

Orienteering

SPRING 2007

Focus

THE OFFICIAL VOICE OF BRITISH ORIENTEERING

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New "Ozone" newsletter



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>>Climbing to glory

Bouldering – climbing without ropes – ain't for wimps so let the experts show how it's done at the ICC European Bouldering Championships. The best boulders from around the continent will be competing live at the show for the title of European champion – don't miss the action.



>>Ride the waves

Catch the surfing bug at the Freespirit Beach Festival – get kitted out for the summer at the Freespirit surf shop, get fruity at the Festival Juice Bar and start on your way to surfing enlightenment with a clinic from the Freespirit English Surf Federation Surf School. And if you can survive our surf simulator, you could win a big weekend away in Newquay, Cornwall this summer.



>>Listen in awe

Take notes from some of the UK's most inspirational, dynamic and fascinating outdoor enthusiasts. Bill Oddie, Ray Mears, Brian Blessed and others will be talking about their legendary experiences in the World Theatre.

Welcome...

... to the first edition of the "New" Orienteering Focus magazine. The magazine has been expanded to include more news, tips, reports and profiles and also includes Ozone. Ozone is the part of the magazine that will be totally dedicated to our juniors and we hope our members will help with its production.

This new look is part of the continual roll out of our new corporate identity and is designed to compliment our new website that will be launched shortly. I hope you enjoy the first edition and feel that Focus is of benefit to you as part of your membership.

Roger Jackson was responsible for producing previous editions of Focus for many years and I would like to thank him for his dedication. Focus originally started life as a black and white double sided leaflet and Roger transformed it over the years into a twenty page full colour magazine. The time and commitment that Roger put into the magazine is much appreciated and I am sure that orienteers in the North West will now benefit from his skills.

If you have any feedback or reports for future editions please email marketing@britishorienteering.org.uk

Caroline Povey
Marketing Manager

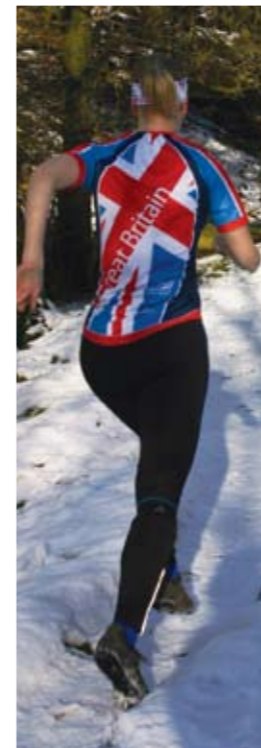
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New GB Team Kit



The new GB international kit will be unveiled at this year's JK where members of the senior performance group will be in action. The bespoke kit produced by Craft will ensure that the GB team really stand out whilst competing abroad. The new kit is complimented by a bespoke Buff that Buffers have generously sponsored. Many thanks to all the companies that support our GB Team. A list of sponsors can be found on the GB team pages of the British Orienteering website.

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One year in post! I have to say it's flown past; I've learnt a lot, met a lot of people and appreciate just how much there is to learn about this sport of Orienteering.

From my perspective the year has been enjoyable but hard work; I think I understand a bit more about the sporting culture that is orienteering but primarily the year has enabled me to get on top of a lot of the procedures and mechanics that enable the governing body to function. Quite often people have asked if I'm enjoying it, almost as if they are amazed that I can be! Well, to put the record straight I am.

There are days however when I wonder how some of the volunteers who sit on Council and other British Orienteering committees and workgroups can enjoy it though! Some of the emails and mail (let alone the forums) they receive are particularly ill informed and even at times unpleasant. You should know that there are some very committed and competent people in orienteering who make the sport happen, the work on fixtures is an excellent example. Two volunteers at national level do a brilliant job that takes many hours a week and they receive little but self satisfaction for it.

When I saw a recent, ill informed and fairly unpleasant, email I thought it was about time to draw people's attention to this problem. In this particular email the writer was blatantly ill informed and the person was told so, even if the writer had been factually correct there was no need or point in writing in such a manner. As a coach I learnt a long time ago that no one makes a bad decision! Volunteers, professionals, athletes, coaches, officials, all make the correct decision based on the information available at the time, it is only with hindsight and time to

reflect that we can look back and appreciate that another decision may have been better. Let's face it, you get to a decision making point on a run, make a route choice and go – you're not going to intentionally make a bad decision are you! I'll repeat that; no one makes a bad decision! So can I plead for a little more respect in the choice of words used to communicate with these vital volunteers? They do it for the love of the sport; they deserve to be treated a little better than they sometimes are at the moment. Remember the sport will cease to function without volunteers working hard at all levels.

The Annual Report is due for circulation and will provide a good insight into the achievements of the governing body during 2006 so I want to target this article at the subject of Equity and Inclusion. Late in 2006 British Orienteering submitted a portfolio to gain the Foundation Level of the Equality Standards and we are now working towards submitting the Preliminary Standard Portfolio as soon as possible. What's all this Equity and Inclusion about and why do you need to know about it?

I have learnt that British Orienteering is a governing body with a rich cultural background. It currently deals with many aspects of language, culture, lifestyle that other sports would be envious of; for example how many sports have gender based competition across the age spread that orienteering does? It would be easy to sit back and think that orienteering is ok as it is. Let's face facts though, orienteering is not 'alright' it has a

membership that is falling, growing gradually older and a volunteer workforce that is becoming overloaded. If you want to see the evidence of the first two go to the web site and look at the analysis of the membership that David Nevell of HOC has completed for British Orienteering. It is not comfortable reading.

The Equality Standards provides us with some of the tools we can use to identify the causes of some of these problems and then hopefully help us to find solutions that might begin to halt the trend. In compiling the Equality Portfolios it has been necessary to review the current situation and then to develop an action plan to address the identified issues.

To develop the action plan we have:

- Reviewed the existing work associated with equality, policies, etc
- Reviewed the data collection of information about members
- Audited staff, volunteers, Council, committees, coaches and event officials using existing data and information sources
- Developed the way in which we might deliver a more sophisticated analysis of the above and provide more meaningful information
- Considered good practice in other, similar sports within the UK

- Considered ways to disseminate good practice amongst clubs and members
- Looked at the ways clubs can be supported and provided with resources to assist in delivery
- Developed some medium term targets as part of the update of the Strategic Plan

Ok so what is it all aimed at?

Simply to increase the number of people participating in orienteering and to encourage us to be welcoming to the current participants and to groups that are under-represented. Information currently available (surveys etc) demonstrates that there are three main blockages to participation:

1. The difficulty of access to orienteering events; travel or cost of travel is often the main factor
2. The 'Welcoming' factor; do people feel welcomed; is there an easy learning curve for people coming in to try the sport and is there a 'café' environment where people can sit and socialise?

I hope this provides you with some insight as to how this work will help us gain a better understanding of some of the key issues facing orienteering.

3. The problem of events that try to cater for all and miss out on meeting the needs of many; for example the needs of young children are different to the needs of adolescents are different from the needs of the more mature; good events can provide the racing requirements but do they provide the social environment? Do people want a 'big' event with many courses etc that probably has quite high costs or do they want simple events at low cost with a place for a drink and chat afterwards?

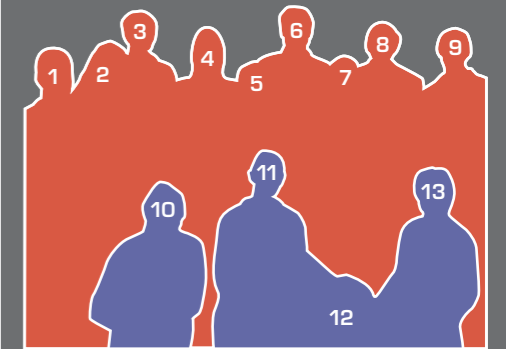
The action plan identifies several goals:

- To improve understanding of the reasons why people participate and then cease participation and equally to understand the reasons for people to take up membership and then leave membership
- To improve understanding of the equality and inclusion issues faced by orienteering
- To provide access to orienteering for people within urban areas using local transport
- To develop, implement and share equality and inclusion good practices in orienteering
- To raise awareness of equality and inclusion in orienteering

Who's who at the British Orienteering National Office?



Photo taken at the National Office staff lunch in December 2006.



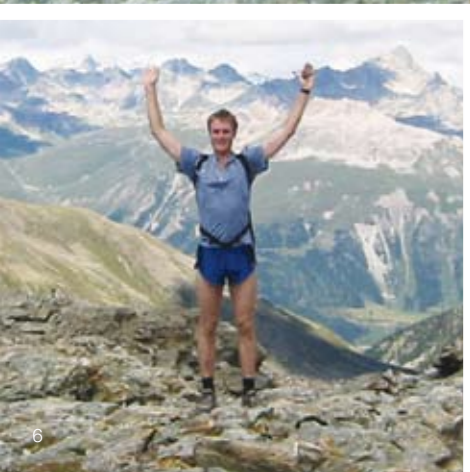
Standing (left to right):

1. Hilary Palmer (Development Manager)
2. Caroline Povey (Marketing Manager)
3. Nick Barrable (Start Programme Manager – Maternity Cover)
4. Nicole Mckenna (Office Administrator)
5. Jannette Blunden (Accounts Manager)
6. Mike Hamilton (Chief Executive)
7. Amy Sarkies (Executive Officer)
8. Malcolm Duncan (Treasurer)
9. Neil Cameron (Chairman)

Kneeling (left to right):

10. Hilary Bloor (World Class Programme Manager)
11. Helen Winskill (Start Programme Manager)
12. Isabel Winskill (Mascot)
13. Vicky Thornton (Coaching Manager)

Training with Jamie Stevenson



World Champion Jamie Stevenson is one of Britain's most successful orienteers and is currently ranked 11th in the World. Below, Jamie shares his thoughts on training and how you too could improve your orienteering.

Orienteering for me is a journey into the unknown. The essence of orienteering is picking up a new map of a previous uncharted piece of terrain. Orienteering is navigating as quickly and smoothly as possible round a difficult course, where the planner has done everything within the bounds of fair planning to challenge me. No decisions are obvious: I am continually forced to consider options and weigh up speed against safety.

While the planner tries to make things as unfamiliar and challenging as possible, my job as a runner is to keep things straightforward. During my very best performances the unknown forest feels familiar – at least in my mind's eye. Difficult route choices feel simple and leap out at me. Complicated routines and techniques feel intuitive. I take distractions and surprises during the race in my stride. I feel strong as I glide over fallen trees and skip up tough climbs: A skilled orienteer is comfortable on his journey through the unknown.

Any seasoned traveller has a daypack filled with items to make their journey comfortable and cope with unexpected events. An experienced orienteer also has an imaginary rucksack with him out on the course. It is full of technical skills, physical preparation and mental readiness. The rucksack has been filled through years of training and experience of races.

Technique training

The most important pocket in my imaginary rucksack is full of technical skills. Good technique is like a Swiss Army knife: There is a tool for every situation. If you want to get round a course quicker the easiest way to save time is to improve your navigation and cut out mistakes. It requires many hours of physical training to run a course

a couple of minutes quicker, but a few seconds poor concentration can result in several minutes lost time.

One of the changes I made to my training when I moved to Sweden in 1999 was that I increased the amount of technique training I did. Technique training is doubly effective because you also get good physical training in terrain as you carry it out. If you have a map in your hand, perhaps with an old course, you will spend more time off the paths and get used to scanning the ground ahead for the quickest route. Training is more varied, time passes more quickly and you use the same techniques that you need in competition. Your capacity to concentrate for a longer period of time improves. Many simple procedures like checking your compass, folding your map and reading it on the run become automatic and you can concentrate on essential tasks like route choice and visualizing the next control. I have often planned my own courses with many short legs and direction changes and set myself a challenge like: Not more than one hesitation during the next ten controls. Small challenges like this can also be a good way to sharpen concentration when training alone without control flags.

There is a lot of forest in the area of Denmark north of Copenhagen where I have lived since 2005. It is not quite so tough or technically challenging as some of the Swedish terrain I trained in before. There are many paths and the visibility is very good, particularly in the winter when the trees are bare. But I have still tried to make the best use of the terrain to improve my technique. One good way of



elite runners in the area have a regional training group which meets once a week for high quality technique training. This training laid the foundation for my good performances in the summer of 2006, especially as there was a continual sparring with several top runners, including world champs medallist Chris Terkelsen.

area around Silkeborg preparing for the World Champs in Denmark last summer. This helped me become familiar with the terrain type and the mapping style in the area. This was the icing on the cake of my weekly technical training at home. It meant that I felt comfortable and secure when I stood on the start line at the World Champs. I knew that I had practised the basic techniques every week at home. The terrain and course were unknown for me but there could be no real surprises – I had sought out all the different types of terrain in the surrounding areas that I could possibly expect to meet and prepared thoroughly. I had run many rehearsal races with the GB team, planned my own courses, and studied the old map of the terrain to try and imagine how the planner might set the course.



The Danish Orienteering Federation has two part time regional coaches who set courses, with pre-printed maps and electronic timing. We often use adapted maps without paths to increase the technical challenge. OCAD maps and cheap laser printing make this relatively easy to do. Our usual training form is orienteering intervals – a series of short courses with 3-6 controls. We start each section with a mass start to put pressure on each other and sharpen our concentration. Runners usually have slightly different courses so that we have to concentrate on our own navigation.

Training camps in the area of the World Championships will also be an important part of my preparations for Ukraine 2007. The GB team has planned two trips to Ukraine during the spring and summer. Technique training also includes studying maps of the terrain and finding races close to home that might be relevant. I have planned training in sand dune terrain in Denmark and Sweden, and also considered the Scottish Six Days event as last minute summer training. This training will ensure I am able to compete at my best in Ukraine.

The other essential part of my technical training is specific preparation in terrain that is relevant for the main goal of the season. This usually means a training camp in the area of the coming World Championships. I spent many weekends in Jutland and the

In the next edition Jamie will discuss Physical Training.

Challenging Cancer through Adventure



Hilary Bloor is a regular orienteer and member of SYO and Dark Peak Fell runners. She is also the World Class Programme Manager for British Orienteering and has a taste for adventure! Hilary has undertaken many challenges in her life and below she details some of the adventures she completed last year to raise money for her chosen charity "Challenge Cancer through Adventure".

Orienteering has been my life for the past twenty years or more, racing up and down the country and round the world to compete! I've won lots of national titles and some overseas. However, the need for a change and recurring injuries forced me to try new sports and challenges. It all started back in 2000, when a friend invited me to Equador to climb some volcanos. I loved it and was inspired to try some harder routes, so I decided to learn more skills. I took up rock-climbing and had a go at ice-climbing. I made friends with my local gritstone crags – Stanage Edge, Millstone, Froggart, Burbage and began to realise I lived next to an international climbing resort. I was hooked. For the next few years most of my holidays took me to mountainous areas some in very exotic locations like the Himalayas and the Alps.

I have never stopped loving orienteering and I still competed in the 'big' national events but I didn't go every weekend. More injuries came and I had to stop running altogether for six months. So I bought a racing bike and one thing led to another and the next thing I knew I was on board a plane to Lhasa with my new full suspension mountain bike where I hooked up with my sister (who lives in NZ) to cycle across Tibet! A trip of a life time, new friends, breath taking views of Everest and a fantastic cultural experience. I was hooked again – this time on travelling in 3rd world countries. My last trip like this was back in the seventies when I hitched to India via Afghanistan (much to the horror of my mum!).

