

Orienteering

SPRING 2010

Focus

THE OFFICIAL VOICE OF BRITISH ORIENTEERING



Photo: Jon Hollingdale on Carlton Hill at the Edinburgh City Race. Credit: Ken Daly

INSIDE THIS ISSUE

Edinburgh City Race

New World Class Squads

Coaching Conference

Club of the Year

More People, More Places, More Podiums (MP3)

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BBC ThrillSeeker

SPRING 2010

British Orienteering has teamed up with BBC Learning who are launching a brand new, multi-platform campaign to encourage individuals and families to try out a new adventure activity. By joining forces with BBC One's Countryfile and a range of external partners, the ThrillSeeker campaign will enable people to search out exciting events taking place across the UK.

It is hoped that as the campaign progresses (it runs until June), thousands of people will have been encouraged to take part in a new adventurous activity.

Clubs are being encouraged to register their orienteering events with the Thrillseeker campaign and clubs should contact Caroline Povey (caroline@britishorienteering.org.uk) if they would like to get involved. The registration of orienteering events into the Thrillseeker database is being managed by Alistair Mackenzie of CLOK who has generously volunteered to take on this workload. British Orienteering would like to thank him for his help with this initiative.



The BBC plans to have a major publicity drive on the Thrillseeker campaign throughout March and April, so it really is worth getting involved.



For further information please visit www.bbc.co.uk/thrillseeker

AGM

Don't forget to attend the British Orienteering Annual General Meeting that will take place at the North Devon Leisure Centre, Seven Brethren Bank, Barnstaple, Devon, EX31 2AP starting at 17:00 on Saturday 3rd April 2010.

As well as the standard Annual General Meeting business, there will be elections for three directors.

There will also be a vote on how many Event Levels there should be in future. Further information about this proposal can be found on pages 4/5.

NO REGISTRATION... NO INSURANCE!

The last 12 months has seen a number of changes to the British Orienteering database and how we register orienteering events and activities. The vast majority of clubs have responded well to the change but there are still a number of clubs that are not registering their club activities. Clubs need to register their activities in order for them to be insured!

As a reminder, Activities are defined as 'training sessions or coaching sessions that are not competition, do not have competitive results published and are not run on courses that adhere to event guidelines'.

Each club can nominate up to three "Activity Fixtures Secretaries" in addition to their two "Club Event Fixtures Secretaries" to help with the registration of Activities and the inputting of participation numbers. Ideally this role would be filled by the organisers of the activities and they can be set up as users by emailing: info@britishorienteering.org.uk

As well as registering activities it is also essential that clubs also input the participation numbers from the activities. These figures are sent to Sport England as part of the 'Grow' element of our 'Whole Sport Plan'. As a National Governing Body it is essential that we supply these figures and achieve our targets in order to receive further funding and support.

Welcome to FOCUS

There have been some great initiatives made live since the last edition of Focus and of particular note is the new Results and Ranking system. There has been lots of information on the new Ranking Scheme in past editions of Focus and on the website, but if you are still unclear of what the new system provides, please read the article on page 22. I would also like to remind Clubs that they can now register up to four Club Results Secretaries (CRS) to manage the uploading of results into the system. Club Chairs are asked to email their Result Secretaries Name, Membership Number and Email address to info@britishorienteering.org.uk

As Spring is approaching we now move on to the Major Events season and I would like to wish good luck to everybody taking part in the British Championships and the JK. I look forward to reporting on these great events in the next edition.

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

Caroline Povey
Marketing Manager

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A relatively short update for this edition of Focus due to the necessity to advise members about the 4 tier events structure proposal being put before the 2010 AGM. The Board have spent considerable time discussing the proposal and have come to the conclusion that we will advise members to vote against the proposal. Please take the time to read the article before you vote at the AGM either in person or by using a proxy vote.



Mike Hamilton
Chief Executive

4 Tier event structure

The argument AGAINST the proposal at the 2010 AGM

You will see from the AGM Booklet that there is a proposal that the current 3 tier event structure be amended to a 4 tier event structure from the 1st January 2011. The Board is asking you to consider the issues outlined below and to vote AGAINST the proposal.

The Board makes this request knowing that the current 3 level event structure was in transition during 2009 and will have only been in operation for 3 months when the AGM takes place. Volunteers staging events, volunteers on committees and groups, and staff have all spent considerable time implementing the changes to the 3 level structure. Pragmatically, now is not the time to ask them to go through another year or two of further change: it is a poor use of time and resources.

The Chairman, Vice Chairman and Chief Executive have worked hard over recent months to try to avoid a situation where a proposal is put before the AGM, asking members to make a decision that is probably not best progressed in that forum. It is a pity that a compromise that was formulated by both parties when they met and that seemed to offer a good chance of agreement (possibly after further refinement) was totally rejected by the proposer of the 4 level structure a few days after the meeting. As part of the compromise, we had offered to accelerate the review of competitions and involve the proposer and his colleagues from NWOA, in order for a fully informed debate to take place at the 2011 AGM after wide consultation.

It should be made clear that the Board is not stating that a move to a 4 level event structure is wrong in the longer term. However time is needed to conclude the competition structure review (already underway), to evaluate the pros and cons of the 3 level structure. Most importantly, we need to address and solve some of the issues that exist regardless of the number of event levels. The Board is of the opinion that many of the issues raised by the supporters of the proposal should be addressed and the sooner the better, but that these issues are independent of the number of levels in the event structure.

The Board agrees that there should be a wider debate about the competition and event structures and that the debate should include formal consultation with all interested parties, something which has not been done for this 4 level proposal. Indeed, we know that some associations are against further change and some have not even been advised of the planned proposal so that they could discuss it within their association. However there are mechanisms other than an AGM to inform members about their choices and to help them reach a fully informed decision.

It is fair to recognise that the implementation of the 3 level events structure was not as smooth as it could have been and solutions to problems that arose during the implementation were at times poorly communicated. It did not help that there was also a considerable period during which new event guidelines were unavailable. However event volunteers have been making the structure work and participants are still enjoying their orienteering. The 3 level structure is settling in and members are experiencing the advantages, such as a greater freedom for clubs and associations to stage events that meet their needs.

Issues raised about the 3 and 4 event level structure

In column A, • indicates issues raised by NWOA supporters of the 4 level event structure
In column B, ✓ indicates issues that are currently being addressed or have been addressed regardless of the number of event levels

A	Issue	Brief response	B
•	The need to differentiate between Level 2 events which are “high quality” rather than “typical Sunday morning”, in order to provide competitions aimed at a national audience, and competition aimed just at people within the region. (4 tier proposal: The existing Level 2 needs to be split into two levels)	This confuses competition with event levels. Associations can designate certain events for certain competitions – no need for a separate event level.	
•	The number of events that have been “pushed up” into Level 2 varies widely between associations, causing a wide range of “quality” between events within each of Levels 2 and 3.	We do need to provide more clear guidance on this, however some associations have developed their own system to deal with it well and we should learn from them.	✓
•	Results must be displayed by Age Class at Level 2 events (though competitors are free to compete on any colour course). (Acknowledged as less of an issue now by the 4 level group)	Associations control Level 2 events, and should decide whether this is mandatory at their events. The British Orienteering website will display in both formats.	✓
•	Potential participants can’t easily differentiate between the wide range of types of event that currently exist in Level 3. There are a lot of events at this level; newcomers won’t know what to expect.	We need to clarify what criteria will be used to differentiate and then it will be clearer to potential participants to understand. Applies to 3, 4 or 5 level structure.	✓
	Identification of Quality Events: How is a competitor to decide which of these events are worth travelling to if they are all now described as Regional Events?	Who decides what a quality event is? Having more courses is no indication of quality. Competitors make their own judgements about what is a quality event and whether or not it is worth travelling to; different factors come into play for each of us. The similarities between a cross-country event with 7-8 courses and an event with 12 are far greater than the dissimilarities. However many courses they have, events are likely to be better quality in, for instance, Lakeland terrain than they are in the more limited terrain of eastern England. Also, who would determine which of the burgeoning numbers of Sprint, Middle Distance, Long O and Urban races are high quality and which are not? All these, in terms of event organization, professionally printed maps and electronic timing, have more in common with each other than any do with the Local Event (usually 4 courses or less, according to the Guidelines).	
•	Controllers: Level 3 events don’t have to have a controller. Will standards not be achieved as a result?	Risk assessment and management is mandatory due to insurance requirements at all levels of event. Provided that the role of the Controller is clear at each level of event (3, 4 or 5 level structure), then the training of controllers and a mechanism to develop a suitable quality assurance process can be provided. Clubs appear to enjoy the freedom to put on a variety of events at local level that they are responsible for and determining the quality of – how much quality assurance is required at local events? Are members currently unhappy with the quality of local events?	✓
•	Embargoes: Initially the embargo requirement of the 3 level structure was an issue, but it has been relaxed; now it is up to a region to decide if they want to embargo a Level 2 event; no embargo at Level 3.	As associations are responsible for regional (level 2) events surely they can be responsible for determining the need for and length of any embargo?	
	The number of event levels should align with the number of organisations that authorise events. This was the original recommendation of the Event Review Group (ESRG), though the three levels were called “National, Standard and Local”.	This was the basis for the recommendation of the ESRG; there is a 3 tier structure to orienteering, national, association and club, therefore it is fair to have assumed the responsibility should be with one of them.	
	Alignment of event levels with competition levels. (Confused in the 4 level proposal as it refers to competitions as a reason for needing the extra level).	The Competition Review is ongoing, so competitions can’t be aligned to Events yet. In hindsight perhaps both should have been done at once but “we are where we are”	✓
	The need to differentiate between “activities” and small “events” that are put on by clubs.	Activities are registered separately from events, in reality there are 3 levels of events and also activities – 4 levels!	
	How many events should be included in the rankings, and how is this decided?	National and Regional events are included (subject to Appendix K) and this doesn’t seem to be an issue at the moment. This can be expanded / reduced regardless of the number of event levels.	
	The cost of entry to events is higher in the 3 level system	This is an issue for clubs and associations staging events as the British Orienteering levy does not impact on the level of event. There is no reason to increase entry fees unless there are large land access fees, PG plot or professional mapping fees to cover.	
	People don’t yet understand the difference between “events” and “competitions”, consequently they want more event levels, to differentiate competitions.	There is misunderstanding, but this should not be an issue for the number of event levels. If the competitions review had been done in parallel with the event levels review, perhaps this could have been avoided.	
	People don’t yet understand the new ranking scheme; they don’t like the loss of ability to compare themselves within their age class.	Not an event level issue but more awareness of the new ranking scheme is required - it does allow comparison to be made using a simple filter.	✓
	Some participants don’t know (or care) that we’ve changed to a 3-level structure, so will be confused by (or ignore) a 4-level proposal.	How many members are concerned about the number of event levels provided they can go orienteering? If you haven’t noticed a change or are not concerned by it, vote AGAINST to support the Board and avoid wasting effort.	
	It has taken a long time since the new system was implemented for all the issues to emerge, and still there is a lot of misunderstanding; clubs and volunteers are only just beginning to get to grips with the 3-level system, so it is too soon to propose further change.	Agree, 2009 was a transition year; this allowed some clubs and volunteers to just ignore the change and related issues and carry on as before; consequently only now in 2010 are the issues becoming problems that have to be resolved.	✓
	Is it easier or harder for national, regional and club fixtures secretaries to register events now? Is the right information being uploaded and published?	Not an issue for the number of event levels but we are working to make registering events easier and to capture and display appropriate information.	✓
	Fixtures co-ordination, avoidance of clashes.	This should take place regardless of the number of levels; events should be staged to suit the members rather than meet the administrative requirements of British Orienteering.	✓
•	Debating this matter at this AGM can only be healthy for the future of British Orienteering, whether the 4-tier Proposal is carried	There are (and have been) many other opportunities to have debate and make constructive suggestions e.g. Club Development Conferences, association committee meetings, etc. The AGM seems like the least effective place for the debate, because of the limited time available, the minimal time many members will have had to study the very detailed information, the lack of formal consultation, and potentially the low numbers that will attend or vote.	
	Time, money and effort has been invested into the British Orienteering website, online registration systems and into updating the Rules, Appendices, Guidelines and supporting materials based on there being three event levels; more time and cost will be involved in re-working due to a change.	There is limited staff and volunteer resources, limited money, and other high priority things to be addressing. Another change to event levels is not the best use of resources, even if some of those involved are willing to spend their time reworking recently revised text.	

IOF Update

At its recent meeting in Helsinki, the IOF Council decided to make some amendments to the Competition Rules for IOF Foot Orienteering Events.

"Independent navigation and fair competition are key characteristics of orienteering. To this end, the definition of the sport in chapter 1 was refined. The rules now clearly state that the competition course shall not be revealed to the competitors before the start (rule 1.1). Further, two new rules were introduced to distinguish between individual interval start events and events with mass or chasing start. In individual interval start events the competitors are expected to navigate independently (old rule 26.2, now modified in new rule 1.2). In mass start and chasing start events where competitors often run in close proximity to each other, navigational skills shall still be a major factor in determining the finishing order (new rule 1.3).

In addition, the start interval in the Long distance at the World Orienteering Championships was increased from 2 to 3 minutes (rule 12.14)."

The agreement between the IOF and this year's WOC organisers was made on the assumption that previous IOF Rules would be followed and it remains to be seen if the change in start time interval for the Long races is implemented in Trondheim (WOC 2010).

A brand new event concept also starts this year, with the Nordic Orienteering Tour (NORT) taking place in June. Organised by Finland, Sweden and Norway, the event provides an exciting combination of races, never seen before at this level. The three races culminate in a chasing start, based on the combined times of the first two stages (which include bonus times for extra spice!). The first past the post is the winner and he/she will take a share of the €27000 prize money.

For the full list of international races that the GB squad will be competing at please go to: www.britishorienteering.org.uk > British Teams > Future Events.



Last spring Sport England launched a ground breaking four year research study, which aimed to uncover what is truly important to people when participating in sport, and what sports can do to improve their participant's satisfaction levels.

Last year orienteering was placed 5th in the satisfaction table across all sports that took part in the survey and the results are already helping British Orienteering to develop initiatives that will further improve satisfaction levels.

The survey will be running again during March and we would urge all our members that are eligible to take part in the survey to have their say on the future development of orienteering.

www.sportengland.org/research/sport_satisfaction.aspx

APPROPRIATE COMMUNICATION

by Neil Cameron, Chairman



The Board invited me to write this short article following continuing concerns about the content and manner of communication from some members to event officials, to other volunteers and to members of the staff of British Orienteering.

When our MP3 vision was introduced, we also adopted a set of values of which one was on Health & Welfare which includes, "We aim to ensure that all volunteers and staff members are treated with respect".

Recent observation suggests that this value is regrettably not being adhered to by some members. Examples I have seen personally include:

- Shouting or swearing at a volunteer whom the member believed had been unhelpful or had done a poor job.
- Publicly criticising a decision taken by a British Orienteering committee alleging that it was "crazy" and "had been taken without thinking of the consequences".
- Sending an email to the National Office using aggressive and what some would say, abusive language.

We all know we are a sport which is highly dependent on volunteers and on the capability, motivation and work-rate of our staff.

What is unacceptable about my examples above is the manner of delivery rather than the content of the communication. Looking back at my examples, in turn:

- Competitors should expect that they can feedback concerns about any aspect of an event's organisation but should do so in a calm and sensible manner whilst also being willing to listen and consider carefully any explanation or differing point of view put forward.
- Volunteers on committees (whether at national or more local levels) in my opinion always take what they see as the best decision at the time they take it. Feedback should again concentrate on facts, be given direct to those who took the decision and any answer given should be listened to carefully.
- National Office may occasionally fail to meet members' expectations and feedback on such failings will always be welcome, but again only if delivered in a civilised manner and with an open mind to considering matters raised in a response.

I suggest we all think about this issue and resolve:

- a. To communicate appropriately (and when we have not done so, perhaps in the heat of the moment, to apologise); and
- b. To tackle others who don't meet the standard, and point out to them (calmly!) the error of their ways.

I would also offer a few final suggestions:

1. Be aware of and use established communication channels and decision-making processes. We can make good use of channels and processes by getting to know how they operate, participating in them, getting informed on the issue, contributing to the debate and generally recognising and respecting the considerable differences and complexities that exist on some matters.
2. Newsletters, magazines and websites have a key role in communication within the sport. It is important they give a balanced picture and avoid 'them and us' thinking. This isn't about always following a British Orienteering line: there is plenty of scope for the opinion of an editor, a contributor or a club / association, provided the overall information is factually correct and balanced.
3. Respect for the individual. Whatever the channel of communication and whether person-to- person or in a publication, comment should be about the issues, not about the person. Offensive comments should not be made to event officials, other volunteers or employees.

This isn't to suggest dissatisfaction with individuals' performance should not be raised: it is about how it is raised.

In the first instance, try to raise concerns in a constructive manner with the responsible person. If that hasn't worked, could be difficult to do, or you feel the matter is more serious, the following channels exist for raising concerns regarding the following:

- Event officials and volunteers – with the Organiser of the event or the Chair of the organising club
- Decisions or actions of British Orienteering – with the relevant Committee or Group Chair, or if this is not known, with the Chief Executive or a Director, who will forward the concern appropriately
- Members of British Orienteering staff – with the Chief Executive
- The Chief Executive or Directors - with the Chairman
- The Chairman - with another Director who will consult with other Directors on how to respond.

We need to work together in looking after the sport of orienteering and the people within the sport, both volunteers and employees, because our sport depends crucially on their continued work and motivation.

In writing this, I acknowledge earlier work done by Bob Roach, a former Chairman of British Orienteering.



STREET 'O' COMES TO DARLEY DALE

By Steve, Sian & Rebecca Mead

It has become a tradition for Derwent Valley Orienteers (DVO) to start the New Year with a street orienteering event. This year's venue being Darley Dale, home of the British Orienteering offices, Peak Rail and St Helens Church, the latter famed for its ancient Yew Tree and impressive stained glass window.

The New Year dawned a glorious, if frosty morning with 48 runners braving the winter conditions. The event proved an ideal way to start 2010 and to clear a hangover - even if some found the start time of 11.00 left little time to recuperate from the previous nights celebrations!

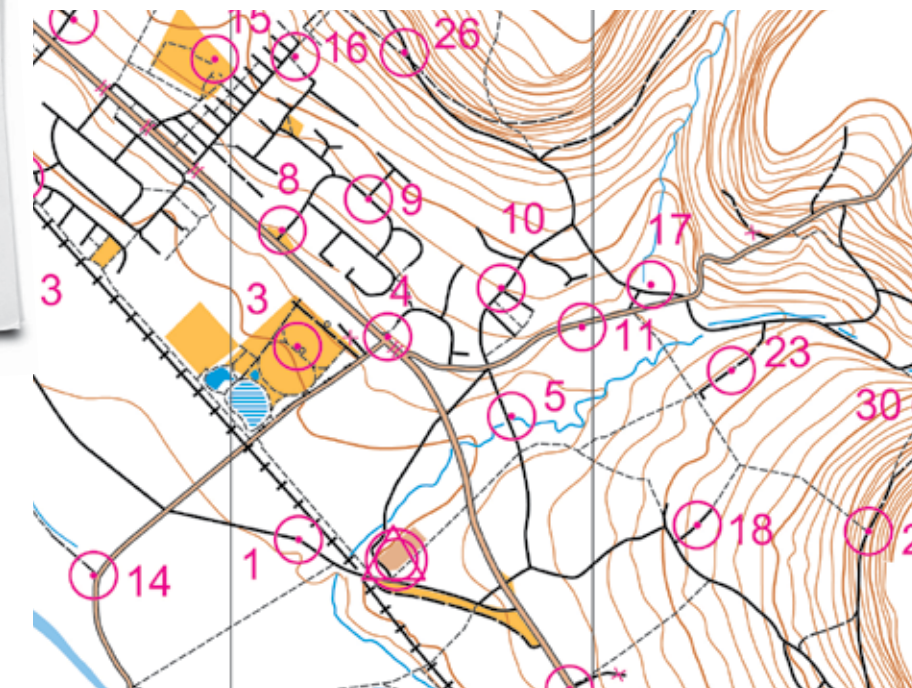
The event was planned and organised by Steve, Sian and Rebecca Mead with the start and finish at the well known furniture store



NEW CHALLENGES AT THE NORTHERN CHAMPS

By Martin Ward

The Northern Championships, the first National Event of 2010 was organised by South Yorkshire Orienteers. It took place on Baslow, Curbar, Froggatt Edges and Big Moor which is a vast area brand new to orienteering. The area was always going to be a challenge for the planner and the competitors, with rocks that were difficult to map, overgrown boulder-fields that were ankle-breaking territory, impassable cliffs and tough terrain out on the moor. It also had some wooded slopes around the edge and these were used for the beginning and end of most courses, providing a good contrast from the open moorland above. The planner, Peter Gorvett, knew it was going to be a tough test for the competitors.



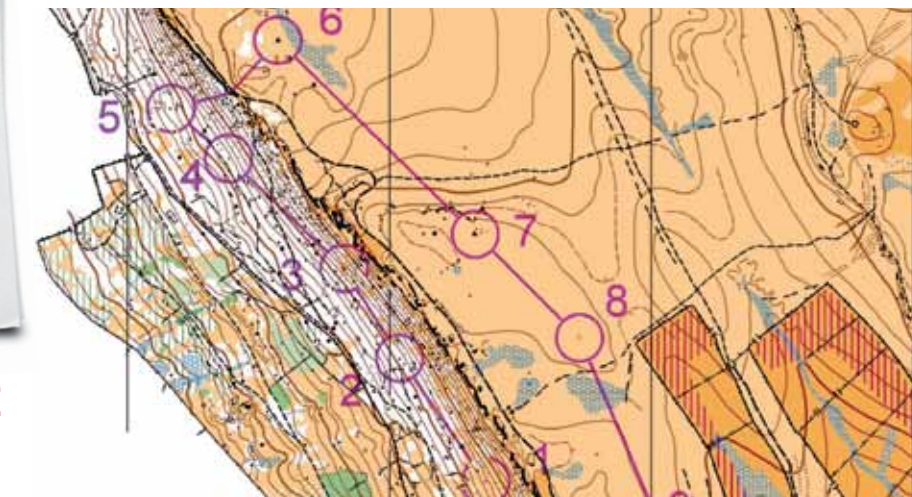
DFS, who kindly donated their deliveries car park for our use. As a one-hour Score Event, competitors needed to visit as many controls as they could, answer a simple question to confirm they had been there and return within the allotted hour to avoid incurring penalty points.

The controls were located along roads, lanes and footpaths, mixing urban areas and fields with controls featuring points of local interest, history or just the unusual. The British

Orienteering offices featured as the answer to question 20.

The event was won by John Hurley who managed to juggle maximising his score with a hefty penalty point total of 33 for being the last to return - perhaps the penalty points should have been higher!

Thanks to all the competitors, to DFS and to Mike Godfree for his excellent mapping.

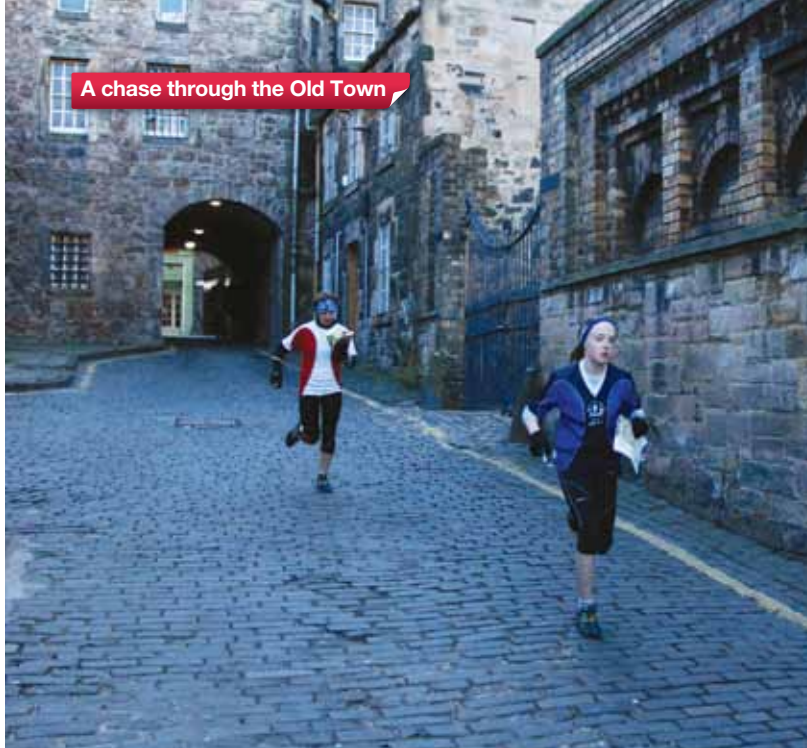


For several weeks before the event there was concern that the snow and ice that had been around since early January would not have thawed. In the end, it was fine, with just a few snow drifts left in patches on the higher ground. The assembly area, based at Cliff College in Calver, was ideal. It had great facilities all close by but unfortunately it wasn't possible to obtain all the required permissions to bring the courses right back down to the assembly area. From the car park you could see the tremendous views of the gritstone edges around which the event was taking place.

The turn-out was a little lower than expected, perhaps due to concerns about the weather leading up to the event, but on the day around 730 competitors took part. In the Men's elite

class it was Oli Johnson of SYO who took the win, becoming Northern Champion on "home terrain", in a time of 77 minutes, three minutes ahead of Graham Gristwood in second. The Women's Elite was much closer, with Pippa Archer of CLOK winning in 64 minutes, just 11 seconds ahead of Grace Crane.

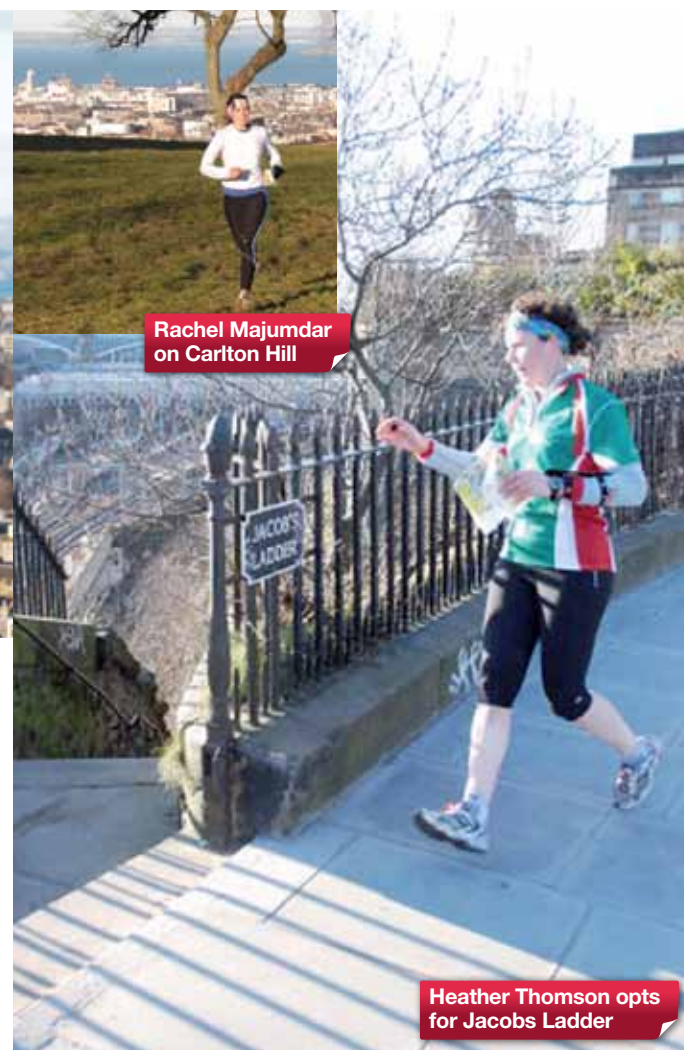
On the day before the Northern Championships, SYO also organised a Middle Distance regional event in Beeley Woods, on the outskirts of Sheffield. This provided a great contrast to the National Event, and about half the competitors made a weekend of it and came to both events. It may also have helped that both events were ranking events – providing a good chance to score ranking points in the new British Orienteering ranking list.



A chase through the Old Town



Jon Hollingdale on Carlton Hill



Rachel Majumdar on Carlton Hill

Heather Thomson opts for Jacobs Ladder

SIGHT-SEEING AND RACING AT THE EDINBURGH CITY RACE

Report by James Lyne - Photos by Ken Daly

Edinburgh University Orienteering Club's famous city race returned for the third year in a row, this time bigger than ever! After initial worries about icy and wet conditions we were lucky to have a dry and crisp winter morning for the competition. This year the race attracted 276 competitors from all corners of the UK to the Scottish capital for some fine urban racing.

Urban orienteering in Edinburgh is quite different to urban orienteering elsewhere in the UK. It is not often that a competitor has the chance to compete whilst getting a complementary tour of a capital city. Our aim was simple, to maximise the number of interesting locations in Edinburgh that could be visited whilst maintaining a high level of navigational challenge for the long and short courses.

Gardens, taking the competitors into the heart of Edinburgh, shadowed by the castle.

In addition to the vast quantity of famous landmarks visible, the courses also posed significant navigational and physical challenge, with Edinburgh's numerous hills adding an extra dimension to regular urban orienteering. The significant number of route choices often gave the choice between climb

or distance, something which is uncommon in British urban orienteering.

The courses were planned by JWOC medallist Alison O'Neil who did an excellent job of creating many tough legs with multiple route choices which evidently caused problems for a fair number of competitors as shown by routegadget!



Les Dalgleish

The start was located next to the Queen's residence of Holyrood Palace as well as the Scottish Parliament. From here competitors were able to explore the maze of passageways either side of the Royal Mile and make use of the newly mapped Calton Hill which allowed amazing panoramic views of Holyrood Park, the coast and Edinburgh Castle.

Following this, the courses crossed back towards the Royal Mile, with the long course using Prince's Street

This year, the podiums were dominated by Scottish clubs:

MEN'S OPEN

1. Oleg Chepelin (EUOC)
2. Jegor Kostylev (EUOC)
3. Murray Strain (INT)

WOMEN'S OPEN

1. Becky Carlyle (FVO)
2. Sarah Dunn (MAROC)
3. Kirstin Maxwell (RR)

CLASS WINNERS

- Junior Man - Andrew Lindsay (ESOC)
- Junior Woman - Rona Lindsay (ESOC)
- Veteran Man - Ben Hartmann (INT)
- Veteran Woman - Helena Nolan (ESOC)
- Super Veteran Man - Douglas Henderson (RR)
- Super Veteran Woman - Pauline Mcadam (STAG)



Excerpt of the Edinburgh Course

The city race was the opening race in the 'Nopesport Urban League,' which this year incorporates even more city races based on the popularity of last year.

The event seemed to provide competitors with a great deal of enjoyment. The day passed with minimal disturbances with only one competitor being given the wrong map and one dodgy control box! One competitor said, 'I think this race is second only to Venice in terms of the most enjoyable areas I've ever run on. It might even be a contender for the World 101 top areas.'

The days events didn't stop after the race though. In the evening, EUOC organised their classic ceilidh in celebration of Burn's night. Held in a central community hall, we invited all of the competitors to come and dance the night away in Scottish style. After a few hours of dancing, Andrew Tullie (EUOC) addressed the haggis before we served it up on oatcakes. Drinks flowed and the dancing continued on until late.

The next day saw JOK's chasing sprints held on Arthur's Seat. This provided two exciting non-urban sprint races where competitors fought for the coveted 'Flying Pig' trophies. Jegor Kostylev and Hollie Orr (EUOC)

won the men and women's open respectively.

The accompaniment of the city race with this format for the Sunday race was well received as it helps the weekend remain varied through the years and courses made the most of the technical areas of Arthur's Seat without the horrendous climb that is often associated with it.

Organising an event like this is a great way to get everyone in the club involved. Having 25 or so people who are there to help all day certainly made the organising a lot easier too! The organisers would like to say thanks to everyone who helped out behind the scenes to make everything run smoothly on the day as well as ELO and ESOC for their kind help.

Dates of the next Edinburgh City Race have already been set as the 22nd/23rd January 2011. Based on comments from this year's competitors, it is likely that there will be a broader range of courses and with any luck further mapping may allow for previously unused areas to be incorporated.

Look out for details at: <http://orienteering.eusu.ed.ac.uk/> or email captain@euoclegends.co.uk for more information.

Park World Tour
Perth, Scotland
10 - 12 September 2010

Perth800
1210 - 2010

scottish orienteering

TACKLA

I & H BROWN

EventScotland



ENTRIES NOW OPEN

Join us in Perthshire for some of the most exciting racing that Scotland has seen as some of the the World's best orienteers compete for a €5,000 prize fund.

Friday 10 September: Scone Palace, Perth
PWT Sprint Qualification and public races with open qualification for the final available.

Saturday 11 September: Perth Town Centre
PWT Sprint Final and public races, can you beat any of the world's best orienteers?

Sunday 12 September: Devilla, Fife
Long distance public races alongside the Junior Home Internationals using some of Scotland's best terrain.

Find out more and keep up to date at:
www.scottish-orienteering.org/pwt2010

Club of the Year

Congratulations to Grampian Orienteers and Oxford University OC - winners of the British Orienteering Club of the Year in the open club and university club categories.

In the open club category the runners up were Leicestershire OC and Swansea Bay OC and in the university category the runners up were Edinburgh University OC and Sheffield University OC.

The voting panelists from Development Committee commented on the strong entries from clubs this year and the top three from each category will go forward to be British Orienteering's entries in the Central Council for Physical Recreation's (CCPR) National Sports Club of the Year Competition.

All the top clubs demonstrated that they are working to develop their members and to increase participation in the sport. From the winning clubs' entries:

"Grampian Orienteers is now an orienteering club with a large membership; this has been achieved in part by having a focus on involvement rather than an obsession with competition. We are a sporting club but believe that the future of the club is in widening its interest across the community and we believe our sport is uniquely placed to offer something for all sectors of society. As a result, we concentrate on providing many smaller, accessible events that bring people into the sport as well as delivering and supporting national and international competition. By encouraging the former, we will create capacity to deliver the latter. Last year the club gained 56 new members."

"The Oxford University Orienteering Club (OUOC) exists primarily to introduce students to orienteering, enable us to get to events and compete for the university. Recruitment falls into three main categories: existing orienteers (by far the easiest to convince to join), those who sign up out of curiosity at Freshers' Fair and those who get cajoled by a friend already in the club. The challenge for these last two groups is to present orienteering in a way which is accessible and fun.

During the last year, OUOC completed 116 hours of Outreach work with local schools. Members enjoyed teaching the basic skills of orienteering to groups of between 30 and 90 children aged 7-16. The children learnt how to read maps and use a compass, as well as experiencing the sheer pleasure of running around outdoors. The response from the children and schools alike continues to be very positive. We were delighted to see a handful of the children from the schools come with their parents out of term time to our Cuppers (inter-college) competition in the University Parks.

Ian Webb has now mapped and updated almost the entire centre of Oxford and nearby parks. These maps are an invaluable resource for our own training sessions and we expect to make even more use of them as our Outreach work expands. We look forward to furthering our relationship with our local schools and hope to work closely with them to get a regular inter-schools competition set up. To reflect the growing role Outreach work is playing in the club we have created a dedicated 'Outreach Coordinator' committee position."

Congratulations to all the successful clubs.

Hilary Palmer
Development Manager

Growing Participation in English clubs through club/school link projects

In the past five years we have been successful in increasing, to up to 62%, the number of English state schools which offer orienteering. To further introduce these school children into the sport, some of our Sport England funding in the 2009-13 Whole Sport Plan period was earmarked specifically to increase participation by young people outside of school time.

As our clubs cover such large areas and do not have definite locations, a common barrier we face is 'where is your club house?' to which there is only one answer, 'we don't have one'.

The general public don't understand this idea of a sports club and so during 2009 fifteen different clubs ran 'GROW' projects at the same location

for between 5 and 10 weeks.

The projects were advertised in schools and through other avenues in their communities and had varying degrees of success. Southern Navigators Fleet project in the spring attracted a core of about 20 families to their weekly activities, with after school clubs in Worcestershire, Cumbria and Berkshire averaging between 15 and 25 young people every week.

In the Autumn Term, nine projects had total attendances of 293 adults (only 6 projects targeted all ages) and 1206 young people, thus giving an average weekly attendance of 48 adults and 134 young people over all the projects.

For some clubs, this project is viewed as a trial to see if regular

orienteering activities increase participation. I personally regard them as a success; newcomers these days do not want to attend 'events' over a wide club area on an irregular basis. They have shown that they like the friendliness of these informal 'GROW' projects which have taken place regularly in the same location and clubs are gaining more members as a result.

Although some orienteers believe these sessions are not 'proper' orienteering, for many others and for many coaches these activities are fun and encourage more people into the sport.

Hilary Palmer, Development Manager (looking forward to my retirement and to doing more coaching at a weekly location for my club!)



CONGRATULATIONS TO PENDLE FOREST ORIENTEERS (PFO) ON ACHIEVING CLUBMARK ACCREDITATION EARLY IN JANUARY.

PFO is a small club which is very keen to grow its membership and has tried a number of innovative ways to work in the community. The club coaches gained a grant for SI kit and in return have worked with the community police to put on orienteering activities for ethnic minorities. There has been strong links with some local schools, notably Bacup & Rawtenstall Grammar School, and increasing numbers of new adult and younger participants are attending the weekly club night sessions.

THE DEVELOPMENT UPDATE

The first two months of 2010 have flown by in a whirlwind of meetings and I am now brimming with ideas to assist existing university clubs and help create new ones.

After establishing a platform of participation figures to work from I am now focusing on creating fresh interest in the sport through 'taster days' held at university sites. In early February one such day was held at the University of Surrey and was used as a trial for different model ideas.

The event was hosted from outside of the Students Union and publicised with feather banners and posters as well as leaflets being handed out around the campus. The event



attracted a lot of interest and demonstrated a keen interest in orienteering. I am now aiming to assist the university with establishing a club sometime in the near future.

For clubs or individuals interested in starting up something at your local university I will be writing a guide containing good

practice ideas to promote orienteering and generate interest from the students. The next big opportunity will be the 'fresher fairs' taking place in and around September. In order to get involved, you will need to start planning your stand from as early as April. If you are interested then please contact me.



*Josh Jenner, HE Development Officer
Email: josh@britishorienteering.org.uk*

FAREWELL AND THANKS TO COLIN BEST



At the end of March, Colin will retire as Regional Development Officer (RDO) for the Yorkshire and Humber region. Colin was appointed in May 2004 when British Orienteering

had an unexpected windfall of an extra grant from Sport England to develop school/club links and we were able to employ RDOs in each of the nine English regions.

Colin decided that it would be difficult to develop school/club links if schools were not offering orienteering to their students and in the past (almost) six years he has contacted the Partnership Development Managers of most of the regions School Sports Partnerships and helped them to introduce the sport in their schools.

There have been some great developments of school/club links, inter-school competitions and orienteering coach employment etc - all supported by Colin.

In retirement, Colin will be helping his own club, SYO, to build on the schools work already in place and establish small outreach projects in local areas to try to increase weekly participation in the sport. Other clubs in the region which are following suit having been encouraged by Colin are EBOR and HALO.



Happy Herts Club Chairman Mike Edwards presents Keith and Susan Marsden with their Award

Services Awards

Congratulations to the following orienteers who have been awarded a Services to Orienteering Award:

Janet Clark of Edinburgh Southern Orienteering Club (ESOC) for her commitment to the development and expansion of the sport in Edinburgh.

Christine Lipcombe of Isle of Wight Orienteers (WIGHTO) for over twenty years of dedicated service to events on the Isle of Wight.

Anne Hickling of Grampian Orienteers (GRAMP) for her commitment to the development of the sport in and around Aberdeen.

Ray Massey of Southampton Orienteering Club (SOC) for over forty years of commitment to mapping in Southern England.

Ursula Oxburgh of West Anglian Orienteering Club (WAOC) for twenty years of sustained commitment to junior orienteering in East Anglia.

John Brown of Southern Navigators (SN) for over twenty years of service as an event organiser in the South-East.

Paul Wallace-Stock of Southern Navigators (SN) for over twenty years of service as an event organiser in the South-East.

Rosemary Wailes of Southern Navigators (SN) for twenty-three years of phenomenal work in establishing and sustaining the hugely successful Southern Navigators Schools League.

