

Orienteering

SUMMER 2007

FOCUS

THE OFFICIAL VOICE OF BRITISH ORIENTEERING



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British Orienteering



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Welcome...

... It's been a busy time for orienteers since the last edition of Focus. Our premier events have taken place and the 2007 British and JK Champions have been crowned – Congratulations to all. The JK and British were both blessed with bright sunshine and feedback received from members has been extremely positive – a testament to the volunteers who make them happen! Full reports can be found inside.

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

Caroline Povey
 Marketing Manager

Permanent Orienteering Courses - information wanted

British Orienteering is planning to give more information about Permanent Orienteering Course locations on their new Website. Before we can do this we need up to date information about where the courses are. All clubs have been sent a letter and the new POC registration form for completion and return to myself. I have had some replies, but need more. The new form is available on the forms page of the British Orienteering website.

Celia Watkinson (RDO SW)
 Email celia@britishorienteering.org.uk

SOA Appointment

From the 1st May the SOA's Assistant Professional Officer Hilary Quick will become full time. Hilary will be working for the SOA/Scottish 6 Day, and will be taking on the running of the National Orienteering Centre at Glenmore Lodge as well as extra development work. Hilary can be contacted by emailing hilary@scottish-orienteering.org or by tel 01479 861374

NEW World Class Start and Potential Programmes Manager

I have come all the way over from Australia to join British Orienteering's World Class Orienteering team. I will be managing the World Class Start and Potential Programmes for British Orienteering and I'm looking forward to helping to develop Britain's future orienteering stars.

Orienteering has been a part of my life since my earliest memories and in Australia I developed as an athlete through the junior programmes to the national junior team (JWOC 1999, 2000) and senior team (World Cups 2000, National Senior Squad 2000, 2001, 2005, 2006, 2007). I also went through a long period of rehabilitation from illness after contracting Glandular Fever in 2001 and then suffering from post-viral fatigue syndrome from 2001 to 2004.

Whilst struggling to train and overcome the post-viral fatigue I studied coaching and sports science at the University of Canberra and started to become more involved with coaching and managing individuals and teams. I also became much more involved with the administration of the sport taking a position as a Councillor for Orienteering Australia from 2004 to 2006 and then a Board Member from 2006 to 2007. I also worked in a paid role for Orienteering Australia as Executive Officer from 2006 to 2007.

After developing my skills and experience as a coach and manager with local athletes and teams and through my studies at University I was selected as Australia's national junior team coach for 2006

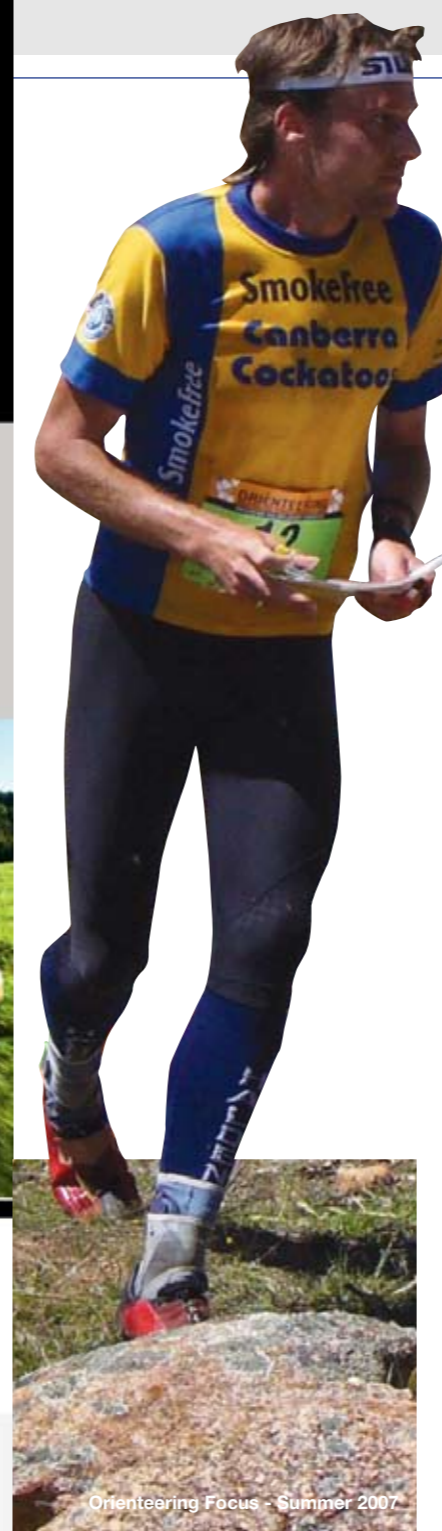
and 2007 and subsequently as Australia's Head Coach and High Performance Manager for 2007. One of the highlights for me was being involved as team coach when Hanny Allston won Australia's first ever gold medal at the Junior World Orienteering Championships in 2006 but equally as rewarding was helping other team members fulfil their ambitions of making 'A' finals and attaining top 30 results.

In February of this year I saw the positions of managers for the World Class Start and Potential programmes advertised on the British Orienteering website and recognised them as an opportunity far too good to pass up. Around six weeks later my wife and I had packed up our lives in Australia and were on a plane headed to our new lives in England.

I am very excited to be able to take up a position in British Orienteering's well run and well respected World Class programme and I'm looking forward to having a positive impact on the development of many talented young orienteers. I am looking forward to meeting and getting to know all the current and future World Class Start and Potential athletes, their parents, individual coaches, tour coaches, managers, cooks etc. So if you see someone standing around in a British team tracksuit talking in a funny accent come and introduce yourself.

I am also committed to reviewing and improving our junior programmes and would like to hear from anybody who has been involved in the programmes and have suggestions as to how we can do things better. Please get in touch by emailing gareth@britishorienteering.org.uk so I can take your ideas into consideration.

Gareth Candy





My recent visit to the 2007 Jan Kjellstrom International Orienteering Festival was enjoyable, informative and challenging. I chatted with and listened to a variety of orienteers and their views on the JK, orienteering in general and the governing body. All without exception agreed that JK07 was a success; the weather helped considerably, however the organisation and terrain were also singled out for praise.

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Major events, of which JK07 is a good example, are one of the aspects of the work of British Orienteering that I have battled to comprehend since taking up post. I appreciate it will take me a long time to get a good understanding of how they are organised however some significant questions already need answers.

British Orienteering has fantastic volunteers who create excellent major events but at what cost to themselves in time, finance and health? I'm sure the stress of events such as JK07 must take its toll on health and relationships. Last year I heard comments such as "I organised such and such an event so many years ago and never again, or at least not for ... years, I need to recover". Is it good for the sport that we treat our key volunteers in this way? The very nature of major events is that organising committees will only stage an event every 8-10 years and the personnel change in an Association is considerably over that period in

addition to the natural evolution of technology, event strategies etc. I have no doubt that volunteers have a steep learning curve for each major event and whilst word of mouth, evaluation reports and Major Events Conferences will help, it will remain a daunting task for committee members.

From a British Orienteering perspective there are several key questions: what are the objectives for our major events and what procedures do we have to agree a 'franchise' with an Association and how do we support them?

Currently I am unaware of what we are trying to achieve with our major events except to stage them successfully – whatever that means! Perhaps we are in the situation of measuring the success of our major event against the number of mistakes rather than by what is positively achieved? Is success measured by the number of participants or the number of overseas participants, or does the number of elite orienteers that

participate reflect the esteem that our major events are held in?

How can we host a major event that everyone wants to take part in?

Similarly I have become aware over the last 15 months that we have practically no processes or procedures in place for agreeing responsibilities, roles, etc which I find quite surprising! I had assumed there would be contracts between British Orienteering and the Association taking responsibility for hosting the major event. These contracts would outline the ground rules for the relationship and clarify budget procedures, risk management, roles and responsibilities etc; unfortunately if such contracts exist I have yet to find a copy of one. One could argue that having a trusting relationship is the right way forward for a sport reliant on volunteers; I would respond to that by stating that it is our responsibility as a governing body to manage our affairs properly and that includes taking cognisance of the risks involved in the major events we are responsible for. In 2006 the JK and BOC had an expenditure of over £110k; the impact an error could have had is significant when one considers the total income of British Orienteering (not including Sports Council grants) was around £180k.

So what is the objective of a major event?

Is it: to increase participation at the event or in orienteering in general; to increase public awareness of orienteering; to bring in sponsorship or commercial interests? Our major events undoubtedly meet the needs of a percentage of the membership but have we gathered evidence that this is actually what the majority of members want? As yet I have no answers to these fundamental questions and accept that major events are always likely to be a bit of a balancing act but I feel sure we could debate what we are trying to achieve with our major events and have at least a more informed view. It seems to me that we have a new organising committee for each event each year and that this is quite different to most sports where the expertise of staging major events grows year on year with the bulk of the organising committee remaining the same. I suspect this model may not be appropriate to orienteering but there are other options that could be considered.

1. Continue the 'franchise' system as used currently but put in place a more rigorous set of processes and procedures
2. Develop a 'National Major Events Panel' which consist of a group of people who have expertise in organising major events and are involved in organising

an event say twice every 4 years. This Panel would take responsibility for the 'high level' organisation and work with the Association or Club volunteers who will continue to be the workforce on the ground during the actual event. There are two major advantages to this approach, the Panel learn year on year through practical experience and they can take responsibility for budgets and staying on top of currents trends.

3. Adopt a model similar to the Scottish 6 Day Company which has most of the benefits of 2 above but also has professional support for day to day matters.

There are probably other models that can meet the needs of delivering our major events however I am convinced we should first decide on what we are trying to achieve. Whatever we decide marketing should play a more significant role in the organising of major events as these events are the 'shop window' of orienteering. Is there a 'corporate' image to the major events that British Orienteering franchises or does each event establish a new corporate image?

Time is of the essence as commitments are already made for at least the next couple of years, let's find the right forum and move the debate forward at speed so that we can compete with some of the high profile orienteering events held in Scandinavia.

Action Plan:

- a) Agree the objectives for our major events
- b) Decide how we will measure the success of the events
- c) Determine the most effective way in which these objectives and success can be achieved.

We probably have some of the best volunteers in the world, let's accept the challenge and develop a system that will stage major events that everyone from the world of orienteering wants to participate in and sustain the quality year on year.

Have your say at:
www.britishorienteering.org.uk

British Orienteering Annual General Meeting

The 26th Annual General Meeting of British Orienteering was held on Saturday 7th April 2007 at the Speech House Hotel, Coleford. 88 members attended the meeting and were asked to vote on seven proposals and the usual election of Officers and Councillors.

All seven proposals were agreed, these are in brief:

- The adoption of the audited accounts for 2006.
- That Messrs Barber, Harrison and Platt be appointed Auditors for 2007.
- Eight minor amendments to the Memorandum and Articles of Association.
- Amendment of the Articles of Association so that nominations of candidates proposed for election can be submitted by electronic mail.
- Amendment of the Articles of Association to clarify the status and relationships of Associations, Clubs, Associates and Affiliates.
- Amendment of the Articles of Association to establish the voting and guarantor status of Honorary Members.
- That British Orienteering Membership Fees for 2008 will be as follows, (the figures for 2007 are in brackets):

National Senior Membership:	£16.50	(£15.00)
Local Senior Membership:	£ 6.60	(£ 6.00)
National Junior Membership:	£ 3.85	(£ 3.50)
Local Junior Membership:	£ 0.00	(£ 0.00)
National Family Membership:	£22.00	(£20.00)
Local Family Membership:	£11.00	(£10.00)
Associate:	£16.50	(£15.00)
Club:	£33.00	(£30.00)

- That the British Orienteering Event Levies for Seniors and Juniors for 2008 be as follows:

At Local and District Events:
Seniors £1.20 (£1.10) and Juniors £0.25 (£0.22)

At Regional and National Events:
Seniors £2.40 (£2.15) and Juniors £0.50 (£0.45)

For full details of the proposals, go to the AGM minutes which are available on the British Orienteering website.

The election of Officers and Councillors resulted in the following people being elected:

President:	Sir Christian Bonington, CBE
Vice President:	John Disley, CBE
Chairman:	Neil Cameron (NGOC)
Vice Chairman:	Peter Christopher (WCH)
Vice Chairman:	Lyn West (SOS)
Treasurer:	Jenny Peel (SYO)
Councillor:	Chris James (NGOC)
Councillor:	John Morris (SO)
Councillor:	Roger Hargreaves (KERNO)
Councillor:	Ed Nicholas (EUOC)



Various British Orienteering awards were also presented at the meeting:

Silva Award for Services to Orienteering was awarded to Brian Parker (DEVON).



Clubmark Award - OD, BKO, SOS, WIM, SN, SOC, BOK and MDOC have all been successful in achieving the Clubmark Award since last year's AGM.

Club of the Year was awarded to Octavian Droobers and was received by Peter Guillaume.



Bonington Trophy for Services to Mapping was awarded to Jon Sutcliffe (PFO).

Chichester Trophy for Amateur Cartography was awarded to Robert Dove (SMOC).

Silva Trophy for Professional Cartography was awarded to Roger Maher (SO).



Neil Cameron, British Orienteering Chairman, went on to present the work completed so far by the Governance Work Group, which is made up of Neil Cameron, Mike Hamilton, Martyn Broadest (AIRE) and John Morris (SO). Further information can be found in the "Governance" article.

AGM Review written by Amy Sarkies - Executive Officer Administration

New Councillors



Jenny Peel - Treasurer

I started orienteering as a junior in SN and then ran for CUOC before joining SYO 15 years ago. In that time I represented GB at junior and senior level between 1983 and 2001 running in 6 World Championships (WOC's) and numerous other competitions. My highlight was my relay performances in three WOCs 5th, 4th and 5th, a European bronze and a silver in the World Cup relays. I have been a coach for the GB team at the last three WOCs and held positions as Club Secretary for CUOC, joint Chair for SYO and Chair of the GB Squad. With my husband Dave Peel I have initiated the UK Cup Series, 3 series of MTBO events and organised the British Sprint Championships.

Professionally I qualified 14 years ago following jobs with British Steel, Ericssons and Stanley Tools. My current role is Director of Finance and IT for Panache Lingerie Ltd based in Sheffield. In three years I have helped the company turn a weak cash position and losses into a growing profitable business. My expertise is making organisations more efficient, improving processes and quick decision making.

My vision for British Orienteering is that our sport should be simpler and less complicated with a focus on innovative ideas and making the best use of the resources that we have. To do this we need to make it easier to put on great events and keep improving what we have. We need to attract more younger people to the sport and that requires change. I intend to help to take our sport forwards.



Roger Hargreaves - Councillor

I only came across orienteering in 1983 when my wife suggested that a family activity would be a change from my weekends away taking part in motor sport - mostly rallies - as a navigator / co-driver. Our move to Cornwall in 1979 cut me off from mainstream rallying and after James arrived in '82 there was a need to focus on the family.

That decision to visit Idless on a CATI in 1983 started it all off. We were hooked. As a civil engineer I knew a little about surveying and got roped in to help with the early map of Penhale - albeit with a theodolite. Cornwall OC was of course the only club in Cornwall and my wife and I soon got involved with organising, planning & controlling as well as joining the committee.

As the family grew older and more competent we travelled many miles to events all over the country from our base in Cornwall - 1000 mile weekends were not unknown - so we do know about peripherality of "remote" clubs. Accompanying all of the children on squad weekends led me to take an involvement in the SW Regional Squad; notionally, as a coach before all the current requirements came into place.

Since then I have planned numerous events, controlled numerous at Grade 3, Grade 2 and I'm yet to get my first invitation to control at Grade 1. As for organising beyond the club, my recent memories are of the BNOG '99, coordinating BOC 2005 and involvement in organisation of some elements of JKs '97, '02, & '07. I'm also booked for Harvester 2007 and Caddihoe Chase 2007. I have been Chairman of SWOA for 3 years (2003 - 2006) and served on Council as the SW Regional representative from 2003 - 2007.

Governance Review

At the 2007 AGM it was agreed that the Governance Workgroup looking at the decision making and oversight structure within British Orienteering should continue their work with a view to taking recommendations to an Extraordinary General Meeting in the autumn of 2007.

Whilst there will be another edition of Focus before any EGM it is worth updating you on the thinking so far. You have the opportunity to consider the recommendations and provide us with feedback through the governance@britishorienteering.org.uk email address. A slightly modified copy of the presentation made at the AGM by Neil Cameron, Chairman of British Orienteering, is available to view on the web site and a copy can be sent on request and receipt of a SAE at the National Office.

Why was the review instigated?

Councillors and officers were keen that we operate as effectively as possible and decided that a review was needed.

What did the review find?

That our current system of decision making, accountability and authority is poor when judged against standards used in the non-profit making sector. Since then the sports councils have also audited our governance and found our decision making and oversight does not conform to standards of good practice. In essence the list of issues includes: poor accountability, people unclear of their authority and responsibilities, very slow process for decision making, confusion over Council and Management Committee responsibility, company directors with legal responsibilities but unclear roles and responsibilities

What is being recommended?

A Board of ten Directors is established to take the place of Council and Management Committee. Directors will have the legal status of company directors and be elected by

the membership. Directors will hold post for three years and a maximum term of office of nine years after which they will be required to stand down. The Chairman will be elected by the Board and the CEO will sit on the Board.

Are there issues still to be addressed?

Yes, there are two issues that require further discussion; the way in which the views of Associations are reflected to the Board and whether Directors should be elected to portfolios or be given portfolios after election. In regard to the latter it is clear we need the best people available to be given the opportunity for election to the Board.

What are the benefits?

You, the members, know the Board has the authority to make decisions at the speed required by you and our partners the Board is accountable for those decisions and there will be greater clarity. It is envisaged that more high quality people will be interested in becoming Directors in a streamlined, less onerous but clear decision making body. This change will inspire our partners to have greater faith in British Orienteering as the Board system will stand up well compared to best practice and be seen to address current poor practice. It will also prove to be more cost effective and both less demanding on Directors' time and a better use of their time. I hope this provides you with an insight into the recommendations which will require member approval to come in to force. Rest assured that the members will remain the ultimate authority since you will be able to vote down a Board at an AGM if you do not have confidence in them.

40 Years Celebrating

By Amy Sarkies - Executive Officer

Both British Orienteering and the JK Festival of Orienteering celebrate their 40th Anniversaries this year. In recognition of this, British Orienteering and the JK organisers came together to organise a celebration at the 2007 JK. The celebration took place straight after the British Orienteering AGM in a marquee at the Speech House Hotel, Coleford. The evening started with excellent speeches from John Disley, Chris James, Neil Cameron and Mike Hamilton.

As one of the founding members of the British Orienteering Federation and as the second Chairman, John Disley spoke about the early days of how the sport of orienteering came over to the UK and how British Orienteering started out. Chris James, another founding member of the British Orienteering Federation, fourth Chairman and as someone heavily involved in the organisation of the first JK,

spoke about how the first JK came about. Extracts of these speeches can be found below.

Both Neil Cameron and Mike Hamilton spoke about how the sport of orienteering had evolved and looked to the future of the sport. The speeches were followed by the cutting of a beautiful 40th Anniversary cake, which Jane Forrest kindly organised.

Thank you to all those involved.



Schanning who is still active and Ted Norrish (known as Droober within the school) from the Edward VIII School in Coventry were also there. All this activity soon led to the formation of the English Orienteering Association in 1965.

A team from England was sent to compete in the 1966 World Championships in Finland. The IOF was never quite the same again! Ten men runners - six for the individual race and four for relay were selected. On relay day the four runners who hadn't had a run in the individual event were put forward. The team was told that they couldn't do this as the relay runners had to come from the individual runners. It was pointed out that this was unfair and asked to see the rules. It was then that the Scandinavians admitted they didn't have the rules written down, because they all knew them! All that was to change and they even finished up with a British woman President - Sue Harvey. Lasse Heidemán, the Finnish President of the IOF at these championships finally recognised the claim for 'natural justice' and let the fresh runners race with a proviso - if the team got in the medals they would be pronounced non-competitive.

Officials from the EOA (Brasher, Disley, Charnley, & James) and the SOA (Climie, Hewat, Cruickshank, & Chapman) met in Dalbeattie in early 1967 and discussed and agreed a format for a British Orienteering Federation. A sticking point in the negotiations was solved when the Scots led by Bob Climie were given an additional member on the executive board. This constitution was presented at an English O.A. AGM later that summer, at Hamsterly, in County Durham, the evening before the 1967 English Championships race. The motion to form the British Orienteering Federation was passed and the race the following day was re-named the "First British Championships".

CHRIS JAMES' MEMORIES

Chris started with memories from June 1966 - the first English Championships that turned out to be the only one ever held! It was listed in the fixtures as being within 50 Km of Guildford. On entering one received the joining instructions to report to Farnham Railway Station some considerable time before ones allocated start time. Here instructions were given to drive to Merchant's Hill School, Hindhead, the Assembly area. The event itself was held in the Devil's Punchbowl. Such was the secrecy surrounding those early competitions.

The prizes were presented by Sir John Hunt, later to become Lord Hunt, the leader of the successful 1953 expedition that conquered Mount Everest. He apologised to us all for having potentially held back the introduction of orienteering in the UK. He had stated that orienteering as a sport wouldn't work here. He was very impressed with all that he now saw at Hindhead and felt sure that it would now develop. So 41 years later we have proved him right.

Chris's own memories now moved to March 1967 when the 1966 Scottish Championship were held in Dalbeattie Forest. Chris remembered doing rather well in the event even if he had only been running since the previous year! However he could not be declared as the Scottish Champion; that accolade went to someone placed lower down the results.

John had already referred to the meeting on the previous evening to establish the format for the Federation and Chris reflected that the British Sports Council had effectively dictated the twelve Regional structure that we have today. It was also the case that the IOF would only accept a British Federation into membership rather than Home Countries for fear that the USSR might attempt a takeover of the IOF by applying for each of its states to become individual members. Of course in 2007 that situation has dramatically changed with the welcome

addition to the IOF of the previous USSR states in their own separate right. Having been in contact with Bob Climie just prior to the evening Chris was reminded that Bob in his words had faced some rebels rousers in Scotland that were overcome!

Around the same time in 1967 the First Jan Kjelstrom Event had taken place. Following the sad death of Jan who had done much to help us, John Disley had invited the Swedish Club Rotebro to visit Surrey to commemorate Jan. It was about two weeks before that John had asked Chris to find an area, plan courses, and help organise! A week later having failed to find area with permission it was decided to hold a crisis meeting in Martin Hyman's caravan at his Blackdown Event in Sussex. It was agreed that we would use the same area from the opposite end in the hope that no one would notice. Tony Walker volunteered to plan the courses and the event successfully took place.

In the summer of 1967 Chris had moved to Scotland. He had helped John with Fixtures since 1965, became the English fixtures Secretary and in due course the first British Fixtures Secretary. The SOA welcomed Chris as their first Fixtures Secretary so pulling together the programmes across the whole UK. To again quote Bob Climie - Chris Brasher as the Federation's first Chairman did a very good job at leading and placating all in that first year.

Chris concluded that at Easter 2007 that he is still involved in moving British Orienteering forward after a difficult period. Since his day as Chairman in 1975-78 there were so many external factors not present in 1967. He was very glad to have made his own contribution both in the early days and now. There was certainly the need for continuity but very much the need to move forward in the next 40 years.

Extracts by Chris James on behalf of John Disley & Chris James

JOHN DISLEY'S MEMORIES

The story starts where you want it to. It could be in 1898 in Bergen, Norway, with the first recorded public orienteering event or nearer home when John Disley first heard about orienteering in 1949. His athletics coach, Geoff Dyson, had just returned from Sweden, where he had been told by Sweden's Chief National Coach, Goster Holma, "That the life blood was being squeezed out of middle-distance track running in Sweden by some game called orienteering." And Geoff gave him a Silva compass that he had picked up on his visit. It was 'induction damped', not liquid filled - a museum piece now?

Then in 1953 while spending a couple of days outside Stockholm before an athletics match, John joined in an orienteering race - his fellow competitors were women student PE teachers. Most of them beat him. He could run twice as fast as them but they knew where they were going! It wasn't looking for an excuse but he might have said that he was confused by the 400 degree compass they lent him. But what he did understand was that this was a sport that the British would love - running, in beautiful environments, with a map. Someone once wrote "It's like doing the Times Cross-word puzzle whilst running for a train"? That was exactly, what many were looking for - intelligent running.

Two years later when John went to work at Plas-y-Brenin, in Capel Curig, he had his first opportunity to try out this sport on others. He had captive students at the Centre for a week and a forest just across the river. Each week that summer another batch of 'students' were encouraged to try this new sport. They were sent out to find 10lb jam tins which John had painted red and white.

Those early events in 1955 were not much of a success due mainly to having to use the 1" to the Mile O.S. map. The problem was that it was hard to find three 'features' marked on the map that would make controls in any one grid-square. So one ended up setting a mini fell-race in a near vertical forest. John felt that he had a lot to learn about making orienteering enjoyable. At the back of his mind he felt that orienteering should be "character forming". Yes, there were the 1:25,000 O.S. maps but they cost 8/6d each in old money and no one was going risk getting such an expensive map dirty and torn in a rough forest. So the attempt to establish this new sport of orienteering was put on the back burner until in 1963, when Mr. Rank marketed a black and white plain paper copier machine.

By that time John had left Plas y Brenin and was working as a PE Organiser for Surrey County Council - and they had Rank Xerox Copiers. It is doubtful if the Education Department ever got the credit for funding the hundreds of copies of orienteering maps, that enabled Orienteering to get started in the south-east, nor for allowing their schools in the Surrey Woods to be used on Sundays for assembly areas for events - schools like Peaslake, Holmbury St Mary and Coldharbour.

Back in Surrey teachers were recruited and encouraged to bring their pupils to John's events. That is how our dearly loved and now lamented Peter Palmer, became involved in our sport, he was the geography master at Rydens School, Surrey. Also becoming involved was Chris James working in Kingston upon Thames who in turn recruited student Tony Walker later to become British Orienteering's first General Secretary and Martin Hyman

- our coaching guru for the juniors for many years, whose school in Hazlemere helped to spawn the Combine Harvesters. All these and many others including John's Olympic Gold medallist colleague Chris Brasher who became chairman of the English Association and later the first Chairman of British Orienteering found orienteering to their liking and stayed for a near lifetime.

Incidentally how many people remember that in those embryonic days of the sport in Surrey that the organisers often insisted that after getting your map and marking it up, you sat at a school desk and studied your best route for five compulsory minutes? Actually, this rule was thought necessary in the south, as the many international athletes who turned up to run - Chris Brasher, Gordon Pirie, Roger Bannister, Martin Hyman, Bruce Tulloh, Tim Johnson - were just like 'race-horses'. If you shouted "GO" they set off at a blinkered gallop in the direction that they just happened to be facing! But those athletic personalities that John had persuaded to come to his early events, gave orienteering fantastic publicity in the press and radio.

Gordon Pirie, Olympic medalist and British record holder for the 5,000m., at his first try at orienteering, took off into the woods around Peaslake in Surrey, and returned two hours later having only found one control. It is thought that he had the young John Rix in tow. He only found his way back to Peaslake School by knocking on the door of a cottage and asking for directions! But Gordon, who hated loosing at anything, went away and learnt how to map read. A month later he was winning races by 15 minutes.

A little later the first 'night event' on Hindhead Common was held. Lacking confidence in the competitor's ability to find the flags in the dark, John alongside Anne Grant drove down the A3

The 2007 Club of the Year

Octavian Droobers, the Coventry & Warwickshire Orienteering Club, (OD) won the British Orienteering Club of the Year award this year in a very close competition between six clubs.

Peter Guillaume is shown receiving the trophy and prize cheque from British Orienteering Chairman, Neil Cameron, at the AGM.

OD has had a very successful year, retaining the Compass Sport Cup, and has employed GB Senior Team and OD member, Graham Gristwood, to work with schools in the Kenilworth area, run after-school orienteering clubs, integrate school and club junior members at joint training sessions and coach the University of Warwick orienteers. OD used their own funds as well as money from the Kenilworth Sports College and the University of Warwick. British Orienteering



CLOCK receiving CCPR Award with Sir Bobby Charlton and Richard Caborn - Photo courtesy of CCPR

Tees Valley area and the fact that club junior membership is now one of the largest five in the country with over 60 school age junior members (along with BOK, HOC, DVO and NOC).

partners, the volunteers within CLOK have contributed to hundreds of people learning a new sport.' CLOK received a cheque for £1000 towards their development plans.

I would also like to pay tribute to the three clubs which were not awarded prizes and mention some important developments for each club:

Harlequins Orienteering Club (HOC) has continued to gain members through its Malvern initiative which started in autumn 2005, an excellent example of frequent and localised targeting of events in a limited area and the impact which this can have.

Mar Orienteering Club (MAROC) has regular club junior coaching sessions to which local school children are invited after they have sampled a school-based introduction to the sport and many join the club. The club has also experimented with bringing the sport to the people by holding local events starting from a venue such as the village hall.

Newcastle & Tyneside Orienteers (NATO) has re-structured its club management so as to run affairs more efficiently and enables specialist working groups to oversee programmes and training for officials, coaches, mappers and planners so that the club can put on a regular programme of events and coaching.

Congratulations to all involved.

Hilary Palmer, Development Manager

South Yorkshire Orienteers was placed third with their committee's enthusiastic adoption of junior development and local urban orienteering at the heart of their application. SYO has long been regarded as an 'elite' club with few juniors but that has changed significantly in the past couple of years and the club is gaining new family and junior members and took second

place in the Yorkshire heat of the Yvette Baker Trophy in 2006.

OD, CLOK and SYO's Club of the Year entries were all passed on to the CCPR National Club of the Year Competition. CLOK was short listed as one of six finalists for the award ceremony in London and finished joint 3rd. The CCPR said that CLOK had shown commitment and dedication to improving their community with sport. Working together with a variety of



Peter Guillaume receiving the prize at the AGM from Neil Cameron

development project money from the school/club links and the multi-day event funds also helped. There is no doubt that the club's regular programme of local events (over 50 in the year) is an important factor in the club's success.

Last year's winner, Cleveland Orienteering Klub (CLOK), was runner up in 2007 and continues to catch the judges' eyes as a result of the considerable outreach work to schools in the



Clubmark certificates were presented at the JK prize giving by Chairman, Neil Cameron to (from left) Sue Bett (SN), Christine Currie, Colin Hicks and Di Smith (SOC), Lynn Branford (WIM) and Jenny Shaw, Rae Lomas, Margaret Gregory and John Britton (MDOC)

Clubmark

Congratulations to seven clubs which have achieved Clubmark accreditation in recent months:

Berkshire Orienteers (BKO), Bristol Orienteering Club (BOK), Essex Stragglers Orienteering Society (SOS), Manchester & District Orienteering Club (MDOC), Southampton Orienteering Club (SOC), Southern Navigators (SN) and Wimborne Orienteers (WIM).

This brings to total of Clubmark orienteering clubs to 17 in England and 1 in Northern Ireland. 24 more English clubs are working towards the standard along with hundreds of clubs from 24 other sports. This is not a 'tick box' scheme; rather it is regarded as a way of demonstrating that a club operates to a minimum standard with regard to four areas:

- Duty of care and child protection (which includes criteria such as child protection training and Criminal Record Bureau disclosures for coaches, first aid training, coaches who are qualified and working to

British Orienteering safety guidelines, carrying out risk assessments)

- Junior competition and coaching programme (including club coach training, access to regular coaching and competitions for juniors)
- Sports equity and ethics (including clubs being welcoming to people from all backgrounds, codes of conduct)
- Club management (including junior membership and entry fees, a club junior committee or rep on the main committee, links with local schools and sports development units in the community, a club development plan and ways of involving juniors in running the sport e.g. helping to run or plan events)

Whilst the criteria are specifically geared to sports clubs' junior sections and the logo is designed to let parents, schools and other youth organisations recognise that an accredited club is one which is well run, I am



Denise Harper receiving the BKO Clubmark certificate from the mayor of Blaenavon at the British Champs.

sure that most orienteering clubs already operate to these standards and could achieve the award, whether the club is in England or one of the other home countries. Your development officer will be able to offer advice and support.

The most recent club to gain the award, MDOC, had a group of four key people led by Rae Lomas who all took responsibility for finding the evidence for the file and in this way the work was shared and the award achieved within 7 months of starting along the road.



Stephen Cartwright (SOS Lead Coach) is presented with the Clubmark certificate at the AGM

NEW RDO

I am delighted to be able to announce that **Michael Chopping of Norfolk Orienteering Club** has been appointed to be the **Development Officer for the northern part of East Anglia covering Norfolk, Suffolk and northern Cambridgeshire. Michael is leaving the RAF and will start work for British Orienteering (part time) on the 1st June.**

Hilary Palmer
Development Manager

BSOA MEMBERSHIP FOR 2007

Has your school renewed its membership to the BSOA? Renewal details were included with the last edition of "Focus" but it has been brought to our attention that some schools missed the letter. We will be sending out reminders but please check if you still have the old "Focus" around.

Orienteering and "Step into Sport"

"Step into Sport" is part of the Government's PE and School Sport Club Link (PESSCL) strategy. It focuses on Young people aged 14 – 19 years and aims to encourage them to undertake an involvement in sports leadership and volunteering that will continue later in life.

The April edition of the Awards for Young Sports Leaders now includes the "Orienteering Young Leader Award." This is a six hour course that is split into one hour sessions for flexibility of delivery and can be delivered by teachers and other adult leaders who have attended a British Orienteering Level 1 (1 day) course. The course is designed to enable students to coach the basic skills of the

sport, provide fun activities on a safe enclosed site and enable them to assist as volunteers at school or local events.

The tutor pack available to schools costs £40 (£30 to BSOA schools) and is available from British Orienteering. