

Orienteering

SPRING 2009

FOCUS

THE OFFICIAL VOICE OF BRITISH ORIENTEERING



Cover Photo: Colin Best and Janet Evans coming down the steep steps of the tower in the castle grounds at the Lincoln City orienteering race.

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www.britishorienteering.org.uk



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and Jamie Stevenson



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FUTURE FUNDING ANNOUNCED



We are pleased to announce that British Orienteering and its national associations now has funding agreements in principle with UK Sport, Sport England, Sport Northern Ireland and Sport Scotland.

UK Sport has awarded British Orienteering £500K across the four year period from 1st April 2009 to 31st March 2013. The majority of this funding will be used within the International Programme. Once we have confirmed the terms and conditions and annual targets, we will announce further details on how the money will be spent.

Sport England has awarded British Orienteering £2,275,000 across the same four year period from 1st April 2009 to 31st March 2013. We are waiting to receive the terms and conditions of the funding but the funding will be allocated to support the submission of the Whole Sport Plan for England. Details of the targets that are being negotiated are included in the table.

We have not yet received details of the funding submissions made by Scotland and Northern Ireland and we are continuing to work with Wales on their funding bids.

Mike Hamilton, Chief Executive said, "This is excellent news, the funding from Sport England is based on increasing participation and increasing the satisfaction of participants in orienteering, both of which are closely connected to the first two parts of the British Orienteering vision; 'More People, More Places, More Podiums'. The UK Sport funding will be primarily focused on the third aspect of the vision, 'More Podiums'. With this funding in place we can look forward to 4 years of hard but exciting work in developing orienteering. We will be continuing to support Northern Ireland, Scotland and Wales in trying to gain or maintain their funding so that the development can be UK wide."

Welcome to FOCUS

SPRING 2009

In December we received the fantastic news about funding for 2009-2013 which will enable us to move forward lots of new initiatives to achieve our vision of "More People, More Places, More Podiums" This has ensured that the National Office has been very busy in the last few weeks as we start to plan and implement some of these initiatives.

I would also like to draw your attention to the British Orienteering Annual General Meeting which will be held at The Blue Bell Hotel, Market Place, Belford, Northumberland, NE70 7NE (grid reference NU108339) at 17:00 on Saturday 11th April 2009. This is approximately a 10 minute drive from the JK Day 2 competition and parking is available in front of the hotel.

As well as the standard Annual General Meeting business, three directors will be appointed. There will also be a session with World Champion Jon Duncan who will be talking and answering questions about the 2008 World Championship Relay race and the build up to the amazing Gold Medal winning performance. We look forward to seeing you at the AGM.

Finally, I'd like to wish good luck to everybody taking part in the British Championships and the JK.

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

Caroline Povey, Marketing Manager

Sport England targets for orienteering in England

Measure	Source of Data	Baseline	Target			
			Year 1 (09/10)	Year 2 (10/11)	Year 3 (11/12)	Year 4 (12/13)
Grow						
Number of people participating in orienteering in a 4 week period	Active People Survey	8,300	8,900	10,000	12,400	14,500
Young people participating in NGB accredited clubs			2,600	2,900	3,200	3,600
Community O - increase in participation	NGB data	8,185	8,660	9,635	11,910	13,885
Satellite Centres - the bases for increasing participation	NGB data	2	10	22	34	45
HE/FE - increase in participation	Membership	115	240	365	490	615
Sustain						
Satisfaction with quality of sporting experience	Sport England Satisfaction Measure	tbd	Baseline	1%	3%	5%
Drop-off in participation between ages 16 and 18	Active People Survey	tbd				
Clubmark accredited clubs - providing the organisation and support for sustain	Sport England data	32	36	40	43	45
Focus Clubs - providing the impetus for improving satisfaction	NGB data	6	15	25	35	45
Retention - members not renewing	NGB data	tbd				
Volunteer Coordinators - providing the recruitment & management of volunteers; a key indicator in improving satisfaction	NGB data	0	15	25	35	45
Excel						
Modernise the Talent Pathway						By 2013
Club Talent Squads/number of athletes	NGB data	0/0	6/90	15/225	22/330	30/450
Regional Talent Squads/number of athletes	NGB data	9/?	2/50	5/125	7/190	9/250
National Talent Squad number of athletes	NGB data	35	35	35	35	35

There is agreement in orienteering that clubs are the 'heart' of the sport so I thought it would be useful to spend some time looking at a variety of issues and how they impact on clubs.

The Whole Sport Plan (WSP) remains in the form it was last summer when the Board discussed it and agreed with the direction it was heading in. An updated version is being written that will reflect the work that has been developed with the Sports Councils, in order to gain or continue funding, and will be made available on the website.



Mike Hamilton
Chief Executive

The WSP was built around the information that clubs provided, regarding the first two parts of our vision, 'More People, More Places' with the review of the international programme that took place during early 2008 shaping the 'More Podiums' section of the WSP. All clubs were invited to take part and 54 clubs provided a wealth of information in the form of targets, barriers to progress and initiatives that clubs felt were working for them. The material was excellent, thought provoking and carried some strong messages – all of which has been presented in previous editions of Focus and on the website.

Increasing participation was seen as the major development required and was supported by all but two of the clubs. Increasing the number of volunteers available to support increasing participation and to stage events was the second most agreed objective. How will these be achieved? The thinking has been done, funding applied for and now we are starting to put the plans into action.

Increasing Participation

There's little point in expecting things will change and that you'll get lots of new participants if you are doing the same things you've done before – they will provide the same outcomes! However if you are one of the few clubs that is increasing your participation significantly then do keep doing the things that have brought this about!

The messages we are giving to clubs so that you can work together to attract new participants are:

- > Stage club activities targeted at new participants that meet the following criteria:
 - Fun, Fun, Fun!
 - Weekly activities, midweek or Saturday mornings
 - Same venue and time each week for long periods i.e. 35+ weeks of the year!
 - A venue that provides changing facilities and a social area, a café area is ideal
 - A coach leading the activities that is able to motivate new participants and understands the need to meet participants requirements, gently challenging participants whilst giving them success
 - Activities that are diverse including running sessions, indoor sessions, gym sessions,

map reading sessions, etc – variety is the key

- Club training nights are club activities that are aimed at current members and participants, don't expect them to increase participation – to increase participation you need to focus your effort and activity on new participants!
- Keep them doing the things they enjoy; don't try to move them into tackling 'proper' orienteering too soon! Before the new participants are encouraged to take part in an 'event' they should be confident and capable of navigating round a simple course.
- Use the same coach as much as you can, the new participants want to see the same face and want to build a 'friendly' relationship with him or her. You may rotate the assistants but even then the new participants would rather see the familiar faces.
- Use the examples of good practice we have already; the Online Print Portal is a good example of this. Please contact Caroline Povey for more information.

Local Club Events

Once you decide the new participants are capable and confident take a few local events to them, don't expect them to travel to get to an event too early in their development. Make the local event friendly! Greet and welcome, have the same coaches there to help and be the familiar faces. Other points you should consider are:

- > Make the course appropriate for their competence level and confidence – the course should have a technical difficulty level (probably easy) and length that is appropriate. Don't put on too many courses – keep it simple
- > Controls should be easy to find with only the odd 1 or 2 more challenging but definitely not 'hidden'
- > If there are children then think about what they will see! For example children with eyes at 120cm above the ground will see quite different things to adults with eyes at 170 cm height, similarly controls should be at a convenient height for them to use!

- > Put the start close to shelter and where the changing has been
- > Put the finish location close to shelter and near to changing, car park, etc.
- > Control descriptions should be available in both English and pictorial form
- > At the finish have the coach(es) to meet and applaud the achievements of participants and to answer any questions

For more competitive local events once again don't get too keen to stage a 'great event'! Keep it simple, stage them often and ensure the courses meet the needs of the cross section of participants, but with an emphasis on the less experienced. The Local Event Guidelines are a good resource and sum up years of experience but feel free to put on courses that meet participants needs and use different formats; score, relay, sprint etc. Remember variety is good and fun is what it's about!

Incentive Schemes

The Development Committee now have responsibility for the 'incentive schemes' and are currently considering what schemes will meet participant's needs. Whilst the recommendations are not available yet the needs of the schemes have been discussed and there was agreement on the way forward including:

- > The reasons for incentive schemes are:
 - To recognise achievement i.e. completing x number of a courses with the same technical difficulty could gain a badge/certificate
 - To recognise competence i.e. completing x number of courses within the 'par' or 'standard' time could gain a 'star' or 'gold' badge/certificate
 - To motivate people to continue to participate and to improve their skills
- > The work of the Ranking Review was endorsed in that there should be a national competition based on a national ranking scheme e.g. In age classes as at present but it was raised that it may be preferable for it to be based on the National events. The competition could find the best ranked person



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in each class based on x scores out of the national events in a year or season; it was suggested that this could be a 'UK Cup for all age classes'.

- > An 'incentive' ranking scheme was discussed which could be a motivation for participants to continue in the sport and to improve; this should be available to all members at local and regional events of varying types and could be a single ranking list based on a tariff relating to course distance ratios. It was understood that this will not be 'fair competition' but that 'competition' is not the reason for this type of incentive scheme, motivation is. The intention will be that all members could be involved and that their ranking will improve when they achieve better results and/or when they take part in harder/longer courses.

This framework provides (a) competition for orienteers who want to compete against their age class peers and (b) incentive schemes that motivate other orienteers and new participants by rewarding their progress and letting them monitor their progression. The competition is for those wanting to take it seriously and travel to national events, the incentive is for those new and local members who want minimal travel.

Some clubs and associations are already working in this way with local leagues etc.

The national ranking scheme is not within the remit of the Development Committee but the incentive schemes are and more details will be published when available.

Volunteers

We recognise from what you have told us that the recruiting and developing of volunteers is key to future success. With this in mind we have battled to try to find ways to help you with the volunteer issue. We've considered the good practice that is already in existence in orienteering, good practice from other sports and consulted with other bodies with expertise in this area. We believe the first place to start is for a 'lead' person to be identified in each club, someone who can motivate and coordinate other volunteers. To assist the new club 'volunteer coordinators' we will shortly be releasing details of a training / support package that will be available for clubs to use. The format we've selected is web based and commonly called 'e-learning'. It means that members who are put forward can access it on the website as a training/support package. Watch the news for more information.

We will be putting more training material on the website over the next few years as we believe this will make training more accessible and mean that workshops can focus on discussion and skill practice rather than delivering knowledge.

That's all for now but I hope that you are now starting to see the ways in which we are trying to support you and your club in achieving the targets that many clubs identified. We are always looking for examples of good practice and successful practice, if you have any that we are unaware of please let us know.

Lincoln City Race

By Paul Murgatroyd

This year's 3rd annual Lincoln City race, held on Sunday 25th January, had been six months in the planning. This involved the fixture secretary, Jon May, attempting to obtain access for as many areas as we could get and working closely with planner, Paul Murgatroyd and organiser, Sean Harrington, to put together a race which the local club would be very proud to call their own and which would showcase the best that Lincoln had to offer. Controller, Chris Bosley (LEI), also provided us with an objective and independent view on the courses and his suggestions proved to be of great help in shaping the final courses.



BRITISH MIDDLE DISTANCE CHAMPIONSHIPS

For the first time the 2009 British Middle Distance Championships on Sunday 10th May will have Championship courses for all age classes. The event takes place in the heart of the National Forest at Cademan and Thringstone Woods and High Sharpley, Leicestershire. Cademan Wood has a range of boulder and crag features up to 15m high along a ridge with an extensive path network. Thringstone Wood has some stony features, a Rhododendron complex and an area of small depressions. High Sharpley is pathless and has a scattering of boulder features.

The National Forest is one of the country's boldest environmental projects and won the inaugural Sustainable Development UK award in 2008. It is transforming 200 square miles in the centre of England. It offers many attractions for the visitors and overnight accommodation includes campsites and a new purpose built Youth Hostel. With the British Elite Sprints at Nottingham on Saturday 9th May you can have a weekend of orienteering in the East Midlands.

British Elite and British Age Class Middle Distance Championships

In the heart of the National Forest
Race against the best!
10th May 2009



Entries via Fabian4
Closing date:
27th April 2009
For further details visit
www.emoa.org.uk
Organised by LEI
on behalf of British Orienteering



The culmination of all this work was nigh on unlimited access to all the best parts of historic Lincoln: the castle; the Lawns; the Bishop's Palace and the modern University campus. Only an access fee demanded by the Lawns and the last-minute realisation that the northern gate to the Bishop's Palace had been sealed off, due to health and safety concerns, took a small amount of gloss off what promised to be a cracking event. As the day of the race dawned, and the early morning rain cleared, it became obvious that we were going to be blessed by a combination of a strong turnout from orienteers, including a formidable local LOG contingent, and excellent conditions for fast urban running. In total, across the four courses, the race field saw 121 competitors from 22 different clubs.

The first competitors set out and everything was proceeding to order, until news came in from the early finishers that one of the controls in the student village was missing. Diving in the car and flying down the hill with a replacement control, I was met with an empty space, where a few hours earlier there had been a shiny control site!

A new point was set up, but the damage had been done and following discussions with the controller and the download team, we made the decision to void the affected legs, so that earlier runners would not be disadvantaged by the absent control.

This glitch aside, though, the feedback received, both on the day and afterwards on Nopesport, was highly complimentary and it seems like every runner had enjoyed their urban experience.

In terms of results, the honours were claimed by Stuart Thomson (FVO) (1st - 52:47), Ben Windsor (LEI) (2nd - 53:08) and Liam Harrington (LOG) (3rd - 53:37) on the Men's Open (Course A - 8km, 105m climb and 29 controls). Steve Long (TVOC) (1st - 42:06) claimed the Men's Vet 40+ title and Jayne Sales (SLOW) (1st - 52:43), Andrea Page (LOG) (2nd - 57:03) and Alice Campbell (CHIG) (3rd - 57:16) shared the spoils on the Women's Open (Course B - 6km, 90m climb and 23 controls). The Men's Super Vet 55+ crown was taken by OD's Mike Hampton (37:22) and the Women's Vet 40+ winner was Delia Kingsbury (WRE) (40:27), both on the C course (5km, 90m climb, 16 controls). Finally on the D course (4km, 90m climb and 15 controls), the Women's Super-Vet winner was NOC's Pauline Olivant (43:30) and the top junior place was taken by Elizabeth Parkinson (NOC) (27:47).

Full results are available at: www.logonline.org.uk/Result/city09/results.htm

Race video, produced by the Lincolnshire Sports Partnership is available at:
www.channellincolnshire.co.uk/all-sport/orienteering-in-the-city.htm

Photos taken by the local Lincolnshire Echo are available at:
www.lincolnarchives.co.uk. Type in 9-0174* into the search engine.

New Fixtures Lists

To enable British Orienteering to achieve its vision of "More People, More Places and More Podiums" we need to make our events more accessible and attractive to new and current orienteers. We therefore need to prioritise how we market our events and a

fundamental aspect of this is the Fixtures List.

To best meet the needs of established orienteers and newcomers we have made the fixtures list available in three formats, each offering new benefits. To locate the fixtures list go to

www.britishorienteering.org.uk and click on Event Information.

This will load the Fixtures List that is aimed at newcomers to the sport. It provides a comprehensive search facility, with little jargon and symbols to help explain what is available at the event.

A comprehensive search designed to meet the requirements of newcomers and established orienteers

Further event details can be found by clicking on the details button

Hover over the symbols to see what the event provides.

Only basic information (with no jargon) is listed in the main search results. A link to the Event Map page is provided through the venue field.



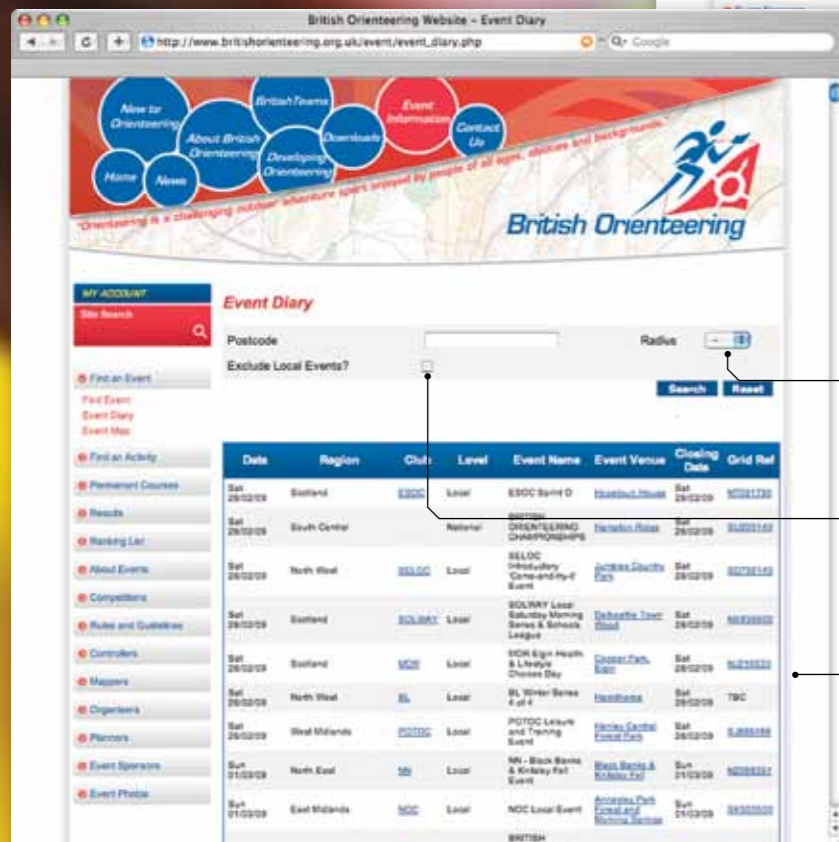
EVENT DIARY

The Event Diary is designed to meet the needs of established orienteers. It provides a condensed list of all registered fixtures in one scrollable list.

You can search for events within a certain radius of a postcode

By checking the box you can exclude local events

The list shows all events (with minimal information) in one scrollable list



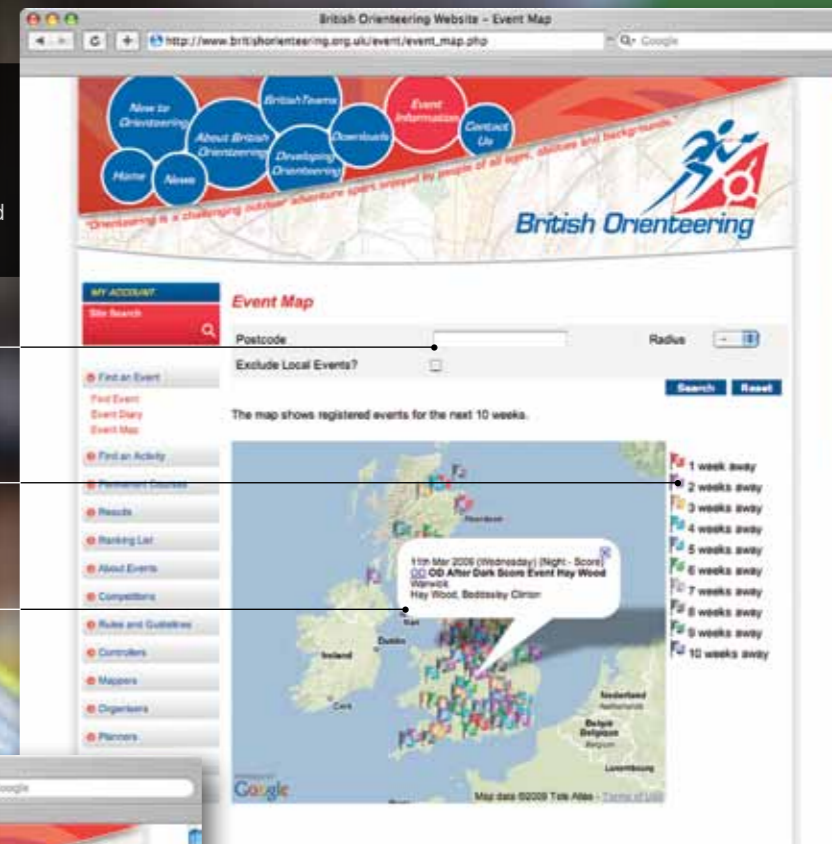
EVENT MAP

The Event Map is beneficial to both new and existing orienteers. This search facility enables you to see the locations of events in relation to your postcode that are taking place in the next ten weeks. The Find an Event and Event Diary also link to this page through the venue field.

You can search by postcode and exclude local events

The map shows events taking place in the next 10 weeks

Clicking on a flag generates further information



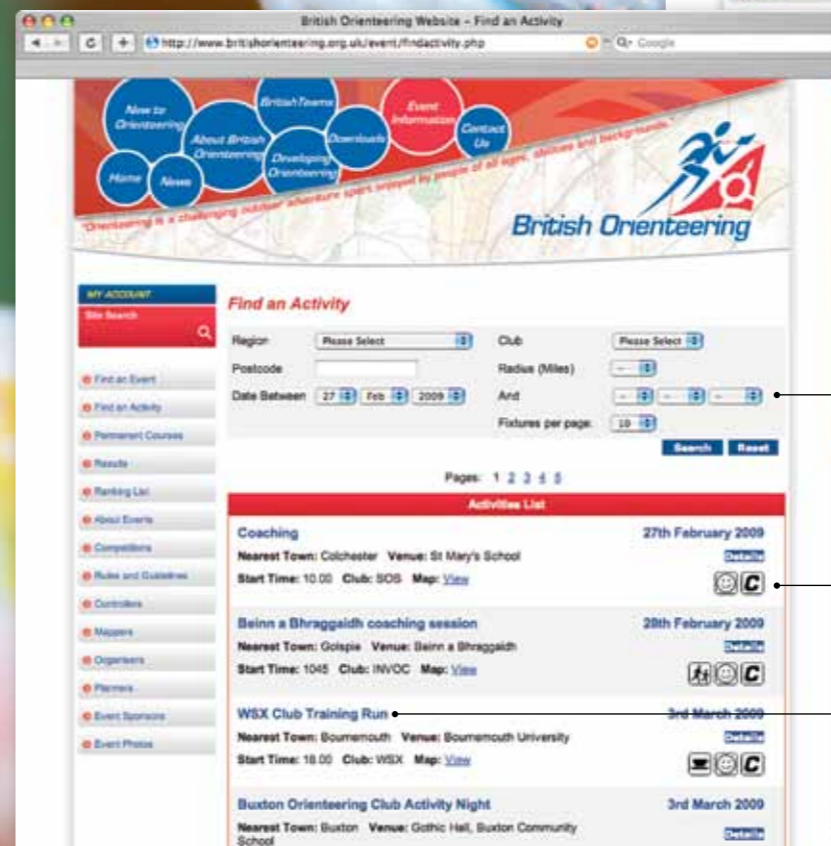
FIND AN ACTIVITY

To enable clubs to promote their weekly club nights, coaching days etc we have also created a Find an Activity Fixtures List. This will ensure that these activities are more visible to non-club members and will attract new participants.

The search can be used to find activities in your area.

The details and symbols provide further information on what the activity provides

Clubs are encouraged to list their Training Nights and Coaching Activities



REGISTERING EVENTS AND ACTIVITIES

At present each club has authorised two members to be Club Fixtures Secretaries. Any errors in a fixture should be reported to the Club Fixtures Secretary.

FUTURE IMPROVEMENTS

Over the coming months additional features such as a Results and Rankings service and Online Entry will be implemented

GENERAL FEEDBACK

Any feedback on the Fixtures List should be sent to webmaster@britishorienteering.org.uk

Participation Project

UPDATE BY STEVE VERNON

During the last 12 months the 'Increasing Participation Project' specifically focused on the Participation Manager providing support to five clubs (WSX, SROC, BARRO, SOC, SO) to increase orienteering participation in their area. A particular aim for the project was to develop the concept of 'Community O' by providing newcomers with an opportunity to learn orienteering skills in a non competitive environment. The emphasis was for each club to set up a weekly base for orienteering activities in populated areas from a single, local, accessible venue. Each of the clubs faced separate challenges with regards to selecting a suitable venue for the weekly club and publicising it effectively. However after making links with local School Sports Partnerships and Community Sports Networks, clubs were able to get support with locating a suitable venue and publicising the new activities.

Barrow and District Orienteering Club
Barrow and District Orienteering Club (Barro) have continued to increase their membership over the last 12 months and have a thriving weekly club that runs each Wednesday in term time at Hawcoat Park Sports & Social Club, from 6.30pm until 8.30pm. The club mainly consists of junior members but has a growing family membership. The club has also made links with the local Sixth Form College in order to get volunteer support from some of their sports students who are doing their Community Sports Leaders Award and require volunteer hours to gain the award. Barro also have strong links with the Furness School Sports Partnership. They have had four great volunteers with one now logging 200 plus hours! Links with the local Chetwynde School has also enabled them to gain access to a mini bus which has meant junior members can now access events across the region.

of £1.00 per person or £3.00 per family for as many courses as they wish to try.

It is hoped that the event series will attract more families to the weekly club at Hawcoat Park Sports & Social Club!

Southdowns Orienteers

Southdowns have now established a successful weekly club from Blatchington Mill School Sports Hall on Tuesday evenings at 7:30pm. The club has been active since September with well over 20 people attending every week. Due to the geographical spread of their membership it was difficult to find a venue that would cater for all, however the club night coordinators Rob lines and Neil Crickmore were able to form links with Blatchington Mill in Hove that offered a discounted rate for the use of their sports hall.

Rob and Neil have received support from all club members attending and in particular Alison Weller who has helped to run a variety of activities during the winter months. Circuit training has formed the basis of their indoor activities but they have organised this in conjunction with street runs and street O as well as including other fun sports to improve fitness and agility e.g. Basketball and Indoor Hockey. In addition some of the younger juniors attending have benefited from navigation coaching sessions and mapping games.

The Southdowns club night has been publicised as an 'Adventure Running Club' (www.adventurerunning.org.uk/) to try and attract non orienteers to the activities and provide a stepping stone into orienteering. So far the club has had over ten non orienteers attend their club night. The club has a total of 60 different people that have attended and all receive a weekly email news letter to inform people of what is taking place next week and any other news with regards to up and coming events etc. Southdowns have produced a large number of their flyers to be distributed through the local council to the various leisure centres in the area.

Southampton Orienteering Club

Before becoming a 'participation project club' Southampton Orienteering Club had already planned to set up a regular meeting point for

orienteering activities on a monthly basis from Wide Lane Pavilion (Southampton University Sports Ground). The monthly meetings were well attended by club members but the location of the venue restricted easy access for local communities.

Finding an alternative venue and volunteers to assist with the weekly activities was an issue for the club but Increasing Participation Officer David Nixon and Community Orienteering Coach Colin Hicks were able to establish links with some of the local schools and a new venue has been located with a planned start in the spring. A series of coaching sessions has been planned at three schools in Southampton during February and March.

The schools have all supported these courses and British Orienteering Online print portal has once again been used to advertise the sessions in the local community. It is hoped that the weekly club night will follow on from these sessions with a particular focus on newcomers to the sport.

Wessex Orienteering Club

Wessex started their weekly club night from Bournemouth Sports Club early in the summer of 2008 but after poor initial turn outs due to the location and poor accessibility of the club they decided to look for an alternative venue and re-focus their plans for increasing participation and membership at the club. Meetings with the local 'Sports Development Officer', 'School Sports Partnership Development Manger' and 'School Sports Coordinator' has provided the club with more links to the community and support with their plans for local events. In addition to these contacts, WSX employed a part time Marketing and Publicity person for six months who was able to produce the clubs marketing material and raise public awareness of the club and the sport of orienteering in the Poole and Bournemouth area.

More recently the club has had a very successful informal event at Poole Park (a local POC). This was due to publicising the event widely in sports clothing shops, sports centres etc as well as encouraging their own members to bring along a non orienteer. The result of this was an excellent turn-out on a very cold



A Club Activity Night in Action

South Ribble Orienteering Club

South Ribble Orienteering Club's weekly activity night started in September and has gone from strength to strength with over 40 people attending on a weekly basis (71 different people in total). SROC use the sports hall at St Thomas School in Ripley, close to the centre of Lancaster. The venue is ideal with a large sports hall and large grounds with access to a classroom and kitchen. Quentin Harding is the co-ordinator of the activity nights and has a variety of activities taking place each week, again focusing around a circuit session with a short run beforehand. Map related games take place after the circuits in the sports hall and some of the older juniors who have completed the Young Leader Award are now assisting with coaching the younger club members. The classroom is used for discussing previous and future



SROC Club Night



A focus towards increasing publicity of the weekly club is planned for the spring to hopefully attract newcomers to the club.

events and provides a focal point for the meetings.

Initially the club publicised the activity club just to their membership in order to be comfortable with the set up and activities before publicising it outside the club. The local fell running club have also been attending to take part in the circuit sessions and fitness activities and SROC has now had two new membership units as a result of the club nights.

The club night aims to build a friendly, helpful environment. "My partners daughter Lucy enjoyed her Street O debut with me shadowing her and she will be returning for the last event in Lancaster when she will be on home ground. Any nerves she might have had were helped by seeing familiar faces from SROC club night and by people like Jo taking the time to have a quick word with Lucy before the start and again when we bumped into her at one of the controls. "

day. Out of a total of around 40 entrants there were 22 who were completely new to orienteering. The club ensured all their coaches were available to help take people round the courses. The club took all the newcomers contact details to try and encourage them to come along to further events.

The club has now committed to using Bournemouth University as their activity base

for the year and has started to publicise their weekly training runs within the University to attract students as a first step to introducing them to orienteering. In addition to this the club has started to publicise their activities in sports centres, sports shops, health food shops, libraries etc (a leaflet at one local sports clothing shop attracted four adults for the Poole Park event). It is hoped that this will

make more of the population aware that orienteering exists and encourage them along to their local events. The club has also committed to staging one local event per month and together with local clubs Wimborne, SOC and Sarum there should be a local event every week accessible to all.

PARTICIPATION AND TALENT PROJECTS CLUB SELECTION

As a part of the Sport England funding initiative, British Orienteering are pleased to announce that the following English clubs have been invited to join the 'Participation and Talent Projects' for 2009. Invites are based on the clubs acceptance to the project and benefits to the clubs include the support of both the Participation Manager and International Programme Director during 2009:

Participation

- Bristol Orienteering Club
- Lakeland Orienteering Club
- Manchester and District Orienteering Club
- Pendle Forest Orienteers/South East Lancs Orienteering Club (Joint Project)
- South Yorkshire Orienteers
- West Cumberland Orienteering Club

Talent

- Barrow and District Orienteering Club
- Bristol Orienteering Club
- Sarum Orienteers
- South Yorkshire Orienteers
- West Cumberland Orienteering Club

British Orienteering did not receive as many applications to join the project as had been hoped, which has resulted in a larger number of clubs being situated in the North of England.

The Participation Manager (Steve Vernon) will be working closely with the Participation Clubs to establish a more regular training/meeting venue and deliver more frequent local orienteering activities that cater for both the accomplished orienteer and newcomers to the sport. In addition to increasing participation, Steve also aims to assist clubs in their volunteer recruitment and development.

The International Programme Director (Gareth Candy) will work with the selected Talent Project Clubs on developing a performance pathway for their orienteers and developing coaches' knowledge and expertise to support this. The aim is to provide the talented athletes with the foundations and infrastructure to becoming an International Orienteer.

BARRO club night flyer

BARRO have planned a series of local 'Come & Try it' events for early 2009 to attract newcomers to their club night. They have used British Orienteering's online print portal to produce flyers and posters about the series and plan to hand out flyers that promote their club night at each event. The events are running from 11.00am until 2.00pm with a cost

Online Print Portal

British Orienteering has launched an online print portal for clubs to access professional and affordable flyers and posters to promote their events and activities. It is hoped that the flyers will help reduce volunteer time and ensure that all clubs can access professional flyers at an affordable rate.

The flyers have been designed so that a set template can be edited with a clubs individual event and contact details. The system is very easy to use and the flyers can be created in a few minutes. The flyers will then be delivered to you within 72 hours.

The flyers have already been trialled for a number of 'Come and Try it' events with immediate success...

Derwent Valley Orienteers recently started their new Hub Club - Buxton and District Orienteers through a 'Come and Try it' event in the Pavilion Gardens in the centre of Buxton. The new flyers were used to both publicise the event and promote the new weekly club night starting the following week.

On the day of the event over 100 complete novices attended and 38 people attended the first club night on the following Tuesday. DVO now have 59 new members as a result.

There are currently nine designs available but more will be added in the coming weeks. You can choose to have your flyers printed as A6, A5, A4 or A3. We have found that a combination of A6 postcards and A4/A3 posters distributed through Sports Development Officers works best. 500 A6 postcards costs £88.50 and 50 A3 posters costs £41.75. These prices include design, printing, postage and VAT.

Several clubs are now using the online print portal to promote their events and activities. If you are interested in using the online print portal and would like a demonstration please contact Caroline Povey on 01629 734042 or email caroline@britishorienteering.org.uk



The new Mansfield hub club are using the flyers



The Pavilion Garden event in Buxton attracted over 100 newcomers



Southern Navigators used the flyer to promote their future event series



Advertise your coaching events with the flyers



British Orienteering Win Sports Governing Body of the Year

John Crosby and Mike Hardy (North East RDOs) picked up the award for Sports Governing Body of the Year in the North East Sports Awards 2008. The Awards Ceremony, held by Sport England North East, was held at the Sunderland Aquatics Centre on Sunday 7th December 2008.

The three shortlisted sports for the North East Sports Governing Body of the Year were Badminton, Triathlon and Orienteering.

British Orienteering were awarded the Roger Hobson Memorial Trophy for the work of John Crosby and Mike Hardy in developing orienteering in the North East in the last 12 months. Congratulations to everybody involved in making orienteering a success in the North East.



Pictured are John Crosby and Mike Hardy receiving the award from Betty Hopson

West Cumberland OC is named Club of the Year 2008

A panel from Development Committee voted to select the British Orienteering Club of the Year and in a close contest West Cumberland OC is the winning entry with Mar OC and Leicestershire OC as runners up. All three clubs are working hard to train their volunteer workforce and to engage with the local communities by putting on an almost weekly programme of activities. Presentations to all three clubs will be made at the AGM on the 11th April.

we manage to compare all ages and abilities in senior and junior competitions. We award achievement badges from three schemes to our junior members and present these at the club AGM and celebration in November. The regular junior training sessions generate a healthy social environment in which youngsters can enjoy participating in their sport with their peers.

Here is one answer from each club to one of the nine questions which were asked on the application form:

Q: Please give examples of the opportunities your club has created for its volunteers, coaches, participants (e.g. players/athletes) and non-participants (e.g. spectators, parents).

WCOC: Last year, WCOC organised 13 schools' league events (including a final), that included 20 primary and 8 secondary schools providing competition for around 450 pupils. This was a successful feeder into our junior structure which featured six junior training sessions last year. As well as providing valuable experience for our four new level 2 coaches, we were able to field two junior teams in the Peter Palmer relays and finish second in the Yvette Baker trophy final taking over 30 juniors. This also led to strong representation at JK, BOC and the CompassSport Cup

Last year WCOC introduced indoor activity nights (Orient8) comprising physical and mental fun activities organised and run by qualified coaches. It provides opportunity for established orienteers to sharpen their skills while non-orienteering family members take part in the exercises and quizzes.

The club actively strengthens the volunteer skill sets with courses for coaches, controllers and mappers. This year we have organised the entire membership into three groups, rotating the organisation duties and encouraging all to be involved.

Mar OC: We put on many events, averaging four per month that attract consistently high numbers of club members and newcomers. We encourage club members to gain qualifications as event officials (organisers, planners and controllers) and in coaching, and pay the financial cost for members to attain these qualifications. We head-hunt novices to plan and organise some of our smaller events and offer experienced members as mentors. Parents are actively engaged and encouraged to participate at junior training sessions by helping with the organisation e.g. by counting juniors in and out on training exercises and ensuring they have correct maps.

We organised over 45 events in 2008 from small training sessions to larger district events (as well as supplying several officials for the British Championships near Forres in April 2008). We encourage members to compete in club colours, and subsidise the cost of this for everyone.

Q: What have been your club's key achievements in the last 12 months?

LEI: Gaining Club Mark in March 2008.

Selection as County Schools focus sport (one of 8) with the first county orienteering final to be held in 2009, this is expected to engage half of the Leicestershire schools. We expect between 200 children in year five to eight. We have mapped 14 schools to sprint standards.

Obtaining funds under Sports Unlimited enabled us to provide our first after-school club at two School Sport Partnerships. The extension from the club includes 3 or 4 Saturday morning coaching and competitions. The first Leicestershire team was sent to a British Schools Score Championships, including an individual winner.

In 2008 we participated at five festival days at large Country fairs and by holding 48 Orienteering events, we are getting very close to one event a week.

We hold a club league based on local events, and using a handicap system

Congratulations to all three clubs; Their entries will be forwarded to the CCPR Sports Club of the Year Competition.

Hilary Palmer, Development Manager

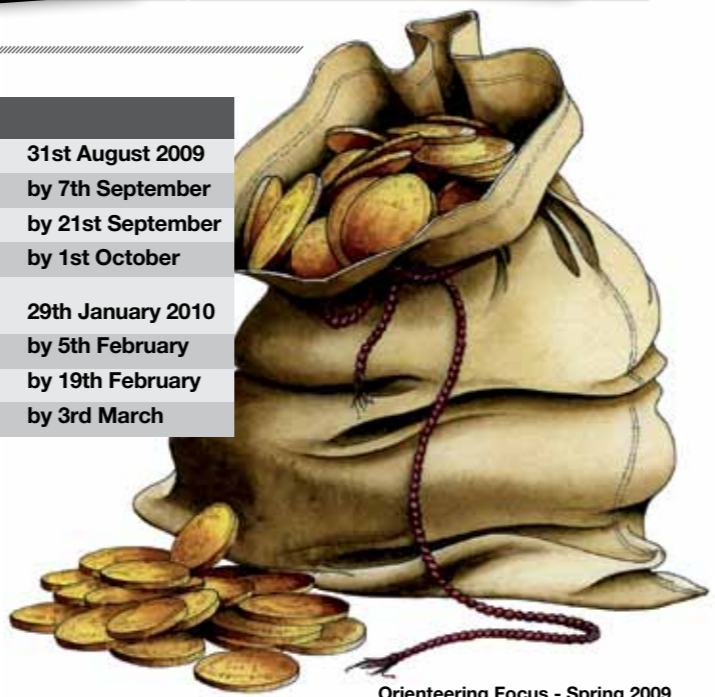
Funds Available

British Orienteering now has two distinct funds for the support of different areas of orienteering. The funds are listed below:

- > Bertie and Elsie Ward Fund - Supporting juniors directly
- > British Orienteering Development Fund- Supporting the sustained and overall development of orienteering.

Clubs or Associations are able to apply for these grants. Application forms can be found on the website or can be sent out by the National Office and must be accompanied by a copy of the budget for the project, copies of any other grant applications and copies of the club/association balance sheets. Applications are assessed twice throughout the year. For more information, contact Laura Young by telephone at the National Office or by emailing laura@britishorienteering.org.uk

APPLICATION DATES:	
Application Deadline	31st August 2009
Pre-assessment	by 7th September
Assessment	by 21st September
Payment	by 1st October
Application Deadline	29th January 2010
Pre-assessment	by 5th February
Assessment	by 19th February
Payment	by 3rd March



Spring 2009 Project

All clubs find it difficult to attract new participants who first start orienteering in schools. There are only a few key teachers who are enthusiastic about taking their pupils to club events at weekends so we need to attract children with their parents – this is not rocket science! What is more difficult for clubs to come to terms with is that newcomers will not travel far to try out something new, unless they are already used to travelling for other activities. The Participation Project started last year has the brief for the clubs involved that they must find a local venue and organise weekly sessions for their members and newcomers. Some other clubs have followed suit.

An extra Sport England grant which we obtained in late 2008 enabled us to offer funds for a 5 or 6 week project to all the Clubmark clubs. 11 took up the challenge which was to find a keen school, a coach from the club and to advertise early evening or Saturday sessions

each week for families. The grant will enable coaches to be paid as this is beyond their normal club volunteering and for the new online print portal material to be used as advertising. The target is that each project will attract between 25 and 40 regular new participants

(Right) An example flyer created by Southampton Orienteering using the Online Print Portal.

(Below) Essex Stragglers used the flyers to promote their series of events.

and the hope is that the clubs will follow this with more local, regular activities so as to retain many of the newcomers.

Over the period of the next four years we have funds from Sport England to enable projects like this to take place

in more clubs and we hope that if these pilots prove to be successful this will be the start of an increase in numbers in the sport. Clubmark clubs will have priority in taking part in these initiatives and in accessing this funding to support their projects.

Hilary Palmer,
Development Manager

A Change of North West RDO

Sarah Watkins was the Regional Development Officer for the North West for two years and resigned to take up a full time post as a Senior Scientist at the Environment Agency. British Orienteering development team and the NW clubs will be sad to see her go – Sarah was enthusiastic about helping clubs with their development plans and one of her last jobs was to set up a coach training course in Lancashire this spring and to support the SE Lancs and Pendle Forest clubs with a new Sport England funded 'Club & Coach Programme' initiative which is hoped will bring in new participants. Good luck with your new job, Sarah, and thanks for all your hard work.

We welcome Hamish Willis to the RDO post for the North West. Hamish is a member of Pendle Forest Orienteers with a keen interest in extending opportunities for more people to take part in the sport. As a teacher, youth worker and Level 2 Orienteering Coach, Hamish enjoys working with young people – and their families. He has been very proactive in recent months in forming partnerships with non sporting organisations and in gaining funding for his club's development projects; it will be good to have his fresh ideas as to how we can increase participation.

CLUBMARK CLUBS

The latest three clubs to become accredited are part of the new Participation Project which started last year. Congratulations to the Barrow & District OC, Wessex OC and Southdowns Orienteers which brings the total of Clubmark clubs in England to 31 – approximately 50% of the open clubs with junior sections. 15 more clubs are working towards Clubmark.

The Barrow & District Orienteering Club (BARRO) is British Orienteering's youngest club which was formed only three years ago and grew out of the very successful schools competitions in the Barrow in Furness area. The club holds weekly training at a local sports club and has a very interesting membership profile with 28 families, 4 individual senior

members and 28 individual junior members. The club has seven coaches and other adults who help with the activities and is now trying to expand its senior membership.

Southdowns Orienteers (SO) is the only Sussex orienteering club and holds their 'SO Galoppen' competitions which are open to all club members and local people on Saturdays as well as the 'traditional' Sunday events, night and sprint competitions. SO now also holds a Tuesday evening activities session called the Southdowns Adventure Running Club, based at a Brighton school, and is trying to attract

newcomers in the Brighton area.

Wessex OC is a small but active club that covers the Bournemouth, Poole and Christchurch conurbation. The club now has three qualified coaches and another three who are ready to be assessed compared with no qualified coaches last summer. They are now enjoying offering regular local coaching to members as well as putting on a good programme of local events in conjunction with the other clubs in the area.

Hilary Palmer,
Development Manager

ACTIVE
ACCESSIBLE
ACCREDITED

CLUB
MARK



Get Families into Orienteering during National Family Week!

It won't be hard for families to find things to do during the May half term this year – because 25th to 31st May 2009 is the UK's first ever National Family Week.

The idea is to get families spending more time together in a healthy environment. National Family Week is backed by the Prime Minister, by over 120 organisations and charities such as Save the Children and the Women's Institute and by celebrities such as Rebecca Adlington and Sally Gunnell.

Clubs, schools, charities, local authorities and organisations all over the UK are planning family events for the week. So this is a great opportunity for clubs to organise orienteering activities to get kids and their families into the sport, with the added benefit that events will be listed and promoted on the National Family



Week website and across the national and local media.

Orienteering is a great activity for all the family to take part in, because it doesn't matter how young, old or fit you are – you can run, walk or jog the course at your own pace. If you're already a keen orienteer, why not encourage your club to get involved? All clubs need to do is to register their events on the National Family Week website so that they appear on

the searchable events calendar. They will also have access to resources such as posters, flyers and logos to help promote events to local families – both to take part in, or to support.

Orienteering events can happen at any time during the week, but in particular on Family Week Sports Day, which is Saturday 30th May. Other activities planned for the week include a world record attempt at the largest simultaneous picnic on Monday 25th May; Family Week Story Time on Wednesday 27th May; and competitions to find The Family of the Year and a Big Family Idea to improve family life in the future.

If you would be interested in getting involved, contact Jenny Humphreys on 020 7871 0189 or jenny@nationalfamilyweek.co.uk

Ozone

Issue 9 - Spring 2009

FOR JUNIOR ORIENTEERS

Photo by Rob Lines

Photo by Rob Lines



Inside this Issue:

- Advice from World Champion Graham Gristwood
- PGL Young Volunteer Winners
- BSOC at 21 years!
- World Schools Selections

More People, More Places, More Podiums (MP3)

www.britishorienteering.org.uk/ozone



Graham in action

Graham, Jon Duncan and Jamie Stevenson with their Gold Medals - Credit Soren Andersson

Preparing for the British Champs with Graham Gristwood

With the Championship season about to commence we caught up with World Champion Graham Gristwood to see what advice he could offer our aspiring juniors.



How old were you when you competed in your first National Championship? Did you win?

I don't remember exactly, but I remember running the British Champs on Mychett, when I was 14 I think - David Hodgkinson won, maybe I was second. I didn't win the National Champs until I was 17, at Newborough in north Wales.

What advice would you give to juniors who are competing at their first British Championships or JK?

All the preparation for the race has been done in the training over the previous weeks and months, so there is no need to do anything extra special, no need to try and run better than ever before. You can push hard, but remember to stay within your limits, run at a sensible speed so you can stay in control, otherwise you run the risk of making a lot of mistakes. Don't get over stressed and focus on performing well, don't worry about the result - if you perform well the result will follow.

Have you any advice/training tips on how to prepare for a British Championship or JK?

Make sure you have checked out the terrain description, looked at old maps. Maybe take an old map and plan some courses - or get someone else to do it for you, then you can have a look at what are the important features to pick out, or what some of the route choice challenges might be. Be totally prepared, make sure you leave nothing to chance - e.g. make sure you have all the kit you need and maybe even spares of important things like compass and shoes just in case.

If you have a bit more time before the championships, you can try and do some relevant technical and physical training - getting into races or training exercises on similar terrain, working out if fast running or terrain strength are going to be particularly important and building those into your training regime.

Did you ever have a disappointing performance at a National Championship, if so how did you overcome the disappointment and improve?

Absolutely. You learn a lot more from the bad performances than you do from the good. More than anything you can take the energy and bad feeling you get after a bad performance and channel that into putting it right, making sure you don't make the same mistakes again.

You can usually take something positive out of every race, and remember, those who are the best at junior level don't always go on to be the best at senior level! It takes more than just talent, it takes

commitment and effort over a number of years. One or two bad performances don't mean you can't be the best in the long term.

As you are a Relay World Champion, do you have any tips for succeeding at Relay competitions?

There are different skills required for each leg. Running the first leg, you have to remove the idea of winning from your brain and just concentrate on running solidly, not making any mistakes and staying near the front. I prefer to run behind the leaders, use them and take a little more time for my own navigation. Middle leg runners should try to stay in touch with those around them, and absolutely make sure they don't lose touch with the leaders! If you can make a gap then great, but no big risks. Last leg is all about coming back first, so you have to think about pacing yourself through the race, making route choices to get away from competitors, and maybe taking some risks. If you can do all this well, then you have a great chance. But on a more simple level, just orienteer well, check your codes and stay calm!

What advice do you have to anyone who wants to be a future British Champion?

Do it! Get as much advice from as many people as you can. Experience as many different races in as many types of terrain as possible. Get as much knowledge about being the best as you can and then go and train hard (but sensibly). A lot of getting to the top is taking the opportunities you can, making your own opportunities and also overcoming setbacks such as bad performances, injury and illness. Just keep the dream in your mind and go for it.

A YOUNG PERSONS GUIDE TO CHILD WELFARE

YOU HAVE RIGHTS - SPORT SHOULD BE FUN.
You should feel safe and enjoy your sport. You can't do that if you feel unhappy - if someone is bullying or abusing you.

My Club Welfare Officer is:

Their contact number is:

- KEEPING SAFE:**
- Avoid being alone or with just one other person
 - Avoid travelling in someone else's car by yourself; travel with a friend or someone you can trust.
 - Avoid going to other people's homes by yourself
 - Carry a mobile phone, phone card or change.

If you are being bullied or abused
IT IS NOT YOUR FAULT.

Call your Club Welfare Officer or use the 24 hr free telephone help lines:
Childline 0800 1111 NSPCC 0808 800 5000

HOW DO YOU KNOW IF SOMETHING IS WRONG?

- Something is wrong if someone:**
- Constantly teases you, shouts at you or calls you names
 - Threatens, hits, kicks or punches you
 - Touches you or does anything that makes you feel uncomfortable
 - Makes suggestive remarks or tries to make you do things you don't want to
 - Damages or steals your belongings
 - Does anything that makes you feel lonely, upset, worried, unsafe, hurt or embarrassed.

- If something is wrong:**
- Be firm and tell the person to stop - attract attention by making a noise, use your whistle.
 - Get away from the situation quickly, go to a public place to find help or call the police (999)
 - Tell someone you know you can trust, e.g. a parent or friend as soon as possible, so they can help you
 - Keep a note of the date, time and place, what happened, how you felt and the name of anyone who may have seen what happened



British Schools Orienteering Championships at 21 (and a bit)

The first Schools' Championship of the 'Modern Era' was held in Sutton Park in November 1987. This was the brain child of Peter Palmer and was supported by Birmingham Education and Leisure Services. Since that event held in glorious sunshine the basic format of the Championship has remained recognisably the same but gradual evolution has taken place.

