills they need, how fit they have to be and to help motivate them to develop clear focus about where they'd like to take their elite orienteering careers."

The juniors coped well with the three races and we saw some excellent solid performances. In the sprint race best results came from Hazel Wright, powering to 23rd place in a tightly packed and tricky city sprint. In the Classic we saw promising results from Mike Noblett, Jo Halliday and Hazel Wright with best run of the day coming from Alice Butt with an excellent 14th place. In the relays there were some solid individual performances from Ralph Street and Alice Butt, but the quality of the field was a little too much for our young team.

All in all the trip was a very worthwhile experience for the eight athletes, Jason said, "The team learnt a lot in the four days they were abroad. They have had the experience of taking part in a major competition and with the help of Toni O'Donovan and myself have come home with some very valuable tips and tools with which to take forward their orienteering. I am confident we will see these guys racing at the top end of their age classes in the Scottish 6 days and setting their sites on a place in the Junior European Cup team in October and the Junior World Champs team in Gothenberg in 2008, and Italy 2009."

**Pictured EYOC Team:**  
Mike Noblett, Tom Beasant, Mike Hopkins, Ralph Street, Jo Halliday, Anwen Darlington, Hazel Wright, Alice Butt

## British Schools Score Championships 2007

Saturday 6th October 2007 - Petworth Park, West Sussex

**Terrain:** The majestic 700-acre park is very runnable parkland with scattered trees and a good path network. Excellent, elevated viewpoints for spectators from the assembly area.

**Competition format:** This is a SCORE event - competitors visit as many controls as possible within a time limit of 45 minutes for Years 5-9 or 60 minutes for Years 10-13. The event will use the EMIT Electronic Punching System.

**Entry:** Any school (not just BSOA members) is welcome to enter a team. The competition is for Years 5 -13. Years 5-8 may take part in pairs; Years 9-13 take part as individuals.

**Entry fees:** £3/pupil of BSOA member schools. £4/pupil for non-member schools

**Closing date:** Postmarked no later than 20th September '07

Further details and entry forms at [www.bsoa.org](http://www.bsoa.org)

## British Schools Orienteering Championship Weekend

17th/18th November 2007

**Saturday 17th November 2007**  
**Training Event open to all** - Coldharbour, Wareham Forest, Dorset. White to Green courses available.

**Selection Race for ISF World Schools 2008**  
Gore Heath, Wareham Forest, Dorset  
Two categories open to boys/girls born in 1991/2 and 1993/4. Area now embargoed.

**Sunday 18th November 2007**  
**British Schools Orienteering Championships**  
Bovington, Dorset

Separate races for boys and girls of each school year. Years 5 - 13 inclusive

**Prizes:** First 3 individuals in each race  
First 3 teams (of 3) in each race and school prizes

**Overnight Accommodation:**  
Floor space at a nearby school. Further information in event details.

**Entry Fees:**  
£4/pupil of BSOA member schools  
£5/pupil for non-member schools  
Plus £6 per school registration fee

**Entries:**  
To be made by the school. There is no minimum number of competitors from each school. The event is open to any school or college pupil born between 01/09/1989 to 31/08/1998 inclusive who has completed at least three orienteering courses prior to the event.

**Closing date for entries:**  
26th October 2007

**TRAIL O:**  
It is the intention of the organisers to provide a Trail Orienteering competition at the British Schools Championships for children with or without disabilities.

**General Enquiries to:**  
Chris Branford  
Telephone: 01258 453716 before 9pm please  
Email: [bsc07@owls-count.net](mailto:bsc07@owls-count.net)

Further details and entry forms on the BSOA website and [www.guildfordorienteers.co.uk/bsc07](http://www.guildfordorienteers.co.uk/bsc07)



Yorkshire Team

## Junior Inter Regional Championships

by Alice Leake

This year the Junior Inter Regionals were held in the beautiful Yorkshire Dales.

The individual day was held at Malham and Gordale, a fast open moor, with numerous rock features, which required both speed and concentration. The courses planned were very spectator friendly, with many controls being visible on the open hillside near the beginning of the courses. There were some great individual runs on the day from members of all regions, with Yorkshire's Hector Haines winning the M18 by over 4 minutes and the North West's Charlotte Watson winning the W14 by an equally impressive margin. This put Yorkshire into the overall lead, just 4 points ahead of Scotland after the first day.

The relays were held this year at Danefield, Otley, an area of woodland with an extensive path network and varying runnability. Courses were split into two loops, with a spectator control between, and the area once again provided fast running with more complex rock detail towards the end of courses. After a closely fought competition on all three legs, the Yorkshire boys, Hector Haines and Jack Wood, came through to take both 1st and 2nd position on the men's relay, with Scotland taking 3rd. In the woman's relay Scotland's Hollie Orr took the victory, just 14 seconds ahead of Yorkshire's Victoria Stevens, with the Welsh team closely behind in 3rd place.

It was a nervous wait for the final combined scores of both days to be calculated. In the men's competition, with fantastic runs on both days, Yorkshire were the clear winners, with Scotland in 2nd and the West Midland's in 3rd. Scotland were victorious however in the woman's competition, taking 1st place, with Yorkshire and the East Midland's closely behind.

This meant that after two competitive days of racing, with a total score of 492 points, Yorkshire were the Junior Inter Regional Champions for the 3rd year in a row, with Scotland taking 2nd place and the East Midlands in 3rd place which is their best ever position. Although all of the regions have fantastic individuals, in the end it is a team competition, and it was Yorkshire's dedicated coaches and the teams real strength and depth that secured them the victory once more.



Scottish Team



East Mids Team

## How Yorkshire Do It

by Hector Haines.

Many regions dream of winning the hallowed overall trophy. Many coaches train their athletes year after year, with the hope of having a crack at the overall prize. Most would be happy with just one win, or perhaps even a top three place in their time as a coach. But for three years now there has only been one champion region. That region is Yorkshire.

Brought up in sunny Yorkshire, the athletes that coaches Tony Carlyle and Neville Myers hand pick are the ones that show most promise, not just the fastest, the strongest, or the most headstrong. They pick the athletes that can be made into a team, and a winning team at that.

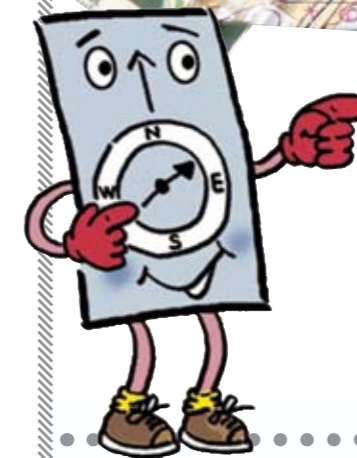
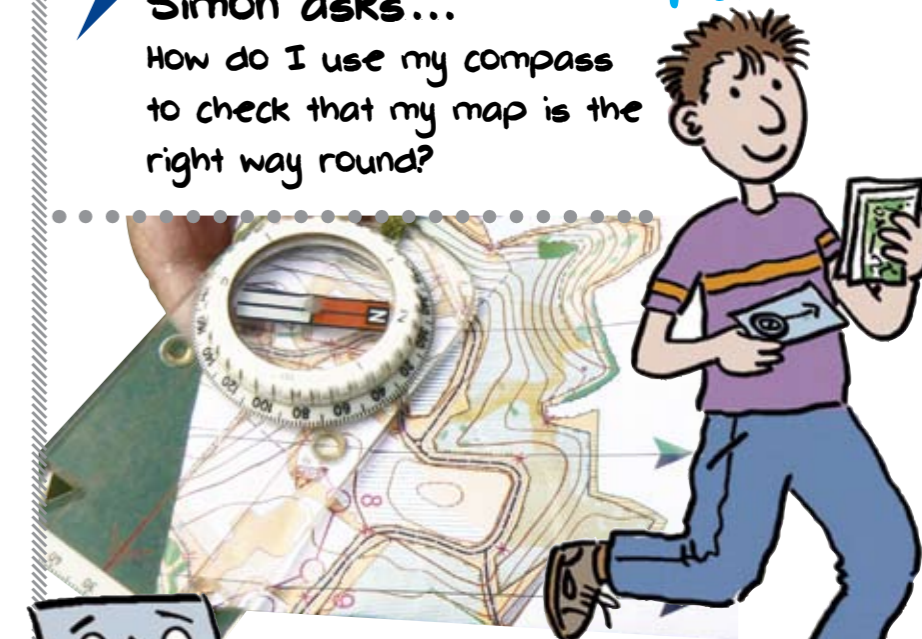
But to win three years in a row, now that's something special. The older athletes that saw Yorkshire to victory in 2005 have left, but more importantly, paved the way for the younger ones to follow. Victory at the JIRCS doesn't begin the week before the event, not even a month or two before. To win the JIRCS it is necessary to train throughout the preceding winter, in the best terrains. Jack Wood, a member of the Squad for two of the three victorious years recounts, "I remember one squad weekend that we did, in the Lake District... it turned out to be a bit of an epic." After a sip on his cool cranberry juice he continues, "Aye, an epic, it was Tarn Hows – in the winter of 2005 – and there was snow up to your shins in places, with a wind to freeze the fluid in your compass. But every athlete went out, no excuses. Some didn't enjoy it, but Tony had said so, so you had to." Jack's sheepdog, Tilly, sidles into the room now and settles down by the warm hearth. Jack drains his glass and finishes, "that's the thing about Yorkshires' athletes, they're ruddy hard – mentally and physically – and I'm proud to be part of 'em."

Yorkshire have certainly shown everyone how to do it, now all that remains to be seen is whether they can do it again. I'm sure they can and, what's more, I'm sure they will.



Simon asks...

How do I use my compass to check that my map is the right way round?



Charlie Compass says...

Just make sure that the red end of the compass needle is pointing the same way as the North line of your map.