Cristalp Grand Raid

Biking was the way forward for me. Last year, I plunged straight into the deep-end and did some of the all-time classic mountain bike races in the UK and overseas. The most scary was the Cristalp Grand Raid in Switzerland, which is fondly known as the 'Cristalp', and is touted as the longest one-day mountain bike race in the world. It's 131km long with 4,700m of ascent crossing 6 alpine valleys. The race is point to point, starting in the Swiss ski town of Verbier and heading east to finish at the tiny village of Grimentz. A whopping 2,700+

competitors set off from the starting line, 850 from Verbier and 1,500 do a shorter 76km version.

Race day in Verbier saw me lining up in the dark with 850 riders of which only 25 were women! The race is not just for the pros, there are age categories too and I found myself the only one in the veteran 3 category!

Despite appalling weather conditions, I made it to the final hurdle but admitted defeat after missing the 90km checkpoint by 10 mins. All competitors agreed that the overnight rain had taken a heavy toll. Riders finished exhausted and covered in mud. The leaders all took between 30 and 60 minutes longer than in previous years and everyone had to carry their bike for the last 3km to the top of the final hill as it was unrideable. I was timed out at the bottom of this hill after riding for 8hrs non-stop. If the weather had been better - it's normally dry and hot - then I would have finished.

Joss Naylor Challenge

I didn't completely stop running last year, as a member of Dark Peak Fell Runners it was always assumed that I would do the Joss Naylor Challenge. Over the years I had done lots of ultra distance events, mountain marathons, combined running and sailing races etc, so I had lots of experience and always enjoyed being out with friends on the hills. I completed the Bob Graham round in good time in 1991, but hadn't

done much since the Lowe Mountain Marathon a couple of years ago – so I wasn't sure that I would be able to repeat my form of 15 years ago!

The Joss Naylor challenge traverses 30 summits, covering a distance of 77km with 5070m climb. The route goes from Pooley Bridge to Joss's house in Nether Wasdale and was laid down by the man himself in 1990. The challenge was offered to people aged over 50 to complete the run in set times according to their age group, and with the proviso that you raise at least £100 for a charity of your choice. My age target was Under 14 hours and my charity was 'Challenge Cancer through Adventure'. I discovered "Challenge Cancer through Adventure" through Dark Peak Fell Runners and realised this was the charity for me and started raising money for them.

I completed the Joss Naylor round in June 2006. I stumbled



down the last hill to a massive reception and I crossed the bridge with tired legs but a BIG smile on my face. I completed the round in 13.25 hrs, 35 mins under my 14hr schedule.

As a result of raising money for the charity I was nominated for 'The South Yorkshire Sport and re:play Sports Awards', "Everyday Sport's Hero". The award is to celebrate the very best of sporting excellence and endeavour in South Yorkshire. I was really pleased when I won the award and I had a great night at the Ceremony!



ABOVE: Hilary receives her award from Katherine Schirmacker (World Class Climber) and Sandra Willis.

2007 will predominantly focus on biking as again injuries are limiting my running. I am intrigued by multi-day mountain bike races both in the UK and overseas, so things being ok I should be there on the start line. I have already contacted companies to support me and would like to thank Planet Fear and Eighteen Bikes. For further information visit: www.challengecancer.org.uk



Hilary with Joss Naylor at the finish



Strength training in endurance runners by Liba Sheeran, GB Squad Physio

Any sport requires sufficient strength, power and endurance. Although in endurance sports, strength training (ST) has a bad name because of fears of interfering with running performance and putting on muscle bulk, there is evidence suggesting real benefits of ST, mainly in preventing injury and aiding in substantial performance gains for any terrain endurance runners.

Regarding performance enhancement, ST increases muscle strength, bone mass, ligament and tendon stiffness. Such adaptations help these tissues to substantially improve their ability to transmit forces and to store and utilise elastic energy that improves stretch-shortening cycle efficiency, otherwise known as the running "rebound phenomenon". This improves your running performance without using up any more oxygen, also known as running economy.

Running economy is often measured to assess the effects of ST on endurance performance. Johnston et al (1997) found a 4% improvement in running economy in female distance runners following 8 week resistance training. Similar results were found in elite endurance athletes following 9 weeks of explosive ST (Paavolainen et al, 1999). The changes were attributed to better neuro-muscular efficiency and coordination resulting in a decrease in oxygen consumption. So far, contrary to popular beliefs, endurance performance has not been found to be compromised by any type of strength training, providing that endurance training remained unchanged.

From a physiological perspective, ST can serve to increase anaerobic capacity of muscles (ability of the muscles to work more efficiently without oxygen during final sprint efforts) which is associated with the upward shift of lactate threshold (LT). Arguably, LT upward shift could improve endurance performance by making the athlete run at relatively high VO2max before LT is exceeded and fatigue sets in.

ST is also associated with decreased risk of overuse injuries. Better conditioned tissues are able to withstand the repetitive forces of running much more effectively. Also, an increase in overall strength, together with core stability strength, improves co-activation of leg muscles and helps to stabilize and protect lower limb and spine joints, ligaments and tendons, associated with better mechanical efficiency and reduced injury risk. Upper body strengthening significantly contributes to the vertical lift during running, that is particularly relevant for fell and cross country runners jumping over obstacles.

The potentially detrimental effects of ST include the increase in muscle bulk and therefore body mass. This may have negative impact, as adding as little as 100g of load was found to increase oxygen uptake by 1% in endurance athletes (Cavanagh et al, 1990). Potential gain in body mass could make the athlete change diet, having serious implications regarding injury risk, and drop in performance. Also, it is likely that the athlete will not notice improvements until the race season, aiding in demotivation and poor compliance with ST. Lastly, adding ST into training week may initially result in likely pains and aches and drop in endurance training which may negatively affect endurance performance in the initial phase.

There are a number of ways to discount such effects. Most importantly, appropriate periodization of training is absolutely paramount in leaving any detrimental effects, such as pains and aches and gain in muscle mass and temporary drop in performance, to occur at the time of no competition. Manipulating some training variables such as 3 minute rest periods for the muscles to recover between sets, avoiding isometric holds and limiting training to only two sets would likely result in overall increase in strength rather than muscle bulk. Finally, making the exercises sports-specific (lunges) result in better strength-to-mass ratio, improving muscle recruitment and enhancing rate of force development for a given amount of muscle to accelerate a body.

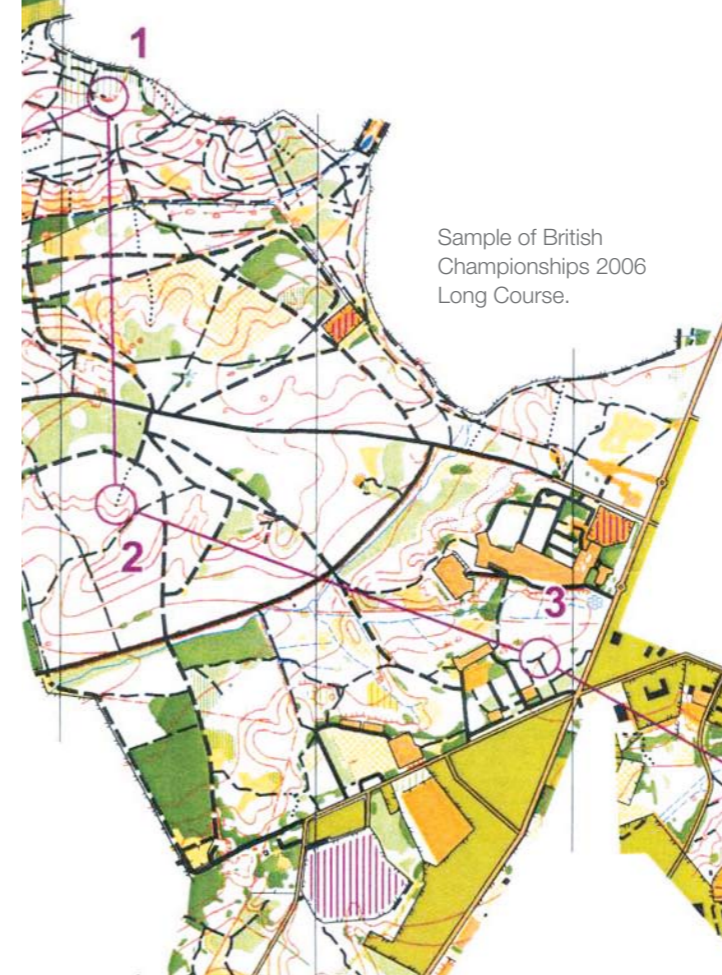
To sum up, athlete-specific and periodized strength training brings significant benefits to an endurance runner in terms of performance and potential injury prevention.

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Mountain Bike Orienteering (MBO) is a discipline of orienteering in which competitors travel from control to control on (or with) their bikes, with maps carried on specially designed handlebar mounted boards. Internationally the sport is governed by the IOF, who run a World Championships every year, and support a series of World Ranking Events. In Britain, the sport is overseen by the Trail Cyclists Association (TCA) who are affiliated to and supported by British Orienteering. Similar to Foot Orienteering, there are several different types of races that competitors can choose to compete in. These can be divided into two main categories – Trailquest and Cross-Country ‘MTBO’.



Events

- 31st March - WCH Cannock Chase
- 21st April - CLOK County Durham/Cleveland area
- 22nd April - CLOK County Durham/Cleveland area
- 19th May - X Cumbria Cyclists (XCC) Grizedale
- 23rd June - WCH Cannock Chase – British Long Championships
- 24th June - WCH Cannock Chase – British Middle Championships

Four courses will be on offer at all events – courses A and B planned to similar winning times, Course C planned at 2/3rd of the Course A winning time for Juniors and older Vets. New for 2007 is the addition of a novice course – planned for 45 mins, essentially of yellow Foot O standard, as an easy introduction to the sport.

Classes for Courses

- Course A** – Mens Open, Mens Vets
 - Course B** – Womens Open, Womens Vets, Men Super Vets
 - Course C** - Juniors (M/W16+), Womens Super Vets, Mens & Womens 60+ , Pairs
 - Course D** – Novice
- More details of the series and local events available can be found on the TCA website www.trailquest.co.uk

The March and May events could make a worthwhile weekend with Trailquest or Foot O events in nearby areas. Some of these events will be used to select the British teams for the European Championships (4-9th June) in Italy, and the World Championships in Czech Republic (5-11th August).

M B O

Mountain Bike Orienteering

A Beginners Guide by Chris Poole

Trailquest:

Trailquest is Score Orienteering on a mountain bike. Time limits at events can be anything from 2 hours to 5 hours, plus events such as the Polaris (a mountain marathon on bikes). During the winter months, events tend to be labelled ‘Lanequests’, and, as the name suggests, most of the riding is on paved and gravel tracks, with hopes of avoiding the worst of the winter mud! During the summer and autumn, events go ‘cross-country’, covering bridleways and byways that can be anything from paved lanes to single track to non-existent routes across fields. Trailquests are currently the most popular type of MBO in Britain, as by setting a ‘navigational challenge’ rather than a set route, organisers are able to meet the regulations regarding racing along a public right of way.



Successful leagues are run in the North York Moors (NYMBO – EBOR and CLOK areas), the North East (NEMBOS), Peak District (Dark and White), Cumbria (X-Cumbria Cyclists), the West Midlands (Trailblazers and WCH) and Scotland, not to mention the National League and National Championship Weekend that moves around the country from year to year. The majority of these events now use SI

punching, although some low-key events are still Treasure Hunt style, where you write down an answer to a question at the centre of every circle you visit. Most Trailquests are run on overprinted and laminated 1:50,000 maps, but some events / leagues prepare specially made versions of 1:25,000 maps that grade tracks through forest areas and highlight bridleways for easier navigation.

Cross-Country MTBO:

Often simply labelled ‘MTBO’, this is the point-to-point style orienteering that is most akin to the type of orienteering we all do week-in, week-out. As with Trailquest, all the riding is done on tracks, with the challenge being to choose the optimum route from control to control, then navigate as smoothly and accurately as possible through a sometimes complex network of paths and tracks. The various cross-country disciplines of Sprint, Middle and Long Distance and Relay are those tested at the World Championships (Sprint will appear for the first time this year in Czech). Just as with Foot Orienteering, any variation can be made to work, to suit the area you are running an event on. In the last year, our international athletes have competed in one-man relays, loop races and mass-start races.

These events are most often run in forested areas with a good track / path network. Most forestry commission areas are suitable and access easy, but plenty of other areas could be used with good planning and a bit of imagination. The military areas in Southern England proved a great test for the Inaugural British Championships in MTBO in 2006, and Cannock Chase will stage the Championships in 2007. Maps for MTBO are specially adapted Foot-O maps that represent the width and rideability of trails, whilst removing some of the detail required for Foot-O to make the trail network clearer for easier navigation.

British Orienteering and the TCA would like to develop all aspects of Mountain Bike Orienteering further within Great Britain, and would like to encourage all orienteering clubs to consider running events as part of their calendar. You don’t need to have vast expanses of Forestry Commission land; any area however small that has a good network of paths and tracks can be used. Even areas that are no longer ideal for Foot-O can make good MBO areas, for example forests on the North York Moors

and Gisburn Forest have been used successfully in recent times. For further advice and information in the first instance contact Chris Poole at mbouk@tiscali.co.uk and for details of 2007 fixtures look at the TCA website: www.trailquest.co.uk.

Compass Point MTBO Series 2007

Following last years successful series of MTBO events, Compass Point have agreed to sponsor the series again for this year. A smaller number of national events will be organised in 2007, but there are a number of clubs organising local events namely WCH, BAOC, FVO, and hopefully Wimbourne with some mapping plans in progress in the Ringwood area.

For the series, scores will be taken from a rider’s best 4 scores from the 6 events. The scoring works similar to the UK Cup system of points – 50 for 1st place, 47, 45, 43, 41, 40, 39 etc. The British Championships – Long and Middle will be staged in conjunction with the WCH Chase Challenge weekend, so if members of your family are keen to do both foot O and Mountain biking on a weekend, this will be great event.



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Truly World Class



Jamie Stevenson receiving his award for Orienteer of the Year from Dave Peel.

Jamie Stevenson named Orienteer of the Year

British Orienteering named current World Champs Bronze Medallist Jamie Stevenson as Senior Orienteer of Year at a special award ceremony at Longmor Camp, Nr Aldershot. Each year this award is made to the British orienteer judged to have given the best performance at the World Championships. This is the Michael Wells-Cole Memorial Trophy in memory of Michael Wells-Cole who was British Champion in 1969 and 1970, and died, at the age of 32, in 1976. Jamie has won this award an amazing five times and was honoured this year for his bronze medal in the middle distance. Jamie's thoughts on his medal: "Fantastic! It was a dream to achieve a medal in a technical middle distance race against the toughest competition in the world."

Best Senior Improver

Helen Bridle was awarded this new trophy for her outstanding results this year, 6th at the World Champs sprint distance, Gold in the relay and Silver in the long at the World University Champs.

Junior Orienteers of the Year

Rhodri Buffett, Hector Haines and John Roche were awarded the Silva Statuette for their fantastic Silver medal in the relay at the European Youth Championships. The boys had an amazing race and afterwards Hector said, "I caught the Czech at control 11 and passed him while he was hesitating. I pushed hard again and by the spectator control had managed to put 30 between us. On the last loop I slowed down slightly to make sure of myself but the controls were no real problem."



Helen had a great year.



Junior Relay Team.



Catherine Taylor receives her award from Jason Inman and Chris Poole



Above: Jon Duncan received a signed GB O top from Dave Peel.

On the run in there was no heroic sprint finish and all the team could enjoy running the last metres together.

Best Junior Improver

Catherine Taylor was awarded this new trophy for her outstanding results this year which included 4th in the long and 6th in the sprint at the Junior European Cup.

Squad Captain

Jon Duncan has decided to resign after several years as Squad captain and is passing on the duty to Helen Winskill – Congratulations Helen!

Neil Humphries named Elite Planner of the Year

East Anglia is not noted for its contribution to elite orienteering events but that changed when the 'local event' at Rowney Warren got elevated to a UK Cup race and then a World Ranking Event. Rowney Warren had always been one of our better areas (it's got contours!) so it was really pleasing to use it for such an event and the competitors thought that as well as I was voted the UK Cup Planner of the Year. Part of the prize was an invite to attend the inaugural at Longmoor and a chance to meet some of the GB squad and find out what they do.



Derek Allison presents Neil Humphries with his award.

The day started with a time trial at Sunny Hill which consisted of a simple pair of loops run 4 or 5 times to make up the distance. It doesn't matter how good they are technically, if they don't have the basic speed over the ground they are not going to be winners. As many of them ran the same course on a previous occasion it is also a chance for them to gauge their own performance.

After lunch Dave Peel gave his vision for the year ahead and the events that the squad would be focusing on. There seem to be so many but with a limited amount of finance it is always going to be a tough decision as to which ones and how many to take. Helen Bridle, who has had a fantastic year, gave an overview of how she achieved it. It was interesting to see the number of hours a week training she did to get there "does that really say 18 hours!" The squad then had a run on Longmoor before dinner and the presentations.

It was great to receive my award but it is very gratifying that the courses were voted for by the people who attended the event. The thanks that planners often get at the end of an event are always welcome but this was really the icing on the cake.

INTERNATIONAL UPDATE

There hasn't been much team activity since the inaugural weekend at the beginning of November but the athletes have not been doing nothing. The winter is the time of year for the heaviest training volume, which builds the foundations of fitness for the coming season. Long runs in the winter can be great but when you're training twice a day in the cold and wet ones motivation can be tested.

For a break from the cold the first team camp of 2007 is in South Africa at the beginning of February. Some might see this as extravagant but with cheap airfares and extremely cheap expenses once you're there it is financially viable. The camp will focus on physical training but the team will be orienteering in Johannesburg and then take part in competitions at the end of the week in Dulstrom. Along with this there will be daily workshops run by team physiotherapist Liba Sheran and classroom sessions with psychologist Steve Sylvester. This high intensity programme along with the warm weather makes this a highly motivating camp just when it is needed.

The team will then be having a camp at the beginning of March in the Lake District. This will be three days of orienteering training in the complex Lakes terrain. There then follows quite an intense period of the season with early season selection races and a team time trial. The outcome of these will influence the selection of the teams for the Nordics Championships in Denmark and the new look World Cup. This has been altered this year and Great Britain will have 9 women's and 9 men's places available. This will be an opportunity for more athletes to gain international experience.

Dave Peel

HEATHER MONRO - Joins the World Class Programme as Consultant Coach

We are pleased to announce the part time appointment of Heather Monro as World Class Programme Consultant Coach to work alongside Dave Peel. Heather's responsibilities will include acting as a point of contact with the athletes and input into the strategic planning of the programme. Heather will be attending the World Championships and some camps as part of the role.

Derek Allison Programmes Director said "We are delighted to have someone with Heather's record and experience involved with the programme. Although recent results have been good we are striving to move on to the next level and believe Heather's focus and attitude will help us achieve that."

Pictured: Heather Monro won Bronze at the 2005 World Champs

Heather adds, "Having been part of the World Class Programme for many years as an athlete I am very excited about the opportunity to put something back into it and get involved in this new capacity. I am passionate about the success of British Orienteering on the international stage and am delighted that the management feel that my background and experience as an athlete will bring something to the coaching team and to the further success of the programme."

Derek Allison



UK Cup 2007

by John Palmer (NOC)

The tenth series of UK Cup races starts with the SROC National Event in March. The winner of each race scores 60 points, 2nd 55, 3rd 51, 4th 48, 5th 46, down to 1 point for the 50th runner. The best six races count although this will reduce if more than two races are cancelled. This year there will be three sprint races, three middle races and four long races taking in all the major British Championships as well as the WOC selection races. Ed Nash will continue to maintain the UK Cup website in 2007 with regular updates on www.ednash.com

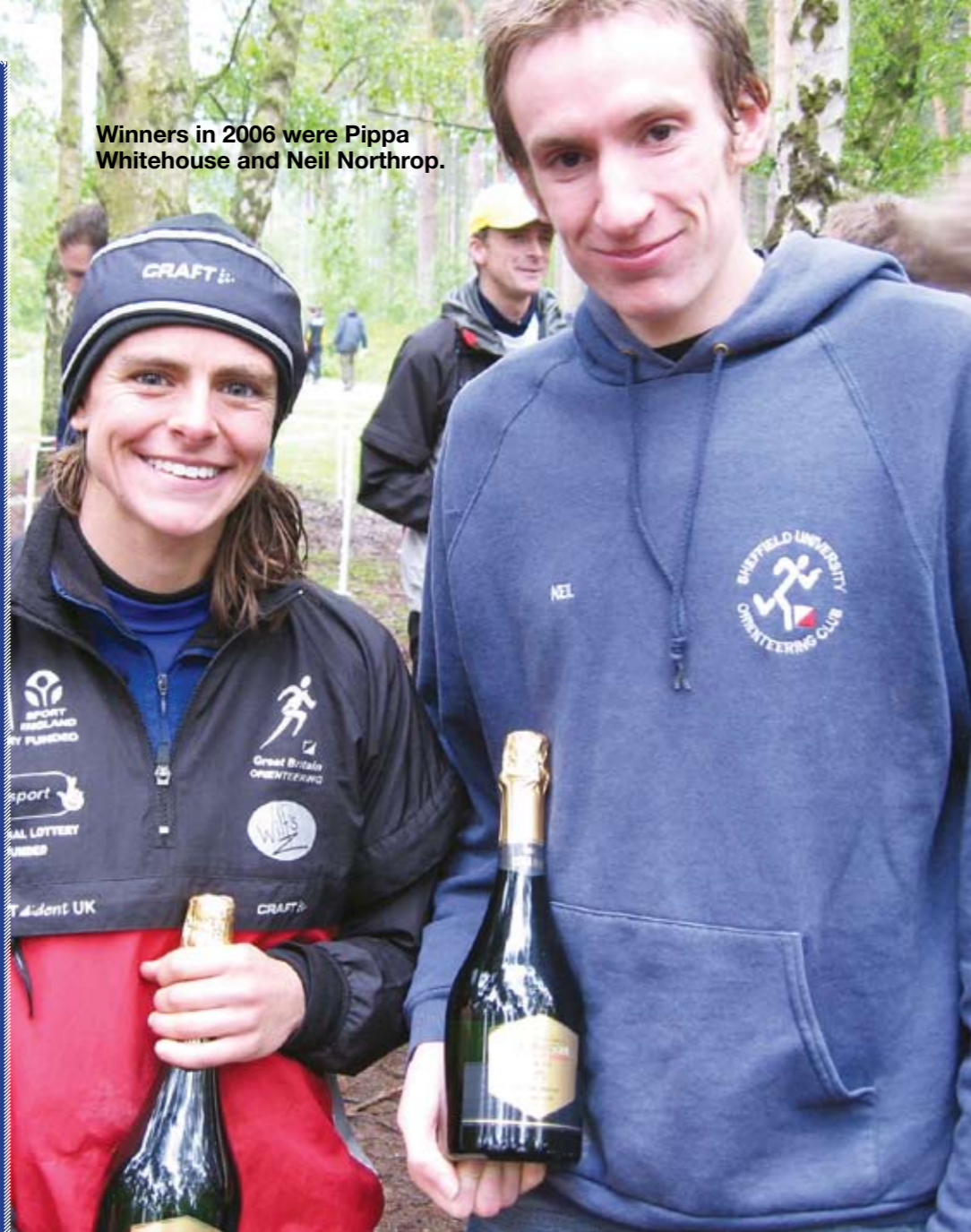
UK Cup 2007 - Contenders

The 2007 UK Cup could prove to be the most competitive yet with only two weekends, the JK and the WOC Selection races required to get in the six races from ten. All the top British runners could be fighting for places. Neil Northrop recently promoted to the British Squad will find it difficult to retain his title with the main domestic challenge coming from Graham Gristwood, Oli Johnson, Jon Duncan and Matt Crane. Jamie Stevenson could well fit six races into his build up for the World Championships in the Ukraine and if he does will be hard to beat.

Pippa Whitehouse will be a strong contender to retain her title but the women's series is just as open as the men's. Sarah Rollins will be on maternity leave, Heather Monro may dabble in the odd race and Helen Winskill will be making a comeback from her maternity absence. Rachael Elder is likely to feature in the top three and Jenny Johnson will be in the mix at the top too. Mhairi Mackenzie is certain to perform well if she stays injury free and Helen Bridle will also be a serious contender.

However this series is not just about the top runners. There will be personal battles all the way down the field. For the men in particular just to score points is a major target. A top 50 place scores points but to do that in this year's series will require a good performance. Whatever happens there is no doubt the final outcome will come down to the final series of races which double up as WOC selection races. The league table may well turn round dramatically over that weekend at the end of June. With all this excitement ahead, we look forward to the hottest most fiercely fought UK Cup series we have seen to date.

Winners in 2006 were Pippa Whitehouse and Neil Northrop.



UK Cities Cup 2007

The aim of the UK Cities Cup is to establish a series of exciting urban orienteering races and to try and make the races more attractive to the media, local passers-by and to the athletes themselves as well as trying to enhance and improve the image of Orienteering.

For the athletes to be able to take part in the series they simply enter the Open or 21E class of each race in the series. Prizes are awarded to the top three men and women. The top 10 will receive points for each race and the top man and woman with the most points overall will take the series win. Points will be awarded per placing e.g. 1st = 12 points, 2nd = 10 points, 3rd = 8 points, 4th = 7 points and 1 point less for every place after that. All races count for the series.

The following races will make up the series for 2007:

Race 1 - (06/04/07) – JK Sprint

Race 2 – (14/04/07) British Sprint Championships

Race 3 – (28/05/07) York Park Race

Race 4 – (TBC) Glasgow Race June/July

Race 5 – (08/08/07) 6 Day Sprint Race

British Schools Orienteering Association News



- **New Chairman.** Peter Bylett took over the reins of the BSOA in November 2006. A founder member he has been Marketing and Information Officer from its inception in 1995. He retired from work in September after a career which included 24 years in the RAF, 16 years as a Careers Officer/ Adviser and finally three years as Development Manager with British Orienteering.
- **2007 Membership renewals** In February member schools and colleges will receive their renewal forms for 2007. If your school joined for the first time since 1st September 2006 then your membership runs until the end of 2007. Other schools will need to renew. To encourage you to do so we are offering a map jigsaw (RRP £6.00) to all who renew by 31st March 2007.
- **BSOA membership statistics** As of 31st March 2006, 361 schools and colleges were members. From the 1st April to 31st September 2006, 110 schools and colleges became new members.
- **Redesigned website** As part of BSOA's current Development plan the website is being updated. The predominant colours will be blue and red to reflect the change in the BSOA logo. Content is currently being reviewed and a members only section is being considered.
- **British Orienteering local membership** Schools are encouraged to check junior membership details with their local orienteering clubs. You can locate your local club through www.britishorienteering.org.uk Click on "New to O". Click on "Local Club" and enter country and county. You can then check out what they do for junior members. Ideally, they should be providing junior coaching opportunities and mainstream competition opportunities.

Future Major School Events – Dates for your diary

British School Score Championships (BSSC)

Saturday 6th October 2007
South East England

British Schools Orienteering Championships

Sunday 18th November 2007
South West England

World Schools Championships 2008

- Due to be held in Scotland in April next year.

British Orienteering/BSOA joint agreement

For a number of years BSOA has been working very closely with British Orienteering. Both organisations feel that it would be beneficial for this partnership to be formally recognised. Currently a draft document has been produced and it would be hoped that the agreement will be approved and signed in the next few months.

BSOA Development Weekend – 6th/7th January 2007

BSOA's current three year development plan is coming to an end. Therefore, it is a good time to review our role and to set goals for the future. The objectives for the weekend were as follows:

- Ensure that we are aware of current and new school sport initiatives (PESSCL etc)
- Identify new initiatives needing our involvement.
- Look at ways of strengthening our links with British Orienteering and developing links with other organisations.
- Look at ways of promoting the BSOA and orienteering generally
- Look at ways of extending current member school benefits.
- Review our activities including "signing off" our current Development Plan and formulating a new one.



The weekend was attended by the BSOA committee and representatives from British Orienteering and Education. Mike Hamilton, CEO British Orienteering, talked about his vision for the future and how he sees BSOA fitting into this. Other sessions and discussions included:

- Looking at current and new school and junior competitions and progression routes
- Developing School/Club links
- Increasing training opportunities for pupils
- Developing BSOA member services further.

On the Sunday we concentrated on our Development plans. "Signing off" our current plan was most rewarding. During the last three years our achievements have included:

- Representation on British Orienteering committees.
- Producing a National Competition Framework for schools. This was achieved jointly with the British Orienteering Development team and is now available to School Competition Managers throughout England. It provides the framework and resources to organise inter school competitions at all levels.

Finally, and most importantly, the outline of our next three year Development plan was agreed. An additional development meeting has been arranged for March to agree timescales and resources required. Watch out for the final plan on the BSOA website. www.bsoa.org



Schools Orienteering and the Development of the Sport

By Hilary Palmer, Development Manager

One response to Mike Hamilton's plea for comments on a Vision for Orienteering included these words:

"Money being pumped into mapping schools, teachers' courses etc is of no lasting value."



This raises a number of interesting points:

- Schools 'pump' their own money into mapping and training teachers so that they can introduce their students to orienteering – British Orienteering money does NOT pay for this

- How can we judge whether or not it is 'a good thing' that schools introduce the sport?
 - > Do we dismiss this as an irrelevance because the school children only do orienteering at school and do not come into mainstream sport?
 - > OR do we accept that this may be the case but make sure that we influence the way in which orienteering is taught by helping schools to find orienteering mappers and qualified orienteering tutors to train their staff? There are many 'fun' activities and simple racing competitions which can be enjoyed on a school site, give positive experiences and may be a trigger to someone coming along to a club event at a later date
 - > OR do we try to advertise our events to the general community (including families with school age children) in a variety of ways including via schools where we know that the sport is part of the curriculum?

This leads me on to thinking about what sort of events do newcomers want:

- Do we try to focus our introductory events in limited areas so that newcomers can get to a number of events

(a local 'series') rather than having to drive to other distant parts of the club's catchment area for the next event – new people will be very unlikely to do this.

- The committed, enthusiastic orienteers want their 'fix' in a different area each time BUT newcomers may feel more comfortable going back to the same park/wood as last time and doing a slightly different course.
- Do newcomers want to experience the 'orienteering is an individual sport' model or might they prefer to go round in a sociable pair or small group; getting exercise whilst having a chat.
- Maybe a score course with suggested easy and more difficult controls would appeal rather than a 'cross country' style course where you might feel a failure for missing out a control.
- 'Where's the café?' – We can't ignore the fact that the 'traditional' orienteering event in a wood with parking on forest roads and an 'arrive, do a course and go away' ambiance is hardly likely to appeal to more than a handful of (odd?) enthusiasts – do we want to encourage newcomers?



Octavian Droobers gain the Clubmark award

In December OD completed their Clubmark accreditation recognising their good management in the four areas of junior work:

1. Duty of Care & Child Protection
2. Coaching & Competition
3. Sports Equity & Ethics
4. Club Management



Peter Guillaume from OD receives the Club Mark Award

Whilst this award is specifically aimed at 'junior clubs' in over 20 sports, many of the requirements are good practice for all our clubs so that they are well managed and welcoming to all. Training of volunteers (not just coaches) is an important aspect of club development and professional development is just as important for our sporting life as it is in a working situation.

Peter Guillaume, the lead coach for OD's Clubmark success, said after he had attended the 'Coaching Children & Young People' course: 'this course was very interesting and should be compulsory for anyone coaching children'.

I hope that many more clubs will gain the Clubmark award in 2007.

Tony Callow

I started orienteering in 1985 / 86 as a teenager who enjoyed running, with local club Wrekin. I am a regular competitor in the West Midlands league and also a planner (SINS, WM relays etc) and more recently a mapper and coach. I have a lot of experience working with schools and groups of people trying to make orienteering events "happen" and hope to be able to pass that knowledge and enthusiasm on to the right people to keep the cogs turning in the West Midlands region. From my recent experiences coaching in primary schools, I know that the sport has huge potential to expand.

So why do I orienteer? Because its a healthy, fun, challenging activity that I can do alongside or competing against a bunch of friends in scenic surroundings. I also enjoy skiing and mountain biking for the same reasons, but orienteering is cheaper and hurts less when you crash!

Helen Errington

I started orienteering in 1984 at the age of 23 as a member of Saxons. I was really a hill walker but living in Canterbury it was getting very tedious to keep driving up the M1 every weekend so I started orienteering as a way of getting out in the countryside and it would allow me to practice map reading. I got hooked and it became my main sport and since then I have competed regularly both in Great Britain and overseas. I married Simon in 1996 a fellow LOK member and together with our two boys James and Peter we go orienteering every weekend and almost every holiday! With the help of LOK and then HH ladies, I have been in the winning team of a few JK and British Championships Relays. I have also been busy as an organiser for a range of orienteering events, including the World Cup in 2005, Badge events in 2003, 2007, The British Schools Champs in 1999 to list a few. I have also achieved my Level 2 Coach qualification.

Sarah Watkins

I've been orienteering for about ten years (so have never known orienteering life as anything other than a W21). I started off as a member of Norwich (now Norfolk) orienteering club until I moved up to Lancashire in 2000 to complete my PhD. I'm now club captain of South Ribble and oversaw our Clubmark accreditation. I also organise the club's junior training and coach with the North West Junior Squad. Having got disheartened with short-term research contracts (my background is as a climatologist) I decided a bit of a change was required, hence this RDO post, which is a whole new experience and a rapid learning curve!

Christine Robinson

I began orienteering 25 years ago and have been a member of SLOW since 1984. In 2005 I became Development Officer for the World Cup held in the South-East of England. This was an immensely challenging



New Regional Development Officers

I am very pleased to be able to introduce five new development officers who will be working with the regional associations, clubs and schools in their areas to support their development plans. Grants from the Sports Councils in England and Northern Ireland enable this work to be funded.

The new RDOs are pictured above are (L-R) **Helen Baxter (Northern Ireland)**, **Helen Errington (northern South East and southern East Anglia)**, **Chris Robinson (southern SEOA)**, **Sarah Watkins (North West)** and **Tony Callow (West Midlands)**.

The new English RDOs join Colin Best (Yorkshire & Humberside) Denise Harper (South Central) Pauline Oliviant (East Midlands) and Celia Watkinson (South West). Unfortunately it was not possible to appoint RDOs for the North East and the northern part of East Anglia and these posts have been re-advertised.

and rewarding job, with responsibilities for publicity, sponsorship, marketing as well as development. The World Cup was used to arouse interest in orienteering in local authorities and schools, culminating in the Young Orienteers Festival held along side the World Cup Sprint Final.

Highlights of my orienteering career are winning British Nights W21 title in 1988 a month after crossing the line as first female pair in the KIMM C class and more recently being a member of South London's women's vets team which has won many JK, British and Harvester relays.

I have loved orienteering from the first moment I discovered it and we need to engage with newcomers in a new, positive and purposeful way. As orienteering becomes more and more popular in schools, the challenge is to make the sport more enjoyable and sociable, so that young people will want to graduate from school to club. I look forward to working with the clubs in my area to make it so.

Helen Baxter

I am a secondary level teacher who started orienteering while at university. I met my husband, an army officer, while orienteering and as a result have orienteered in various parts of the world. I have been a member of Lagan Valley Orienteers (LVO) for almost 30 years. I was the NI Orienteering Champion in the dim and distant past and was Army Women's Champion in the 1980s but have few other claims to fame. I have been living and orienteering in the USA for the last four years and am now back 'enjoying' the mud and brambles at home in the wettest winter I remember, even for NI. My ambition is to compete in the W80 class when I may finally peak!

Development Team work programmes in England

The RDOs work to:

- Support clubs with their development plans and to work towards Clubmark accreditation
- Assist schools with introducing orienteering and to organise competitions for their students
- Act as the go-between to enable clubs to forge links with local schools

Additionally RDOs may have some special project work such as:

- Pauline acts as the liaison RDO for the British Schools Orienteering Association and she has taken on the Junior Competitions work from me
- Celia is working on the permanent orienteering course project so that publicity for courses and the sharing of good practice on course development can be improved
- Celia and Pauline are developing two training courses for teachers ('introductory' and 'advanced') which will replace elements of the existing Level 1 and 2 Coach courses and which will be more appropriate for schools' needs.
- Helen Errington has a Special Schools project which will result in some good practice ideas for working with children with special needs.

All RDOs can advise clubs of financial help which is available for their development projects and to help clubs to train volunteers. Clubs in regions without an RDO should contact me.

Hilary Palmer Development Manager

Issue 1 - Spring 2007



*Welcome
to the first
edition of
Ozone.*

Inside this issue:

- British School Championships
- John Rocke Profile
- Orienteering with the Butt Family
- Junior Survey

British School Orienteering Championships

The 2006 Championships took place on the 19th November in the beautiful Hawkbatch Forest in the Wye Valley and was organised by Harlequins Orienteering club. The event attracted over 1000 competitors representing 139 schools. They came from all over England and Wales with one team even travelling all the way from Biggar in Lanarkshire, Scotland.



Competitors at the event range from children who have only recently taken up the sport to members of the Great Britain national squad. This enables the many school based orienteers to run against the best youngsters in the sport, who then go on to produce some outstanding results.

The children also had the opportunity to meet Great Britain athlete Graham Gristwood who recently finished 9th in the World Championships. The school children were able to have posters signed and Graham also presented the prizes, which were supported by PGL, Capespan and the Loughborough Building Society. Graham chatted with the children about orienteering and he will have inspired many to aim for a place in the GB team.

Some schools were also making their debut at this years championships including Bemrose Community School from Derby. Their teacher, James Dachtler said, "Our children come from an inner-city environment and don't necessarily have the opportunity or chance to visit new and diverse sporting activities and environments. Going to the championships gives our pupils the chance to experience new situations as well as meet new

people. Many of our pupils who have started orienteering at school are now running for their local club"

Ulverston High were once again the dominant school winning an incredible nine of the fourteen team prizes and were also the overall winner in the Large Secondary School category. Burford Primary also performed strongly and won the Primary School title for the 6th successive year!

The schools and pupils will now be training hard and looking forward to next years championships in Dorset. Further information is highlighted below.



Team Winners by School Year

	Boys	Girls
Year 5	Burford School	Burford School
Year 6	Burford School	Barnardiston Hall School
Year 7	Bradfield School	Ulverston Victoria High School
Year 8	Ulverston Victoria High School	Ulverston Victoria High School
Year 9	Ulverston Victoria High School	Lancaster Girls Grammar
Year 10	Ulverston Victoria High School	Ulverston Victoria High School
Year 11	St Bernards Catholic	Ulverston Victoria High School
Year 12	Ulverston Victoria High School	Ulverston Victoria High School
Year 13	King Edward V1Aston	King Henry V111

Overall Winning School Teams

Category	Rank	School
Primary	1st	Burford
	2nd	Clinton Primary
	3rd	King Henry V111 Junior School
Middle-Preparatory	1st	Barnardiston Hall
	2nd	King's College
	3rd	Orley Farm Prep
Small Secondary	1st	Clayesmore Senior
	2nd	Perse School for Girls
	3rd	King's Taunton
Large Secondary	1st	Ulverston Victoria High
	2nd	King Henry VIII Senior
	3rd	Bacup and Rawtenstall School
Tertiary	1st	Scarborough Sixth Form College

Photos by Ray Barnes

BSOC 2007 will be held in Dorset on Saturday 17th and Sunday 18th November and will be organised by local clubs Wimborne and Sarum. The first event on the Saturday will be a British Schools Qualification Race to select teams (Current M/W14 and M/W16) to represent England at the forthcoming ISF World Schools Meeting. This will be held on Gore Heath in Wareham Forest and this area is now embargoed. At the same time a training event will be available to all other competitors. On Sunday the Championships will be held near Bovington and separate races will be organised for all ages from Years 5 to 13. Further details can be obtained from Chris Branford (WIM) who can be contacted at bsc07@owls-count.net or from www.bsoa.org.uk



Profile: The Butt Family

There was a time when we didn't do orienteering, but that does seem a long time ago now. I was just having our last baby and Jeff decided to try something he had always fancied doing...orienteering. He read a notice in the local sports centre and came back from his first attempt completely soaked, worn out and enthusing about how he had got lost and finally finished his course...an orange level I think.

After that Jeff would take the three older children off while I had a bit of a break and looked after the baby. Inevitably the day came when I was dragged out into the woods to try an orange course. I got completely lost and took about an hour to finish, but the challenge was there to complete the perfect course with no mistakes. I am still striving for the perfect run and sometimes feel I have come close, but the best bit for me about orienteering is the running. I had not done any competitive running as a child, but I have found that I absolutely love running through the undergrowth. With the ground sloping slightly down hill is the best, jumping over logs, ducking and weaving through the bushes, it makes you feel like you are flying and if you find your point as well that is just such a buzz!

Since these early days we joined our local orienteering club, Sarum. Jeff soon became fully involved, taking on the role of club captain and taking pride in coaching adults and children of all levels. He is particularly interested in junior orienteering development and at most events he can usually be seen talking to one of the juniors. On a personal note he would love to compete in the elite competitions...his reasoning is that you may as well compete against the best!

As far as the family are concerned, I think orienteering is one of the only sports at which you and your children can learn and compete at the same time, in the same place and at the appropriate level for each person's ability. As a parent there is always that guilty feeling if you go and do your own thing whether it is a sporting or other activity, but with orienteering everyone can participate.

At the younger level, the children have revelled in being out of doors for most of the day with mud, sticks and lots of other children to build dams or dens with. It is always a good feeling to see the children come home tired but happy from a day of fresh air and loads of exercise. On the down side are the muddy clothes...our washing machine groans on a Sunday night as we rush to get things clean and dry for the next week.

With regular orienteering our children and ourselves have improved our skills and it is now a regular part of our life. Jeff and I both work and together with the children's school work and after school clubs, life gets pretty hectic. It is always a great relief to get out into the woods and have a bit of time and space to put life back in order and at the same time enjoying some healthy competition.

My older two, Alice and Tom, are in the Start development squad and have become seasoned travellers. They have learnt to cope with all sorts of new experiences and have thoroughly enjoyed their

training camps. To get to these camps they have had to compete and succeed at selection races. At times this can dominate family life and Jeff and I have become part of their backup team, including not only their running coach and sports physio, but also the Sarum club members who have always given the children lots of support. It often feels like they are an extended family looking out for the children while Jeff or I am off on our runs. For example when Harry was taken to First Aid after being bitten by a field mouse or when he



came back in tears because he had fallen in a muddy puddle and hadn't come first!

I personally think the orienteering environment has stood the children in such good stead for life. Not only do they learn to think and solve problems on their own when they get lost or can't find their control, but they also learn how to compete. This includes how to handle winning and losing and how to concentrate when your friends from school are messing about and having a laugh. All good life skills!



Jeff and Jackie with their family

Here are a few thoughts from the children on their orienteering experiences:

I do the orange course which is much more adventurous than the yellow courses because the points are more off the paths and normally means you have to go through the rivers and mud. (that's what I like best!)

Harry aged 10

Orienteering is a racing sport and every second counts. I know this because I normally come second to my friend Florence Haines by a few seconds! Apart from the competitive side it is great fun meeting up with friends and mucking around after our runs. I really admire Jenny Johnson because I think she is great and I met her when I was about 11 years old. It feels great when you are running and you get the orienteering all right, but the best feeling is standing on top of the podium in first place.

Lucy aged 12

I go along to orienteering because it is a good chance to meet up with your friends. I like to have a big game of football when I've finished my run. Usually lots of people from other clubs join in...of course we usually win!

Tom aged 14

When I started secondary school, I loved orienteering as it was a break from teachers and homework. Now I love the sense of adventure orienteering gives me especially when I orienteer abroad or in very technical terrain. A few years ago I started running with a local club run by Phill Morris (who is the best running coach in the world!) I managed to get into the Start squad and suddenly I became part of the orienteering community. I got to meet my competitors who soon became friends. At events it is great to meet up with them and commiserate or congratulate them on their runs. Orienteering has become a part of my life and has brought our family closer together. We all have to help with getting ready to go away for a weekend competition as it takes quite a lot of organising. As well as spending the day out together, we also get to chat about our 'O' problems as everyone understands!

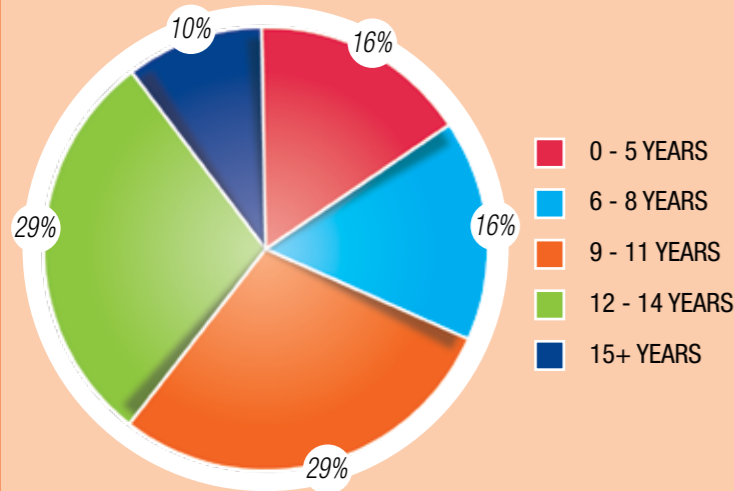
Alice aged 16

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Junior Survey

In December we asked our junior members to take part in an online questionnaire. The results made interesting reading and gave an insight into their orienteering habits.

Age Started Orienteering



Orienteers start young! 61% started orienteering before 12 years of age with 16% starting before they were 5!

It is often believed that our junior members start orienteering predominately through their family. This survey reveals that this is not correct with nearly 40% taking up orienteering at school.

Participation

44% of our juniors orienteer once a week, with 90% orienteering at least once a month. However they are still looking for more opportunities to orienteer, with over 90% wanting more opportunities to orienteer locally.

Although our junior members are keen to orienteer as much as possible it appears that they may struggle to get to the larger national events. This may be why 90% of them are keen to have more local events. The juniors were asked if they had competed at the JK, British Champs or British School Champs with the opportunity to tick all three events. This revealed that on average only 33% of the juniors were competing nationally.

Communication

We asked the juniors how they wanted us to communicate with them and which publications they currently read. 68% of respondents read Route Choice 5 with 74% reading Focus if their family received it. We therefore believe that there is a demand from juniors to receive the information that is in Focus and is why this new larger magazine has been created. We also asked juniors if they wanted dedicated "kids O-Zone" pages on the new website. 65% said yes and this will be implemented.

Increasing Membership

Finally they were asked how they think we could get more people into orienteering. Below is a selection:

"I think there is an opportunity to approach kids through school orienteering, but I think they have to be approached early before they take up too many sports. It would be good if some of Britain's elite took part in this to give the sport a cooler image."

"Sprint orienteering is a great way to show the sport to juniors."

"Put on after school events where the children's parents are invited so that the whole family gets interested because it will be the whole family that competes."

"Orienteers who have connections with running clubs could put on Park O races as part of their clubs training, this could get more running minded people interested."

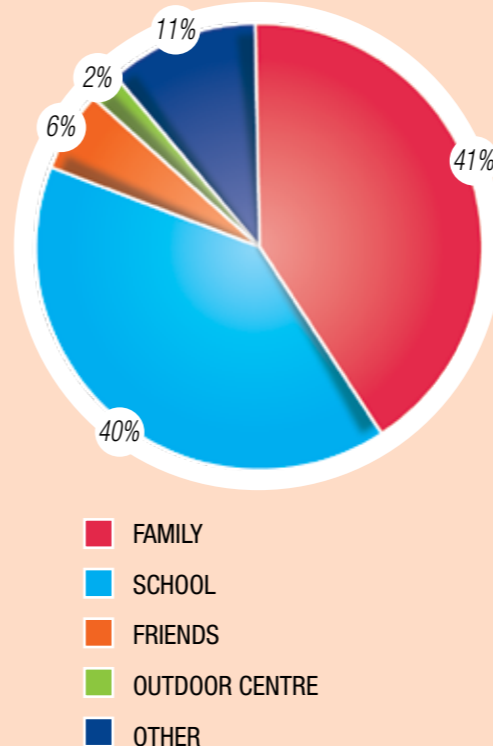
"More promotion in schools. I had never heard of orienteering until one of my friends told me she went. Now we both run for the school in the local league."

"Try to do more local events in areas for school children."

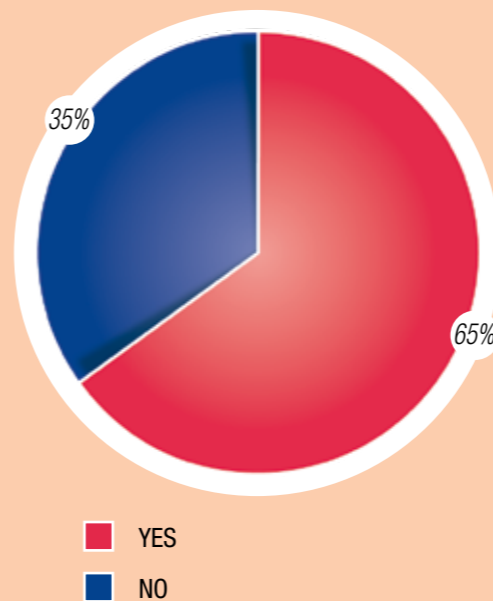
"Get really good role models and advertise with these athletes."

"Maybe get more schools to put orienteering on the curriculum at a younger age. This would get them started younger and if they enjoy orienteering they will carry on past school."

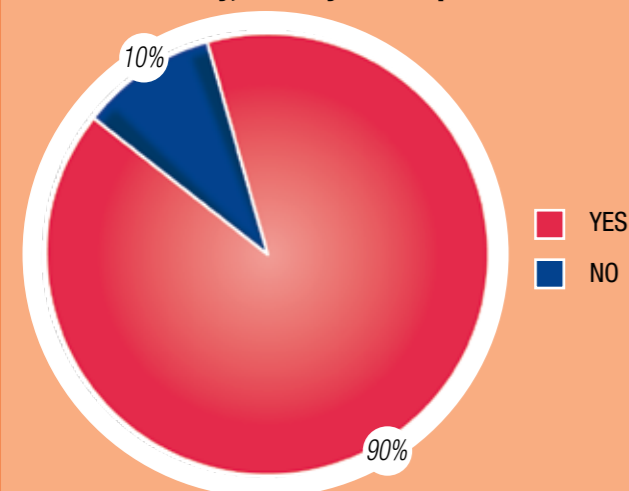
How did you start Orienteering?



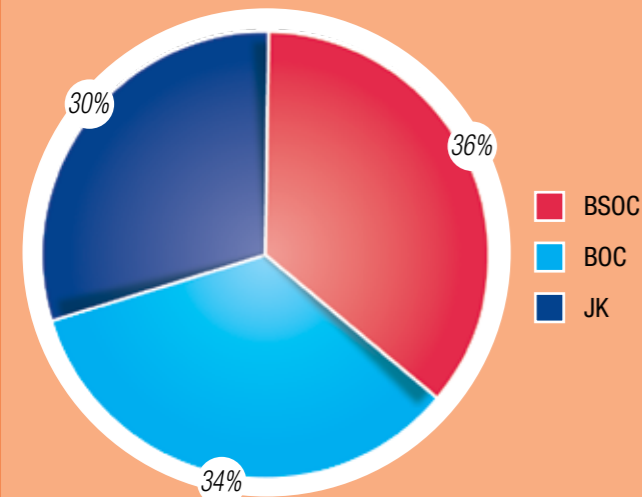
If it existed, would you look at the "Kids O-Zone" pages on the British Orienteering website, containing games, events, news and tips?



If you had more opportunities to orienteer locally, would you take part



Have you competed at the JK, BOC or BSOC?



Always make sure that you fold your map so you can easily see the bit of your course that you need and mark your position with your thumb. Make sure that the direction you need is pointing ahead of you and each time you change direction; change your grip on the map.

Wordsearch

Hidden in the puzzle are the fifteen clubs listed below. How many can you find?

POTOC	A	D	I	L	Y	O	N	D	H	W
CLARO	F	O	Y	S	R	T	L	P	C	G
WCH	H	K	H	K	B	H	W	H	L	N
CLYDE	M	A	R	O	C	G	Y	P	O	B
LOC	U	W	V	I	Z	I	E	X	K	V
HAVOC	R	T	M	O	L	H	D	E	I	C
SLOW	A	I	H	B	C	W	C	D	Z	O
WHIGHTO	S	N	C	L	U	O	F	Y	B	T
MAROC	F	T	I	O	R	T	W	L	J	O
SARUM	A	O	R	A	L	C	K	C	I	P
CLOK	N	U	M	V	F	S	W	O	L	S
OD										
SYO										
TINTO										
WYE										

The Start programme kicked off in 2007 with a long training weekend for the 14s, 15s and 16s based at Shugborough OEC towards the end of February. Technical training took place on the contour rich Cannock Chase, culminating in a Hagaby race for all ages. The 17s however will be going to the Spring Cup in March. This year the Spring Cup is based near Roskilde, the scene of the 2004 European Champs and not in its usual location in the far north of Denmark. However, the terrain is not too dissimilar with rolling hills, drainage ditches and in the spring, good visibility as the leaves are not yet out. They will certainly benefit from this intensive weekend of races which includes a Night Race on Friday evening, Classic on Saturday and Relay on Sunday.

Over the spring season, Juniors in these age classes will be competing to secure a place on one of the Start Tours in the Summer. Selection to these tours is open to all and not exclusive to Start programme athletes. The selections for the 14s and 15s will be in Scotland the week before the Scottish 6-days, the 16s will go to Halden in Norway and the 17s to Uppsala, in the two weeks before the 6-days. For further information please visit the Start pages on the British Orienteering website www.britishorienteering.org.uk

Nick Barrable
Start Programme Manager

Junior Profile: John Rocke

Age 18

Club: LEI, ShUOC and OK Ravinen

Age started orienteering:

Not really sure exactly but when I was very small.

Do your parents orienteer?

My mum does but my dad prefers just to come along and help out being a kit carrier and goes for a walk instead.

How did you start orienteering?

My mum got me into orienteering after she found the sport through fell running. I started on string courses and worked my way up as I got older, apparently my first string course was on Simpson Ground in the Lake District.

What do you enjoy about orienteering?

I enjoy the variety of the sport, with different areas and different types of races, no two races are the same. The sport also takes you to amazing places that otherwise you wouldn't have gone to.

Do you have a coach?

I have two. Helen Palmer (member of the senior squad) and Charlie McConnell (level 4 athletics coach).

If so, how has this helped you?

Helen Palmer introduced me to OK Ravinen and has helped me over the last few years to plan and analyse my orienteering races and training. This has really improved my technique and performance in races. I started at my local athletics club (Corby AC) six years ago, where I met Charlie, and he has been setting my physical training sessions ever since. This has given me a big physical advantage in orienteering races and his knowledge of running has also prevented me from getting any injuries when I have increased my training.

Where is your favourite place to orienteer?

Sweden is the best place to orienteer, especially areas around Uppsala and Stockholm. The atmosphere at races in Sweden, especially the Oringen, is also amazing.



What kind of training do you do?

I do a variety of training and I try to periodize my weeks into easy, medium and hard. An average week would be; circuits and easy run, track session, gym session and easy run, fartlek, rest, race and a long run in the Peak District.

What is your best result?

Second in the M18 Relay at the European Youth Orienteering Championships last summer in Slovenia. The courses were really tough but all three of the team put in good results and we deserved to get a medal.

What advice would you give to people wanting to get into the GB Squad?

Find an experienced coach, or two, and train consistently with them.

What do you enjoy doing outside of orienteering?

I also run cross country, fell and track races outside of orienteering. I like to watch sport, mostly football, in my free time. I recently started studying medicine at Sheffield University so work and training take up most of my time.



The Peter Palmer Coach of the Year Award 2006 - Awarded to Tony Carlyle

Tony Carlyle of Airenteers and an active Level 3 Licensed Coach for the YHOA Junior Squad was awarded with the Peter Palmer Coach of the Year at this year's Annual Coaching Conference.

Tony has been presented with the award for his valuable and tireless work with the Yorkshire and Humberside Orienteering Association's Junior Squad, the results of which are evident.

Tony 'inherited' the squad in 2000 and whilst a number of good individuals from the mid 1990's remained, the squad lacked strength in depth and the 'dominance' they once enjoyed. Through patiently building a thorough annual coaching programme and by encouraging all the regions' juniors showing potential to get involved, Tony has succeeded in building an enviable squad of athletes.

Tony was not himself an elite orienteer, but he identified the skills and aptitudes necessary to be successful at the highest level. He uses existing effective exercises and training methods employed by others but he has also developed and refined his own ideas and those of his coaching staff. He uses his teaching expertise to transfer his knowledge across to the juniors in a positive and enduring way, resulting in many of the current squad achieving success at the top of the UK junior classes. He constantly monitors the

athletes to ensure they are not overstretching themselves and that they are getting full benefit from their training and competitions. Above all, Tony recognises the aspirations and capabilities of all the athletes in his care and helps them all to reach their potential, whether it be Gold standard in their age group or selection for the GB junior squad. He has earned a high level of loyalty and respect from his coaching team and the athletes.

The annual programme is developed at the beginning of the season and for this Tony always receives the support of the YHOA Committee. Organising a yearly programme of six squad weekends and two individual days requires a huge level of commitment in terms of time and effort. Tony has an in-depth knowledge of the UK orienteering scene and he dovetails the squads' activities to fit in with the fixtures calendar and the various junior selection races.

The squad now has approximately forty talented juniors, with nine currently members of the GB Start and Junior squads! The squad has also won the JIRC's for the last two years.

In short, the huge success of the YHOA squad, in recent times, is largely due to Tony's coaching efforts and he is therefore a worthy winner of the Coach of Year Award 2006. Congratulations Tony!

Lakeside 2006



This year 98 Juniors and 23 coaches attended lakeside, along with 5 Elites, probably making this the largest orienteering coaching weekend in England this year. It had larger numbers than summer tours, start squad weekends and regional squad training but the coaching is still really good quality.

With juniors training in small squad groups, it ensured excellent training opportunities. Plus with everyone staying at the same place it meant you could see your friends after training and also meet new people.

I also enjoyed the flexibility of the training areas as there was a choice of four on Saturday and three on Sunday. These were Dockney Parrock, Summer House Knott, High Dam (Sunday) and the Lakeside sprint race on Saturday. So we did a long morning on Dockney Parrock then ate lunch and then did the Sprint race at Lakeside, after that some squads went and did another area to finish the day. Our squad decided to just go for a run around Lakeside then finish. This meant we had the first (hot!) showers and then we had longer to review the day and study the JK and British area maps for selection on to Summer tours in 2007.

I thought Graham Gristwood's talk on elite performance and opportunities was informative and interesting. One of the best bits was watching the elites do the sprint race at night! We stood by the last control watching them do the first loop and then cheering them onto the run in. There were some interesting techniques - rolling down the hill - not sure if that was deliberate or not? Overall it was a really good weekend.

By Rebecca Harding SE



Coaching Conference 2007

By Stephen Cartwright



was marvellous in taking us through a lot of ankle theory, injury prevention and rehabilitation techniques. In the old days perhaps sports people weren't encouraged to stretch. Perhaps we're a bit slow, but it seems it's an item considered worthy of inclusion, even today.

The Clubs and regions obviously had their speakers over the weekend sharing their development and experiences. I'm sure it does them an injustice to mention it only briefly but it was encouraging to hear of success with schools and curriculum's even with the troubles, and the continuing growth of the new club BarrO.

We also enjoyed the tale of a Norwegian exchange for one of the squads - a real blessing even with the extensive paperwork.