The original competition was designed to allow Primary (Y5/6), Middle and Prep Schools (Y5/8) and Secondary Schools (Y7/13) to all have their own competitions within the main structure. Secondary schools were further sub divided into large (above 600 pupils) and small (below 600 pupils) which was the then current Education Ministry criteria. The number of scorers was fixed from the beginning and the number of categories from which these scorers had to come remained the same until this year when a change was made to the Middle/Prep regulations. All these regulations were designed to permit co-educational schools and single sex schools to compete. In fact, the large school competition has only once, in 1988, been won by a single sex school. The reason the rules were designed this way was to meet the prevailing national target at that time, of encouraging girls into sport.

The first and most fundamental change to the rules was the move from orienteering age groups to school year groups which made entries far easier and more logical for schools. The introduction of a 'Tertiary' category was another fairly early change to encourage establishments to take part with pupils aged 16-19 years. Individual, year group and boys and girls categories were established from the beginning.



A difficulty became apparent towards the end of the 1990s when the results of BSOC were shown to not be effective in selecting teams for the World Schools Event. The result led to the introduction of selection races on the same competition weekend every other year, based on a more rigorous age group competition. This has worked well but has imposed greater strain on organising clubs on whom, from the beginning, the success of the competition has heavily relied.

There is no doubt that over the last 21 years the BSOC has raised the profile of orienteering in schools, from the appearance of school kit, mascots, tents and flags to keen competition for selection for the World Schools Championships. BSOA (British Schools Orienteering Association) in conjunction with the British Orienteering Junior Competition Group now feel that, despite the perceived continued success of the BSOC, the time is ripe for a review.

This has been highlighted by recent suggestions for evolution which have themselves thrown other aspects into relief. BSOA would, therefore, like to open up a debate on the format and organisation of BSOC with a view to improving the event to go forward another 21 years. Some areas for thought and suggestions are:

- The present categories of schools, especially at the senior level
- The marked imbalance of girls and boys competitor numbers
- The timing of the event
- The financing of BSOC and the involvement of clubs and regions
- The scoring system
- The value of separate boys and girls events compared with combined results for the 'whole school' category
- How to encourage more schools and larger teams to take part
- Transport costs and accommodation

BSOA would welcome contributions to this review from teachers (especially), competitors past and present, parents, coaches, clubs and those who have been involved in the organisation and support of BSOC over the past 21 years. If you have a suggestion on any of the above points or others and/or would be willing to participate in a working group with BSOA to review BSOC please contact the BSOA Secretary, Mrs Mel Elkington at secretary@bsoa.org or write to the President, BSOA c/o British Orienteering National Office. We would expect to publish the results of any review within twelve months.

Peter A Christopher
President BSOA



Photos by Rob Lines

ISF World Schools Championships 2009

14th – 20th April, Madrid, Spain
Congratulation s to all the athletes selected to take part.

School Teams

Junior Girls
Ulverston Victoria High School

Senior Girls
King Henry VIII School

Junior Boys
Ulverston Victoria High School

Senior Boys
Ulverston Victoria High School

Select Teams

Junior Girls
Lucy Butt - South Wilts Grammar School †
Florence Haines - Ilkley Grammar School *
Zoe Harding - Lancaster Girls Grammar School †
Laura Jones - St Bernard Catholic High School †
Rosie Watson - Keswick School *

Reserve: Tasmin Moran - Thornden School (for those marked *)
Reserve: Hannah Bradley - Cockermonth School (for those marked †)

Senior Girls
Alice Fellbaum - Fallibroome High School †
Bryony Harding - Ashlyns School *
Katrin Harding - Lancaster Girls Grammar School †
Sophie Horrocks - Bacup and Rawtenstall School †
Isla Simmons - Wellsway School *

Reserve: Rebecca McKenny - Ulverston Victoria High School

Junior Boys
Jack Benham - The Burgate School *
Matthew Elkington - Kenilworth School †
Sam Giles - Bishop Wordsworth's School †
Thomas Louth - The Perse School †
Aidan Smith - Birkdale School*

Reserve: Chris Young - St Pauls School (for those marked *)
Reserve: Matthew Penellum - Chetwynde School (for those marked †)

Senior Boys
Peter Bray - Amery Hill School *
Thomas Butt - Bishop Wordsworth's School †
Jonathon Crickmore - Downlands Community School *
Thomas Fellbaum - Fallibroome High School †
Tom MacKenzie - The Chase †

Reserve: Robin Tett - King Edward VII (for those marked *)
Reserve: David Maliphant - Bristol Grammar School (for those marked †)

Please note reserves are non travelling.
Coaches: Ben Chesters, Josh Jenner, Pauline Olivant, Christine Sutcliffe.

PGL Young Volunteer Awards 2008

Congratulations to Stephen Haley of Interlopers and Stuart Hooton of Eborienteers Orienteering Club who have been selected for the British Orienteering/PGL Young Volunteer of the Year Award!

The award scheme sponsored by 'PGL' aims to offer an incentive for more young people to get involved with volunteering within our clubs. Stephen and Stuart will be presented with the award for 'Outstanding Contribution at Club Level' at the AGM where they will receive a glass trophy and a cheque for £150. Their club will also receive a cheque for £50 to spend on junior development.



Stuart became EBORs first Junior Committee member

Stuart Hooton

Stuart, although only 19, has been orienteering for several years having been trained locally under Barrie Speake and regionally as part of the YHOA junior squad under Tony Carlyle. Even as a junior himself (at M16) Stuart committed himself to mentoring the youngest orienteers at training weekends or after local events. He shadows and supports juniors most weekends with the full support and confidence of the regional coach and/or the junior's parents.

For the last two years (since passing his driving test) Stuart has spent a considerable amount of time transporting club members to and from events and training weekends. He first attended Lakeside four years ago as an M16, however he has returned every year since then to assist with training, shadowing and transporting juniors to and from the area.

Stuart has also surveyed and mapped new local areas (for example Brayton Barff) so that school score events can take place in locations close to the schools. He always helps the event planners by putting out and collecting controls, more often than not at the expense of a competitive run himself. Stuart has planned several Ebor local events and has just attended a controller course so that he can also volunteer to control events; a position that it is difficult to find sufficient volunteers for.

More recently Stuart volunteered for his most challenging role as organiser/captain of the Ebor Peter Palmer team. He helped train a large squad of junior orienteers; he transported to the event and then had the unenviable task of selecting who would run.

Stuart was elected to the Ebor Committee three years ago to become the clubs first junior committee member, a position he still holds, attending all the meetings and acting as the voice of the Ebor juniors. Without Stuart's fantastic contribution Ebor would not be such a content successful club.

Stephen Haley

Stephen Haley has regularly helped at Interlopers events, having volunteered to help on starts, results, and control collection. At events he has been a reliable and respected contributor and has also been a planner (rare for a junior!). He planned a Street O based at Tryst Park and a CATI at Cammo, both in Edinburgh.

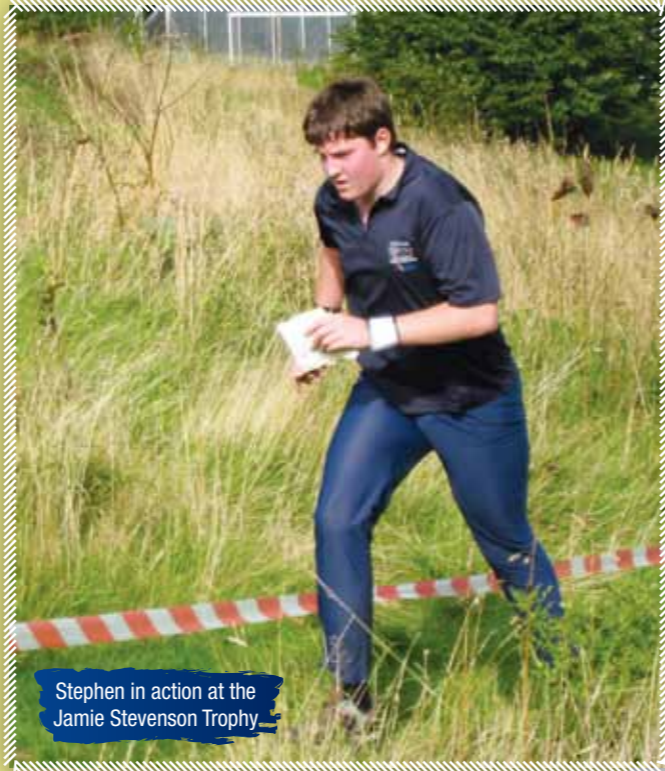
As well as showing excellent club spirit, Stephen has also achieved some individual success, including a victory in M18S at the Scottish Championships 2008 and representation in the East of Scotland team for several years.

At a more strategic level, Stephen has been a member of the Interlopers club committee since election in June 2005. His contributions have provided a valuable input to committee discussions and club work and he was instrumental in encouraging the club to fund and develop folders for juniors that explained the different types of event, control descriptions, etc, and thereby help develop the new and novice juniors.

Interlopers feel his greatest contribution as a volunteer has probably been his work introducing people, especially juniors, to orienteering. This has been an innovative, focused and long term programme of hard work and has been a definite success. He has achieved his goals and increased local interest, participation and membership as a result. He has guided three particular boys from being complete orienteering novices to them taking part in a Scottish Schools competition and now running for Scotland at the World Schools Orienteering Championships!

In addition to this Stephen has assisted in the development of orienteering at all levels of the scouting family (beavers, cubs, scouts and explorer scouts) by providing guidance and instruction to the group and their parents and introducing them to local 'Come and Try It' events. Furthermore, Stephen has helped with several training sessions for local school groups, that have been put on by club members in the lead up to the Scottish Schools Championships and assists with the East of Scotland coaching sessions. Again, he would put controls out as necessary, lead or shadow individuals, provide guidance where needed and collect markers afterwards.

It is clear that Stephens various efforts to introduce and develop new people to orienteering have been fantastic. There is no doubt that he has been innovative, focused, committed and enthusiastic in his approach. He has achieved a lot of success for the club, other people and his own development.



Stephen in action at the Jamie Stevenson Trophy

Orienteering Games & Tips

Answer the five questions below to test your orienteering knowledge.

- On a map at a scale of 1:5,000 what distance on the ground would 2cm on the map be?
 - 150m
 - 300m
 - 500m
- What is the general level of a re-entrant?
 - Above the surrounding ground
 - Below the surrounding ground
 - On the same level as the surrounding ground.
- Which of the following correctly describes green on an O map?
 - Dense forest
 - Marsh
 - Open land
- What do the tags on a contour indicate?
 - North
 - Uphill
 - Downhill
- If a series of contours are close together, what does it depict?
 - Steep
 - Event Slope
 - Flat

PGL

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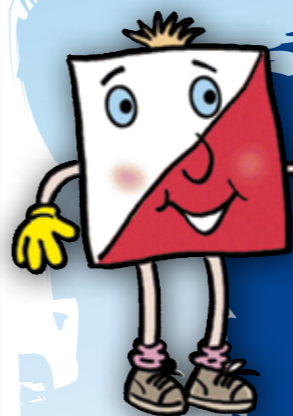
ABTA No. V2683

ADVENTURE HOLIDAYS 2008

WHAT'S IT ALL ABOUT?

Millie map asks,

How do I know when I am at the correct control?



Clive Control says,

By checking your control description sheet. Whenever you reach a control you always need to check that the code on your control description sheet matches the code on the control and also that the control is on the correct feature. You will then know for sure that you have punched correctly.



Answers to quiz: 1 = B, 2 = B, 3 = A, 4 = C, 5 = A

Yvette Baker Final 2008

Report by Pauline Olivant / Photos by Rob Lines



Octavian Droobers won the title

On a very cold but sunny December day over 200 juniors from 10 clubs contested the Yvette Baker Trophy on the Sandringham estate in Norfolk. Less than 100 points separated all 10 teams, which demonstrates the depth of talent amongst our junior members. The Trophy was finally retained by Octavian Droobers, second place went to West Cumbria OC who moved up one place from last year and Southdowns finished in third place.

1st OD, 2nd WCOC, 3rd SO, 4th DEE, 5th WAOC, 6th DVO, 7th HOC, 7th SOC, 9th CLOK, 10th AIRE.

Congratulations to all the juniors and clubs that took part.

Many thanks from all the teams to Norfolk Orienteering Club for hosting the final this year.

Full results available at www.norfolkoc.co.uk



The icy conditions made it slippery under foot

JUNIOR PROFILE:

Hazel Wright

Age: 18

Club: Maroc

Age started orienteering? 9

Do your parents orienteer?

Mum started at the same time as me. Dad took a bit longer to get past the car park!

Why/where did you start orienteering?

A district event at Glen Tanar.

What do you enjoy about orienteering?