## WORDSEARCH

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

Find the 6 words located in the grid and cross them off the list below. The words run left to right, right to left, horizontally, vertically and diagonally.

- Start
- Control
- Finish
- Map
- Compass
- North



## Ozone Website

Ozone now has its own website that is just for junior orienteers. There is lots of information about junior events, profiles of junior athletes, challenge sheets and games to help you learn more about orienteering.



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

# Junior Profile: Duncan Coombs

**Age:** 19

**Club:** Euoc, Maroc, OK Tyr

**Age started orienteering:**  
8

**Do your parents orienteer?**  
Yes

**Why/Where did you start orienteering?**  
No idea, I was kind of born into it. My Dad had competed at University and our family just started to get involved in the local events and club scene as soon as us kids were old enough.

**What do you enjoy about orienteering?**  
I enjoy everything, the perfect balance between physical and mental challenge, the big event atmosphere, social training and competition banter and its general variety.

**Do you have a coach?**  
No

**Where is your favourite place to orienteer?**  
Kristiansand. As a Scottish junior I took a trip out there and found the terrain very physical, technical and your race's were heavily weighted on route choice.

**What kind of training do you do?**  
Hill reps, flat reps, tempo... the usual. However my cross training is limited, I do bike intervals, circuits and technique work but not routinely. I like to hold my social life and training in balance as I believe there is plenty of time for me to build more training into my week as I progress further.

**What is your best result?**  
2006 JEC Long – 9th, I was far from my best physical shape but I raced with a cool head and ground out as best a result as possible.

**What advice would you give to people wanting to get into the GB Squad?**  
I find a lot of my confidence comes with my physical condition and this helps me orienteer. I would suggest getting in good shape as this will show that you can compete in even small portions of the course and spur you on to greater things.

**What do you enjoy doing outside of orienteering?**  
I enjoy hanging out with my friends, travelling, gigging and football ... but not exams!





## Clubmark Achieved by Eighteenth Club

West Cumberland Orienteering Club (WCOO) is the 18th club to achieve Clubmark accreditation. Their plans over the past few years have been to try to put together a very full programme of events and coaching alongside training many of their club's adults as helpers and coaches for the junior programme. They have strong links with many schools in the local School Sports Partnerships and this year the club staged an amazing number (15)

schools' events over three months which involved approximately 400 pupils from six secondary and twenty one primary schools.

WCOO has built on their school links to be able to field a team in the Yvette Baker trophy which got to the final in December 2006. This is an excellent example of good practice in bringing school orienteers into the club team.

Bristol Orienteering Klub (BOK) are pictured receiving their Clubmark certificate from Neil Cameron at their annual club dinner.

(L-R) Jackie Hallett (BOK Coach), Celia Watkinson (Clubmark contact) and Ian Cawley (BOK Chairman), Neil Cameron (British Orienteering Chairman)



# Permanent Orienteering Courses

I am currently compiling a database of Permanent Orienteering Courses (POC) for publication on the British Orienteering website. Many thanks to those clubs who have responded to my request for information, but if your club has yet to respond it is not too late. The responses have provided me with a mass of good practice and an indication that some courses have development potential.

### HOW CAN PARTICIPATION BE INCREASED? MAYBE A NEW NAME?

Firstly is the term Permanent Orienteering Course the best way of capturing interest? Leisure Orienteering has been suggested, can you think of a new name? Send me your suggestions by email [celia@britishorienteering.org.uk](mailto:celia@britishorienteering.org.uk) or by post to the National Office.

### ON-LINE MAPS

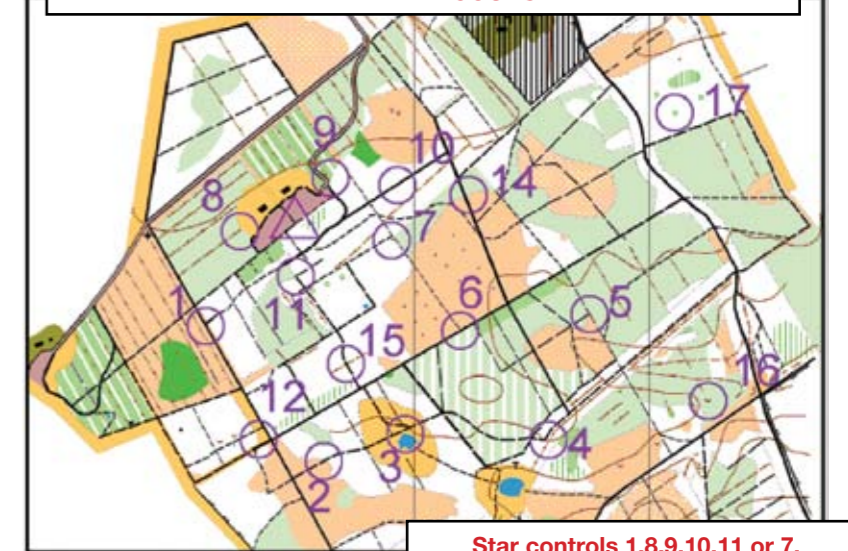
Several clubs have excellent pages on their websites offering information about POCs in their area and the opportunity to download free maps. Some courses also offer hard copy map sales, others don't. Map sales have always been a difficult area – there are plenty of stories about third party map sales outlets not providing the expected level of service. The next step could be online payment for maps. If any club has successfully done this I would be interested to hear from you.

### SCHOOLS/GROUPS, BEGINNERS AND/OR EXPERIENCED NAVIGATORS

I am keen to correctly identify the client group for each of our POCs. It is not always possible for a course to meet the needs of everyone, but we do have the potential to plan courses for and market them to a target audience.

Most courses are planned in a score event format with recommended controls for colour coded courses. These are ideal for individuals visiting courses but not for schools and groups who are looking for a fun, exciting, safe experience. A technical area suited to experienced orienteers is unlikely to meet their needs, so to be on the safe side the whole group will go together – not much fun there!

### PERMANENT COURSE



Star controls 1,8,9,10,11 or 7.  
Loop courses 1,12,15,11 or 9,10,14,6,7

A safe technically easy area is more suited to schools/groups, it is here that we can maximise participation by recommending suitable courses.

### STARS AND LOOPS

Stars and loops offer courses for groups and schools. They offer participation for individuals and pairs without following on mass.

The map shows an example of how stars and loop controls might be offered. A star course using controls 1,8,9,10,11 or 7 would be recommended to encourage confidence and quick return to base. Each participant is given one control to visit; they return and if correct are given another single control to visit. Once confidence is established the participants may move onto short loop courses using controls 1,12,15,11 or 9,10,14,6,7. To avoid following, some of the participants could do the courses in reverse. (With thanks to BSOA for map and suggested courses.)

### PERMANENT TRAIL O COURSES

In conventional orienteering, competitors must interpret the map while running. Trail O eliminates the element of speed over the ground, but makes the map-interpretation element much harder. Able-bodied people can compete on equal terms with the disabled. Beryl Blackhall has visited most of the Permanent Trail O Courses over the last two years and has noted that many are under-used. She has produced a short summary of each course and made some recommendations to simplify course construction and increase participation 'for all'. Please contact me for further information.

Celia Watkinson,  
Regional Development Officer (SW)  
Email: [celia@britishorienteering.org.uk](mailto:celia@britishorienteering.org.uk)

## Funds Available to Clubs/Associations

British Orienteering currently has several funds for the support of different areas of orienteering. The monies were left as either a bequest, a legacy or as a grant from the sports councils. The funds are listed below:

- Bertie and Elsie Ward Fund - Supporting juniors directly
- Sport England Development Fund - Supporting the development of volunteers
- School/Club Links - Supporting school/club link activities
- Multi-Day Fund - Supporting the sustained and overall development of orienteering.

Clubs or Associations are able to apply for these grants. Application forms can be found on the website or can be sent out by the National Office. Applications must be accompanied by a copy of the budget for the project, copies of any other grant applications and copies of the club/association balance sheets. For more information, contact Laura Young by emailing [laura@britishorienteering.org.uk](mailto:laura@britishorienteering.org.uk) or by telephoning the National Office on 01629 734042.

### APPLICATION DEADLINES:

31st January 2008 and  
31st August 2008

## Volunteer Training for Clubs

As an important part of club development we must consider encouraging new people to take on roles on the committee, in coaching, mapping and in the all important tasks of planning, controlling and organising events.

### HOW WILL THE TRAINING TAKE PLACE?

- Local authorities put on generic evening workshops in areas which are common to all sports and it is good to attend these and hear how other sports manage things.
- Individual clubs may be able to put on their own training evenings or days but perhaps it would be better for a regional association or a group of clubs to arrange a training day (perhaps at a local school or leisure centre) and hold one or more courses so that shared break/meal times can add to the 'social' atmosphere of the course.

### EXAMPLES:

- Happy Herts club organised a Coach Level 1 course and an Event Officials course at one of their schools to

which they are 'linked' – the room hire was at a reduced price.

- South West OA held a very successful Club Development Conference which included the 'Coaching Children & Young People' workshop which is needed for Clubmark.
- Yorkshire & Humberside OA staged a Club Development conference in September.

### FUNDING?

- The Development team budget has funds for training club and event officials, whether these are organised by the sport or an outside agency.
- The RDOs have already let regions and clubs know of these funds but so far very little has been allocated!

I know that there are many developmentally minded clubs – please let us help you to develop your volunteers in 2007 – 2008. Put some plans in place NOW and apply for funds via your RDO.

Hilary Palmer  
Development Manager



# A Guide to Child Welfare

**British Orienteering is committed to ensuring that all young people who participate in Orienteering have a safe and positive experience.**

This guide is intended for all people involved in orienteering. It should be read by all coaches, volunteers, officials, parents and anyone involved in orienteering. It will provide an overview of child welfare and protection, child abuse and how to act on any concerns you may have. It will also provide some good practice advice for all those involved with young people and orienteering. **All young people have been issued with an O-Safe card with this edition of Focus. The card contains the essential information required to help them keep safe.**

British Orienteering believes that the welfare of young people is everyone's responsibility, particularly when it comes to protecting young people from abuse. However, it is important to remember that it is not the

responsibility of those working in orienteering to determine if abuse has taken place, but it is their responsibility to act upon and report any concerns.

### WHAT IS CHILD ABUSE?

Abuse is a powerful and emotive term. Child abuse is a term used to describe ways in which children can be harmed by adults and other young people, and often by those they know and trust. The coach often holds this trust and may be at risk of misusing their power over a young person, quite unaware.

**Abuse can be any of the following:**

#### PHYSICAL ABUSE

When adults or other young people deliberately inflict injuries on a young person, or knowingly do not prevent such injuries. It

includes being kicked, punched or hit. It also includes forcing a young person to train/compete beyond his/her capabilities.

#### EMOTIONAL ABUSE

When adults persistently fail to show young people due care, love or affection, where a young person may be constantly shouted at, threatened or subjected to sarcasm and unrealistic pressures. It includes constant criticism, name-calling and ridiculing the young person.

#### SEXUAL ABUSE

Sexual abuse is where girls and boys are abused by either male or female adults, who use young people to meet their own sexual needs. This includes making sexually suggestive comments and touching in an inappropriate manner.

#### NEGLECT

Neglect is where adults fail to meet a young person's basic needs such as food, warmth, adequate clothing and medical attention. It includes exposing young people to undue cold, heat or unnecessary risk of injury.

#### BULLYING

Where another young person uses deliberate, aggressive, hurtful behaviour, usually over a period of time, where it is difficult for those being bullied to defend themselves. It can include hurtful text messages, violence, tormenting, name-calling and the spreading of rumours. Safeguarding the welfare of our young participants is paramount. Coaches and volunteers have a moral and at times legal responsibility to provide the highest possible standard of care to all young people involved in orienteering.

### GOOD PRACTICE GUIDELINES

All those who work within the orienteering environment should be encouraged to demonstrate exemplary behaviour at all times in order to protect children and themselves from allegations.

**The following are common sense examples of how to create a positive culture and environment within orienteering:**

- Always be publicly open when working with young people;
- Situations may occur when in order to keep the young person safe or deal with an injury, it will be necessary to make contact with the young person. Always inform the young person beforehand and ask if they have any objections;
- If groups are to be supervised in changing rooms always ensure that adults work in pairs, and that the gender is appropriate;
- Where mixed groups compete away from home they should always be accompanied by at least one male and one female adult;
- Coaches must place the well-being and safety of the participant above the development of performance.

#### You Should:

- Avoid overtraining and over competing of participants;
- Ensure development comes first, winning second;
- Never allow injured participants to train or compete if it is inappropriate;
- Ensure all equipment, facilities and terrain are safe and appropriate;
- Never overtly criticise young people - their confidence is paramount.

#### You Should Avoid:

- Spending excessive amounts of time alone with young people away from others;
- Taking young people alone on car journeys, however short;
- Taking young people to your home.

#### You Should Never:

- Engage in inappropriate physical contact including horseplay;
- Share a room with a young person unless a member of your own family;
- Permit young people to use unacceptable or explicit language unchallenged;
- Make sexually suggestive comments to a young person, even in fun;

- Agree to meet a young person on your own, outside the context of the normal coaching or mentoring process;
- Allow allegations made by a participant to go unchallenged, unrecorded or not acted upon.

Remember you are a role model and mentor to young people

### O-SAFE - A GUIDE TO THE SAFEGUARDING OF CHILDREN & VULNERABLE ADULTS

British Orienteering has produced O-Safe as part of its commitment to ensuring that the sport provides a safe, friendly and enjoyable experience for young people.

O-Safe provides the sport with the tools to ensure that the whole sport takes up the challenge of continuously improving the participation conditions for young people.

O-Safe enhances the value of existing activities and practices throughout British Orienteering's club network ensuring that the many hundreds of coaches and volunteers integral to the sport are continually supported. The policy is supported by a comprehensive implementation plan and a sensitive process to respond to concerns.

### HOW WILL CHILD PROTECTION AFFECT ME?

Child welfare and protection in orienteering is mandatory to all. 'O-Safe - A Guide to the Safeguarding of Children & Vulnerable Adults' has been developed to provide a comprehensive and complete guide to all those who orienteer, coach, assist and volunteer in orienteering.

### HOW DOES CHILD PROTECTION AFFECT MY CLUB?

Abuse can occur anywhere there are young people of any age. Sadly, there are some people who will seek to be where young people are simply in order to abuse them; this includes orienteering clubs. It is therefore imperative that each and every club adopts and implements British Orienteering's child welfare policy.

### WHAT DOES MY CLUB NEED TO DO?

Child welfare and protection will not be implemented overnight. It is a long-term process. It is the responsibility of the whole club to

implement the child welfare policy and procedures.

### CLUB WELFARE OFFICERS

- A club must nominate a Club Welfare Officer who will advise and ensure that child welfare and protection is being adhered to in the club.
- They will be the point of contact for all Child Welfare concerns and queries.
- The Club Welfare Officer must be CRB checked.
- The Club Welfare Officer may need to attend relevant training to enable them to fulfil their role.
- British Orienteering requires all coaches, officials and volunteers involved with young people to read and have knowledge of O-Safe - A Guide to the Safeguarding of Children & Vulnerable Adults - available from British Orienteering national office or as a download from [www.britishorienteering.org.uk](http://www.britishorienteering.org.uk)

### ACTING ON CONCERNS

It is not your responsibility to determine if abuse has taken place, however, it is your responsibility to act upon and report any concerns. If you have any concerns regarding a young person or if a young person informs you directly that he/she,

or another young person, is concerned about someone's behaviour towards them you should:

- React immediately;
- Remain calm, so as not to frighten or deter the young person;
- Tell the young person that he/she is not to blame and that he/she was right to tell;
- Make a detailed note of your observations and/or what was said exactly;
- Contact the Club Welfare Officer immediately. If they are unavailable or part of the concern, contact the British Orienteering Lead Child Protection Officer;
- You can use the 24 hour free telephone helplines for advice

Always remember, you are responsible for the welfare of young people in your care.

### USEFUL CONTACTS FOR YOUR CLUB

British Orienteering Lead Child Welfare Officer: 01629 734 042  
NSPCC 0800 800 5000  
Childline 0800 1111

Clubs should provide the contact details for their Club Welfare Officer



**PGL**  
**Active Learning and Leisure**  
Curriculum based activity courses, adventure holidays and ski trips in the UK, Europe and USA  
Challenge  
Opportunity  
Education  
Achievement  
For a brochure and enquiries call:  
**0870 143 0143**  
[www.pgl.co.uk](http://www.pgl.co.uk)



Pictured: Helen on the Glenmore tour

## Women in Coaching by Helen Pearce

My first recollection of being a coach was on a "club coach" course in Whippendell Woods, Watford, run by Keith Marsden who had persuaded me that I should get qualified as a coach before I really knew I wanted to. I had planned a "fun" relay where cryptic clues were provided at every control for members of each team to memorise and use to solve a logic puzzle back in the car park. This had been based on a game I played on a British Orienteering training camp I had attended as an athlete the year before, but I didn't really know what I was expecting people to learn from it. Thankfully it was enough to get me qualified (the hurdles to qualification being different to today's), and let loose on the unsuspecting youth of the day.

Nearly 15 years on, I've learnt a lot about coaching! I now realise that orienteers can learn from every time they set foot in terrain with a map, be it an event, a training session or fun relays/games. With the help of good coaching, these experiences can all help shape the orienteering and racing brains of our young athletes and future World Champions, as well as club members who want to improve their techniques.

Yes, really, a Sunday morning jaunt to the local woods for a simple district event can help improve anybody's ability. The use of regular race analysis will help identify common pitfalls in an athlete's performance and discussions with a coach can help identify why these mistakes are being made and ways to overcome them. A local event is a perfect opportunity to try out new ideas and practice them in different terrain, so mistakes are reduced when performances matter.

For me, coaching is all about the athlete, be they old or young, inexperienced or a World Class athlete. What do they want to

achieve, what is their potential, where do they want to go, what can I do to help them get there? Clearly my advice needs to be realistic, and tailored to the individual and their circumstances, but I also need to know the advice I give will be heeded. Our sport is almost unique in its nature where the coach is not "there" at the critical moments. I am not able to do a half-time analysis or motivational speeches (rants) from the sidelines, and more often than not I'm not there to provide the external discipline when techniques are practiced. This means orienteering coaching is often suggesting ways of achieving a required aim, but it is the athlete that has to decide to implement & practice it.

The coach:athlete relationship then comes down to listening to each other, gaining mutual trust and having open and honest discussions. These are attributes which women often have an aptitude for, and in orienteering we do have a high proportion of women coaches. If you look at the current list of British Orienteering coaches licensed to practice around 42% of them are women, with a third of our senior coaches (level 5) being women. This compares favourably if you consider us against other unisex sports, where male coaches often have preponderance, especially in the senior ranks.

My current aim in life is to provide some of the coaching support to junior orienteers in the SE Junior squad, and to lead the coaching team charged with the juniors who are selected to the M/W15s summer training camp (fondly called the "Glenmore" tour, though we've stayed at Badaguish Outdoor Centre for the last few years!), and those who are then selected into the World Class Start Squad. I find the M/W15 age group particularly rewarding as juniors are often at the stage where they can orienteer OK most of the time,

and brilliantly some of the time. Confidence is often an issue, but this is countered by the desire to be brilliant all the time. I would coach anyone who had that desire to learn & improve all day everyday, if they'd pay me...

I work with inspirational, empathetic and varied coaching teams which provide the opportunity for juniors to listen to, and learn from a wealth of varied experience. From what I have seen, it is unusual for there to be a gender split: both boys and girls will talk to both female and male coaches. The athlete may take away different things from the female coaches than the male ones, but it all adds up to a whole package of advice and support which the athlete can make use of.

It is always pleasing to see junior coaches and experienced club orienteers continuing to join the coaching world and come up through the ranks. As a sport we are effective at converting juniors who were themselves coached through the regional squads / summer training camps and National squads, like myself. They know "the system", the sorts of advice that worked for them and their peers at the same stage, and can be role models to inspire juniors to try/practice new ideas. Those of us who've been around the orienteering scene for longer provide a different kind of coaching support, but equally important. There are coaches who are inspired to help teachers introduce orienteering to school kids, and those whose aim is to help train novice/less experienced adults in their club to become better orienteers (and to become the club's next generation of coaches/planners/organisers etc) as well as those who want to see our juniors and senior elites achieve glory on the World stage. Women feature heavily in all aspects of coaching, and without them the sport would lose out.

## Young Leader Award Success

Two junior members of Pendle Forest Orienteering Club (Stephen Horrocks and Alex Willis) wanted to do something orienteering based for the service section of their Silver Duke of Edinburgh Award. Alex's father (Hamish) had decided to further his orienteering skills by completing a Level 1 Orienteering Coaching Award. On the course he heard about the Orienteering Young Leaders Award. This award is designed for 14-19 year olds as an equivalent to the Adult Level One Coaching Award. Once completed the juniors can take on all the responsibilities of a Level One Coach under the supervision of an adult. The course fulfilled the requirements of the D of E service section, so in Autumn 2006 Alex and Stephen undertook the six week course tutored by Hamish (his first efforts as an orienteering coach!).

After the six week course the boys ran weekly training sessions for primary school

**Photo: Stephen and Alex receiving their Young Leaders award certificates from their headmaster.**

children between years 4 and 6. The sessions were run alongside the PFO Spring Series events in local parks and woodlands. After the series had ended the boys organised a full day of training and races for the children to practice their skills on.

The children enjoyed the day immensely and prizes were awarded to the winners. All the children benefited from the coaching and progressed from complete beginners, through White to Yellow standard in a matter of weeks. This was largely due to the fact that they related better to teenagers than to adult coaches, an observation made by their school teacher and other adults from PFO.

Stephen and Alex enjoyed passing on their skills; using the course as well as techniques learned from the North West Squad training sessions and would recommend the Young Leader Award to other Junior Orienteers.

*Hamish and Alex Willis*



British Orienteering Coaching Dates for your Diary

For further information visit the 'Coaching' pages on the British Orienteering website under 'Developing Orienteering' - 'Coaching' - 'Coaching Courses'.

### LEVEL 3 AND 4 COACHING COURSES

5th to 7th October 2007  
North Centre House, Lakeside, Windermere, Cumbria

**COACHING DAY** for Club groups and individual British Orienteering members.  
Saturday 17th November 2007  
Scotland - Area to be confirmed

**LAKESIDE WEEKEND** for Regional Junior Squads.  
23rd to 25th November 2007  
Cumbria

**LEVEL 3 COACHING COURSE**  
8th and 9th December 2007  
Longmoor, Aldershot, Hampshire

**COACHING DAY** for Club groups and individual British Orienteering members.  
Saturday 12th April 2007  
South Lakes - Area to be confirmed

**ANNUAL COACHING CONFERENCE**  
open to all British Orienteering members  
1st to 3rd February 2008  
Lilleshall National Sports Conference Centre near Newport to the West of Birmingham.

### British Orienteering Mapping Conference

We have a provisional booking for this years mapping conference to be held at the University of Essex, Colchester on the weekend of the 19th, 20th and 21st October. The topics to be included will be the various sources of base material, basic survey techniques with emphasis on scales, simplification and generalisation, also cartography using OCAD, with hints and technical tips to ensure a readable map is produced and a session on map design. We hope also to repeat last year's session on the use of gps to aid survey. We will also run an exercise on map assessment. Further details will be available shortly.

*Colin Spears  
Chairman, Map Group.*



# Orienteering Equality & Inclusion

British Orienteering has updated the Equality Policy and conducted a survey of the state of equality within orienteering. As a result of the findings an Equality Action Plan has been developed. Although this work is required as a part of the Equality Standards that British Orienteering is working to achieve the work does underpin the Vision for Orienteering recently agreed; in particular the wish to increase participation. The Equality Standard criteria are shown in blue. Further information can be found on the website news item Equality.

## EQUALITY AUDIT FINDINGS

**New Members:** The main areas of concern from the new membership data are the deficits shown in numbers of Asian/Asian British and Black/Black British people joining British Orienteering. Compared to the population as a whole, Asian/Asian British people constitute only 1.2% of new membership figures compared with 4% of the population. There is a similar deficit for Black/Black British new members. In 2007 there were no new Black or Black/British members of British Orienteering whereas the figure for the whole population is 2%.

The new membership figures suggest that with regard to ethnicity, British Orienteering compares well with the whole population with numbers of White, Mixed Race and Chinese.

British Orienteering appears to cater well for members with disabilities. Of new members, a total of 3% reported some kind of disability. This highlights the suitability of Orienteering as a sport that caters for many varying impairments.

**Staff:** 100% of staff members are White, there are no Mixed, Asian, Black, Chinese or other races represented.

This is mirrored in the religion statistics, 42% of staff classified themselves as atheist and a further 58% are Christian, no other religions are represented throughout the staff.

**Council members:** 100% of Council members are White. There are no Mixed, Asian, Black, Chinese or other races represented.

40% of Council members classify themselves as atheists and a further 53% are Christian, there are no people declared as Buddhist, Hindu, Jewish, Muslim, Sikh or any other religions.

14% of Council members reported a disability of some form, this demonstrates the inclusive nature of Orienteering, especially Council, and should ensure the needs of disabled members are considered and met by Council.

80% of the members of Council are male and only 20% female, as Orienteering is a sport open to both men and women, and of the membership as a whole (approximately 11,000) 40.3% are female and 59.7% male, the decision-making body should reflect this more closely.

**Coaches:** The mix of male/female coaches almost matches (+/- 3%) the overall membership of British Orienteering, this is a significant strength compared to many sports. The lack of coaches from ethnic minorities is again reflected in the audit.

**International:** The mix of male/female athletes is very close; it has been a point of discussion amongst the international programme as to whether there should be selection of equal numbers of men/women. The international committee have agreed that flexibility should be available to selectors

to select differing numbers of men/women to reflect the strengths of a particular group of athletes.

The programme reflects the same concerns regarding the ethnic mix of athletes as does the membership in general; positive role models from other ethnic groups need to be developed.

There are more Scots involved at international level, probably a reflection of the excellent and challenging terrain to be found in Scotland.

**Policies, Procedures and Plans:** An audit of the policies, procedures and plans of British Orienteering has demonstrated that there remains considerable work to integrate the Equality & Inclusion Policy fully, even though a significant amount of work has been invested in the last 18 months by staff and Council to bring up to date a wide range of policies, procedures and plans.

**Orienteering Literature:** The corporate logo was changed in 2006 and the marketing literature and other literature produced and used by British Orienteering updated. An audit of this material during 2007 has demonstrated that most of the material is now 'equality aware'.

## Major equality issues to be addressed:

1. The inclusion of more members from the ethnic minorities and particularly black and Asian populations in all aspects of orienteering
2. The increase of females on Council
3. Continued effort to update policies, procedures, plans and literature and ensure they are 'equality aware' and integrated

## Vision for Orienteering More People, More Places, More Podiums (MP3)

'Inclusiveness – We will ensure not only that our sport has no barriers to involvement, but we will also seek actively to interest and involve under-represented groups'

## EQUALITY POLICY

British Orienteering is committed to treating all people fairly and providing equality of opportunity. British Orienteering aims to ensure that all people irrespective of age, gender, ability, race, religion, ethnic origin, creed, colour, social status or sexual orientation have a genuine and equal opportunity to participate in orienteering at all levels and in all roles. This includes job applicants, employees, participants, volunteers and spectators. No person will be deliberately placed at a disadvantage.

British Orienteering regards discrimination, harassment or victimisation as serious misconduct and likely to bring the sport into disrepute. Thus, any complaint on any of these grounds against employees will be dealt with under the Disciplinary Rules and Procedures. Any complaint on any of these grounds against any other person will be dealt with under Bye-Law 1 of British Orienteering's Articles of Association.

Adopted by Council – Jan 2007

## AUDIT

- We are aware of our current profile and position in terms of equality
- We understand the issues and barriers faced by under-represented groups in participating in 'O'
- Weaknesses in the current status of equality are identified
- Specialists in equality in each of the three main focus groups (Black & Ethnic Minorities, Women in Sport, Disabilities) are consulted regarding the audit and analysis

## PLAN

- An equality action plan which all staff, volunteers and key stakeholders understand and have had opportunity to input to
- All staff and volunteers within British Orienteering understand the principles of equality and their role in delivering the action plan
- Feedback on the action plan is sought from members, equality bodies and focus groups
- Action Plan distributed to members, partners and targeted groups
- Ensure staff and key volunteers have an awareness of the policy and action plan
- Partners and new audiences are aware and engaged in delivery of the action plan
- Increase in the number of athletes from under-represented groups at international level

## REVIEW

- Has the diversity of leadership, staff, Council and senior volunteers increased?
- Do all our internal policies, procedures and literature pay due regard to diversity?
- Are leadership and staff reflective of the diversity of the orienteering community?
- Have clubs engaged with and developed participants, coaches, officials and administrators from under-represented groups?
- Has equality been mainstreamed through British Orienteering operations, functions and service delivery?
- Do we all have an understanding of sports equity?
- Has our success in working towards equality been communicated to people inside and outside orienteering?
- Do all programmes and budgets pay due regard to the diverse groups British Orienteering serve?
- Has the number of athletes from under-represented groups performing at international level increased?

## DELIVER

- Accountability for sports equity is with Council and Chief Executive
- Demonstrate that we are committed to Equality
- Our Equality Policy has been communicated and understood by staff and key volunteers
- All internal policies and procedures pay due regard to diversity
- Pathways for participating and volunteering in 'O' are developed and communicated widely
- Equality of opportunities for young people exist throughout the Junior Programmes
- Opportunities for people with disabilities are promoted within all aspects of 'O' and particularly Trail-O
- Opportunities for women are promoted within coaching, event officiating and administrating
- Equality awareness is raised in all clubs through audits and consultations
- Information and guidance on making a club equitable is distributed
- Good equality practice is created, developed and shared at association and club level
- Equality training is offered to all coaches, officials and club welfare officers
- Club Welfare Officer's role is modified to include equality
- Links with external equality groups are established



# Introduction to the Whole Sport Plan 2009/13

**The Whole Sport Plan (WSP) is British Orienteering's strategic plan for a four year period. It will be developed after wide consultation with Associations (and through them Clubs) and will outline the priorities, key projects and associated budgets for orienteering in the UK.**

**The WSP is important because it reflects the first stage of planning beneath British Orienteering's vision ("More People, More Places, More Podiums"). It sets priorities for the period April 2009 to March 2013. It is also used by relevant Sports Councils who normally require a plan as a condition of awarding grants; the WSP is often used to assess which elements of development and progress in orienteering funding partners will support.**

British Orienteering has such a plan for the period ending April 2009; however it is now time to develop the plan for 2009 to 2013 as it will be submitted to UK Sport, Sport England and potentially the other Sports Councils early in 2008.

The WSP is an important opportunity for associations, clubs and members to help shape the direction of British Orienteering in the years ahead and to ensure that local priorities are reflected in the Plan. By involving partners, such as the Sports Councils and other bodies in the development of the Plan, British Orienteering is raising awareness and understanding about the sport of orienteering in addition to applying for funding support.

## WHAT'S NEW ABOUT THE WSP FOR 2009-13? There are three main new aspects:

1. For the first time, it will be the development and expansion of an already agreed vision for orienteering which should help achieve coherence for the plan, rather than it being a set of rather disjointed goals and associated programmes.
2. The WSP will reflect the local priorities of British Orienteering's constituent associations and clubs.
3. One major funding partner, Sport England, is changing the way in which it provides funding and will be distributing two-thirds of its funds through Regional Agreements rather than the National Agreements currently in place.

Date (2007)	Action
End of Aug	Issue of the Outline Plan to all associations, clubs and partners to enable them to review it, plan how they will frame their response and plan how they will determine and submit their Performance Indicators
26th Sept	Deadline for individuals who have seen the Outline Plan to input their comments to National Office. It is recognised that consolidated views, by associations and clubs for example, are unlikely to be achieved by this date, but it will be very helpful if individuals feedback their personal views on the Outline Plan
26th Sept	Changes to the Outline Plan are made and a draft WSP is circulated back to clubs, associations and other partners; clubs continue to develop their performance indicators
6th Oct	Council considers the Draft WSP at its autumn meeting
End Oct	Deadline for clubs and associations to submit their performance indicators
23rd Nov	Deadline for associations and clubs to input their comments on the Draft WSP to National Office
End of Nov	A Final Draft WSP to be circulated to clubs, associations and partners for final comment
End December	Final version distributed to Council for final comment and ratification via email
11th Jan 08	Whole Sport Plan submitted to Sport England and the other Sports Councils as they seek funding submissions; copy placed on web for members

## WHY DOES BRITISH ORIENTEERING NEED FUNDING?

Currently British Orienteering raises £190k from membership fees and event levies; the remaining funding is from funding agencies and includes:

- £212k from UK Sport
- £375k from Sport England (there is also up to another £160k for specific Sport England initiatives)
- Various funding from other Sport Councils which is normally made available directly to the Country Orienteering Association (NIOA, SOA and WOA)

A brief glance will tell you that only 25% of the available funds are raised through the membership and if the funding agencies change their levels of funding, or their criteria, it will have a significant impact on the activities of British Orienteering.

## ARE THERE CHANGES ANTICIPATED TO FUNDING?

The governance of sport in the UK is becoming more focused with all the government's (inc Northern Ireland, Scotland and Wales) QUANGOs clarifying roles and responding to the changing sporting environment that includes London 2012 and the role of sport in education.

This is creating a change in funding mechanisms and criteria particularly in England where Sport England have committed to increasing participation of the 16+ age group. Sport England are changing their funding from the 1st April 2009 onwards to deliver 65% or more of the funds against regional programmes of work. This means that even if they continue to fund at the same level as in 2007 (doubtful as they themselves have £50m less to invest in sport), British Orienteering will have a maximum of 35% of £375k (£131k) to spend at national level. The remaining 65% of the funds will be spent in the Sport England regions that, hopefully, will have agreed plans

of work with orienteering. The funds may well still be processed through British Orienteering but spend will have to be within specified regions.

Sport England has built a network of County Sports Partnerships (CSPs) to link resource providers (Local Authorities, Education sector and Health sector) to sports development at a local level. For orienteering in England, this will mean that clubs will benefit by building relationships with CSPs and Associations will benefit from building relationships with Regional Sport England contact managers.

You can see that these changes will significantly impact on the funding of British Orienteering and the way in which it operates.

## ARE THERE IMPLICATIONS FOR CLUBS AND IF SO WHAT ARE THEY?

For the first time British Orienteering has a Vision and Values statement that has been agreed through consultation with the grass roots of the sport, before being adopted at Council. Clubs will be asked to look at their current situation and identify areas of their work that can impact on delivering aspects of the Vision. Clubs that have achieved club accreditation status have remarked on the benefits of establishing a club development plan. We hope that each club will consider the benefits from working within a coordinated British plan that has been agreed with a variety of partners from local through to national. Ultimately this should make the British Orienteering strategic plan for the period 2009 to 2013 (called the 'Whole Sport Plan 2009/13') far more meaningful at club level and strengthen the ability of clubs to talk with local bodies to facilitate not just funding, but also other support for coaches, other volunteer roles, mapping, land access and other resources.

Clubs will be given a summary of their position in 2006 and asked to provide indications of where growth is possible in the four years between 2009 and 2013. Clubs will also have opportunity to identify other projects that might increase growth in participation, or the club more generally, and to tell us about any significant barriers to development.

Once completed, the Whole Sport Plan will become a more meaningful Plan than in the past, with clubs and associations having greater ownership. Clubs will however be required to commit more fully to delivering on the Plan and the targets that are agreed.

**Orienteering is in direct competition with every other sport and leisure activity and the Whole Sport Plan will be an opportunity to light the imagination of our partners in regard to orienteering. To compete successfully orienteering has to be bold and daring – the timid conservative approach is unlikely to attract funding or support from partners. Orienteering still has a lot of converts to win over!**

## ARE THERE IMPLICATIONS FOR ASSOCIATIONS AND IF SO WHAT ARE THEY?

In addition to building relationships with the Sports Councils at national (SOA, NIOA, WOA) and regional level (English Associations), Associations will play a significant role in facilitating discussion about how the development of orienteering in the region should progress and in discussing the collated information provided by their clubs. Associations will also play a direct role in developing the Talent Pathway which the national squad structure in SOA, NIOA and WOA and the English regional squad structure underpin. Hopefully the talent pathway will be eligible for funding bids within the Associations.

## ARE THERE IMPLICATIONS FOR BRITISH ORIENTEERING AT NATIONAL LEVEL AND IF SO WHAT ARE THEY?

In the present climate of focus on London 2012 there is inevitably going to be a funding deficit and addressing this will be a priority. British Orienteering is likely to need a degree of re-shaping in several respects:

- Delivery of the development of orienteering (and particularly increasing participation) will be focused at club level
- Delivery is almost certainly going to be focused in areas where there is a strong commitment from a club, the Association, CSPs in England and funding partners. British Orienteering will need to deal with funding being delivered differently in different areas.
- Gathering information from Clubs and Associations, collating it and preparing the Whole Sport Plan 2009/13 will be a major piece of work BUT will probably provide clubs and Associations with far more ownership of the Plan than has been true in the past
- Establishing and maintaining a regional network of contacts with Sports Councils, CSPs in England and other bodies will become a priority – and a major challenge
- The staffing structure will have to be adjusted to meet the new circumstances and delivery mechanisms

**In summary there will be some significant advantages to the future system to resource sport. Everyone involved in sports development that is reliant on external funding streams is going to have to align with these changes. We, British Orienteering, our associations and clubs have a tight timescale in which to agree the Whole Sport Plan (by the end of 2007) and, whilst there are no guarantees, if we can rise to the challenge in a positive manner there is the opportunity to deliver on the benefits.**

### WE CAN'T SHOW YOU THE WAY, BUT WE CAN MAKE THE JOURNEY MORE COMFORTABLE.

Buff®, probably the most versatile headwear you can own. Made with microfibre for technical performance, seamless for comfort, compact for convenience and available in over 100 dazzling designs. The versatility of Buff® is limited only by your imagination.



THE ORIGINAL MULTI-FUNCTIONAL HEADWEAR  
www.buff.eu

## British Orienteering Insurance Summary - Sept 2007

Mike Forrest very kindly offered to join a small group to meet with British Orienteering's insurance brokers and discuss some changes to the way in which insurance cover is provided for orienteering activities, having once been in the insurance business and being a person involved in many orienteering activities he was able to bring insight to the negotiations. Here is a statement that Mike prepared that has been circulated to clubs.