Steve McKinley of Southern Navigators (SN) for his work as an event official and his dedication to mapping in the South-East.

Philip Basford of Dartford Orienteering Klub (DFOK) for his work as a mapper and his services to schools orienteering.

Roger Jackson of West Cumberland Orienteering Club (WCOC) for thirty years of outstanding contributions to the development of orienteering.

Ray Waight of South Yorkshire Orienteers (SYO) for his dedicated work as a mapper and his all-round services to South Yorkshire Orienteers.

PARTICIPATION

Club Nights – What we have learnt so far!

By Steve Vernon, Participation Manager (North)

As more and more 'club nights' are developing around the country we are certainly seeing that one model certainly doesn't fit all!

Club volunteers continually put in a lot of time and effort to make their club nights an enjoyable learning experience for all. This can often be a real challenge as clubs can be faced with the dilemma of catering for an 11 year old complete novice on the same evening as an international standard 24 year old!

Many clubs are now catering for this by dividing their club night in two. By doing this, coaches can then run one session aimed at beginners and newcomers who want to develop their basic skills and then another session targeted at more accomplished orienteers. Again this requires more volunteers and coaches but makes planning a session a lot more simple.

In order to do this, clubs need more coaches and volunteers to support their activities. However members are often reluctant to become a coach because of the potential commitment involved. It shouldn't have to be this way.

Club coaches and volunteers should share the responsibilities of running a club night and not be relied upon to be running the session every week for 52 weeks a year. Even if it just means asking a parent to take the register or collect the money, it is a start to sharing the effort involved.

Attracting Members

Various methods have been used to attract newcomers and beginners to club nights and again no one model is guaranteed to work. A particular model though that has been successful has been for coaches to run a few orienteering taster sessions at an after school club close to the club night venue.

The sessions can be used to engage children at primary schools and the teachers/staff are usually eager for coaches to come in and offer orienteering. A good school map is often available to use. When parents come to collect children from the session this is an ideal opportunity to supply them with 'club night' publicity and also encourage them to attend the 'family orientated' club night. Parents are usually very keen to help out and volunteer, even if they don't get involved with the actual activities.

Despite this being a generally successful model it has not always worked and posters in chip shops have gained just as many new members! It does depend on your local demographics and target age group. Your local Sports Development Officer and School Sports Partnership Development Manager will usually know what will and won't work in the area so they are certainly worth contacting. Please speak with your Regional Development Officer for help in contacting these people.

Clubs that are keen to share coaching activities and any ideas that have worked with regards to attracting newcomers along to club night should send me an email and I can then put it up on the 'Increasing Participation' section of the website for others to benefit from. There is already a wealth of information on the site, so please take a look.

Supporting Volunteers

To manage and support volunteers, a 'Volunteer Coordinator' is an ideal role for clubs to develop. This person can then communicate with volunteers and coaches and coordinate their commitment, development and desired involvement.

Club night participants enjoying map exercises



Catherine Hughes explains some of the exercises at West Notts Club Night



To support clubs in developing this role, British Orienteering has created an online 'Volunteer Coordinator' course that can be accessed at: www.britishorienteering.org.uk/elearning.

An enrolment key is required to complete the course and this can be obtained by emailing steve@britishorienteering.org.uk. The course takes 90 minutes to complete and you will receive a certificate to recognise your achievement. It is hoped that once clubs have a 'Volunteer Coordinator' in place they will be able to help volunteers develop their skills and recognise and reward their efforts.

MAKING THE PRESS WORK FOR YOUR CLUB

By Roger Jackson (WCOC)

Regular press coverage has enormous benefits for the morale of a club and the health of the sport locally. People love to see their name in print and for other family members to read about their exploits at events.

It is important to have orienteering 'stories/reports' in the newspapers alongside all the mainstream sports, and to show that we are an active and popular sport.

Most clubs have many members who travel to events every week and these results can be the basis of a regular press report. Indeed, a large number of clubs around the country already keep their local press in touch with what's going on, with regular 'press releases'!

Check out your local paper. How much sport is included every week? Our local weekly broadsheet has five full pages of sport reports - plenty of room then for orienteering! Study the way the other sports are covered. Get the email address of the sports editor. When is the deadline for material?

Try to produce a regular report every week. Include a 'story/description' of the event, highlight individual successes, list the results, give details of club activities/next event, include a website address and/or telephone number, and a photo or two; or any combination of the above! The editor makes the decision on what he will use, so don't be surprised if he cuts your report down. It will all depend on

what space is available. He will also decide the headline, but you can point him in the right direction with an interesting sentence in an early paragraph!

Even if a photo isn't used, the paper will often keep them on file and they will fill a space in a future edition. So, keep feeding photos to them and try and include as many club members as possible. Often the editor will use a photo to break up and enliven a page, so it is worth him having orienteering photos at hand!

Getting a story on to the back page is more difficult, but often there will be a 'Pick of the Week' story which will involve a local junior who has received national recognition; e.g. Squad selection, Interland, JIRC or JHI success, or JK/BOC wins. Often they will send out their own photographer to get a picture for the back page.

At WCOC we manage to get at least one report into the paper every week, with school's event results also appearing, and occasionally a back page photo. This has done wonders for the profile of the sport and the club in the area. A real bonus has been that land owners often know quite a bit about the



sport when we go to get permissions and they are very positive with their responses! This is probably through a combination of press coverage and children within the wider family having tried the sport at school.

Think of your report as one of fifty for that year, and not just as a one off. That way you won't be disappointed when the editor cuts it down, writes a 'silly' headline, or tucks it away at the bottom corner of the page. Be clear about what your overall message to the readers is, with fifty editions giving you all the opportunity you need to get that message across.

Further information about PR can be found on the Increasing Participation section of the British Orienteering website.

NOTICE BOARD

The Bassetlaw and District Orienteers' (NOC) satellite club continues to grow in numbers thanks to the continual hard work from lead coach Robert Parkinson. The club runs from 6:30pm to 8pm every Wednesday from Ranby House School in Retford. Each week there are now over 20 people attending with a great mix of ages and abilities. Robert has even attracted lapsed members back into the sport who want to orienteer locally!

Clubs need more trained coaches so that they can offer more coaching to their members. During 2009, bursaries using Sport England funding were given towards the costs of training 86 members of orienteering clubs who attended coaching courses in England.

'Club Night' coaches recently benefited from sharing ideas and information at the Coaching Conference held at Lilleshall on the 6th/7th Feb. Coaches are urged to send in any ideas or sessions that they think other coaches could benefit from. These ideas will be included in the 'Increasing Participation' section of the British Orienteering website. Please send to steve@britishorienteering.org.uk

British Orienteering is now an official partner of StreetGames along with five other NGB's. 'StreetGames is a groundbreaking national charity which develops sport with disadvantaged communities and makes sport accessible to young people regardless of their social circumstances'. Initially the focus will be to deliver orienteering as part of their summer outdoor festivals in urban parks in the North West.

In the first six weeks of 2010, Sport England funded bursaries have been given towards the costs of training 27 coaches - seven in Devon, nine in EBOR, four in Essex Stragglers and the rest from six other clubs. Clubs are meeting some of the costs and regard this as an important aspect of their development planning.

Congratulations to Sue Harvey, who has been awarded the MBE for services rendered, including to orienteering.



31 May - 6 June 2010

As well as being the summer half term, Monday 31st May to Sunday 6th June 2010 is National Family Week. The Week aims to highlight the important role families play in society and encourage healthy active lifestyles and quality family time. There is lots happening during the week

How will you take part?

including fun, free events and activities, competitions and loads of special savings to make spending family time together that little bit easier.

One of the core themes for National Family Week is Sports Day on Saturday 5th June when thousands of sporting activities will be happening all across the UK for families to take part in. Why not organise your own orienteering activity for families

in your community, either during The Week or on the Family Week Sports Day? Many orienteering clubs got involved with the initiative last year, so why not promote one of your local events, as part of National Family Week.

Alternatively, log on to www.nationalfamilyweek.co.uk from March onwards to find out what activities will be happening near you.



Ozone

Issue 13 - Spring 2010

FOR JUNIOR ORIENTEERS



Inside this Issue:

New GB Talent Squad
Running Training for Juniors
2010 Competitions
Jonathan Crickmore

More People, More Places, More Podiums (MP3)

www.britishorienteering.org.uk/ozone

National Talent Squad

Congratulations to all the athletes that have been selected to be part of the Great Britain Talent Squad.

Men	Women
Jack Benham (SWOA)	Lucy Butt (SWOA)
Duncan Birtwistle (YHOA)	Anwen Darlington (WOA)
Peter Bray (SCOA)	Florence Haines (YHOA)
Alan Cherry (SOA)	Joanne Halliday (WMOA)
Jonathan Crickmore (SEOA)	Rebecca Harding (SEOA)
Tom Fellbaum (NWOA)	Alice Leake (YHOA)
William Gardner (WMOA)	Abigail Longhurst (SOA)
Chris Smithard (NWOA)	Aine McCann (NIOA)
Jamie Stevenson (SOA)	Jessica Orr (SOA)
James Taylor (EMOA)	Joanna Shepherd (SOA)
	Victoria Stevens (YHOA)
	Charlotte Watson (NWOA)



Tom Fellbaum



Rebecca Harding

At a recent squad meeting Ozone caught up with some of the athletes:

Anwen Darlington (ERYRI)

What age did you start orienteering? I did my first course on my own when I was 8 but I did a lot of string courses with my mum and dad before that!

Where is your favourite place to orienteer? The areas around Halden are fantastic, I think Norway is great! I also like most sand dune areas, such as Broughton Burrows and Formby, nice and fast but also really technical and tough.

What has been your best orienteering experience? I love going on tours as they have a really great atmosphere. You get to visit some really good areas and get some quality training. The Halden and Welshy tours to Orebro are probably the best ones. Then I really enjoyed O-Ringen 2008 - my first O-Ringen and the biggest event I have competed in; great atmosphere, lots of fun and really enjoyable racing but still with a competitive side.

What's your secret to performing well in big competitions? Have a plan for the whole race and stick to it. It can be really easy in a big race just to leg it off at the start, but if I decide on exactly what I'm going to do at each stage of the race then it tends to work. I also have certain songs I like to listen to so I calm down a little bit. A nice chat on the way to the start usually helps too.

Florence Haines (AIRE)

What age did you start orienteering? I can't remember exactly, probably about 9 or 10.

Where is your favourite place to orienteer? Somewhere technical and hilly like Sweden!

What has been your best orienteering experience? My best orienteering experience was at the World Schools 2009 where I won both the middle and long. Also EYOC 2009 in Serbia was a great experience.

What's your secret to performing well in big competitions? I don't really have a secret, but believing mentally on the day and good family support always helps!

Rebecca Harding (HH)

What age did you start orienteering? The first time on my own was at the Scottish 6 days in 2001.

Where is your favourite place to orienteer? Ashridge, as I can run from my house and just get into really nice visible terrain.

What has been your best orienteering experience? The EYOC relays in Serbia. We had such a great team spirit and it really helped me prepare and feel good about my race.

What's your secret to performing well in big competitions? I'm not sure I've found it yet, but definitely a good warm up jog with someone to get rid of any of those worrying pre-race thoughts.

Alice Leake (EUOC)

What age did you start orienteering? 8

Where is your favourite place to orienteer? Scandinavia, especially Lunsen near Uppsala. I really enjoy the fast and technical forests.

What has been your best orienteering experience? I enjoy pretty much every race so it's really hard to pick just one! I love night orienteering though and ultra sprints, so either of those and I'll have a huge smile on my face :)

What's your secret to performing well in big competitions? Focus on the navigation and let the running take care of itself.

Joanna Shepherd (INVOC)

What age did you start orienteering? 10

Where is your favourite place to orienteer? Loch Vaa

What has been your best orienteering experience? Taking part in the Junior Tiomila during British Orienteering's Halden 2009 tour where I gained 19 places on the second leg and our girls' team went on to take bronze in the overall race.

What's your secret to performing well in big competitions? I try to use the pressure of the race to make me concentrate more and push harder.

Charlotte Watson (WCOC)

What age did you start orienteering? I went to the odd event with my family from when I was about 3 but I really got into orienteering at primary school when I was about 9.

Where is your favourite place to orienteer? Where I live in the lakes, one of my favourite areas is probably Graythwaite. Outside the Lake District; I love running in Scandinavian terrain and I really liked the terrain at the French 5 days in 2008.

What has been your best orienteering experience? There are two memorable experiences that stand out. The Venla in 2009 - This was the first time I'd been to such a big orienteering competition. I was running first leg in the Venla and running with 1000 other people was awesome.

EYOC Relay 2009 in Serbia - I was running first leg and after a really bad run the day before I managed to focus on the orienteering. It was a really fun race and I managed to comeback in a good position. I also enjoyed the whole Serbian experience of going to a country I'd never really heard of before and where no one spoke barely any English.

What's your secret to performing well in big competitions? Before a big competition I take an old map of the area if I have one or if not a map with similar terrain and plan a course on it. I take this on a run and go through each leg in my head saying exactly how I'd do each leg and visualising it. I also find on race day I do best when I focus completely on getting the orienteering right and enjoying the race, rather than thinking about the result and other competitors.

Duncan Birtwistle (CLARO)

What age did you start orienteering? I began orienteering from a young age doing string courses. My parents already orienteered.

Where is your favourite place to orienteer? I enjoy orienteering in the Lakes especially on fast open moors. Scandinavia is also really good as the complex terrain keeps things interesting.

What has been your best orienteering experience? My best orienteering experience was O-ringen Salen 2007. It was my first time orienteering in Scandinavia and against really good international competition that I fared well against. I got better and more confident throughout the week and had one of my most perfect runs there.