Jon Carberry gave us a closing talk on fitness testing for orienteers based on the GSCE PE model. In the Lakes they have adapted it for twice yearly assessment of their squad, hoping that the individuals will be challenged to improve and they can identify areas where individuals may need help. Perhaps it ties in quite well with what Keith Marsden had said previously regarding the new UK Coaching Certificate.

On a summer tours feedback form the athletes are asked to state their goals in terms of orienteering. For many this is a high goal - to be in the British Squad or a World Champion and to achieve this they need coaching. They deserve really good quality coaching and I think UKCC will help raise the standards of coaching for them all'.



Dave Gittus

For Clubmark one of the things the Essex Stragglers needed was a Head Coach! Although not as experienced as some it seems that duty has fallen to me for a period, along with fairly regular help for the East Anglian Juniors. With the Coaching conference theme of 'Coaching within the Clubs and Regions' it seemed the place to be.

The program looked interesting with younger and older speakers and items ranging from Club development and situations, to Trail O, physio and computer O games! Graham Gristwood's session on OCAD and the use of the 'Catching Features' software for route choice simulation got the conference off to a great start. Seeing the computer image of Derek Allison running through the hills and then going for a swim by mistake, not to mention hitting a tree, obviously raised a few laughs. A wonderful thing about the software is that you can compete with your friends on-line.

Dave Gittus gave us an excellent introduction to the use of Trail O. Obviously it was nice to be out in the grounds and in the sunshine for a while but the Trail O really was good fun and very thought provoking. As David said, you really do need your wits about you when it comes

to identifying the correct control according to the map and descriptions. I wonder whether it should be used by clubs in training as thinking practice and promoted to the less mobile who would prefer an intellectual walk rather than a run.

I like keeping my own race analysis fairly short and I don't like drawing lines on my map. So I was interested when Paul Frost and Lynne Walker introduced us to the Route Gadget software which lets you import a map and then draw your route on it for analysis. Should you have been tracked around the route by GPS, the data from that can also be entered to form a trace on the map. All mappers need to shake with fear as its quite possible errors may come to light!

Any medics would probably have felt really at home among the long words of Jane Ashbrook the new squad physio. I for one have never been very good when it comes to eversion and inversion but I do usually know when it hurts! Jane

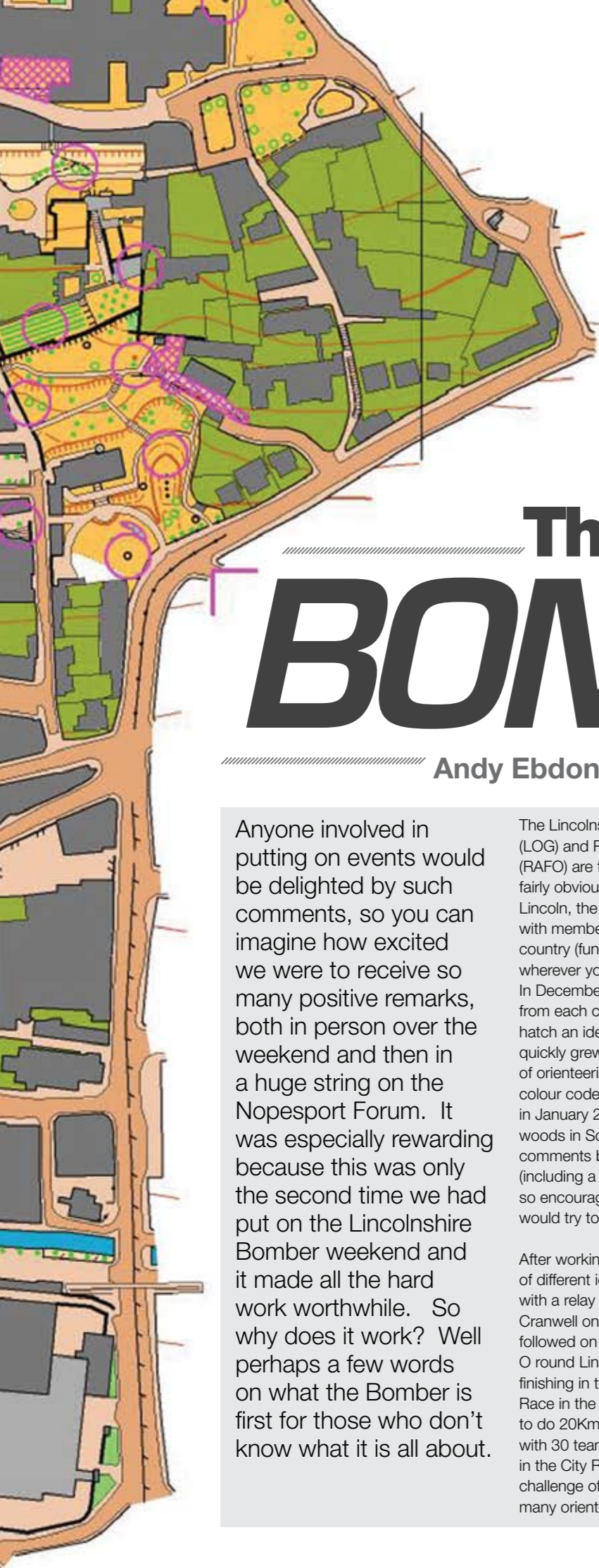
Introduction of 'licence to practice' for all coaches

Following the Coaching Committee meeting held in November it was agreed that the introduction of 'Licensing' for British Orienteering coaches should be enforced and would be beneficial to all concerned. Implementation of Licensing is now well underway.

The term 'Licence to Practice' has therefore been adopted to designate those Coaches who have fulfilled all aspects of British Orienteering Coach accreditation and they:-

- have been trained and assessed at the appropriate Coaching Award Level and have maintained their Award through coaching updates
- hold a satisfactory and current Enhanced Disclosure completed on behalf of British Orienteering
- hold a current First Aid Certificate, as necessary and appropriate to their coaching Level
- are British Orienteering Members to the appropriate status (either LBM or NBM) according to their coaching Level
- have signed up to the British Orienteering Code of Conduct for Coaches.

Coaches who have fulfilled all aspects of British Orienteering Coach accreditation are therefore 'Licensed to Practice' by British Orienteering to register and run coaching sessions and are covered by the British Orienteering civil liability insurance policy.



'City Race was terrific'
 'it was a brilliant weekend.'
 'The whole family had a great time and we've all come home on a real high.'
 'A very, very big thank you to LOG and RAFO.'
 'The kids loved it and want to know when it's happening again.'



The Lincolnshire BOMBER

Andy Ebdon, Bomber Organising Committee

Anyone involved in putting on events would be delighted by such comments, so you can imagine how excited we were to receive so many positive remarks, both in person over the weekend and then in a huge string on the Nopesport Forum. It was especially rewarding because this was only the second time we had put on the Lincolnshire Bomber weekend and it made all the hard work worthwhile. So why does it work? Well perhaps a few words on what the Bomber is first for those who don't know what it is all about.

The Lincolnshire Orienteering Group (LOG) and Royal Air Force Orienteers (RAFO) are two small clubs, one fairly obviously based in and around Lincoln, the other a closed club with members spread across the country (funnily enough pretty much wherever you find an RAF airbase!). In December 2004 two members from each club got together to hatch an idea for a Long O which quickly grew into a whole weekend of orienteering including a relay and a colour coded event. This took place in January 2006 through a series of woods in South Lincolnshire and the comments by all the competitors (including a group from Sweden) were so encouraging that we thought we would try to make it an annual event.

After working through a whole bunch of different ideas for 2007 we came up with a relay race at the RAF College Cranwell on Saturday 13th January, followed on the Sunday by a Long O round Lincoln's Green Spaces, finishing in the City Centre, and a Race in the City for those not wanting to do 20Km. Participation was great with 30 teams of 3 in the Relay, 190 in the City Race and 73 accepting the challenge of the Long O. There were many orienteers from far off places

including a larger contingent of our friends from Sweden who said they just don't experience anything like it in Sweden. (I think that was meant in a positive sense!) All the maps were drawn specially for the weekend, with only the Cranwell map being done professionally.

For two small clubs, such a weekend is not something either would be able to do on its own. We are not blessed with many highly qualified orienteering officials and resources are tight, not least in the quality of available orienteering areas. What we have been able to bring together with the Bomber though is a group of highly enthusiastic orienteers who have gelled into a really effective team. Like minded people that get on well and who are determined to make something happen, irrespective of the problems encountered (and believe me, we have encountered enough problems for a lifetime) has been a powerful combination in helping to deliver the successes we are so proud to have achieved. People have been willing to have a go, even if they are not sure how to go about it, because there have been others to help and give encouragement. For example, anyone that ran this year's Long O

would find it hard to believe that it was only the second event the planner had ever done.

Those who have been involved in much larger events for many years will know far better than us that even with great people you need to be organised. It takes us a year of hard work with regular meetings of the organising group every 6 to 8 weeks. Minutes are taken and actions given ownership. Communication between everyone by email is continuous and an essential aspect of keeping things moving forward. Time evaporates very quickly in the last few months before an event and you really have to keep the momentum going. Also we are really lucky to have a number of key individuals who are prepared to give up many hours for mapping and planning – OCAD gets very seductive! I think there is also a lot to be said for daring to try something different and putting together a range of less conventional orienteering activities such that there should be enough to please everyone over a weekend.

One other particular aspect that worked well for us was the early involvement of Lincoln City Council who were immensely supportive. There are a number of important historical sites in Lincoln, but everyone involved was happy to cooperate and allow us access. We were even lucky enough to have the Mayor come along and start the City Race and then return in the afternoon to hand out the prizes!

There is no doubting that organizing such a complex weekend is hard work, but the buzz you get when all the comments are so positive really does make it all worthwhile. We are back together already planning the 2008 event and we already know where we are going for 2009. The City Race was such an individual hit that LOG will be keeping that going every year now, irrespective of where the Bomber lands. Hope to see you next year and if you have got any good ideas for something a bit different, why not get in touch?

Results:

Men's Open (length 4.6km, climb 90m, 24 controls)

1 John Roche	SHUOC	28:41
2 Matthew Dickinson	DVO	30:00
3 Conor Barry	CORKO	33:19

Women's Open (length 3.6km, climb 50m, 19 controls)

1 Mairead Roche	LEI	26:31
2 Elizabeth Roche	LEI	33:01
3 Sofie Wetter	ABOGA O	34:23

Long O (length 17.4km, climb 175m, 35 controls)

1 Anthony Squire	INT	99:03
2 Thomas Van Rossum	AIRE	99:34
3 Rob Palmer	NOC	100:50

Relay

1 NOC T15		
RICHARD ROBINSON		18:06
ROBERT PALMER		43:38
ANDREW LLEWELLYN		53:15
2 KKOK EASTWOODS		
THOMAS EEK		11:32
CRISTIAN LARSSON		29:01
JONAS VIKSTROM		54:04
3 TVOC TVOC T1		
JOHN WORTH		12:29
NEVILLE BAKER		32:18
LUKE MCNEILL		57:11

Updated Rules and Guidelines

Updated Rules and Guidelines for 2007, reflecting the changes in the British Orienteering membership structure, are now available on the British Orienteering web site under Events / Regulations. Event Guidelines in the standard format have also been added for the Future Champions Cup Final and BSOA Score Championships, and those for the BSOA Championships and the Junior Inter-Regionals are planned soon. This is gradually bringing together all of the Event Guidelines into one place.

Importance of submitting a full set of results to the National Ranking System

All Regional, National, and other major individual events must submit a complete set of their results to the National Ranking System. Senior results are used for the Ranking system itself, whilst the Junior results are used to calculate Gold Badge times to determine eligibility for courses in the Yvette Baker Trophy. The lack of Junior results has been a particular problem, and event organisers and/or those responsible for the results are asked to check that any automatic submission software they have sends the complete set of both senior and junior results. It appears that some older versions do not, in which case clubs are asked to update their software.

Map checking

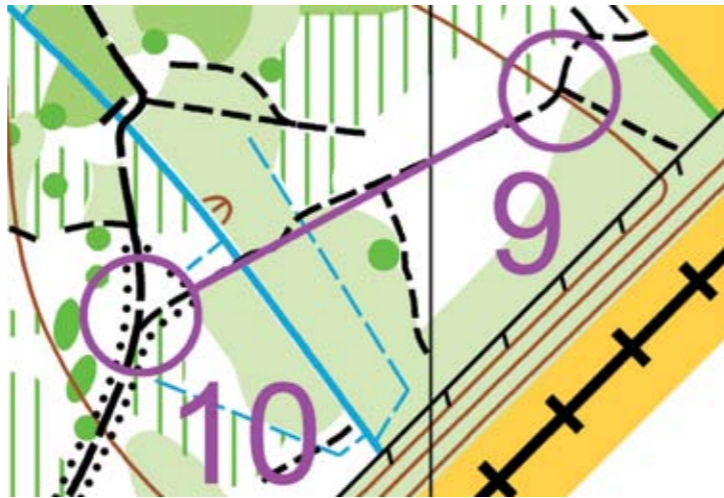
It is sometimes easy to take today's technology for granted and place too much reliance on it always being right. A problem at a recent event shows that we can never be too careful about what that technology produces. The Planner and Controller had both checked the OCAD files and draft maps to ensure that all the courses and control descriptions were correct. These files were sent to the printers, returned as printed maps, put out at the start, and everything seemed fine. Only part way through the event did a competitor point out to the Planner that her course had no Finish circle on it, and furthermore that the control descriptions had some of the pictorial symbols for the control features missing. This was found to be the case for all the maps on that course. Yet no other course was affected. Fortunately most people were using the separate loose descriptions which were completely correct, and for those that weren't the control features were fairly obvious from the map. The line from the final control to the finish, which was relatively close, was there, and the problem brought no official complaints.

Further investigation has shown this to be a problem at the printing stage, and similar problems have been seen in the past after using an OCAD file that had been compressed for sending, and with opening a file with a later version of OCAD. (Note that the maps were printed on waterproof paper, so there was no bagging stage at which this problem might have been noticed.) The lesson to learn

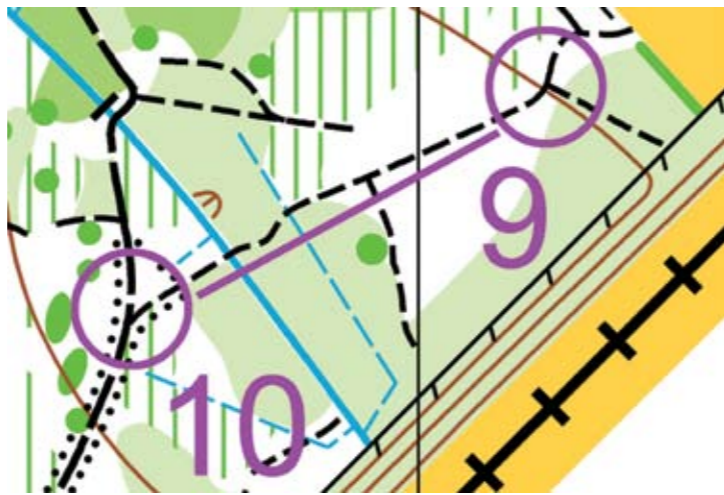
from this experience is that although the days of having to check every single map (to ensure that it hadn't missed a spot colour, or even the course overprint) really are over, at least one final printed map from each course does need a very careful check when the maps return from the printers. Checking only the OCAD files is not sufficient.