"I have been working with the staff in the National Office and the organisation's insurance broker to ensure that our insurances are effective and value for money. I am writing this letter to clubs to explain some recent changes in the way our insurances are arranged and to outline how these changes will affect British Orienteering Clubs. The changes relate to our Civil Liability Policy which protects organisers, planners and controllers (and other helpers) from claims for damages relating to orienteering activities.

The policy is arranged to protect all members of British Orienteering from such claims, and the cost of the policy is covered by British Orienteering out of the participation levies paid by organising clubs.

### So why are we telling you all this?

Well, there are two reasons: The first is that the policy we have is designed for sports where all the participants are members. Consequently, insurers require information telling them how many non-members are participating in our events. They will charge an additional premium to extend the cover to include these non-members (which will, of course be paid by British Orienteering). Secondly, insurers require the ability to confirm that someone making a claim arising out of participation in an event were actually participating.

### What does this mean for clubs?

Firstly, we will be revising the form that event organisers complete to report participation numbers and we will require figures for members and non-members. Hopefully, this will not require you to collect any additional information from people who enter your events for events which are level 4 (district) events and above. We will all have to make sure that we know these split figures for informal (level 5) events.

Secondly, and rather more challenging for us, insurers must be able to verify that someone making a claim as a result of participation in a registered event was actually participating. Clearly they would expect to do that by reference to event results, which will have two significant implications for clubs. Results from events will need to be retained for minimum of three years to still be in place when a claim arises. This may not be a change for clubs, now that results are maintained on

the web with electronic storage being so cheap. More difficult will be the need to retain such information for informal (level 5) events. Here, clubs will need to retain lists of participants, even though they may not be publishing formal results.

All of this makes it clear to me that clubs will need to review their recording of information on participants. It is level 5 events where new information will need to be captured. Whereas this information does not need to be publicly available, clubs will need to retain it. I would suggest that the information should be being collected at such events anyway (for safety reasons, and to enable clubs to follow up potential new members), so it may just be a case of retaining it, maybe by scanning hand-written lists prepared at the event.

### This is IMPORTANT!

The breadth of British Orienteering's insurance cover has been designed to ensure that everyone involved in orienteering is covered in respect of claims against them from participants and members of the public. Failure to comply with insurers' requirements could compromise the insurance cover exposing organisers and/or planners personally."

I endorse Mike's view that this is a good deal for orienteering and hope the new requirements to collect information on participating non-members will not be too onerous.

### Insurance summary under the new scheme:

British Orienteering holds Civil Liability insurance with two insurers; Royal and Sun Alliance Cover plc and Insuresport Mutual Ltd. These policies are held through a broker, Perkins Slade who specialise in providing sports insurance. The policy covers all registered British Orienteering events and members. The insurance covers civil liability only and this can be summarised as incidents that could give rise to someone making a claim e.g. the likely protection against being sued for a member's/organiser's actions. Examples that are likely to be covered by our insurance are; claims for damages, negligence, incorrect/misleading advice given, incorrect mapping resulting in injury etc... that are seen as being caused by British Orienteering or any of our members.

Although these are examples of likely cases where our insurance would cover a claim, it is important to realise that all cases are taken individually. Specific circumstances could change or indeed invalidate the cover provided.

The Civil Liability Insurance Policy covers British Orienteering and all its members: associations, clubs and individuals, including most claims made against us personally, and most claims made by other members, in connection with orienteering activities. It is important therefore that coaches and event officials must be British Orienteering members for the insurance to be valid.

Non-member participants in British Orienteering events can be covered by our insurance policy for an additional 50p per non-member. This additional charge entitles non-members to the same level of cover as members. These additional charges are charged collectively to British Orienteering and as such it is essentially that the names and overall numbers of non-members are registered at each event. This data can be captured using the participant registration form that can be found on the website and will be sent out with the levy and incident report forms upon event registration. Registration of events is necessary to ensure insurance cover extends to the event. British Orienteering needs to be aware of those activities most likely to give rise to a claim: events, training, coaching, mapping etc... We also need to be informed of any unusual or particularly risky activities; this includes Street-O events. British Orienteering's civil liability cover extends to members competing in orienteering events worldwide (excluding USA and Canada). This is NOT travel insurance; it is only to cover possible civil liability claims.

All incidents that involve personal injury or could result in a subsequent claim MUST be reported to British Orienteering using the Incident Report Form. Incident Report Forms MUST be submitted to the National Office without delay. A delay may result in subsequent invalidation of our insurance. For more information on the British Orienteering Insurance policy contact Laura Young at the National Office.

Mike Hamilton



The Rules state, "The control banner shall be visible to competitors when they can see the described position."

### MAP SCALES USED AT REGIONAL EVENTS

It is generally accepted that major events need to provide specific age classes with 1:15,000 scale maps in order to allow them to compete using a map scale that is standard at international events. However the scale of 1:10,000 is recommended for older age groups (age classes 45 and above) where reading fine lines and small symbols may cause problems, or for younger age groups (age classes 16 and below) where the capacity of reading complex maps is not fully developed.

The Guidelines for National Events and above contain details of which classes (and courses) should have which scale. However, when a Regional Event is using maps at both 1:15,000 and 1:10,000 scales, and a single course has age classes both over and under M/W45, then the 1:10,000 scale map should be used. e.g. Course 5 at Regional Events has five age classes of M/W45 and over, plus M21V and W21S. Hence a 1:10,000 map should be used for this course.

### USE OF GPS SYSTEMS WHILST COMPETING

Competitors are reminded that under current regulations they are not permitted to use a GPS device as an aid to navigation at any competition registered with British Orienteering. However this does not extend to a ban on the carrying of a GPS device by an individual who wishes to use it as an aid to personal post-event analysis. Indeed, the use of GPS information and tools such as Route Gadget to analyse personal performance is to be encouraged.

### BLANK MAPS BEFORE THE START LINES AT C4 AND C5 EVENTS:

It has been standard practice for many years for blank maps to be available in the start lanes at Regional Events and above in order to allow competitors to familiarise themselves with the map and any special symbols, etc. However this has not generally been done at District Events as in the past these always used master maps so competitors had the blank maps to study beforehand. With the increasing use of pre-marked maps at District Events, organisers are asked to consider displaying blank maps either at registration or the start to allow competitors a similar opportunity.

### ORIENTEERING IS NOT A TREASURE HUNT - AUTHOR UNKNOWN, BUT THE CONTENT IS VERY RELEVANT

"The last few events I have run at I have been a little concerned regarding the placing of some control banners. I have always understood that once you are at the right part of the control feature

you should not have to 'hunt' for the banner but should be able to reasonably see it. The skill should be on route choice and finding one's way as quickly as possible to the centre of the circle. However, quite a few times the banner has appeared to be deliberately hidden - perhaps behind a bush - or the banner hung very low so it touches the ground. Again making it very difficult to see unless you are within a couple of yards, especially if there is high vegetation (e.g. bracken!). This means the control can almost become a 'bingo' control and unfair.

A typical example this weekend was a control listed as being on the Hill top, South side. Although it was there, the banner had been pushed right back into the side of the ground and hidden behind a branch. So, even approaching the control from the South East and thinking (for once) I was in the right place, I did not see it and ended up going all the way round the hill, checking another small hill top to the North, and then coming back round to the original place from the West side. Eventually finding the control where I had first expected it to be."

This is a reminder to Planners of a clear statement in the Rules: "The control banner shall be hung at the feature indicated on the map in accordance with the control description. The control banner shall be visible to competitors when they can see the described position."

There is no excuse for hiding the banner just to make life more difficult for the competitor. If the position on the feature where the banner should be is visible from a long way off then so will the banner itself be. Hiding it behind a tree or under a bush is not acceptable.

ANY CONTRIBUTIONS, COMMENTS OR QUESTIONS SHOULD BE SENT TO: [RULESGROUP@BRITISHORIENTEERING.ORG.UK](mailto:RULESGROUP@BRITISHORIENTEERING.ORG.UK)

## SPORTident UK

SPONSORS OF THE GB ORIENTEERING SQUAD

**PURCHASE ALL SI-CARDS ONLINE**

- Lowest UK Prices if you order online
- Punching is now twice as fast with the SI-Card 6
- Choose your own memorable SI-Card Number
- Choose from dozens of high vis. Colours

You will be notified of your new SI-Card number immediately by email so you can enter your next event without delay. Purchase new SI-Cards and register your existing SI-Card online

**NEW CONTROL STATIONS**  
New BSF7 and small & cool BSF8 control stations feature "Always On" technology and years of battery life. No need to prepare or switch them on, just site them at a control.

**NEW TRAINING/SCHOOL KITS**  
New cost-effective bundle of BSF8 stations, a thermal printer and download station. No need for a computer or mains power. Instant results.

**OUR SERVICES**

- SALES** -All SPORTident equipment to the UK, USA & Ireland
- HIRE** - 2000 Si-Cards, 200 NEW controls & masterstations
- SUPPORT** - Major events, corporate / charity challenges, customised solutions for unusual events & website development.
- ATTENDANCE LOGGING** -Systems for automatically monitoring student attendance at lectures/seminars.





www.sportident.co.uk

Sleagill Head Farm, SLEAGILL, PENRITH, CA10 3HD  
Tel/Fax: (+44) (0)870 766 1792, Mob: (+44) (0) 7836 384853  
EMAIL: [martin.stone@sportident.co.uk](mailto:martin.stone@sportident.co.uk)

# First list of Championship Awards for 2007

**Congratulations to the following who are eligible to claim a Championship award as a result of their efforts in the BOC, the JK, the Scottish Championships and the National events organised by MV, SROC and LOC.**

Only Alistair Wood (M55 AIRE) has managed to achieve Championship standard in all seven eligible events, with nine other men (Richard Barrett M35, Kevin Harding M45, Steve Webb M45, Roger Thetford M45, Julian Lailey M60, Jim Prowting M60, Keith Henderson M65, Robert Ker M65 and Barrie Speake, M65) having only missed out in one event. Among the ladies six (Susan Skinner W40, Wendy Billing W45, Inara Gipsle W55, Karen Blackburn W60, Hilary Palmer W60, and Judith Powell W65) have also achieved Championship standard in six of the seven events.

In the junior classes five orienteers (Katrin Harding W14, Elizabeth Parkinson W14, Zachary Field M12, Aidan Smith M12 and Alan Cherry M16) are still in contention, having also obtained Championship standard in six events.

## MEN

**M10** Michael Hallett BOK, William Louth WAOC, Tim Morgan SOC, Thomas Wilson CLYDE.

**M12** Alexander Chepelin GRAMP, Matthew Elkington OD, Jake Field EBOR, Zachary Field EBOR, Nicholas Jarvis SO, Alex McCann MDOC, Christopher Nash SROC, Craig Nolan ESOC, Stephen Reynolds SBOC, Aidan Smith SYO.

**M14** Jack Barrett FVO, Jack Benham SARUM, Peter Bray SN, Jonathan Crickmore SO, Graham Hemingway WCOC, Ben Ross OD.

**M16** Duncan Birtwistle CLARO, Roger Bryant MDOC, Alan Cherry AYROC, Robert Gardner OD, Matthew Halliday OD, Peter Hodgkinson NOC, Kristian Jones SBOC, Patrick Low MAROC, Elliot Malkin MDOC, Mark McLeod ESOC, Tom Ryan ESOC, James Taylor NOC, Robin Tett SYO, Stuart Thompson FVO, Matthew Vokes DEE.

**M18** David Abrams GO, Thomas Beasant DEE, Christopher Embrey HOC, Hector Haines AIRE, Daniel Hartmann HOC, Mikey Hopkins WCH, Edward Louth WAOC, Michael McIver LOC, Alasdair McLeod INVOC, Michael Noblett WCOC, Christopher Smithard DEE, Ralph Street SLOW, Matthew Whipple SOC.

**M20** Rhodri Buffet SWOC, James Lyne SOS, John Rocco SHUOC, Matthew Rooke UWOC, David Schorah DEE, Ben Stevens AIRE, Douglas Tullie RR.

**M21** Duncan Archer CLOK, Rob Baker SYO, Nick Barrable SYO, Peter Forester NOC, Scott Fraser INT, Graham Gristwood OD, Oliver Johnson SYO, Daniel Marston INT, Neil Northrop SYO, Michael Sprot SYO, Anthony Squire INT, Murray Strain INT.

**M35** Richard Barrett BAOC, Ben Hartman INT, Darrell High SO, Jason Inman FVO, Andrew Monro EBOR, Chris Poole CLOK, Ifor Powell BOK, Fraser Purves FVO, Martin Ward SPOOK.

**M40** Charlie Adams SYO, Nigel Bunn TVOC, Tony Burton MV, Jon Cross FVO, Steve Dempsey MDOC, John Duckworth DVO, Clive Hallett BOK, Alan Irving WCOC, David Rollins BAOC, Colin Smith SYO, Alan Velecky SO.

**M45** Graeme Ackland INT, Steve Barrett FVO, Michael Belshaw BAOC, Michael Billingham WCOC, James Clemence SWOC, Neil Crickmore SO, Kevin Hagley DEVON, Kevin Harding HH, Quentin Harding SROC, David Harrison SYO, Peter Haynes SLOW, Andrew Hyslop WAROC, Michael James BAOC, Steve Keyes SN, Steve Long TVOC, Alastair Mackenzie CLOK, Steve McLean SROC, Keith Masson MV, John Noblett WCOC, Chris Sanderson BAOC, Roger Thetford TVOC, Paul Thornton CLOK, Steve Webb AIRE.

**M50** Gavin Clegg WESSEX, James Crawford GO, Robert Daly GRAMP, Martin Dean FVO, Colin Dickson BAOC, Alastair Doyle GO, Barry Elkington OD, Mikhail Gryaznevich TVOC, Peter Haines AIRE, Vincent Joyce SO, Mick Lucking NOC, Peter Maliphant BOK, Peter Nicholls GO, Donald Petrie CLYDE, Andrew Quickfall SROC, Alan Rosen HH, Mark Smith GO, John Tullie RR.

**M55** Mike Baggott HOC, Axel Blomquist BAOC, John Britton MDOC, Tony Carlyle AIRE, Eddie Harwood MOR, Andy Hemsted HOC, Richard Payne EPOC, Robin Smith SOC, Mike Smithard DEE, Paul Taylor CLOK, Steve Whitehead EBOR, Alistair Wood AIRE.

**M60** Steve Buckley LOC, Peter Gorvett SYO, Mike Hampton OD, Brian Hughes HOC, Jack Hutchison SOC, Julian Lailey SROC, Mike Murray SLOW, Mike Pearson WCOC, Jim Prowting TVOC, Richard Rae BKO, Anthony Richardson LOC, Roger Scrutton ESOC, Phil Smithard KFO.

**M65** Dick Amour INVOC, Allen Barnes CLARO, Arthur Boyt KERNO, Keith Henderson WIM, Frank Ince SWOC, Robert Ker AIRE, Roger Maher SO, Andy McGregor BADO, Brian Morris WRE, Rod Ryal EPOC, Brian Shaw SYO, Barrie Speake EBOR, Andrew Suddaby BL, Trefor Williams TVOC.

**M70** Lin Callard NGOC, Robin Campbell CHIG, Mike Crockett QO, Guy Goodair EPOC, Andrew Gregory MDOC, Alan Heron SELOC, Stan Johnston LOC, Colin Spears HOC, John Thompson TVOC, Bill Vigar QO, Peter Webb SOC.

**M75** Roger Baker TVOC, John Currey EBOR, Roy Malley NATO, Peter Seward SBOC, John Spence TVOC, Bob Stewardson LO.

**M80** Geoffrey Geere TVOC.

## WOMAN

**W10** Louise Adams SYO, Helen Ockenden SROC, Sophie Roberts SROC, Jill Stephens LVO.

**W12** Kira Browne SROC, Rachel Emmerson OD, Karen Maxwell RR.

**W14** Lucy Butt SARUM, Delyth Darlington ERYRI, Jenny Evans NOC, Florence Haines AIRE, Katrin Harding SROC, Zoe Harding SROC, Sophie Horrocks PFO, Aine McCann LVO, Elizabeth Parkinson NOC, Rosalind Shepherd INVOC, Charlotte Watson WCOC.

**W16** Julia Blomquist BAOC, Lauren Campbell AYROC, Fiona Claxton NOC, Chloe Haines AIRE, Rebecca Harding HH, Alice Leake EBOR, Kirstin Maxwell RR, Jessica Orr CLYDE, Mairead Rocke LEI, Joanna Shepherd INVOC.

**W18** Emily Benham SARUM, Alice Butt SARUM, Anwen Darlington ERYRI, Anne Edwards TVOC, Joanna Halliday OD, Rebecca Hoare ERYRI, Hollie Orr CLYDE, Victoria Stevens AIRE, Hazel Wright MAROC.

**W20** Elizabeth Britton MDOC, Tessa Hill BUOC, Rebecca Roberts SROC.

**W21** Lizzie Adams SHUOC, Aislinn Austin CLOK, Becky Carlyle EUOC, Rachel Elder CLOK, Helen Gardner WAOC, Karen Heppenstall CLOK, Jenny Johnson SYO, Toni O'Donovan OD, Abi Weeds SLOW, Pippa Whitehouse CLOK, Helen Winskill SYO.

**W35** Sheralee Bailey DFOK, Amanda Crawshaw EPOC, Heather Hartman INT, Catherine Hughes NOC, Julia Jarvis SO, Stella Lewsley BL, Mary Ross INT.

**W40** Woo Allen BAOC, Kath Broach ERYRI, Jackie Butt SARUM, Lorna Eades INT, Ruth Ker AIRE, Marsela McLeod INVOC, Lesley Ross OD, Susan Skinner WCOC.

**W45** Wendy Billing SYO, Jackie Chapman SLOW, Elizabeth Clayton WCH, Janet Evans NOC, Jane Halliday OD, Alison Harding HH, Susan Harding SROC, Frances Hoare ERYRI, Margaret MacKenzie WCOC, Chris McLeod ESOC, Jane Morgan SOC, Vicky Thornton MDOC.

**W50** Kate Bryant MDOC, Carol Edwards TVOC, Jackie Hallett BOK, Janice Nisbet ESOC, Janet Rosen HH.

**W55** Sarah Brown SLOW, Helen Gardner EBOR, Inara Gipsle TVOC, Liz Godfree DVO, Sue Hands WIM, Christine Kiddier GO, Gill Manning SWOC, Susan Roome SROC.

**W60** Karen Blackburn BL, Monika Cooper SYO, Sue Hallett OD, Elsie Hargreaves KERNO, Jean Lochhead EPOC, Carol McNeill LOC, Hilary Palmer NOC, Pauline Ward DVO.

**W65** Beryl Blackhall SELOC, Janet Gibson BKO, Rae Lomas MDOC, Susan Parker SO, Judith Powell SWOC, Caryl Roscoe WRE, Hilary Simpson OD.

**W70** Ruby Campbell CHIG, Jillian Currey EBOR, Gill Hardy CLOK, Verena Johnston LOC, Alison Soman HOC, Pat Spoonley DEE, Celia Wells EBOR.

**W75** Pat Grenfell BOK, Dorothy Hale SAX, Vera Parkins WCOC.

**W80** Pam Emberton WCH, Jean Velecky SOC.

Championship badges and certificates are available from Chris Boycott, 13 Dawlish Avenue, Stafford, ST17 0EU on receipt of the relevant fee (cheque made payable to British Orienteering) and an appropriate SAE (22 by 16cm for certificates). Junior Flashes are now available.