What's your secret to performing well in big competitions? To do well in big competitions you have to be strong both physically and technically - it is rare to do well relying on one strength.

Peter Bray (SN)

What age did you start orienteering? As soon as I could walk to be honest. I started 'real' courses around the age of 6/7.

Where is your favourite place to orienteer? I love orienteering in technical areas, but I especially like French areas, mainly because it's a bit warmer. However I do like my local army areas such as Mychett.

What has been your best orienteering experience? I really enjoyed my trips to Serbia for EYOC and to Scandinavia but my favourite event to date has been the French Champs in 2008 as they managed to pack such great areas into just a week. My favorite day was run on the coastline at Ile Grande and three quarters of the map was under water at high tide so it was pretty exciting.

What's your secret to performing well in big competitions? I just like to keep myself nice and relaxed through the whole of the pre-race and my warm-up and then I try to switch on once I step into the second box. I like to keep my attitude nice and light.

Jonathan Crickmore (SO)

What age did you start orienteering? I never really started at a certain age, my parents have been doing it since I was born so I just got brought up into the sport.

Where is your favourite place to orienteer? Forested sand dunes are great as there is not much to stop you running full speed and they also offer technical navigation. I also like the typical South East forest with open vague woodland where you can just run hard and straight for a large percentage of the course.

What has been your best orienteering experience? EYOC 2008 - it was my first time competing for GB and I didn't feel too much pressure. Then after a good run, I found out I was winning and that was a great feeling. I did end up dropping to 5th place but I was still extremely happy with my performance.

What's your secret to performing well in big competitions? I am still not entirely sure. I always feel nervous and tired at the start and exhausted during my warm up, but as soon as I get the map everything changes and instinct takes over. I just become solely focused on the race and all the other distractions just disappear.

Tom Fellbaum (MDOC)

What age did you start orienteering? 10 years old.

Where is your favourite place to orienteer? I love Sweden for its diverse terrain, beautiful forests, interesting people and varied weather.

What has been your best orienteering experience? Running first leg in the European Youth Championships Relay, 2008, in Switzerland. We came 5th overall!

What's your secret to performing well in big competitions? Just be relaxed, treat it as usual and enjoy catching up with friends. Then, about half an hour before my start I focus on the vital techniques, which I have spoken about with my coach prior to the race. I also find that I will do well if I enjoy the course and feel in control.

William Gardner (OD)

What age did you start orienteering? 8/9

Where is your favourite place to orienteer? In Britain, probably Culbin because of it's varying between intricate and fast flowing sections and then Sweden and Norway because I love the terrain out there.

What has been your best orienteering experience? French 6 days 2008

What's your secret to performing well in big competitions? Don't get distracted by the size of the event, because it's just another race.

James Taylor (NOC)

What age did you start orienteering? 13

Where is your favourite place to orienteer? Abroad I would have to say Uppsala and in the UK most probably either the New Forest or somewhere like Culbin.

What has been your best orienteering experience? The Swiss 'O' Week in Zermatt was a great experience but my favourite orienteering experience has to be the week I spent in Trondheim. Getting to train with the Swiss national team was amazing and warming up alongside the likes of Hubmann, Guergiou and Wingstedt at the district champs was really surreal.

What's your secret to performing well in big competitions? A great performance depends on a positive mentality. You can't control anything other than your own race, so why worry about things like the weather and other competitors.



Jack Benham



Florence Haines



Peter Bray



Aine McCann

Key Junior Events in 2010

There is an exciting programme of domestic and international events for juniors to compete in throughout 2010.

The main season begins in Wales with two Future Champions Cup (FCC) races over the 6th/7th March at the Welsh Championships weekend in North Wales. The season then really hots up with three consecutive weekends of FCC races: the Midland Championships on the 21st March; the Forth Valley Orienteers Long Distance race on the 28th March; and then the JK from the 2nd-5th April in Devon.

The main part of the domestic season then winds up with the British Championships. The Middle Distance and Sprint Distance are being held in the north-west on the 17-18th April and then the Long Distance Championships take place on Cannock Chase on the 1st May. This event will also be the final FCC race of the year.

The other main junior competitions for the year include the JIRCs being held in June, the Peter Palmer Relays and the Yvette Baker Trophy Final in December.

Junior Selection Races

27th-28th March - FVO Middle Distance and Long Distance Race

2nd-4th April - JK Festival of Orienteering

17th April - British Middle Distance Championships

1st May - British Long Distance Championships

For full details on selection for camps and competitions please see the 2010 Season Specific Selection Policy in the British Teams section of the website.

Junior International Races

European Youth Orienteering Championships (EYOC) 1st - 4th July, Spain

Junior World Orienteering Championships (JWOC) 1st - 11th July, Denmark

Junior Home International, September, Scotland

Junior European Cup (JEC) 23rd - 26th September, Scotland



Running Training Tips for Junior Athletes

By Steve Vernon

It is often asked 'what running sessions are suitable for 14 - 18 year old junior athletes?'

There isn't one answer to this question as it all depends on physical maturity and training age. By training age we mean how long an individual has been training for and at what level.

Below is a selection of hill and interval running sessions that can be used to prepare for 4km - 8km of running. Each example can be tailored to the individual athlete based on their physical age and training age.

A minimum of 10 minutes of jogging should be completed before every session to warm-up. As well as jogging to warm-up, some simple drills and strides should be completed. Following the interval section of

the training session, which should last for no more than 40 minutes, the athlete should jog for a minimum of 10 minutes before finishing off by stretching the key muscles that have been used.

As an athlete, you can consult with a coach or another senior athlete to advise you, but please remember not to attempt these types of sessions back to back. You will need to complete an easy session in the day/s in between intense hill and interval running sessions. An easy day could include 30 - 60 minutes of easy aerobic running. Additionally, please note that interval sessions like the ones detailed should only be attempted after a 2 month aerobic base (easy/steady running) has been completed.

Hill Sessions

4 - 6 x 2 minute hills with an easy jog back down to recover.

8 - 10 x 1 minute hills with an easy jog back down to recover.

10 minute tempo run (80% maximum heart rate) followed by a 3 minute easy jog recovery, then 8 x 30 second hill sprints with a jog down recovery.

Interval Sessions (Terrain/Off Road)

3 - 5 x 5 minutes intervals at race pace with a 2 minute jog recovery.

4 - 8 x 3 minute intervals at race pace with a 90 second jog recovery.

8 - 12 x 1 minute intervals at faster than race pace with a 60 second jog recovery.

Interval Sessions (Track)

4 - 6 x 1km at race pace with a 2 minute jog recovery.

5 - 8 x 800m at race pace with a 90 second jog recovery.

8 - 12 x 400m at faster than race pace with a 60 second jog recovery.

Spot the Difference



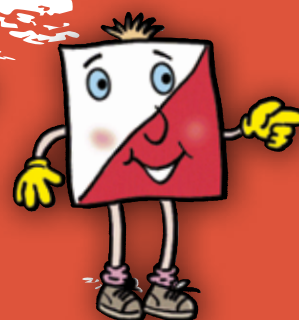
Can you spot the eleven differences between the two maps? The answer can be found on page 6



Orienteering Games & Tips



Spot the Difference answers



Charlie Control asks, Why should I study old maps?

millie map says,

Because thinking is an important skill in orienteering, by studying old maps and working out the best strategy for each leg you can improve your thinking skills and become a better orienteer. Try doing this first with a coach, parent or more experienced orienteer so they can give you some tips!



Morph and Chas at the Edinburgh City Race



Photos by Rachel Scott

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.

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



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

Rachel Scott of Grampian Orienteers managed to catch Morph and Chas in action at the Edinburgh City Race. The TV stars attracted a lot of attention from passers by and later told Ozone magazine that they had really enjoyed their day out.



Future Champions Cup (FCC) Races 2010

Competition is open to M/W18s and M/W20s who are British Orienteering National or Local members.

For this year the 18's and 20's Future Champions will be decided on a series of races, with the best 5 scores to count from 9 races.

Date	Event	Classes	
06/03/10	Middle Distance (WOA)	M (Brown) W (Blue)	
07/03/10	Welsh Champs (WOA)	M (Short Brown) W (Short Blue)	
21/03/10	Midland Champs (EM)	M/W18E	M/W20E
28/03/10	The Trossachs (FVO)	M (Brown) W (Blue)	
02/04/10	JK Day 1 (SW)	M/W18E	M/W20E
03/04/10	JK Day 2 (SW)	M/W18E	M/W20E
04/04/10	JK Day 3 (SW)	M/W18E	M/W20E
17/04/10	BEMC (NW)	M/W18E	M/W20E
01/05/10	BEOC (WCH)	M/W18E	M/W20E

At any event where there is an elite course, those running the M/W18L or 20L will be eligible for 'lower' FCC points. At all of these events the 18E and 20E classes will run the same course. Please include your actual age class when entering.

Scoring: Each age class will score separately, even though competing on the same course. Scoring for each race will be 1st-60, 2nd-55, 3rd-51, 4th-48, 5th-46, 6th-45. The points will then decrease by 1 point for each position, so the top 50 in each class score. In addition, at races where there is a choice of running 18E or 20E or 18L or 20L, the 18L and 20L class runners will score 1st-40, 2nd-36, 3rd-33, 4th-31, 5th-30. The points will then decrease by 1 point per position so the top 34 score. M/W16's and below will not score.

Each competitor will count their 5 best scores. If a race is cancelled or voided the following will apply: best 4 scores from 7 or 8 races (if 1 or 2 is lost).

Prize giving will take place during the British Championships weekend.

For information contact Pauline Olivant
(pauline@britishorienteering.org.uk)



Jonathan in action

Age: 18

Club: Southdowns Orienteers and OK Ravinen

Age started orienteering?

I have orienteered my whole life as my parents started orienteering before I was born. I have no definitive memory of taking part on my first course.

Do your parents orienteer? Yes.

Why/where did you start orienteering?

I started because I was brought along to events by my parents. I really started to do it a lot aged about 7-8 when I was taking part in my clubs local weekly galoppen.

What do you enjoy about orienteering?

I like the way that you have to think as well as run. This means you don't feel the aching caused by the running so you nearly always feel good when orienteering.

Do you have a coach?

I don't have a single personal coach but I have a few people who help me out with different aspects of the sport.

If so, how has this helped you?

They have all helped me, whether it is some help me with my running training or tips on how to improve the technical side of my orienteering.

Where is your favourite place to orienteer?

I enjoy the typical south east forest. They are not the most technical of areas but generally have good runnability and it just feels nice to be able to run fast on most of the course. I also enjoy forested sand dunes as these are also generally very runnable and give a hard technical challenge.

What kind of training do you do?

Most of my training is running based and this varies from intervals to long runs, which I usually do with some people from my school. I also do some strength training in the gym once a week. I normally only get to orienteer at the weekend when there is generally a local event being held.

What is your best result?

In terms of International results, in 2008 and 2009 I secured a 5th place at the European Youth Orienteering Championships. The first one in the long race and the second in the sprint race. In 2008 I also had the fastest time on the last leg of the relay. I was also happy with my 4th place in the long at the FCC final in M20, as only being an M16 it felt like a great performance to be so high up.

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

Really plan ahead for the specific races, so when you are at those races you know what to expect out on the course and that you have the right fitness to cope with the terrain. For general training, make sure you get into a regime and have a plan of what to do. Also finding other people to go for runs with always helps you push yourself and gives you the motivation to go out and train.

What do you enjoy doing outside of orienteering?

Linked with orienteering, I run for an athletics club and do cross country and track meets. These are good fun as there is a group of people my age and even though I am a lot slower than them on the short races it is still good fun. I also like to play cricket in the summer as it is generally after all the selection races and it is a nice break from all the orienteering.



Try Canoeing



Try Climbing



Skymasters

The Outdoors Show 2010

The event of the year for those with a spirit of adventure

The Outdoors Show returns from the 26th-28th March 2010 bringing the best of the outdoors indoors.

The annual event will once again turn Birmingham's NEC into the ultimate adventure seeker's playground, delivering a unique experience not available on the high street or the hills, for people with a passion for hiking and biking, walking and climbing and much, much more...



Ben Fogle & James Cracknell



Joe Simpson



Kate Humble

For the first time since the release of the film "Touching the Void", Joe Simpson will speak publicly at The Outdoors Show about his epic struggle for survival in the Peruvian Andes which has since entered mountaineering legend. Other celebrity guests attending the show will be top British climber Leo Holding, two-time Olympic Rowing Gold Medallist James Cracknell, TV Presenters Simon King and Kate Humble and adventurer Ben Fogle.

New for 2010 is the exciting introduction of TriLive, the only UK triathlon show north of London. The area will play host to exhibitors and experts from the sport and provides the perfect opportunity for visitors to learn how to get involved in the demanding and rewarding world of triathlon.

Back by popular demand is the spectacular SkyMasters competition showcasing elite climbers as they race head-to-head on a floating overhanging course set in the rafters of the NEC. The Ice Climbing wall also returns providing a tough and challenging opportunity for visitors to prove they have the strength to tackle one of nature's most difficult ascents.

For those wanting to embrace the elements, The Outdoors Show has also re-introduced the Wilderness Camp attraction, offering show-goers the chance to learn survival skills for dealing with the extreme terrains of the planet including Arctic igloo living, desert animal tracking, rabbit skinning and lots more.

GET ACTIVE!

Sign up for one of three great challenges taking place at the show

The TriLive Duathlon - Saturday 27th March

Join James Cracknell and Britain's no.1 duathlete Jez Cox in the TriLive Duathlon with relay and mini options. For complete beginners through to experienced competitors this is a great challenge. There are two distance options or you can enter as a relay team.

- Sprint Duathlon: 2.5km run – 20km bike – 5km run
- Fun Duathlon: 1.25km run – 10km bike – 2.5km run

The Outdoors Show 100 Bike Ride - Sunday 28th March

100 miles or 100km, the choice is yours. This charity bike ride, in aid of Action Medical Research, sets off from the NEC through scenic Warwickshire and into the Cotswolds. Whether you are a seasoned cyclist or a recreational rider, The Outdoors Show 100 Bike Ride has been designed to make sure you have the perfect day in the saddle.

The Outdoors Show Run - Sunday 28th March

Get your trainers on for The Outdoors Show Run. Choose from a 10km, 5km or 2.5km fun run. This fast and flat tarmac course will give you the best chance of achieving a personal best, and with the start/finish line inside the NEC, you'll be the star of the show!

Ticket Prices

*Don't forget to look out for **special offers for British Orienteering members***

Tickets	Advance	On the door
Adult	£13	£18
Concession (Senior Citizens 60+/ Full Time Students/ Children 11-17)	£8	£11
Children (under 11)	FREE	FREE
Group Discount (10+ people)	Adults £10	
Concessions £7	-	

For more information and to book tickets visit

www.OutdoorsShowExtra.co.uk



THE UNIVERSITY
of EDINBURGH

Edinburgh Centre of Excellence - On the Map

The new UK Centre of Excellences for orienteering have recently been launched at the University of Edinburgh and Sheffield Hallam University.

Indoor
Activities
to improve
fitness

The Edinburgh Centre gives the opportunity for talented orienteers to combine academic study in one of the world's top 20 Universities with an innovative performance orienteering programme.

The new Edinburgh Centre has been created through a unique multi-partnership arrangement involving British Orienteering, Scottish Orienteering, Edinburgh University and Scotland's national sports scholarship scheme, Winning Students.

Winning Students is now in its second year, supporting the best athletes studying in colleges and universities across Scotland with scholarships of up to £5,500. Orienteering is one of nine Winning Students core sports and this year 11 of the country's top orienteers will receive support.



Edinburgh is Scotland's leading sporting university and has an enviable record in producing world class orienteers, including Yvette Hague (World Sprint Champion 1999), Jon Duncan (World Relay Champion 2008), as well as rising star Scott Fraser

The new Edinburgh centre will be led by Finnish orienteering coach and elite competitor Toni Louhisola, who has

been appointed as Head of Performance.

As an athlete, Toni competed at the World Championships and as a coach, he has helped two orienteers make the top 10 in the World Championships. Toni says, "I proudly take on this challenge. I want to create a positive, innovative and supportive culture, where every athlete feels respected and can enjoy the atmosphere and a variety of high quality training. My goal is to make the team work together, to develop the individuals and to help them produce the results they dream about."

Performance athletes in the Edinburgh centre, who are nominated by GB orienteering, will benefit from:

- Daily contact with Toni as Head of Performance, through a range of innovative individual and group sessions;
- Full supervised strength and conditioning programme;
- Access to one of the best gyms in the country, which will soon boast a new £5M state of the art extension;
- Specialist physiotherapists and medical support;
- Advice and support from sports nutrition and sports psychology professionals, and regular fitness monitoring;
- Assistance with travelling to training camps and a full competitive calendar;
- Involvement in a pioneering performance orienteering culture, which is fully

integrated with GB and Scottish Orienteering programmes;

- Newly created maps to exploit the unique training terrain and opportunities around the City;
- A wide variety of flexible degree programmes from one of the world's leading Universities.

Commenting on the new Edinburgh centre, the University's Director of Sport and Exercise, Jim Aitken, said, "The University of Edinburgh is renowned for

the quality of its sporting and academic programmes. We are sure our new partnership with British and Scottish Orienteering, the support offered by Winning Students scholarships and Toni Louhisola's appointment, will enhance this reputation and help produce a stream of world class orienteers in the years ahead."

Some of the
athletes benefiting
from the Centre of
Excellence

Sheffield Centre of Excellence

The Sheffield Centre of Excellence is in the early stages of development and we are in the process of appointing a lead coach.

The programme is supported by Sheffield Hallam University's 'Sport Hallam' and the University of Sheffield's 'U Sport' who have joined forces with British Orienteering.



Sport Hallam's Frazer Johnson said: "With its proximity to the Peak District, strong local orienteering community and successful clubs, Sheffield has long been a centre of activity for performance-level orienteering. Seven members of the British Orienteering team are currently based in one of Sheffield's universities and we are expecting this number to rise next year. This partnership will allow athletes to utilise Sport Hallam's Talented Athlete Programme and this, along with the addition of a British Orienteering coach, should help to strengthen orienteering teams based in the City."

Simon Frost, General Manager of U Sport at the University of Sheffield said: "With a very high proportion of participants in Orienteering passing through higher education this should provide excellent opportunities for both universities to attract high calibre students."

ANTI-DOPING CHANGES FOR 2010

Anti-Doping in the UK sees some significant changes being introduced in time for 2010 and the new season. In December 2009, UK Anti-Doping (UKAD) took over from UK Sport as the national body responsible for the implementation and management of the UK's anti-doping policy.

UKAD is responsible for ensuring sports bodies in the UK comply with the World Anti-Doping Code. It carries out testing across more than 40 sports and is responsible for the determination of anti-doping rule violations.

The UKAD remit is clear – to take a lead role in the fight against doping in sport.

For more information on UKAD please visit: www.ukad.org.uk

Summary of Significant Changes for 2010

- Pseudoephedrine is Prohibited - Pseudoephedrine has been placed back on the 2010 Prohibited List. Pseudoephedrine is readily available in many over the counter cold and flu remedies and any athlete should take particular care when using such products. As with all medications, always check the status on the Global Drug Reference Online before using the product.. www.globaldro.com
- The process has changed for Asthma Inhalers - Two Beta-2 Agonists taken via inhalation, Salbutamol and Salmeterol, no longer require a Therapeutic Use Exemption (TUE) as is currently the case. Instead you are required to complete a Declaration of Use using the online declaration form provided at www.100percentme.co.uk. All other Beta-2 Agonists will still require full lung function tests and a TUE application as do inhaled steroids.

Further Information:

- **The World Anti-Doping Agency (WADA)** is an excellent source of information on anti doping. The organisation works to the World Anti-Doping Code and to the World Anti-Doping Programme. www.wada-ama.org
- **Global Drug Reference Online (Global DRO)** provides athletes and support personnel with information about the prohibited status of specific substances based on the current World Anti-Doping Agency (WADA) Prohibited List. www.globaldro.com
- **British Orienteering Anti-Doping Officer** Anyone requiring further information about Anti-Doping should speak to the British Orienteering Anti-Doping Officer:

Mike Hamilton
Tel: 01629 743042
Email: mike@britishorienteering.org.uk

British Orienteering Anti-Doping policy: www.britishorienteering.org.uk/team/anti_doping.php

INTERNATIONAL PROGRAMME UPDATE

We have had a busy and exciting start to the year, launching our new International Programme and selecting our new squads.

We have also recruited Toni Louhisola as National Team Coach and Head of Performance at the Edinburgh Centre of Excellence, and starting a recruitment process for a coach to be based at the Centre of Excellence in Sheffield.

I am particularly excited about bringing Toni Louhisola into the International Programme. He is a young, innovative and inspiring coach from Finland who is bringing new and progressive ideas. He is a firm believer in the principles of Long Term Athlete Development (LTAD) and will be a real asset to both our Senior Team and to the developing athletes based at our Centre of Excellence at the University of Edinburgh.

Our new Centres of Excellence in Sheffield and Edinburgh are going to play an incredibly important role in helping to develop our next crop of World Class athletes. At each of these centres we can offer athletes a full range of support services and during their time there, athletes will be able to develop the full range of skills and knowledge needed to make it to the top of the sport. By developing relationships with the University of Edinburgh and Sheffield Hallam University we are able to add tremendous value by combining resources and make the most of our sports council funding.

We also have two new sponsors on board, with noname supplying our team with all our racing and technical clothing and inov-8 supplying our team with shoes. Both these companies produce products of the highest quality which will assist our athletes in performing at their best at major international competitions.

Whilst we are very excited about the development of our programme, a major concern is the planned cessation of Performance funding from UK Sport in three years time. It is this funding from UK Sport which sends our team to the World Championships and supports our top level athletes. Making up this funding gap from 2013 onwards is a big project for British Orienteering and one that will be a major challenge.

Gareth Candy
International Programme Director

NONAME TO SPONSOR GB TEAM KIT

British Orienteering are pleased to announce that Noname will be the O-kit supplier to the Great Britain Team until 2013.

Gareth Candy, International Programme Director said,

“The International Programme is very pleased to have secured noname as the official kit supplier to our British Teams through to 2013. noname's technical garments have been developed together with elite athletes and their custom designs will have our athletes looking and feeling great at International competitions.”



CONGRATULATIONS TO THE FOLLOWING ATHLETES WHO HAVE BEEN SELECTED TO BE MEMBERS OF THE 2010 WORLD CLASS SQUAD:

WOMEN	CLUB	MEN	CLUB
Pippa Archer	CLOK	David Brickhill-Jones	SYO
Julia Blomquist	BAOC	Rhodri Buffet	SWOC
Helen Bridle	WIM	Oleg Chepelin	GRAMP
Alice Butt	SARUM	Matt Crane	BOK
Anne Edwards	TVOC	Jon Duncan	WARRIOR
Rachael Elder	SYO	Scott Fraser	INT
Hollie Orr	CLYDE	Graham Gristwood	OD
Helen Palmer	NOC	Hector Haines	AIRE
Mairead Rocke	LEI	Matthew Halliday	OD
Sarah Rollins	BAOC	Peter Hodgkinson	NOC
Hazel Wright	MAROC	Oliver Johnson	SYO
		Kristian Jones	SBOC
		Alasdair McLeod	EUOC
		John Rocke	LEI
		Matthew Speake	EBOR
		Ralph Street	SLOW
		Doug Tullie	RR

WORLD CLASS TALENT SQUAD:

WOMEN	CLUB	ASSOC.	MEN	CLUB	ASSOC.
Lucy Butt	SARUM	SWOA	Jack Benham	SARUM	SWOA
Anwen Darlington	ERYRI	WOA	Duncan Birtwistle	CLARO	YHOA
Florence Haines	AIRE	YHOA	Peter Bray	SN	SCOA
Joanne Halliday	OD	WMOA	Alan Cherry	INT	SOA
Rebecca Harding	HH	SEOA	Jonathan Crickmore	SO	SEOA
Alice Leake	EBOR	YHOA	Tom Fellbaum	MDOC	NWOA
Abigail Longhurst	FVO	SOA	William Gardner	OD	WMOA
Aine McCann	NI	LVO	Chris Smithard	DEE	NWOA
Jessica Orr	CLYDE	SOA	Jamie Stevenson	FVO	SOA
Joanne Shepherd	INVOC	SOA	James Taylor	NOC	EMOA
Victoria Stevens	AIRE	YHOA			
Charlotte Watson	WCOC	NWOA			

WANTED TALENT COACHES

The International Programme is on the look out for enthusiastic coaches (or enthusiastic individuals interested in getting involved in coaching) to work with talented athletes at club, regional or national level. All that is required is an interest in helping talented athletes to progress along the talent pathway and an interest in improving and developing as a coach. All expressions of interest should be sent to Gareth Candy the International Programme Director. Email: gareth@britishorienteering.org.uk

Pictured: Helen Bridle at WOC2009
Credit: Soren Andersson

Why should Orienteers worry about ticks?

Ticks are second only to mosquitoes for carrying disease to humans and due to changes in farming practices and global warming there are more ticks in the countryside than ever before.

Diseases are contracted from the bite of an infected tick. The primary illnesses to be aware of are Lyme disease in the UK and Tick-Borne Encephalitis (TBE). TBE is potentially fatal and currently endemic in 27 countries in mainland Europe, including many established and new holiday destinations for outdoor tourism.

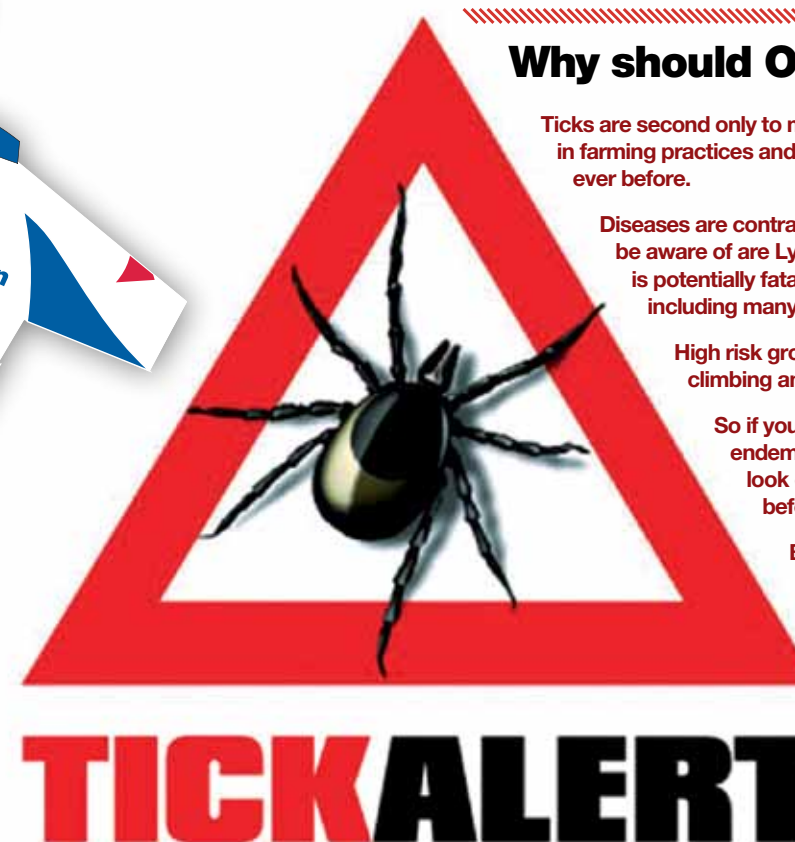
High risk groups are those participating in camping, hiking/trekking, cycling, climbing and other outdoor activities and pursuits, including orienteering.

So if you are visiting any area where there are ticks, especially TBE endemic countries, make sure you know about bite prevention, how to look out for the early symptoms and remember to seek advice well before your travel date.

British Orienteering highly recommends that you are immunised against TBE. The vaccine is not available free on the NHS, but you can buy it at some GP surgeries and through some travel clinics. www.masta-travel-health.com/travel-clinic.aspx

Tick Encephalitis affects 10,000 people every year – don't become one of them!

Further information about ticks can be found at: www.tickalert.org



THE FUTURE OF MAJOR EVENTS

By Dave Peel and Helen Errington

The Events Manager's role has now been in place for three months and what follows is a brief update on some of the items currently under review that will affect future Major Events.



Credit: Soren Andersson



Credit: Oliver O'Brien



Credit: David Olivant

COMPETITION REVIEW

The questionnaire which was available on the British Orienteering website has now finished and the data and numerous views, which it has generated, are being evaluated. At the same time, consultation with British Orienteering's various committees/groups is being conducted, with members being urged to collect the views from their constituencies. In the near future, clubs and associations will be contacted directly to gather their input into the review process. This is all part of the need to develop a competition framework to give greater clarity and structure to our fixtures and make sure competitions exist to meet the demands of the existing and future orienteering community.

MAJOR EVENTS

Many of 2010 major events will take place in the next few weeks, offering plenty of opportunities to compete in a variety of terrain types and formats. This year the JK will take place in Devon, the British Middle Championships in Cumbria, the British Sprint Championships in Lancashire and the British Long and Relay Championships in the West Midlands.

The venue for the 2010 British Schools Championships has now been agreed and will be Wormley Woods, immediately adjacent to Paradise Wildlife Park near Broxbourne in Hertfordshire. The World Schools Selection races will also take place in Hertfordshire at Whippendell Woods near Watford. These areas are now under an embargo.

Looking further ahead, the mapping of four very different areas has started for the JK 2011 in Northern Ireland, which will provide a great and varied weekend of orienteering. To ensure the best possible organisation of the event, the JK2011 committee has arranged a number of training sessions and workshops for event officials, therefore leaving a legacy of organisational skills along with the maps.

2011 will also see the first combined British Sprint Championships, which are being hosted by South Downs. They are combining the event with the British Middle Championships, in Sussex, with mapping due to commence shortly. Plans are also being put into place for BOC 2012 in the Lake District and JK2012 in Scotland, with potential areas already being identified.

SERVICE LEVEL AGREEMENT

Major Events Group has developed a service level agreement, which sets out the terms of the arrangement between British Orienteering and the major event organising body. This will give clarity to the previously adhoc arrangements and is part of the on going improvements that are being developed to raise the standard of British Orienteering's Major Events.

EVENT PUBLICITY

British Orienteering is developing a coordinated approach to the publicity for its major events. Traditionally this has been left up to the individual organiser to do as they see fit. However, it is recognised that to increase awareness of our major events both domestically and internationally then publicity and promotion needs to improve.

BRITISH ORIENTEERING STAND

The British Orienteering Championships will be the venue for the first British Orienteering stand. The stand will be at the event site and will be used by British Orienteering staff to meet the orienteering public, landowners, sponsors and VIP's, to conduct meetings, and promote forth-coming events and projects. All the staff look forward to seeing you there.

EVENT OFFICIALS TRAINING

The current offer of courses and content has been undergoing a review. A pilot unit on Event Safety and Welfare is nearly complete and will be offered to all event officials. We hope to do this via a series of local, Club or Association workshops.

Other units are also underway and we plan to offer units in Major Events Planning and Major Events organizing at the Major Events conference in September 2010.

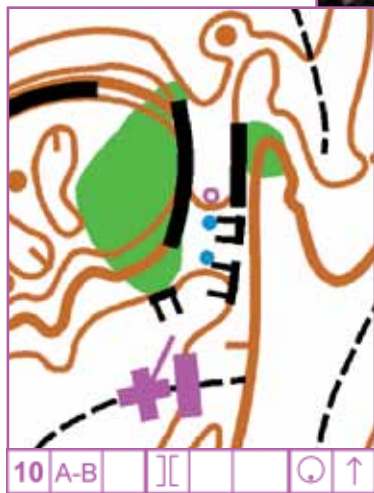
MAJOR EVENTS CONFERENCE

The theme for the conference is Excellent Events. It will take place over the weekend of the 24th – 26th September 2010 at the National Forest Youth Hostel. All Major Event officials for 2011 & 2012 and Grade 1 controllers are invited to attend. Full details of who the conference is aimed at will be available shortly.

TRAIL O

Trail Orienteering has been developed as an event for all abilities and does not require you to run, although accurate map reading is very important. Maps are drawn especially for the events and participants move to sighting points where they make their decisions. From each sighting point, participants will see several flags. The aim of the exercise is to decide which flag agrees with the one marked in the centre of a red circle on the map. You may not leave the paths to get closer to the flags. Decisions must be made at the sighting points.

Two examples of Trail Orienteering are illustrated.



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

Trail O at the British Championships, Cannock Chase

SATURDAY 1ST MAY

Cannock Enterprise Park Pine Cafe
Car parking is free and adjacent to the café and toilets.

Trail O British Elite Championships (Pre-entries only)

Start Times: 10.30 – 15.00
New 1/5000 Map
3km course with 20 controls and 3 timed controls.

Beginners Course (Entries on the day)

2km course suitable for beginners with no timed controls. The paths are suitable for wheelchairs and prams.

SUNDAY 2ND MAY

Wolseley Gardens
Opposite the entrance to Days 1 and 2 of the Foot O Event

Demonstration Event (Entries on the day)

Start Times (when help will be available): 10.30 - 15.30
New 1/2500 map of an environmental park.

An untimed 2km walk on paths using viewing points to look at 2 or 3 flags in the terrain. The area is adjacent to a large garden centre with a fully accessible Nature Trail for those in wheelchairs or with prams. This is an ideal area for a gentle family stroll and for beginners to experience Trail O.

If you would like further information on either event or are able to volunteer to help at the event, please contact the organiser: Marlene Palmer - Tel: 01785 662915 or Email: marlenepalmer349@btinternet.com.

MTBO

BRITISH MOUNTAIN BIKE ORIENTEERING

British Mountain Bike Orienteering (BMBO) moves on from its trailquest days by launching a new brand and a new website. www.bmbo.org.uk

The new website, has been rebranded and redeveloped to make organising MBO events even easier. The website has an integrated event management system so that organisers can now do their own event administration such as club registration, event registration, risk assessments and levy returns via the website. All British Orienteering clubs can register for free, so putting on a few summer events could not be easier.

MBO SCORE, MBO AND MTBO?

Why do mountain bike events have all these names? The most important thing is that they are all mountain bike navigation events, with the differences between styles reflecting regional availability of suitable areas to run events.

For clarity, BMBO have designated the following definitions:

MBO Score – OS mapped score events (formerly Trailquest)

MBO – O mapped events (these may be score, free order or point to point or a mixture of all three)

Many may think that Ordnance Survey mapping has no place within orienteering, but using OS mapping gives a very easy and quick method to put on events with a different flavour. Carol McNeil runs a summer Bike O series on weekday evenings in June/July in the Lake District and gets over 150 competitors each evening. So go to www.bmbo.org.uk and start your plans for a summer Mountain Bike Orienteering event.

WORLD CHAMPIONSHIPS, PORTUGAL, 9TH - 17TH JULY 2010

The selection events for the 2010 World Championships are:

- Selection Race 1 - Cannock - 27th March 2010 - Organiser: Mark Stodgell
- Selection Race 2 - Foxley (Herefordshire) - 18th April 2010 - Organiser: Colin Palmer
- Selection Race 3 - Scotland - 8th & 9th May 2010 - Organiser: Janine Inman
- Fallback Event - Yorkshire - 19th June 2010 - Organiser: Andy Windrum

The Selection Policy can be found at www.bmbo.org.uk/gbteam/selectionpolicy.php

This year BMBO have added a minimum qualifying time compared to the winner for each selection event. Team members must reach 110% of the winner's time to be considered for selection. It's a tough policy designed to push competitors harder to improve.

WORLD CUP EVENTS 2010

Cut off dates for expressions of interest for the following World Cup events are as follows:

- Hungry (23rd-25th April) – cut off 10th March
- Poland (3rd-6th June) – cut off 17th March
- Italy (18th-20th September) – cut off 20th May

World Cups now have a limit of 6 men and 6 Women for each national team. Selection will be based on current position in the BMBO MBO League 2010. For further information please email: selectors@bmbo.org.uk



WORLD MASTERS MTBO CHAMPIONSHIPS

The first MTBO World Masters Championships take place this year in Poland from the 3rd-6th June. BMBO are coordinating entries so please email the selectors as soon as possible if you are interested in competing. There is no limit on the number of people who can attend. Email: selectors@bmbo.org.uk

THE BMBO NATIONAL MBO AND MBO SCORE LEAGUES FOR 2010

The MBO National League will consist of 12 events with the 7 best results counting in the series. Points will be awarded in line with the IOF World Cup Rules. The MBO Score league has 11 qualifying events with the 6 best events to count.

MBO NATIONAL LEAGUE 2010

Date	Event Name	Format	Club
13/02/10	Sherbrook Long Distance(Classic)	MBO	WCH
27/02/10	MBO, FootO and Night Owl	MBO	WIM
27/03/10	Middle Distance Race	MBO	WCH
18/04/10	Foxley MBO	MBO	BMBO
08/05/10	SW Scotland MTBO	MBO	FVO
09/05/10	SW Scotland MTBO	MBO	FVO
16/05/10	Sheffield (provisional)	MBO	BMBO
06/06/10	Grovely Woods (provisional)	MBO	TBC
19/06/10	Beverley MBO	MBO	NYMBO
30/10/10	Sherwood Pines (provisional)	MBO	BMBO
06/11/10	Whinlatter Forest	MBO	Cross Cumbria Cyclists
07/11/10	Grizedale Forest	MBO	Cross Cumbria Cyclists

MBO SCORE NATIONAL LEAGUE 2010

Date	Name	Format	Club
February 2010			
28/02/10	Sherwood/Notts Forests	MBO Score	Dark & White
March 2010			
28/03/10	North Cannock Chase	MBO Score	Walton Chasers OC
April 2010			
17/04/10	Langdale & Broxa Forest	MBO Score	NYMBO
May 2010			
02/05/10	Glentress	MBO Score	SMBO
30/05/10	South of Kendal	MBO Score	Cross Cumbria Cyclists
June 2010			
26/06/10	Epic – Cumbria	MBO Score	Epic
July 2010			
04/07/10	Manx Big Summer Epic	MBO Score	Manx Timing Solutions
10/07/10	Wensleydale	MBO Score	NYMBO
August 2010			
28/08/10	Malham Show	MBO Score	NYMBO
September 2010			
05/09/10	Epic - Cumbria	MBO Score	Epic
October 2010			
10/10/10	High Newton	MBO Score	Cross Cumbria Cyclists

THE RANKINGS REVIEW

The Board of British Orienteering commissioned a review of the Rankings system following the introduction of the new Event Structure in 2008. A Working Group was established to examine the purpose of the Ranking Scheme, how it should integrate with other incentive schemes and the principles that should underpin it.

By February 2009 the Working Group had reviewed the existing Ranking system, examined alternative systems operated by other sports and by orienteering in other countries, established the objectives for the new scheme and the principles that should underpin it.

The Working Group concluded that the existing Ranking scheme was incompatible with the new event structure, was devalued by the small number of competitors in some age classes, effectively excluded a large proportion of the membership that did not compete in at least 6 ranking events and generally was of limited interest to the majority of orienteers.

It determined that the new Ranking Scheme should be:

- Inclusive
- An overall measure of ability
- An incentive scheme that encourages participation and links with existing or future incentive schemes
- Fair, credible, authoritative and widely accepted as representing an accurate assessment of comparative performance
- Based on a single ranking scale
- As simple and understandable as possible (given the other criteria)
- Up-to-date and responsive to recent performances

The Working Group presented an interim report to the Board which set out these principles, and sought approval for a single ranking scale based on a development of the algorithmic approach that had been used previously. The Board endorsed this approach.

From the outset it was envisaged that the Ranking List would integrate seamlessly with the new Results system being hosted on the British Orienteering website. Work began on the core website programming which would facilitate the complex calculations required for the new Ranking List. In parallel with that development work, the Working Group launched a consultation with the membership seeking views about the “rules” under which the new system should operate.

Thirty individual members and three committees responded to the consultation, the conclusions of which were as follows:

- The proposed web-based format for the new system incorporating user-defined filters was widely welcomed;
- There was broad agreement with the proposed criteria which would define which events could be classed as Ranking Events. There were split views on whether sprint, urban and night events should be included or not;
- A majority of respondents were in favour of not weighting major events, but with strong arguments being put forward on both sides;
- There was agreement that courses of technical difficulty 4 and 5 should be included in the Ranking system, but those of lower technical difficulty should be excluded except in the case of Sprint or urban races;
- There was near unanimity amongst the members who responded that juniors competing on relevant courses should be included in the Rankings.

All the documents produced by the Rankings Working Group are available to view on the British Orienteering website’s Major Topics page, together with the Board’s response to the Working Group’s recommendations.

www.britishorienteering.org.uk > News > Major Topics

Martyn Broadest (Airianteers) Chair, Rankings Working Group

The feedback received was most helpful in clarifying the Working Group’s final recommendations, and we would like to thank all those people who took the time and trouble to send in their comments.

The Ranking Working Group produced a wide ranging set of final recommendations, a copy of which can be viewed on the British Orienteering website.

In considering those recommendations, the Board took into account the costs and time involved in developing all aspects of the proposed scheme straight away, and so determined that a staged approach would be appropriate. The initial implementation would therefore provide the core functionality proposed by the Working Group, with enhancements to follow once the efficacy and value of the Rankings had been demonstrated. Other considerations, such as ensuring that the initial launch of the results uploading system was as user-friendly as possible, also resulted in some compromises being made to certain aspects of the scheme. These issues will be reviewed over time and hopefully resolved as enhancements are introduced.

WHAT’S NEW?

The most obvious difference is that the new Ranking List is integrated into the British Orienteering website, and is updated automatically every Thursday from event results uploaded during the previous week.

The new Ranking List is based on a single scale, where every adult member of British Orienteering is ranked against every other member. Ranking points are calculated according to a runner’s performance relative to other runners on his/her course, normalised according to the strength of the field at that event and the spread of times. (If you want a more detailed explanation of how the points are calculated go to: www.britishorienteering.org.uk/downloads/documents/events_appendix_k.pdf

Whilst the Ranking List is a single scale of all British Orienteering members, it can be filtered according to club, age class and gender.

One of the key objectives of the Rankings review was to make the system more accessible and inclusive. As a result, a greater number and range of events can be classified as Ranking Events, compared to the previous system where only cross-country style Age Class events would count. Now, any event which has a course and organisational structure that conforms to relevant guidelines can be a Ranking Event. Sprint and urban races are included, as are traditional “colour-coded” events. However, in order for the event to be a Ranking Event, it has to be registered as a Level 1 or Level 2 event.

Night, Score, Relay, Chasing Start and other mass start events are not able to be Ranking Events as they are liable to provide anomalous results.

Your best 6 results (in terms of points scored) over the previous 12 months are used to calculate your overall ranking score and position in the list. Consequently, if you look at the results each week, your points may change even if you haven’t been orienteering in between, as results over 12 months fall off the list and are replaced by more recent ones.

All courses currently count towards the Rankings, not just TD4 and TD5 as

Click on Event Information and then on Ranking List.

If you are logged in to your own member account, clicking this button will take you straight to your position in the list.

If you would like to filter the list by any combination of club, age class and gender, select the relevant criteria using these drop down lists, and then click the Filter button.

HOW TO USE THE NEW RANKING LIST

The new list is very easy to use! Simply go to www.britishorienteering.org.uk > Event Information > Ranking List.

If you have logged in to the website (by clicking on the ‘Login’ button on the homepage), you can go straight to your own position in the list by clicking on the ‘Find Me’ button.

To see your position in relation to other members of your age class, your club or your gender, select the relevant criteria from the drop down boxes and click the ‘Filter’ button. Your position relative to other people in the filtered list will be shown, along with your overall position on the list shown in brackets.

If you want to know at which event you scored the contributing points, simply move your cursor over the points score and the event details will appear.

If you want to make sure that your points appear on the Ranking List, there are some important things to remember when it comes to the events themselves.

The Ranking System recognises competitors by their British Orienteering number, not their name or SI/Emit card. For your score at a Ranking Event to appear on the list, the results must incorporate your British Orienteering number so that the system can recognise it as you. Therefore, please make sure you put your British Orienteering number on your entry form (and entry teams – please make sure these are input into the event results software!)

We also request that Results Secretaries upload results from Ranking Events within 7 days, or they are likely to be excluded from the Rankings List. This is to ensure that the system is up-to-date and to avoid scores for events having to be re-calculated because results from earlier events are uploaded late.

TELL US WHAT YOU THINK...

We would like to know what you think about the new Ranking List. Do you like the format? Will you regularly refer to it? Will it affect your orienteering? Do you have any ideas about how it can be improved?

Please send your comments or queries to: feedback@britishorienteering.org.uk.

A selection of FAQs have already been published on the website that may be of interest.

CLUB RESULTS SECRETARIES

Each Club can now register up to 4 Club Results Secretaries (CRS) to manage the uploading of results into the British Orienteering website. Club Chairs are asked to email the Name, British Orienteering Membership Number and Email address of the CRS to info@britishorienteering.org.uk

COACHING CONFERENCE 2010

By Kyla da Cunha

Despite not knowing quite what to expect, I set off to Lilleshall with an open mind and a feeling of optimism that the weekend ahead was going to be a success. I was not to be disappointed. Having previously attended coach development weekends held by the cricket, hockey and football governing bodies, I have gained an interest in the different models adopted by national governing bodies to move their sport forward and their subsequent success stories – or not as the case has sometimes been.

In my opinion, the weekend proved that British Orienteering seemed to be rapidly closing the gap between itself and other development boards. Hopefully, with a rich mix of sporting expertise offering support at the top, orienteering clubs can learn from the mistakes made by other governing bodies of sport saving them substantial time and money.

The relaxed ambience of the bar was a good starting point for delegates and course tutors to get acquainted on Friday evening before the busy schedule of events to follow:

Skills Acquisition

With practical demonstrations, this included 'The methods used to coach skills and when to use each method'. In orienteering three of the specific methods are relevant for coaching skills:

- **Simple Skills:** 'Whole Practice Method' is when a skill can be coached as a whole without breaking it down.
- **Intermediate Difficulty Skills:** 'Part Instruction Method' is when the skill is complex and needs to be broken up into its constituent's parts.
- **Difficult Skills:** 'Whole – Part -- Whole Method' repeatedly, is when the learner tries the whole skill, it is then broken down for training purposes and finally it is all brought back together.

Along with other topics, the teams were able to successfully refer to this session whilst planning their practical sessions.

The use of 'Questioning' when Coaching

This was a thought-provoking, fun and useful practical to not only highlight the need to 'question' when we coach so that we can fully understand each other, but also the importance of being able to 'listen' properly to the answers.

Development Pathway

The Long Term Athlete Development (LTAD) Pathway is a template enabling any orienteer to look at all the elements of performance and assess areas for improvement. The orienteer can look at what level they are currently performing at and find out how they can progress to the next level (if they wish) by looking at a variety of processes.

Talent Squad Physical Training

Although the heading suggests training for the 'elite', we quickly learnt that a programme can be easily adjusted to meet the needs of all orienteers wanting to improve their performance. To overcome the problem of clubs not being able to offer weekly 'orienteering specific' training sessions, regular fun and fitness sessions are being encouraged and a practical session, led by Steve Vernon, showed how these sessions can work in practice.

Day 2

On the second day, two participation club coaches (Catherine Hughes, West Notts Orienteers and Cath Wilson, PFO and SELOC) led an indoor and outdoor session.

The main part of the indoor session included a grid of nine cones, with SI attached, approximately two metres apart. Split into teams of four, each person had to visit the cones in the right order according to the card they were given. Once downloaded, it was interesting to find out how many of us mispunched. The exercise was competitive and several variations can be practiced.

The different teams then used the grid exercise to plan a follow-on session to practice a specific orienteering technique such as 'control flow', 'planning ahead' and 'running in varied terrain'. The outdoor session concentrated on taking 'accurate compass bearings' and then following that accurate bearing over a variety of distances. Firstly, a demonstration took place on how to take an 'accurate bearing'; before the delegates were able to practice the learned skill.

Each delegate was encouraged to show the coach that they had taken their bearing correctly, before picking a feature on the line of their bearing and aiming for the control. At this stage the delegate received feedback from both the coach as well as their own internal feedback. Following this short exercise, the delegates enjoyed a mini-competition to assess whether the skill of taking and following 'accurate compass bearings' had been mastered despite the changing environmental conditions. The delegates were then tasked with planning a follow-on session and the ideas that they came up with included the introduction of pacing and 'accurate compass walks' rather than returning to the start after every control.

Many thanks to all those involved in organising a great weekend.

COACHING - WHY NOT GIVE IT A GO?

The East Midlands is planning another Level 1 coaching course on the 8th May, 22nd May and the 19th June. If you have never thought of coaching, why not give it a try, you don't have to work with any specific group, it could be adults, juniors or both. All the East Midland clubs are now trying to increase the numbers of coaches we have, so that we can increase the amount of coaching we offer, particularly to newcomers, and share the amount of time we all give. Interested? Then here is a quote from one of the attendees of the last course.

"Although I had many years map and compass experience, I only had 6 months orienteering experience when I was asked if I wanted to attend a UKCC level 1 course. I was very apprehensive on the first day, but was soon put at ease by the instructors. The training was done in a relaxed and organised way with more emphasis on the practical than the written. If anyone is apprehensive about doing this course, just do it, you'll enjoy it and then you'll get the chance to pass on your experience to others!"

If you would like to find out more please contact:
Pauline Olivant - Email: Pauline@britishorienteering.org.uk



Lilleshall is a stunning setting for the conference

FINAL CHAMPIONSHIP AWARDS LIST FOR 2009

Congratulations to Liz Godfree (W60, DVO) who was the only orienteer to achieve Championship standard in all 7 events in 2009.

The following orienteers were all successful in 6 events:

Richard Barrett (M35 BAOC), Jack Benham (M16 SARUM), Sue Birkinshaw (W70 MDOC), Axel Blomquist (M55 BAOC), Lucy Butt (W16 SARUM), Sara Campbell (W40 DEE), Sheila Carey (W60 OD), Colin Dickson (M50 BAOC), William Gardner (M16 OD), Florence Haines (W16 AIRE), Zoe Harding (W16 SROC), Jason Howell (M40 HOC), Jane Morgan (W45 SOC), Karen Nash (W40 SROC), Hilary Palmer (W60 NOC), Jim Prowting (M60 TVOC), Lesley Ross (W40 OD), Mark Saunders (M50 BOK), Hilary Simpson (W70 OD), Alison Sloman (W70 HOC), Mike Smithard (M60 DEE), Kirsty Staunton (W50 WIM) and Derek Wise (M75 SN).

Since the British Elite Orienteering Championships were held at the same time as the BOK National event and the FCC final was held at the same time as the British Orienteering Championships many M/W 18 to 21 competitors could only obtain Championship standards in 6 events so Duncan Archer (M21, CLOK) and Anthony Squire (M21, INT), who were successful in 5 events, also deserve to be mentioned.

Congratulations to all those listed above.

As an M65 I naturally keep an eye on the results of those competitors who I regularly run against and sadly, this year, many of those who have regularly won their Championship badges are missing from the list (e.g. Terry Harper, Mike Pearson and Brian Shaw). Have they too succumbed to age related injuries or have they just decided to give the rest of us a chance? I wish them, and all other orienteers, well for 2010.

Congratulations also to all those listed below who are eligible to claim a Championship award for 2009 after the results of the WCH National event have been included.

M10 James McCann MDOC
M16 Ben Maliphant BOK
M21 Mark Bown BOK, Daniel Halliday OD
M45 Alex Morgan HOC
M50 Philip Eeles SOC, John Embrey HOC
M55 Jonathan Howell WCH
M60 Andy Hemsted HOC
M70 Mike Crockett QO
M80 Frank Smith OD

W12 Aimee Morse OD
W14 Katherine Hall SYO
W45 Liz Phillips OD
W50 Diane Leakey SLOW, Janet Rosen HH
W55 Judith Holt LEI, Susan Roome SROC
W60 Sue Hands WIM
W65 Sue Bicknell OD, Geraldine Russell SOS

Championship badges and certificates are available from Chris Boycott, 13 Dawlish Avenue, Stafford, ST17 0EU, on receipt of the appropriate fee (cheque made payable to British Orienteering) and an appropriate SAE (A4 size with a Large letter postage stamp for certificates).

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

RANKINGS

Congratulations to Matthew Speake (INT) and Sarah Rollins (BAOC) who were ranked as the number one male and female orienteers in Great Britain (End Feb 2010). The top ten male and females orienteers (End Feb 2010) were:

Position	Name (M)	Club	Points
1	Matthew Speake	INT	8303
2	Scott Fraser	INT	8286
3	Oliver Johnson	SYO	8269
4	Duncan Archer	CLOK	8259
5	Alasdair McLeod	EUOC	8258
6	Graham Gristwood	SHUOC	8252
7	Oleg Chepelin	INT	8240
8	Matthew Crane	BOK	8170
9	Alan Cherry	INT	8151
10	Douglas Tullie	RR	8112

Position (overall)	Name (W)	Club	Points
1 (26)	Sarah Rollins	BAOC	7971
2 (54)	Catherine Taylor	CLOK	7807
3 (58)	Pippa Archer	CLOK	7779
4 (67)	Grace Crane	BOK	7748
5 (87)	Helen Bridle	ESOC	7674
6 (89)	Rachael Elder	SYO	7666
7 (104)	Anne Edwards	TVOC	7594
8 (116)	Helen Palmer	NOC	7556
9 (119)	Laura Daniel	SYO	7543
10 (132)	Hollie Orr	CLYDE	7507

The complete Ranking list (updated each Thursday) can be found on the British Orienteering website > Event Information > Ranking List

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There was a mix of indoor and outdoor sessions.

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“STADIUMS ARE FOR SPECTATORS.”

Switzerland's Daniel Hubmann taking Gold at the World Military Orienteering Champs in Võru, Estonia (Sep 2009). Photo: Dirk de Vos

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