The great people (cheesy but true!)

Do you have a coach?

My personal coach is Sarah Dunn.

If so, how has this helped you?

Sarah helps to keep me focused and motivated. I go running with her once a week and talk through my course with her after local events.

Where is your favourite place to orienteer?

Scotland – Cambus o May and Loch Vaa. Internationally – Halden is gorgeous!!

What kind of training do you do?

I always try to incorporate the three key sessions into my training (intervals, long run, tempo run) and I swim four times a week. I've just started working to a four week program.

What is your best result?

20th in the long at the 2007 JEC in France and 23rd in the sprint at the 2007 EYOC in Hungary.



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

Anything is possible – you just have to believe in yourself and be prepared to put in some good hard work.

What do you enjoy doing outside of orienteering?

Eating, catching up with the girls and partying!!



Orienteering Great Britain

WORLDCLASS



BRITISH ATHLETES
COMMISSION

The next four years will be a very exciting time for British sport, however demand on you as an athlete will be increasing all the time and it is crucial you have an organisation that you can rely on to protect your rights and interests. The British Athletes Commission (BAC) is here to undertake this very role. The BAC acts as the unified voice of all Olympic, Paralympic and World Class funded athletes. It communicates their views to the major decision makers within British sport and promotes athlete representation within each sport.

The BAC works to provide athletes with a way to make their voices heard and a pathway to pursue and resolve any problems they encounter within their sport. For more information please visit www.britishathletes.org.

To meet the increasing demands on its members the BAC has expanded by recruiting more staff, launching a new website and setting up a membership and benefits scheme. After last year's conference, athletes identified the need for the BAC to move towards independent funding. The membership scheme is therefore being introduced partly to generate funding but more importantly to build a closer relationship between the BAC and the athletes it represents. In addition to the improved services and advice members will be able to profit from a reduced cost of living thanks to benefits that include massively discounted O2 contracts, discounted insurance from Towergate, free Fitness Instructor training and money off sports clothing and equipment amongst many others.

Anyone who is World Class funded is eligible to apply but also anyone who has ever competed in a World Championships or Olympics may join. Retired athletes can still access all the benefits by becoming an Alumni member. All support staff are also eligible to join.

To join the BAC please visit www.britishathletes.org or contact Ian Rose, Membership Coordinator on 0844 335 0866 (ext 21) or email membership@britishathletes.org.

GB JUNIOR TRAINING



The GB Junior Team met in February offering further training opportunities for its 11-strong squad. The camp was based in South Grizedale and involved a mixed weekend of activities intended to help athletes gauge their fitness, mental and technical abilities. Saturday's training involved a physical terrain time trial, some really tough slope orienteering and an ISSOM Sprint training session in Ambleside Town.

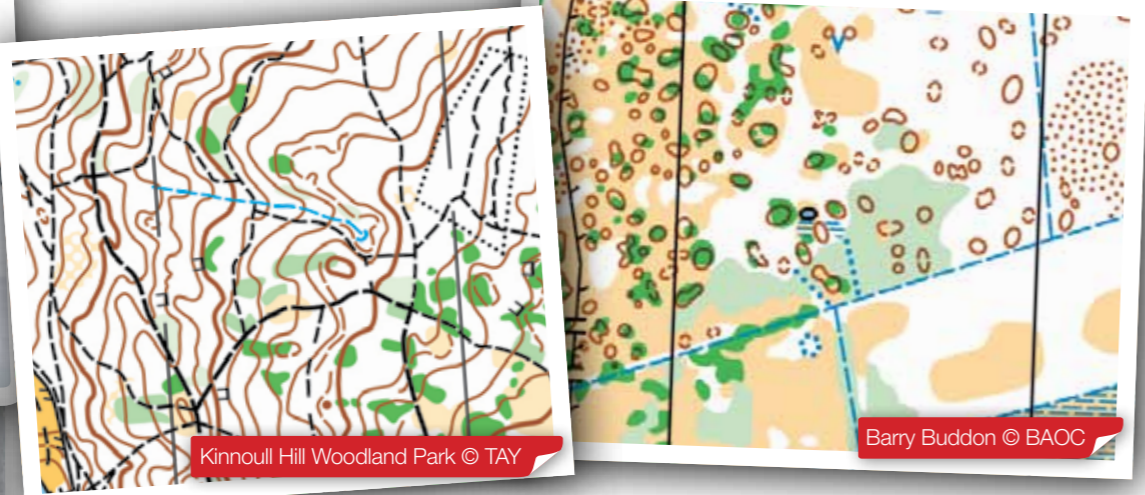
Many thanks to www.lakesrunner.com (part-owned

by World Relay Silver Medallist Martin Bagness) for letting us use the shop as a base for the sprint, in the heart of Ambleside.

On the Sunday the GB team returned for more slope orienteering training and practiced middle-distance racing techniques. It was fast, but really accurate technical orienteering in excellent Lakes terrain.

Jason Inman
GB Junior Squad Coach

Ralph Street starts the Sprint Race training session



Kinnoull Hill Woodland Park © TAY

Barry Buddon © BAOC

TAY 2009 SCOTTISH 6 DAYS UPDATE By Scott Fraser

The first cheap entry deadline has passed with around 1900 participants already entered. Things are progressing nicely for the event, to be held on the 2nd -8th August, with many new additions. We are delighted to announce that TAY 09 has secured the services of the professional speaker Per Forsberg along with Ed Nicholas and Mark Nixon. Per has a long history of speaking at international multi-day events such as O-Ringen, World Masters, European Championships, World Cups and World Championships and we believe he will create a tremendous atmosphere for all ages.



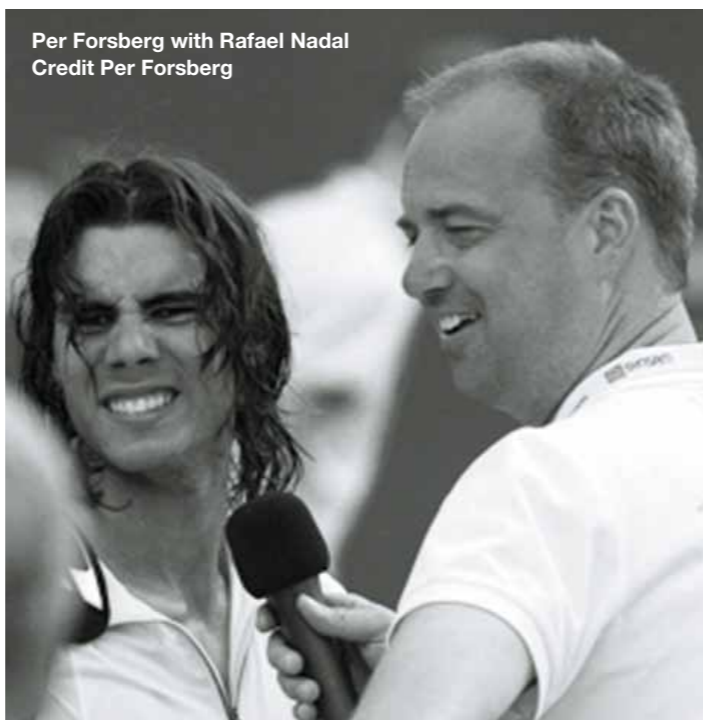
A lot of work is being put into the social programme and there will be live entertainment for all the family almost every evening, ranging from ceilidhs and folk music to quizzes.

I've had the chance to run round some of the areas and can say you are in for some of Scotland's finest terrain along with well-planned courses!

We can now announce some new accommodation options, including group accommodation. These include: floorspace in two large marquees at the Event Centre, twin-bedded accommodation in the nearby Jockeys' Hostel, and the availability of a local village hall, sleeping 35-40.

More details, including online entries and news as it happens is available at: www.scottish6days.com/2009/

Per Forsberg with Rafael Nadal Credit Per Forsberg



TRAIL O NEWS

The new Trail O Committee (slightly reduced in number by the snow) under Chairman Peter Roberts (pictured) met for the inaugural meeting on Saturday 7th February. The wide discussion ranged from a review of permanent courses and promotion to beginners to the future event programme and selection of teams for international competitions.

Anyone wishing to be considered to represent GBR in Trail O should inform the Chairman of selectors, Brian Parker brianhenryparker@googlemail.com without delay and compete in the Trail O at the JK and/or the ITOC on the 25th/26th April just south of Belfast. It would be advisable to check the 2009 version of the Rules and Technical Guidelines both available on www.orienteering.org



Hilary Quick held a Coaching Day in the Snowy Conditions Credit SOA



Riseholme Park provided a stunning setting Photo by Paul Murgatroyd

Although numerous events were cancelled due to the snow some events did take place and provided a stunning setting and challenging courses. Here are some photos from events that did take place.



A LOG competitor scrabbles through the snowy conditions at night



Les Hooper running through the wintry forest at the Selhurst SOG Photo by Mike Cooper

International Programme Strategy

By Gareth Candy



Appointing a new International Programme Director is just the start of the changes which are happening to the International Programme. We have targeted areas where we can make a real difference and which are going to lead to sustained long term success for British Orienteering.

To give you a background of where this has all come from, a working group was formed at the end of 2007 to do a major review of the International Programme. It looked at what exactly we were trying to achieve and whether this matched the current structure of the programme.

When the World Orienteering Championships (WOC) were every second year there was a natural cycle of development and performance, with a broader more developmental focus in the World Cup years and a sharper performance focus in the World Championship years. With the move to WOC every year we lost this natural cycle and whilst we have been doing a good job of preparing each year for WOC there has been a loss of focus on development and longer term planning.

The International Programme is improving its focus, clarifying its goals and moving forward with a clear purpose and consistent approach towards athlete development from Club Level all the way up to the World Championships. At the moment we are in the middle of a transition with plans to have the new International Programme structure in place for the end of the year.

Our current priorities are to make sure that current squad athletes are given all the support they need to perform well at this years World Championships, appointing a new National Coach and a new Talent Manager to look after key areas of the programme, and setting in place the new structure and transitioning to the new systems and staff by the end of the year.

The new International Programme is going to have a greater focus on long term planning, supporting some athletes for this years World Championships, but also making a priority of supporting athletes for the World Championships in three years time and even six years time. We will aim to have greater

"The venue, Bisham Abbey, had great facilities and the food was delicious. The presentations were also very enjoyable and the talk by Guin Batten was immensely inspiring. It was fantastic to hear her views and experiences on the journey to becoming an Olympic silver medallist."

"I thought the weekend was great. Guin's presentation was more than inspiring. It is always so special to hear from other athletes who have reached their own 'career defining moments'. It left me with much to think about. I'm glad we now have a clearer picture of what Gareth is thinking and I took the opportunity to discuss the coming year in person with him as well. I believe in him."

"A motivating weekend that set out a new and exciting strategy for the International Programme. A talk by Guin provided some inspiration and raised some important points about working together as a team to achieve our individual goals."

"Following the uncertainty of the last few months it was really exciting to hear about the plans that Gareth has for the squad, and have the opportunity to provide input, and discuss the things that matter to us, the athletes."

"With the amalgamation of the junior and senior squads it was a good opportunity to get to know the juniors better, particularly during the team score event on Sunday. I think the new structure will make the transition from junior to senior much smoother, and hopefully inspire them to set their goals high, and start beating the seniors as soon as possible!"

contact between coaches and athletes and are currently exploring the feasibility of setting up a Centre for Excellence to help facilitate this. We want to ensure that there are no gaps in the talent pathway, that athletes are well supported and given expert advice right from grass roots level all the way up to medalling at the World Championships. We want to make sure that the most talented athletes are supported at every level of development. We will move towards a more fluid structure of squad support with as much of a focus on development as performance. We will support a smaller number of athletes for this year's World Championships, but a greater number for future World Championships.

As the new International Programme Director my background is as a sports scientist and a student of coaching, I have learnt to look critically at things and make assessments based on fact. I'm passionate about innovation and will continue to look at how we can do a better job, how we can give better support to our athletes and how we can get the best value for money out of our programme. I have a strong belief in the role of coaches in developing athletes and in the importance of actively coaching as opposed to simply providing training opportunities.

At the end of January the new International Strategy was launched at the planning weekend held at Bisham Abbey, nr Marlow. The 2009 Squad travelled to the 800 year old Abbey which was once a home for the English nobility and aristocracy and is now one of the UK's National Sports Centres.

The weekend was a great success, with everyone participating and contributing to the discussions and team building exercises. We received lots of valuable feedback on all the different elements of the new strategy and our guest speaker Guin Batten (Olympic Silver Medallist Rower) was well received.



Gareth Candy Presents Scott Fraser with the Best Improved Senior Trophy



Jason Inman presents Kris Jones with the Junior Orienteer of the Year Trophy



Graham Gristwood and Jon Duncan receive their award from Gareth



Jason Inman presents Hector Haines with the Best Improved Junior Trophy

CELEBRATING BRITAIN'S BEST

ORIENTEERS OF THE YEAR

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. This year the award was shared as British Orienteering named current World Relay Champions Graham Gristwood, Jon Duncan and Jamie Stevenson as Senior Orienteers of Year. Graham said afterwards, "The gold medal was the reward for many years hard training, effort and sacrifice for the three of us, and it is great to achieve what we were all striving for. It's nice to finally get my name up there with all the past greats of orienteering like Stevenson, Baker, Monro, Hale etc."

BEST SENIOR IMPROVER

Scott Fraser was awarded this trophy for his outstanding results this year, particular in sprint races where he finished 4th at the European Championships and won a bronze medal at the World University Championships. In his debut final at the World Championships, Scott finished in 21st position and also finished 21st in the World Cup series.

2008 JUNIOR ORIENTEER OF THE YEAR

Kristain Jones was awarded the Silva Statuette for his fantastic Gold medal in the sprint distance at the European Youth Championships. Kris said afterwards, "It felt pretty good but strange winning the gold medal as I wasn't expecting anything higher than a top 10 after my previous result. This award is just the icing on the cake!"

BEST JUNIOR IMPROVER

Hector Haines was awarded this trophy for his outstanding results this year, 16th at the Junior World Championships and 36th at the World University Championships both in the long distance. Hector will be aiming to improve his JWOC position in his final year as a Junior.

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ANTI DOPING FOR THE ELITE

Anti-doping information for all Senior and Junior elite athletes competing in Foot Orienteering, Trail O, MTBO and Ski O

Mike Hamilton (Chief Executive) is the Anti-Doping Officer for British Orienteering. British Orienteering runs an active anti-doping policy. Our policy is currently being updated with the new 2009 IOF Anti-Doping Rules and we are working in conjunction with UK Sport.

Does Anti-Doping Affect Me?

If you are a member of the GB Squad at any level, run the elite courses in the UK, compete for World Ranking Points overseas or are selected to represent GB in World 'closed events' it will affect you.

There are four levels:

Level 1 is the International level and is controlled directly by WADA through the IOF. This group is nominated by the International Orienteering Federation (IOF). They must report their whereabouts at all times to the IOF and they are subject to testing at any time either in or out of competition. Athletes must obtain a TUE if taking banned medication under prescription.

Level 2 is the National level and is controlled by UK Sport. The remainder of the GB squad athletes, both senior and junior are on this list. These athletes are subject to testing at any time in or out of competition. Athletes must obtain a TUE if taking banned medication under prescription.

Level 3 is the elite level and anyone running on an elite course, a World Ranking Event or who is a selected for international representative (e.g. Foot-O, MTBO, Trail-O or Ski-O), is liable to be tested in competition. There is no requirement for out of competition testing. Athletes must obtain a TUE if taking banned medication under prescription.

Level 4 is for start athletes. Although juniors under 16 will not normally be tested either in or out of competition we are signed up to the 'Start Clean, Stay Clean' programme. Accordingly all junior athletes selected for the Start Squad will have anti doping workshops and will be required to obtain TUEs if they are taking banned medication under prescription. Any junior under 16 that is selected for testing will only be tested with the express permission of their parents or guardian and under strict and agreed supervision.

What does 'in & out of competition' mean?

In competition testing means what it says, testing carried out at the conclusion of a competition. For British Orienteering this means that all 'in competition' testing will be carried out on elite courses with a number of athletes being selected. This is usually confined to the seeded positions, say the last ten to twenty men and women starters although 'targeted selection' is allowed. However, if there are only a few runners, any athlete could be asked to provide a sample.

Out of competition testing means that the testing team could turn up on your doorstep at any time although this normally means at a training camp for athletes not at Level 1. A certain number of out of competition tests are allocated to orienteering by WADA and UK Sport and can be carried out at any time. All athletes included in out of competition testing will be briefed separately as to their responsibilities.

What is a Therapeutic Use Exemption (TUE)?

Athletes competing at a high level in their sport may need to use a prohibited medication as treatment for a legitimate medical condition. In this case athletes should first check with their doctor to see if there are any permitted alternative treatments or medications. If there are not, they will need to apply for a Therapeutic Use Exemption (TUE). Medical evidence to justify the need to use a Prohibited Substance or Prohibited Method must be attached to the application form.

Standard TUE - This application should be used for prohibited substances. These forms will be reviewed by a panel of independent physicians, known as a Therapeutic Use Exemption Committee (TUEC). Where possible, athletes should only use a prohibited substance once an exemption has been granted (except with acute or emergency treatments).

100%ME
it's what's inside that counts

How do I apply?

You need to visit www.100percentme.co.uk and go to the TUE section. This website provides a comprehensive guide to the TUE process and you can download the TUE forms there. Once you have completed the form and had it filled in and signed by your prescribing doctor, you should send your form to the National Office. The National Office will then forward your application on to UK Sport or the IOF for review.

How long does it take to get a response?

Standard TUEs take 15 working days to be reviewed as long as all the correct medical information is provided

Test Results

The Lead Anti Doping Officer is notified of test results by UK Sport or the IOF and will notify athletes as to their test results. British Orienteering has not had a positive test to date.

Banned Substances

Are your medications on the prohibited or banned substances list? You can check your medication status online using the drug information database at www.didglobal.com

Further information can be found at www.ukssport.gov.uk or www.wada-ama.org



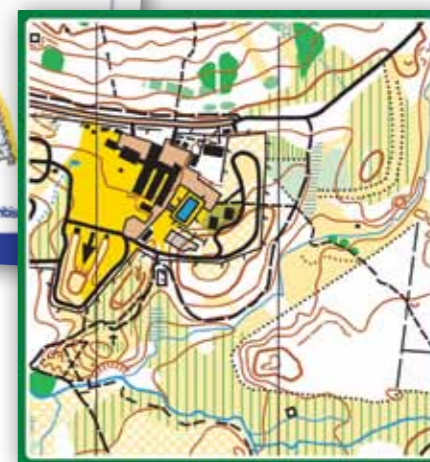
The first UKCC Coaching Course for Scottish Orienteers

By Roger Scrutton (ESOC)

In October ten aspiring orienteering coaches from across Scotland gathered at the National Orienteering Centre at Glenmore Lodge to attend the first course in the UK Level 1 Coaching Certificate (UKCC) in Orienteering to be run north of the border. It was quite a gathering, because as well as the ten of us, and Hilary Quick as coach educator, Gill Berrow (ECKO) was there as independent assessor, Keith Marsden (HH) as internal verifier on behalf of the British Orienteering project steering group and a representative from sportscoachUK to monitor the introduction of the UKCC in Scotland.

"UKCC indicates the Government's intention to improve the quality and standing of coaching, which will be vital to the development of sport and individuals". This statement, taken from a UKCC document, responds to widespread concern over issues such as the health and wellbeing of the UK population and the desire for UK success in sport on the international stage. Orienteering's selection as one of the 31 sports to take part in this important scheme was on the basis of its potential to deliver improvement in these key areas of national concern and its evident commitment to coach development. Mass participation sports, such as soccer, which were included in Phase 1 of UKCC implementation, began using it in 2005-2006, and are already offering Level 3 of the proposed 5-Level pathway. Orienteering, one of the sports in phase 3, had its Level 1 Certificate endorsed in July 2008, following 2 years of work by British Orienteering with sportscoachUK and 1st4sport to develop the content. UKCC Level 2 is due to be implemented in September/October 2009, and over the next few years levels 3 and 4 of the UKCC awards will be developed and implemented by British Orienteering, gradually replacing the existing coaching structure as shown below:

UKCC Level 1 qualifies the coach to "plan and deliver sessions, supported by prepared resources, in safe environments." The theory elements of the course help you to understand what the needs of beginning orienteers are and what an appropriate response to these would be. The practice outdoors provides a strong element of experiential learning and teaches the importance of



- Level 5 Certificate in Coaching Orienteering
- Level 5 Certificate in Coaching Orienteering
- Level 3 Certificate in Coaching Orienteering
- Level 2 Certificate in Coaching Orienteering
- UKCC Level 1 Certificate in Coaching Orienteering
- Teaching Orienteering Part 2
- Teaching Orienteering Part 1

careful preparation and well-structured coaching sessions. There is a one hour theory exam as well as an assessed practical session. New, as part of the UKCC, are transferable elements of core parts of the syllabus, including the Long-Term Athlete Development concept, and teaching and learning styles which mean that it will be easier for coaches to move between sports if they wish.

My own reaction to the course was, amongst other things, one of excitement at being involved in an important new UK wide coaching initiative and one whose qualifications are recognised across Europe. I have found it

interesting to chat with coaches from other sports about their UKCC experiences and sense that the initiative has generated a lot of buzz and a sense of collegiality in the sports coach community. The course was lively and entertaining, as you might imagine with Hilary as Tutor, with excellent commitment and

interaction from the participants, who had to brave some appallingly wet weather on the assessment day. As well as being immensely enjoyable it was also hard work, with a lot of content, homework and revision and immediate assessment, followed by feedback from Hilary or Gill on our strengths and weaknesses. I am delighted to say we all passed: I suspect most of us will be back for more after having gained experience through running some coaching sessions. However, I was also aware that this initiative to introduce an improved coach development scheme should happen in parallel with a growth in well-structured coaching programmes provided by clubs or school-club links across Scotland.

Details for UKCC Level 1 coaching courses and UKCC Level 1 bridging courses can be found under coaching courses at www.britishorienteering.org.uk/developing/coaching.php. British Orienteering will award bursaries towards the fees for the UKCC Level 1 Coach training and assessment if the following criteria is met: You must apply before the start of the course; be a British Orienteering member; be willing to act as a club/regional squad coach and deliver at least 15 hours of voluntary unpaid coaching within 6 months. Application forms are available on the website.



Anne Braggins (Trail-O Commission Chair), Brian Parker (Environment Commission Chair), Erik Peckett (Map Commission) and David May (Foot-O Commission). One major focus was the IOF's Event Quality Project, aimed at improving the standards at the top international competitions. Group work centred on how Commissions contribute to making standards, how current standards are maintained, how standards can be communicated and implemented, and a review of lessons to be learned (both good and bad) from WOC 2008.

Decisions from the weekend include:

- The start interval for the Middle race (2009

World Cup 1) in Finland will be reduced to 1 minute in order to improve TV coverage. A splitting system will be planned at the same time.

- The 2010 World Cup will include the innovatory "Nordic Tour", four races in eight days in the four Nordic capital cities. These races are planned to include a combined Middle/Sprint, a knock-out Sprint competition and a final in the form of a chasing start Middle race.
- Various minor Rule changes, one of which halves the minimum separation of control sites where the competition takes place on a map with a scale of 1:5000 or larger, e.g. for Sprint races.

For further information on the IOF please visit www.orienteering.org

A good British representation attended, including Sue Harvey (Honorary President), David Rosen (Rules Commission Chair),

COACHING CONFERENCE 2009

BY PHIL BATTS & MIKE HAMILTON

Lilleshall provided a stunning settings. Credit John Palmer



Photo by Dave Gittus

COACHING



Teachers on the course at Gairloch

1000TH TEACHER ATTENDS TEACHING ORIENTEERING COURSE

In a short time the Teaching Orienteering course has become so popular that we have recently had the one thousandth participant. This landmark was reached at the course taught by Hilary Quick at Gairloch on the 24th January. Gairloch is one of those delightful little villages on the west coast of Scotland, where the road twists and turns to find a way through lumpy landforms, then descends to the coast and proceeds with unbelievable inlets and sandy bays on one side and precipitous rocky slopes, forested glens and snow-capped mountains on the other. No sympathy for Hilary having to spend her Saturday working there then.

These were some of the questions the Conference was designed to consider, 'You only make route choice decisions at TD4/5 level', 'You can't break down orienteering skills into parts and practice them', 'Orienteering's different, it's all in the mind', 'What are the coaching points about ...?', 'What are the progressions that orienteers go through in developing ...'

Mike Hamilton facilitated this year's conference pointing out he was doing so as a coach rather than as a Chief Executive. He began by welcoming delegates to the conference, thanking them for their participation and recognising the massive value of their combined expertise. He provided insight into his sporting pedigree which, as he said, was mainly to do with hitting things or other people! He then went on to explain his progression through a wide variety of coaching roles, from introducing sport to beginners to coaching at Olympic level. This reinforced Mike's credibility as a coach and enabled him to use his experience to challenge delegates over the weekend about their role as coaches, their technical knowledge and their coaching methods and behaviours.

The weekend's activities were introduced straight after dinner on Friday evening; this conference was definitely not going to be conducted in the bar! Mike began by explaining how the British Orienteering Whole Sport Plan was heavily dependant on the activity of coaches and highlighted the roles that coaches had to play.

Mike explained how he saw the future of coaching in orienteering requiring a considerable culture change in both the sport and coaching. To develop status and respect amongst orienteers, coaches need to demonstrate excellence which must be based on knowledge, competence, cutting edge coaching methods and effectiveness. All are based on research, evidence and the willingness to push the boundaries and challenge accepted practices.

What does the coach need to be able to do when working in a club situation?

- Club coaching is about introducing orienteering activities:
 - Sessions local to the population, 'same place, same time' model
 - Café environment, social, changing facilities
 - Simple to organise sessions that are fun and motivating
 - Effective coaching, meeting the needs of participants young and old
- Developing participants that already orienteer:
 - Meeting their needs which will be a mix of social, improved performance, exercise/fitness and releasing the day's stress
 - Establishing Personal Development Plans and then helping people to work on them
- Developing club or association talented athletes:
 - The ability to work across age and motivate and develop
 - Increasing contact time to support the athlete more closely
 - Providing more 'coaching' to athletes and less being the person that organises events or creates opportunity for athletes to orienteer

Over the weekend the participants were split into groups and each given a 'skill' to work on. The skills were, leg planning, map interpretation, route choice, map simplification, direction & compass and distance judgement. Each group had a facilitator and was asked to consider the development of the skill at each of four levels: Club activity, Club talent squad, Regional talent squad, National talent squad.

At each level participants were asked to consider how to develop the skill by:

1. Identifying what the group would expect an athlete to demonstrate at this level
2. Identifying the level of knowledge and competence the athlete(s) has

3. Planning an example session to demonstrate how the group would introduce the skill at each level
4. Briefly outlining how the group would:
 - a. Reinforce the skill in future sessions
 - b. Help the athlete turn the skill into a habit
 - c. Maintain the skill level acquired
 - d. Monitor the improved performance in future training and competitive activities
 - e. Recognise when the athlete is ready to move onto the next level

Practical Sessions

On the Saturday morning Steve Vernon gave an example session which considered running as a skill, running is after all a significant aspect of an athlete's performance. After a brief introduction, delegates moved into a sports hall for a really interesting practical session coached by Steve. The drills were explained and demonstrated by Steve and all the delegates were given the opportunity to try each drill whilst being coached by Steve. Some of the drills were not as simple as they seemed and the co-ordination required was not mastered by everyone; a very humorous session it turned out to be! After the practical, delegates returned indoors to consider the coaching points and the progression of the skill from introductory session though to international performer.

Group work followed with most groups starting with a brainstorming session to consider the skill, the knowledge elements and competencies required for the skill to be delivered. There were some lively discussion that allowed groups to draw on delegates' experiences and beliefs. Each of the groups reached their conclusions and presented these at two feedback sessions, the first considering activity and club talent levels and the second considering regional and national talent squad levels. Questions were answered after each presentation and Mike challenged the findings if he wished to make a point or raise awareness.

At the plenary session delegates were asked to continue to think about the points raised and

to reflect on their own coaching practices. The key issues that delegates were asked to consider were:

- Gathering and using evidence about athlete's performances: modern coaching is about using evidence to support athlete development – it is no longer sufficient to provide them with a programme based on supposition; gather evidence, analyse it, deliver sessions and measure improvement. Whilst the 'how' is sometimes challenging in orienteering, it can be done.
- Techniques and skills: understanding what they are and how they relate
- Technical knowledge: coaches need detailed knowledge and understanding
- Technique and skill progressions: understanding how it all fits together and how development programmes can most effectively be constructed is fundamental
- Coaching points: understanding the coaching points related to each technique and skill and the common errors associated with them is also fundamental
- Skill acquisition: understanding the process that includes; introducing a technique or skill, developing it, reinforcing it, testing it, maintaining it and turning it into a habit or instinct
- Training and practice: understanding what each is and when to use each

One or two delegates questioned the fact that orienteering is largely a set of mental skills and that some of the skill acquisition issues and coached methods raised were about practical or motor skill development, Mike was keen to establish that skill acquisition research had been demonstrated as applying to the development of mental, decision making skills and provided examples.

Evaluation forms provided an insight into delegates' views on the conference; generally it had been enjoyed and considered a very busy but thoroughly worthwhile conference. Delegates were particularly pleased with the group work.

Mike Hamilton is working through the ideas generated by the groups and they should be available on the website by the time you are reading Focus.

Comments from participants on the Teaching Orienteering course usually refer to the enjoyable activities, how they've had their eyes opened to how many corners of the primary curriculum our sport touches, and surprise at how much they learnt in one day. This running of the course was no exception, despite the marshy playing field that was used for some of the activities.

The Teaching Orienteering courses grew out of the old Level 1 Coach award, which didn't quite meet the needs of teachers. The Part 1 course assumes no prior knowledge whatsoever, and takes participants right from the simple ideas of mapping items on top of a table, through to head-to-head racing in the school grounds or a nearby park. There's lots of activity involved, so people learn by doing, and there are several examples of doing familiar things (e.g. jigsaw puzzle) with

new items relevant to orienteering (e.g. maps). By ensuring that all participants actually set out a short course in the grounds or park, we can be confident that they understand how much time to allow for setting things up, and how they can minimise that time. We also use a variety of items as control markers, thereby showing how costs can be minimised, items of domestic rubbish can be put to good use (plastic milk bottles make excellent control markers!), and the pupils can be involved in assembling the controls.

The course at Gairloch was arranged by John Shearer, an Active Schools Co-ordinator who saw its potential when he attended the same course at Kyle of Lochalsh in September (they're having another one in February!). Schools around here are small – often with fewer pupils in total than many schools in England have in one class – but they've all been mapped and they've got great ideas for inter-school competitions. Perhaps the remoteness from mainstream orienteering is partly responsible for the schools' keenness to be self-sufficient in the sport – their nearest club is INVOC, based in Inverness which is nearly 2 hours' drive away. Of course there is no end of fantastic terrain all around, in fact the difficulty is finding the conventional "type 1" safe areas for youngsters to learn on. However some small wooded glens have also been mapped, and there's plenty of scope for the sport to expand.



Hilary Quick presents Jean Ross who became the 1000th person to complete the Teaching Orienteering Course

CONTROLLERS GET UP TO DATE IN SCOTLAND

Nearly 40 controllers in Scotland recently participated in two sessions intended to provide a skills update and the opportunity to discuss hot topics.

Proceedings began with small group discussions on four topics:

1. What constitutes "high quality competition"?
2. How should event standards be monitored and enforced?
3. How frequently do you need to do something if you are to be anywhere near competent at it? Is it reasonable to expect controllers to have experience as event organisers?
4. Should we require all events to be planned and controlled using electronic means?

Each sub-group summarised their discussion to the whole group and further discussion ensued. A strong theme that emerged was the notion of controllers as a mentor to planners and to new controllers. It is essential that our most experienced controllers are not sidelined purely because they lack fitness or IT skills.

Participants were then brought up to date on the revised event structure; there was some discussion of the revised course length ratios, but the general conclusion was that Scotland would not expect to see significant impact from the changes, and we look forward to further review later in the year.

After lunch the short "So you think you know the rules?" quiz caused a few blushes and encouraged some experienced people to have a look at the rules and appendices again. It is useful to be reminded that we are all human and even the things we think we know, we might not know precisely.

Discussion then turned to technology, and only at this point did the two groups show noticeably differing views: the northern clubs use Emit and unanimously rejected OCAD as a course planning tool, while the southern clubs are SI fans and put a convincing case for OCAD (trial version free to download) for planning small events. Purplepen (simple course planning tool, free to download) was mentioned but no-one present was familiar with it. Participants all agreed that careful version control of event files was essential, and controllers should not change event files – that was the planner's responsibility. Sportsoftware (OE2003) is the preferred option for running events, with the same interface for both SI and Emit; Autodownload is a simple-to-use alternative that doesn't require a PC at the event.

Brian Bullen reported on his attendance at the Major Events Conference in 2008, and summarised David May's presentation on Sprint-O and the other variations of format. David's presentation is also available on the British Orienteering website. The suggestion was made that SOA should have a similar conference for officials from its Level 2 events; this would also provide a forum for reviewing those events, as recommended earlier in proceedings.

More details of the discussions are on the SOA website: www.scottish-orienteeing.org

MTBO

Please check the Trail Cyclist Association (TCA) website for updates and latest news about the 2009 league and selection races. www.trailquest.co.uk



2009 LEAGUE

21st March, Cannock, Organiser Mark Stodgel
16th May, Gilling Woods, Organiser Andrew Windrum
13th June, British Long Championships, Hamptworth nr Salisbury
14th June, British Middle Championships, Wareham Forest, Organiser Trevor Bridle
5th August, Scottish 6 Days, Organiser Janine Inman
26th September, TBC, Colin Palmer (HOC)

December (date TBC), Military Challenge, BAOC.

MTBO WORLD EVENTS:

European and Junior MTBO Champs - Denmark 22nd – 28th June. www.eocmtbo2009.dk/eocmtbo2009
World MTBO Champs - Israel 10th – 15th August. www.nivut.org.il/mtbo/default.aspx

All athletes available and interested in being selected must contact the selectors (mtboselectors@trailquest.co.uk) by the 16th April 2009 for the European Championships and the 16th May 2009 for the World Championships.

Good Map Reading Skills Required!

Whilst most people associate hot air ballooning with a gentle flight through the countryside on a warm summer evening, there is another side to the sport, that of competition ballooning. Whilst a balloon must always fly with the wind, it is possible to use slightly different air currents at different altitudes to steer a balloon. The competitions are based around this skill.

At competitions each pilot brings his own balloon, crew and observer. An observer is a competition official who goes out with a different balloon team for each flight and records relevant information pertaining to that flight. In particular, the observer records the position of the marker dropped by the pilot and may directly measure how close that was to the goal. You will get flown from time to time although

it is up to the pilot whether you fly or follow in the car, the average is about 1 flight in 3.

The qualities required of a good observer are good map reading skills and a good understanding of map coordinates. Patience, tact and self confidence, the ability to stay quiet, unobtrusive and detached when necessary and reasonable fitness and stamina. The ability to produce clear and simple sketch diagrams is also desirable.

A training session is being organised for novice observers at a venue near Stratford upon Avon on the morning of Saturday 25th April and this may be repeated prior to the first competition flight on Saturday 23rd May if

there is sufficient demand. The allocation of training places will be biased towards those individuals interested in getting involved in events this season and the first competition on the 23-25th May near Oswestry.

The UK competition season typically comprises three weekend competitions plus one week long competition. You do not have to do them all although most of the regulars do – it does get slightly addictive! As you gain experience, you will become eligible to apply for international competitions. Further details about competition ballooning, including a full description of the observer role, can be found at <http://compsclub.bbac.org/>

If you are interested, please read the information on the website then send an e-mail with your details and a short note to Rupert Stanley who is the chief observer at chiefobserver@ballooncomps.org.uk

BADGE AWARDS TO FEBRUARY 2009

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

Gold	
JM1	Thomas Edmonds BARRO
JM5M	Matthew Nash SROC, John Ockenden SROC
M16	Jonathan Cronk WAOC

Silver	
JM2	Daniel Figg HH
M60	Ron Hunnissett SO

Bronze	
JW5S	Rebecca Quickfall SROC
W12	Sophie Roberts SROC
M10	Jacob Roberts SROC

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) and an appropriate SAE (A4 size with a Large letter postage stamp for certificates).

Details required:

- a) Name and age class of claimant
- b) Dates of the 3 events which must be within a 2 year timespan and the name of the organising club (it is not helpful to just name the event area or an event name, such as November Classic or SOL 10). Back claims are possible if I have the relevant records. 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.
- c) Position and time of claimant in each event.
- d) British Orienteering club and membership number of claimant.
- e) The standard being claimed.

Woven cloth badge	£1.50
Certificate	£0.50
Age (e.g. M60 or JW2) flash	£0.50

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18th - 19th APRIL 2009

Race	Start Time	Duration / Distance
1 inov-8 '8' - Fell / Trail Race	Saturday 18th April 11:00	13km / 900m
2 Orienteering	Saturday 18th April 15:00	9 km / 500m
3 Night Orienteering – Score Format	Saturday 18th April 19:30	1h:00m
4 Night MTB Time Trial	Saturday 18th April 21:00	1h:00m
5 inov-8 '4' - Night Fell / Trail Race	Saturday 18th April 22:30	6.5 km / 400m
6 MTB Enduro	Sunday 19th April 10:30	4h:00m

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