- **Woven cloth badge £1.50**
- **Age (e.g. M60) or Junior (JM1) flash £0.50**
- **Certificate £0.50**

# British Orienteering Addresses and Contacts



## National Office:

8a Stancliffe House, Whitworth Road, Darley Dale, Matlock, Derbyshire, DE4 2HJ.  
Office hours: Mon-Fri 9.00am-5.00pm.  
Tel: 01629 734042 (24hr. answerphone)  
Fax: 01629 733769.  
e-mail: info@britishorienteering.org.uk

## National Office Staff:

### Chief Executive:

Mike Hamilton  
e-mail: mike@britishorienteering.org.uk

### Executive Officer, Admin:

Laura Young  
e-mail: laura@britishorienteering.org.uk

### International Programme Director:

Derek Allison,  
Newton Hall Farm, Newton in Cartmel, Grange-over-Sands, Cumbria, LA11 6JJ.  
Tel/Fax: 01539 531167.  
e-mail: derek@britishorienteering.org.uk

### Marketing Manager:

Caroline Povey  
e-mail: caroline@britishorienteering.org.uk

### International Programme Manager:

Hilary Bloor  
e-mail: hilary@britishorienteering.org.uk

### Start and Junior Potential Manager:

Gareth Candy  
e-mail: gareth@britishorienteering.org.uk

### Coaching Programme Manager:

Vicky Thornton  
e-mail: vicky@britishorienteering.org.uk

### Accounts Manager:

Jannette Blunden  
e-mail: jannette@britishorienteering.org.uk

### Office Administrator:

Nicole McKenna  
e-mail: nicole@britishorienteering.org.uk

## Councillors:

**Chris James**, Dalcross, The Manse Lane, Gorsley, Ross-On-Wye Herefordshire HR9 7SJ. Tel: 01989 720122  
e-mail: chrisjames@dalcross.plus.com

**Ed Nicholas**, Edinburgh University Sports Union, 48 The Pleasance, Edinburgh, EH8 9TJ  
Tel: 07725 912593  
e-mail: ednicholas@gmail.com

**John Morris**, South House, The Street, Clapham, Worthing, West Sussex, BN13 3UU.  
Tel: 01903 871286  
e-mail: johnmorris@britishorienteering.org.uk

**Roger Hargreaves**, 7 Coldrose Court, Truro, Cornwall, TR1 2LE. Tel: 01872 277320  
e-mail: roger@hargreaves9999.freereserve.co.uk

## WEBSITE:

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

## Useful Addresses:

### British Orienteering Website:

e-mail: webmaster@britishorienteering.org.uk  
**Badge Claims:** Chris Boycott,  
13 Dawlish Avenue, Stafford, ST17 0EU  
Tel: 01785 612825  
e-mail: badges@britishorienteering.org.uk

### Hon. Records Officer:

Terry Dooris, 14 Sovereign Court, 9 Wareham Road, South Croydon CR2 6LP Tel: 0208 649 7002

### Trail Orienteering:

Anne Braggins, 90 High Street, Meldreth, Royston, Herts, SG8 6LB Tel: 01763 260333  
e-mail: anne@trailo.org

### The National Orienteering Centre

c/o Glenmore Lodge, Aviemore, Inverness-shire PH22 1QU Tel: 01479 861374  
e-mail: NationalOCentre@scottish-orienteering.org

### British Schools' Orienteering Association

**Membership Secretary:**  
Peter Bylett, 55 Bruce Road, Kidderminster, Worcs, DY10 2TY Tel: 01562 631561  
e-mail: info@bsoa.org

### Trail Cyclists. Association:

John Houlihan, 98 Main St, Menston, Ilkley, West Yorkshire LS29 6HY  
Tel: 01943 876393  
e-mail: tca@witness.co.uk

## Hon. Officers:

**Chairman:** Neil Cameron, Chestnut House, Gannaway Lane, Tewkesbury, Glos. GL20 8DA  
Tel: 01684 294791 (before 10pm)  
e-mail: chairman@britishorienteering.org.uk

**Vice Chairman:** Peter Christopher, Brackendale, Brook Lane, Brocton, Stafford ST17 0TZ  
e-mail: vicechairman1@britishorienteering.org.uk

**Vice Chairman:** Lyn West, Grove Hill House, Dedham, Essex, CO7 6DX. Tel: 01206 322905  
email: vicechairman2@britishorienteering.org.uk

**Treasurer:** Jenny Peel, 20 Riverdale Road, Sheffield, S10 3FB Tel: 0114 2663169  
e-mail: treasurer@britishorienteering.org.uk

## Committee Chair:

### Chair of Council & Management:

Neil Cameron, Chestnut House, Gannaway Lane, Tewkesbury, Glos. GL20 8DA Tel: 01684 294791 (before 10pm)  
e-mail: chairman@britishorienteering.org.uk

### Coaching:

Keith Marsden, 24 Glen Way, Watford, Herts, WD17 3JL  
e-mail: keith@familymarsden.org

### Development:

Chair TBC  
**Events:** Lyn West, Grove Hill House, Dedham, Essex, CO7 6DX. Tel: 01206 322905  
e-mail: vicechairman2@britishorienteering.org.uk

**International:** Dave Harrison, Maunsell House, Home Farm, Hopton, Wirksworth, Derbyshire, DE4 4DF Tel: 01629 540779  
e-mail: david@maunsell.fsnet.co.uk

## Development Team - England:

### Development Manager:

Hilary Palmer  
Tel: 0115 9820651  
e-mail: hilarypalmer@britishorienteering.org.uk

**EA (Bedfordshire, Cambridge, Essex):**  
Helen Errington  
Tel: 01727 842 883  
e-mail: helennerrington@britishorienteering.org.uk

### EA (Norfolk, Peterborough, Suffolk):

Michael Chopping  
Tel: 01553 841 669  
e-mail: michael@britishorienteering.org.uk

### EM:

Pauline Olivant  
Tel: 0115 9872083  
e-mail: pauline@britishorienteering.org.uk

### NE:

Vacant  
**NW:** Sarah Watkins  
Tel: 01524 844915  
e-mail: sarah@britishorienteering.org.uk

### SE (Hertfordshire & N. London):

Helen Errington  
Tel: 01727 842 883  
e-mail: helennerrington@britishorienteering.org.uk

### SE (Kent, Surrey, Sussex & S. London):

Christine Robinson  
Tel: 020 8255 7176  
email: chris@britishorienteering.org.uk

### SC:

Denise Harper  
Tel: 0118 9482934  
e-mail: denise@britishorienteering.org.uk

### SW:

Celia Watkinson  
Tel: 0117 9688627  
e-mail: celia@britishorienteering.org.uk

### WM:

Tony Callow  
Tel: 01743 884219  
e-mail: tony@britishorienteering.org.uk

### YH:

Colin Best  
Tel: 0114 2302621  
e-mail: colin@britishorienteering.org.uk

## Development Team - N. Ireland:

### Helen Baxter

Tel: 028 9263 9841  
e-mail: helenbaxter@britishorienteering.org.uk

## Development Team - Scotland:

### Hilary Quick

Tel: 01467 629022  
e-mail: hilary@scottish-orienteering.org

## Schools' Orienteering Liason - Wales:

### North Wales:

Mair Tomos  
Tel: 01286 830 142  
e-mail: mairtomos@btinternet.com



www.compasspoint-online.co.uk

Compass Point, 10 Market Square, Lytham, Lancashire FY8 5LW. ENGLAND  
Telephone: +44 (0) 1253 795597 Fax: +44 (0) 1253 739460 Email: rick@compasspoint-online.co.uk

## Official Sponsors of the JK Festival of Orienteering 2008

### PB Ultra (wide fit)



£59.99 Sizes 4-13 inc 1/2

### PB Elite Trainer



£55.00 Sizes 4-13 inc 1/2

New

### PB Elite Racer



£55.00 Sizes 4-13 inc 1/2

New

### PB Ultra X'treme (wide fit)



£65.00 Sizes 4-13 inc 1/2

### PB Elite X'treme



£59.99 Sizes 4-13 inc 1/2

New

### PB Junior



£40.00 Sizes 1-3 3 1/2-5 1/2 inc 1/2

New

Made in England



Please note on all off road footwear it is recommended to purchase 1/2 size bigger than normally required.

Your details: (PLEASE USE BLOCK CAPITALS)

Name: (Mr, Mrs, Miss, Ms) \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Post Code: \_\_\_\_\_

Phone number: (DAY) \_\_\_\_\_

(EVENING) \_\_\_\_\_

Cheque card number: (IF PAYING BY CHEQUE) \_\_\_\_\_

Issue number: \_\_\_\_\_ Expires: \_\_\_\_\_

Security number

\_\_\_\_\_

Card number

\_\_\_\_\_

Description

Size

Qty

Price

P&P Standard

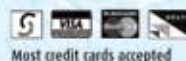
£2.50

UK only next day +£2.50

International +£5.00

TOTAL £

Post to  
**Compass Point**  
10 Market Sq., Lytham,  
Lancashire FY8 5LW  
Tel: 01253 795597  
Fax: 01253 739460



Most credit cards accepted

**Payment**  
Cheques made payable to COMPASS POINT. Please ensure your cheque guarantee number and expiry date is written on the back or your order could be delayed. Postal orders made payable to COMPASS POINT.

**Delivery**  
We aim to despatch all goods within 48 hours should any item be delayed for more than fourteen days we will inform you of expected despatch date.

**Availability**  
All goods are offered subject to availability and we reserve the right to withdraw any item without notice. In the event that any item is not available and we do not have a suitable alternative for you, a full refund will be made. Prices in this catalogue are correct at the time of printing and supersede all previous prices. Please note Colours may vary due to printing.

If you do not wish to receive further information on our products please tick this box

Ref: 251