Breaking lines and circles on the course overprints

With the advent of course overprints produced automatically from OCAD, CONDES, etc. it is easy for the Planner to simply use what the software generates. Most Planners understand the need to complete one extra step of cutting the control circles so that they do not obscure important details near to the control site. However, you also need to ensure that the lines joining the controls do not obscure any paths (particularly important on the White and Yellow courses, but equally applicable to all the others). These may need to be offset from joining the centres of the circles in order to make the path visible, or broken to avoid obscuring important junctions. In areas where controls are close together, numbers also need careful positioning to avoid confusion.



Map a) Poor overprint - red line obscures path.



Map b) Edited overprint - with the red line now offset the path becomes clearly visible.

Please send comments or questions to: rulesgroup@britishorienteering.org.uk



Students Benefit from Development Grant

Report by Liz Bridge

The University of Durham Orienteering Club (UDOC) applied for a British Orienteering development grant in the summer of 2006 to help increase club numbers and activity. We had around eight active members at the beginning of the academic year and were keen to attract more people to the club and the sport. Our plans for increasing the membership revolved largely around the first term - the key elements being a welcoming, informative stall at the fresher's fair to attract new members, followed up by an extensive selection of event trips and training throughout the term to encourage the new members to remain with the club. Before the fresher's fair, we put together a small colour pamphlet containing details about the sport and the club, with a few map extracts and photos from the previous year, to be handed out at the stall.

During the fair we used the Nopesport and World Cup publicity DVDs, played on a laptop computer, to attract much more attention than in previous years - signing up a large number of interested students in the two days of the fair. Starting with an introductory training session on the first weekend of term, we attended events on most weeks last term - and indeed plan to do much the same this term. This constant stream of events, along with up to two club runs a week and a club circuits session, has encouraged new members to stay with the club and become an active part of it. In one term we have developed from a group of eight keen orienteers into a much more dynamic and varied club,

with twenty active members, and are able to regularly turn out over ten competitors at events around the region.

A lot of our development would not have been possible without the development grant we received from British Orienteering. The money received is largely reserved for long term development such as mapping of university sites and purchasing club training equipment, but it has also allowed us to free up, and partially supplement, the limited grant we receive from our Athletic Union. Having this opportunity to focus our Athletic Union grant on reducing the cost of travel and entry to events for members has allowed us both to attend more events, and to take more people to them. Having the funds necessary to hire minibuses for most events has made travel much easier, and allows for a larger number of people than could ever have been taken when the club only had two cars at its disposal. As well as allowing us to take more members than ever before, the minibuses have also made travel more sociable and helped to build up the club ethos.

Our recent success is down to the number of club activities we are able to hold and our ability to provide transport. Our plans for the rest of the year include technical training sessions in areas such as the Lake District, as well as attendance at large events. We would like to send our thanks to British Orienteering for helping us to achieve our goals, and we hope that future years will see UDOC continuing to develop even further as a club.

British Orienteering Funds

British Orienteering currently has several funds available to support various aspects of orienteering. The monies were left as either a bequest, a legacy or as a grant from the sports councils. The monies can be applied for by groups of people for different purposes.

There are three main funds to which you are able to apply for funding: The Multi-Day Event Levy Development Fund; The Elsie Ward Fund and Grants available within the development budget. The various types of areas the funds are currently being spent on are:

- Club and association development projects
- Junior competition enhancement
- Club volunteers training support
- Youth project support
- Equity project support
- School/Club link support

The application process is currently being reviewed. In order to make the whole process easier to follow as a member and easier to administer by the Federation, two deadlines for applications per year will be introduced, one at the beginning of the year and one in the middle. At the moment however, applications are reviewed as and when they are received. Deadlines will be published in Focus once the application process has been finalised.

In order to apply for funding, please submit a brief outline of your plans by email to info@britishorienteering.org.uk. Further information about how to formally apply will then be sent to you depending on which fund meets your requirements.

Amy Sarkies
Executive Officer Administration

Summary of event eligibility and entry fees for events in 2007

Event Category	National Member			Local Member			Local Member			BSOA
	Eligible	Seniors	Juniors	Eligible	Seniors	Juniors	Eligible	Seniors	Juniors	
British Championships Day, Night, Sprint, Elite, Relays	✓	Straight entry fee	Straight entry fee	No (but see note 1)	Not applicable	Not applicable	No (but see note 1)	Not applicable	Not applicable	Needs to be NBM
JK and JK Relays	✓	£2 discount available on individual entry fee	Only one Junior entry fee	✓	Pay full entry fee	Only one Junior entry fee	No (but see note 1)	Not applicable	Not applicable	Needs to be NBM or LBM
National Events	✓	£2 discount available on entry fee	Only one Junior entry fee	✓	Pay full entry fee	Only one Junior entry fee	No (but see note 1)	Not applicable	Not applicable	Needs to be NBM or LBM
Harvester Relays and Compass Sport Cup / Trophy	✓	Only one entry fee	Only one Junior entry fee	✓	Only one entry fee	Only one Junior entry fee	No	Not applicable	Not applicable	Needs to be NBM or LBM
Peter Palmer Relays and Yvette Baker Trophy	✓	not applicable	Only one Junior entry fee	✓	not applicable	Only one Junior entry fee	See note 2	Not applicable	Only one Junior entry fee	See note 2
C3 - Regional & C4 - District	✓	£2 discount available on entry fee	Only one Junior entry fee	✓	£2 discount on entry fee if event within own Region	Only one Junior entry fee	✓	Pay full entry fee	Only one Junior entry fee	✓
C5 - Local	✓	One entry fee for all Seniors	One entry fee for all Juniors	✓	One entry fee for all Seniors	One entry fee for all Juniors	✓	One entry fee for all Seniors	One entry fee for all Juniors	✓

For the 2007 membership scheme the following applies:

Senior is everyone born in 1986 or earlier.

Junior is every one born in 1987 or later and any students in full time education.

Note 1 : At major events a small number of colour coded courses will often be provided.

Eligibility & costs for these will apply as per a District Event.

Note 2 : Juniors from a school, college or university which has a formal association with the local club can run for that club. In such cases there is no requirement for the school to be a member of BSOA.

The 2008 JK is organised by the team that brought you the World Cup 2005 and the Surrey Five-O 2005! Even before this year's JK in the Forest of Dean you can take a quick peek at where the JK will be in 2008. The JK was last held in the South East in 1999 and you will again have the chance to run in the region's superb orienteering areas, such as Leith Hill. So, as always, subject to final agreement on land permission we can now announce all the planned venues for JK 2008 and all areas mentioned are embargoed from now on.

Friday 21st March: Sprint Race at the University of Surrey in Guildford

This area was used for the Sprint Race Qualifier at the World Cup in 2005 and drew praise from everyone who ran there. Detailed university campus buildings set in parkland on a gentle hillside provide classic sprint terrain, which confused even the best in the world.

Saturday 22nd March: Middle Race (M and W Elite)/Long Race (all other classes) at Leith Hill. A second area from the 2005 World Cup, but one with a long history of use

at major events in the South East. Runnable and hilly mixed woodland, with areas of detailed earth features to provide a technical challenge.

Sunday 23rd March: Classic Race at Broadstone Warren and Pippingford Park, Ashdown Forest. Several parts of Ashdown Forest will be combined to offer a wide range of terrain including mixed woodland and open heathland. You can expect a technical and physical challenge on terrain used several years ago for the British Championships.



Monday 24th March: Relays at Eridge Old Park, Tunbridge Wells. The weekend will finish in this traditional English country estate with large blocks of detailed woodland scattered around extensive parkland.

Also included in the embargoed areas as well as the above are Newlands Corner, Crowborough Camp, Winterfold and Pitch Hill.

Watch out for more details on the website: www.jk2008.org.uk

Are you seeing your course?

With the advent of laser printers, there has been a significant change in the provision of maps for small and medium sized events. In the past, due to the expense of setting up printers, clubs would have 2000 maps printed at one time and the stock would be run down over a period with competitors copying their course from a master map and drawing out map corrections before they started. Now maps are printed for each event complete with the course overprint and late changes to the area. The planner will have used a planning program such as OCAD or CONDES and sent his courses as files to the club's printer.

This has resulted in a greater variation in the quality of maps, with both the colours and the definition being at times inadequate. Though all orienteers are affected, the group who are seriously disadvantaged are runners who are colour blind and this is largely due to the course overprint often being too red. The correct colour is pms purple which contains enough blue to be distinguished and not the red produced by the definition in the OCAD colour table. If the British Orienteering symbol set, downloaded from the web site is used, a better purple is printed. However, as all laser printers differ in performance, it is usually necessary to fine tune the colour table to match the ISOM colours. British Orienteering has colour swatches available giving the correct colours and planners and printers can contact the Map Group for advice.

It is also more important now for planners to cut circles and lines on the overprint as laser printers cut a hole in the map information to insert the overprint. This effect can be alleviated by changing the colour table and placing black and 100% brown above purple, allowing paths and contours etc to appear on top of the overprint.

Colin Spears.
Chairman Map Group.

It's Permanent, but not as we know it...



A short drive from Aberdeen is a lovely hill called Bennachie, which dominates the skyline for miles around and attracts many regular visitors. Its forested lower slopes (owned by Forestry Commission Scotland) were mapped some time ago by Grampian Orienteers, and have hosted several events. The map includes the visitor centre run by Aberdeenshire Council's Ranger Service, where I've had the pleasure of working for the past couple of years, alongside my part-time job with the SOA.

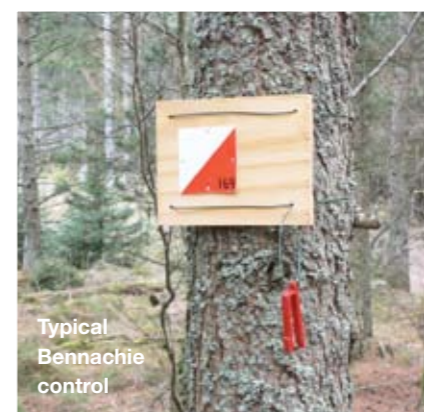
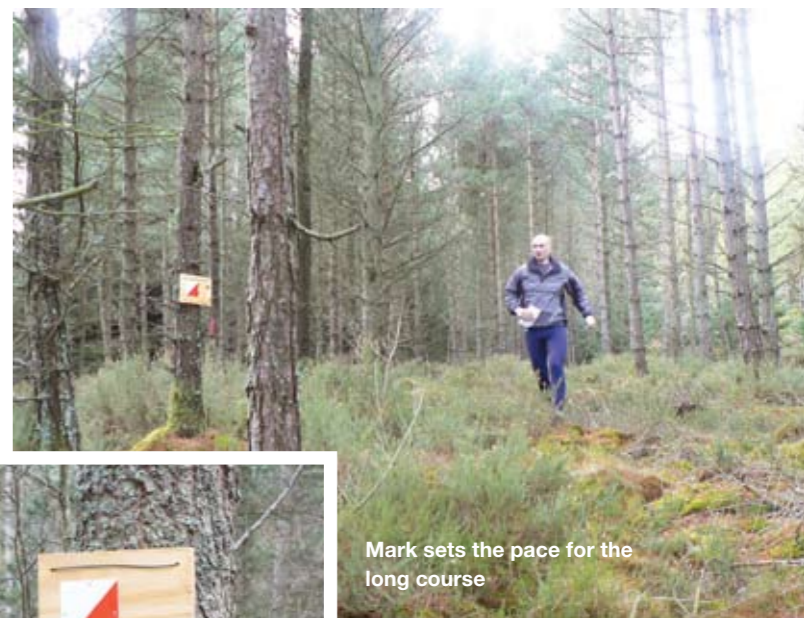
The interests of my two jobs merged recently in a shared vision of the Bennachie Centre as a focus for local orienteering activity, drawing in experienced orienteers and newcomers alike. I've been working with Forestry Commission Scotland, in the shape of Mark Reeve, another Maroc member, to produce a permanent orienteering course with a difference.

Most of us have used at least one traditional permanent course, with posts in the ground and maps with all the controls shown, so you have to make up your own courses, perhaps take a pencil round with you and write down a code to prove you've visited a control.

At Bennachie we've done things a bit differently. Controls are plastic markers and pin-punches attached to boards which are

in turn wired to trees and gate-posts. They're firmly attached but eminently movable.

Courses are planned using Condes, and maps specific to each course are printed in small quantities.



Forestry Commission Scotland are generously covering the printing costs, so we don't have to charge participants. Map packs are available from the Bennachie Centre, so the orienteering doesn't need to be a pre-planned activity, which is an important factor for many newcomers to the sport.

We'll be monitoring the usage of this facility, and hope it can be used as a model for other areas.

Hilary Quick
SOA Assistant Professional Officer/Bennachie Centre Warden

After a month or so, we'll move things around a bit, and hey presto, new courses! Regular visitors will have a fresh challenge, and we can add to the training element by focussing on a particular skill such as contouring. Another big advantage is we can easily work round areas affected by forestry

Access to the Countryside In Scotland

After many years of confusion over the access legislation in Scotland, the Scottish Executive instructed Scottish Natural Heritage to review the legal arrangements and after a long consultation with all interested parties, the Land Reform (Scotland) Act 2003 was passed by the Scottish Parliament in May 2004 and the accompanying Scottish Outdoor Access Code was approved by the Scottish Parliament in July 2004. The statutory right of access came into effect on the 9th February 2005 giving Scotland one of the most forward-thinking pieces of access legislation in Europe. The Scottish legislation gives people the right of responsible, non-motorised access to most land and inland water in Scotland and is underpinned by 3 basic principles which apply equally to access-takers and land managers:

- Take responsibility for your own actions
- Respect the interests of other people
- Care for the environment

The English and Welsh legislation provides a right of access over 'Access Land', ie mapped areas of mountain, moor, heath and down, plus registered Common land – often known as a 'right to roam'. Maps showing this Access Land are available via:
www.countrysideaccess.gov.uk and
www.ccw.gov.uk/countrysideaccesswales

The main differences between the Scottish legislation and the English & Welsh legislation are;

Access rights

In Scotland everyone has a right of responsible, non-motorised access over most land and inland water for recreation, some educational and commercial uses and for going from place to place. In England & Wales everyone has a right of access over 'Access Land', ie designated areas of mountain, moor, heath and down, plus registered Common Land.

What you can do under your access rights

In Scotland everyone has the right of access for all forms of non-motorised access including walking, climbing, cycling, running, horse-riding, canoeing, wild camping, etc. In England and Wales you have the right to walk and undertake certain types of recreation including running, bird-watching, climbing, etc.

How can you undertake your access rights?

In Scotland the right of access is conditional on the access-taker acting responsibly as guided by the Scottish Outdoor Access Code. Land Managers must also act responsibly in managing their land as also guided in the Scottish Outdoor Access Code. In England and Wales access-takers must follow the Countryside Code. There is also advice available for land managers in both Codes. For information on the Scottish Outdoor Access Code visit www.outdooraccess-scotland.com or for information on the Countryside Code visit www.countrysideaccess.gov.uk

What you can't do

In Scotland you can't take access in certain places such as: a privacy zone round people's houses, land in which crops are sown or growing, have a dog with you not under proper control, interfere with land management operations, hunt, shoot or fish. In England and Wales you are not allowed: to have a dog with you not on a lead near livestock and between 1st March and 31st July to avoid disturbing birds and sensitive animals, ride, cycle or camp, take part in airsports, swim in or use boats or sail boards on inland water.

What land managers can do

In Scotland land managers can ask the public to avoid short-term land management operations such as timber operations or crop spraying. They also have the power to apply to their Local Authority to exempt land from

access rights for up to 5 days for specific reasons such as an agricultural show or an open-air concert. In England and Wales land managers can limit access to Access Land at their own discretion for up to 28 days per year. They can also apply for a 'direction' from their local access authority to restrict public access for land management, public safety or fire prevention reasons.

Linear routes

In Scotland Rights of Way still exist, but Local Authorities are planning systems of core footpaths which will also facilitate access. In England and Wales the current Rights of Way network applies, including some routes for cyclists and horse riders.

The situation in Northern Ireland –

In Northern Ireland access legislation is less well developed. The Access to the Countryside (Northern Ireland) Order 1983 places a duty on district councils to assert, protect and keep open and free from obstruction or encroachment any public right of way. Councils are also required to compile records of public rights of way in their area. Councils may also make proposals to the Department of the Environment for long distance routes and to date 13 of these have now been approved, 11 CAAN (Countryside Access and Activities Network) trails, the Ulster Way and the Newcastle Challenge Trail.

The Access Order also includes provision for wider access to open country but no related agreements or orders have been made by district councils. Generally, apart from de facto access, this type of 'freedom to roam' in Northern Ireland is currently only available at National Trust lands, country parks, forest parks etc. De facto access is currently available in many parts of the Mourne but strictly speaking, there is no legal basis for the recreational use of such land.

As far as orienteering in Scotland is concerned the following applies –

If you as an individual want to access an area, you can do this as long as you act responsibly within the principles and guidance of the Scottish Outdoor Access Code. There is no need to register this with British Orienteering for insurance purposes. The definition of 'responsible' will depend on the location, time of year, etc, and may change each time an area is accessed. In some cases you might be required to consult the local orienteering club access officer or club secretary for advice before you visit the area. (Also be aware of embargoes on some areas for events!). See Section 3.57 of the Scottish Outdoor Access Code.

If you and some club members want to access an area for an informal training run, and you do not put out any markers or other facilities, then again you can do so as long as you act responsibly within the principles and guidance of the Scottish Outdoor Access Code. Again there is no need to register this with British Orienteering. The definition of 'responsible' will depend on the location, time of year, etc and may change each time an area is accessed. You should consult the local orienteering club access officer or club secretary for advice before you visit the area. (Also be aware of embargoes on some areas for events!). See Section 3.60 of the Scottish Outdoor Access Code.

If a club or squad organises an event or activity of any kind which appears in any club or other fixture list, including evening training events, coaching sessions, Come and Try It's, etc, which involve a certain level of organisation, eg car parking, markers put out, timing, etc, then the organiser or leader must ensure that they have liaised with the land manager and that the activity is registered with British Orienteering for insurance purposes. The participants are required to act responsibly in

accordance with the principles and guidance of the Scottish Outdoor Access Code and any other requirements requested by the event officials and land manager specific to the area being used. See Section 3.60 of the Scottish Outdoor Access Code.

Any event which appears in a club, SOA and/or British Orienteering Fixtures Lists is required to be registered with British Orienteering for insurance purposes, and the organiser must liaise with the land manager giving as much notice as possible. The participants are required to act responsibly in accordance with the principles and guidance of the Scottish Outdoor Access Code and any other requirements requested by the event officials and land owner specific to the area being used. See Section 3.60 of the Scottish Outdoor Access Code.

The SOA would ask that any squads or clubs from outside Scotland who intend coming to Scotland to train continue to contact the National Orienteering Centre or the local club for advice on access and to ensure that all activities are registered with British Orienteering via the SOA Fixtures Secretary in the usual fashion. Tel: 01479 861474 nationalcentre@scottish-orienteering.org

The web-site: www.outdooraccess-scotland.com has all the information and advice required for access takers and land managers as well as links to the Land Reform (Scotland) Act 2003 and the accompanying Scottish Outdoor Access Code. The Scottish Orienteering web-site also has useful information on orienteering access in Scotland. www.scottish-orienteering.org. For a free copy of the Scottish Outdoor Access Code contact Scottish Natural Heritage. Tel: 01738 444177.

Donald Petrie
Scottish Orienteering
Access Officer
donald@scottish-orienteering.org



Badge awards to January 2007

Congratulations to the following orienteers who have recently claimed their awards.

Gold

W10	Nicola Rowlett MV, Eloise Wright CLOK
JW2	Eloise Wright CLOK
JW3	Caitlin Campbell CLOK
W16	Alison Fryer LOC
JW4	Alice Campbell CLOK, Lucy Thraves SO, Alana Wright CLOK
JW5S	Lucy Taylor CLOK, Hazel Wright MAROC
JW5L	Catherine Taylor CLOK
W18	Clare Dallimore SWOC, Jennifer Thornton CLOK
W21	Sarah Francis SN
W50	Sally Lindsay ESOC
M10/JM2	Philip Vokes DEE
M12/JM1	Jack Stuckes KSODA
M12/JM2	Matt Jeffery KSODA
M12/JM3	Joshua Cooper EBOR
JM3	Daniel Parsons LEI
JM4	Christopher MacKenzie CLOK
M16/JM5S	Alex Wills PFO
JM5M	Patrick Low MAROC, Jonathan Malley NATO, David Smyth NATO
JM5L	Robbie Unsworth CLOK
M40	Simon Thraves SO
M45	Robert Parkinson NOC

Awards are available from Chris Boycott, 13 Dawlish Avenue, Stafford, ST17 0EU, on receipt of, all relevant details, the appropriate fee (cheque made payable to British Orienteering Federation) and an appropriate SAE (22x16 cm for certificates). Details required:

- Full name and age class of claimant.
- The names and dates of the 3 events, which must be within a 2-year time span. Back claims are possible IF I have the relevant records, as a lot of old records are NOT available on the Internet. As I only get about 20% of event results it helps me if you can send photocopies of relevant results
- Position and time of claimant in each event.
- Club and British Orienteering number of claimant.
- The standard being claimed.

Please note that year flashes have been withdrawn, as there were not enough claimants. Junior ageless class flashes (eg JW1) are not available at present, but age flashes (eg M12) are still available while stocks last.

Woven cloth badge	£1.50
Certificate	£0.50
Age (e.g. M60) flash	£0.40

Silver

W14	Alice Campbell CLOK, Rachel Collins DFOK, Alana Wright CLOK
W16	Lucy Taylor CLOK
W18	Lily Unsworth CLOK
JW5L	Jennifer Thornton CLOK
M10/JM1	Thomas Birkett SOS, Jack Lord NOC
M10	Barnaby Warren NN
M12/JM2	Ben Lord NOC
M12	Luke Grenfell-Shaw BOK
JM3	Douglas Marshall MAROC
M16	Patrick Low MAROC
JM4	Finlay Langan MAROC
M35	Mark Cheesman MV
M50	Lester Evans HOC

Bronze

W12	Caitlin Campbell CLOK, Frances Wright MAROC
W12/JW1	Caitlin Owens KSODA
JW2	Alex Crosby NATO, Rosalyn Marshall MAROC
W14	Rachel Collins DFOK, Emma Ratcliffe NATO
JW3	Frances Wright MAROC
W18	Phoebe Langan MAROC
W45	Wendy Olsen SELOC
M10/JM1	Cameron Owens KSODA
JM1	Dylan Campbell CLOK, Sam Garrett CLOK
M12	Luke Grenfell-Shaw BOK
M14	Jonathan Cronk WAO, John Grenfell-Shaw BOK, Finlay Langan MAROC
M35	Simon Holford SAX
M45	Stephen Cartwright SOS, Neil Clegg QO



Final Championship Awards list for 2006

Congratulations to Hilary Palmer (W55 NOC), Barrie Speake (M65 EBOR) and Roy Malley (M75 NATO) who had the best results in 2006, obtaining Championship standard in all seven events. The best junior orienteer was Jonathan Malley (M14 NATO) who obtained seven Championship times but he ran in the M16 class at the SYO event so technically that performance doesn't count.

Eleven orienteers (Alison Sloman, Inara Gipsle, Janet Rosen, Mike Crockett, Jim Prowting, John Britton, Alistair Wood, Duncan Archer, Ben Stevens, Matthew Halliday and Jonathan Malley) obtained six Championship standards. Congratulations also to all those listed below who are now eligible to claim a Championship award for 2006 as a result of their performances in the SYO National event.

M10	Philip Vokes DEE
M12	Zachary Field EBOR
M14	Michael Besant DEE
M16	David Smyth NATO, Robbie Unsworth CLOK
M18	Christopher Embrey HOC
M20	Rhys Findlay-Robinson SHUOC
M21	Alan Bogle NWOC, Murray Strain EUOC
M40	Quentin Harding SROC
M45	Alastair Mackenzie CLOK, Stephen Martin NOC
M50	Kevin Lomas NOC, Michael Napier NOC
M55	Jim Mallinson SLOW, Martin Ricketts TVOC
M65	Peter Lomas MDOC, Brian Morris WRE, Andrew Nicholl NATO, Michael Wood EPOC
M75	Jim Young LOC
W14	Katrin Harding SROC
W18	Joanna Halliday OD
W20	Kirsten Strain EUOC
W21	Heather Burrows ERYRI, Laura Daniel BOK, Jo Stevenson SYO, Helen Winskill SYO
W35	Lucy Wiegand SYO
W40	Sara Campbell DEE, Sal Chaffey DVO, Elizabeth Clayton WCH
W45	Alison Harding HH, Sarah Howes SAX
W50	Karen Clark EBOR, Anne Cranke CLOK
W55	Lesley Brown HH, Jill Gorvett SYO, Sheila Sprot NATO
W60	Jackie Barnes CLARO

Trail O update



2006 was a very exciting year with Dave Gittus winning the Gold Medal at the World Championships. Peter Roberts, the current British Champion made the EuTOC team and has taken Trail O very seriously since then by travelling to a number of events abroad as well as to every one in the UK to gain experience. This commitment alongside his mapping skills and a love of maps will undoubtedly help him in Trail O competition. Peter is currently busy with planning the British Trail O Championships, which this year will not be with the main Foot O championships but maybe in Wales in the Autumn.

The thoughts of Trail Orienteers are now directed to the 2007 season. In Britain, there will be a two day competition at the JK; a Northern Irish Championships is also expected and hopefully a couple more elite events.

British teams will contest the EuTOC near Carcans in France during July. This event is integrated into the '5 Days in Aquitaine', and funds permitting six can be selected for this competition. Public

competitions are included so others can enjoy the week on the Atlantic coast. The World Championships in Trail Orienteering are incorporated into the WOC week in Kiev, Ukraine at the end of August. There will also be public competitions associated with the championships. Maybe some of you reading this will be interested in supporting the teams, both Foot and Trail, while enjoying the WOC tour and the sights of Kiev. It is easy to get around by metro but not if you are in a wheelchair.

Many of the Trail O enthusiasts will be gaining experience of international competitions by travelling to Denmark for the Nordic Cup (28th - 30th September) as well as other competitions in Scandinavia.

Selection for the GB teams will be made after consideration of current (competing at the JK will be important) and past results and international competition experience. Please declare your interest by e-mailing anne@trailo.org. Why not do it today?

Anne Braggins

Travel for French 5 Day

Based in the Lot et Garonne region of France, bordering the Dordogne and Bordeaux wine regions and easily reached from eight U.K airports into Bergerac, Evolution Motor Homes offers the traveller to this region a hassle free, independent holiday. With new 4/5 berth and 2 berth Weinsberg luxury motor homes available and a free route planning service, the choice of destinations is yours.

Simply contact Evolution with dates of your intended itinerary, and you will be offered a choice of locations for your overnight stays and information suited to your needs. The website contains more information and contact details:
www.evolutionmotorhomes.com

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 EMAIL: martin.stone@sportident.co.uk

Springtime in Shropshire - As good as it gets?

Picture this – evening sunlight on castle walls, sharing a bottle of wine with friends over the maps of the day, children playing happily with their friends, food on the way and to cap it all – the knowledge that you can do it all again tomorrow – life really doesn't get much better than this.

Well here is the opportunity to enjoy that perfect moment in a sublime setting, indulging in your favourite sport and at the very best time of the year. And make no mistake – after a day of full-on, fierce orienteering, you'll have earned it!

Springtime in Shropshire 2007 is already in the making and you really will not want to miss it. Three first class days of orienteering set in the splendour of the Shropshire countryside and centred on that classic English market town – Ludlow.

The competition will include three contrasting days of challenging forest and parkland including one entirely new area mapped especially for the occasion. Prizes will be awarded to the winners in ALL classes – so make sure you don't miss a day.

The programme is as follows:
Saturday, May 26th May 2007: Titterstone Clew
Sunday May 27th May 2007: Bucknell
Monday May 28th May 2007: Brampton Bryan

There will be a strong family feel to the event centre and campsite at Ludlow School brought to you by the same team that delivered the memorable JK2005 event centre and campsite at Lichfield Rugby Club. So facilities are guaranteed and there will be some top-class entertainment and attractions to appeal to everyone – no matter what age, energy level or taste.

As more information becomes available so it will be posted on the website – why not bookmark it now to keep in touch with the latest news? In the mean time remember the dates and enjoy the prospect of a rather special Spring Bank Holiday in Shropshire – it really will be as good as it gets! www.sins.org.uk

Lynden and Lester Hartmann
Co-ordinators

Sheffield Adventure Film Forum

The Sheffield Adventure Film Forum is about watching a bunch of the best adventure films from all over the world. The next ShAFF will take place over the weekend of the 23rd, 24th & 25th of March 2007 at the Showroom Cinema in Sheffield. It will feature a wide selection of adventure films, some of them award winners, many from 2006's festivals around the world, and plenty of old favourites.

Featuring in 2007:

- 65 films - 4 World, 2 European and 3 UK Premieres, Best Of Kendal, Best of Banff, Films for Kids, Films for Women, Old Favourites, Films for adrenaline Junkies, Feature Films and plenty more.
- Andy Kirkpatrick, Dave MacLeod, John Arran, Alastair Lee, Daniel Ilabaca & Leo Dickinson will give talks in conjunction with films in which they are associated.
- A giant party in the Workstation on the Saturday night featuring well known DJ's.
- An international bouldering masters at the Climbing Works on the Saturday.
- An urban orienteering race starting at the Showroom.
- PlanetFear will bring together a selection of their suppliers for a public exhibition area.
- Live music in the Showroom bar on Saturday night & live Jazz on Sunday afternoon.

Sheffield is the UK city with the most concentrated climbing, mountaineering and outdoor-sports orientated population and is also host to The Showroom, the largest independent cinema outside of London.

If you would like to be kept informed about the event please drop us an email to info@shaff.co.uk

Pictured: Shane Ohly
Credit: Anne Arran



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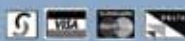
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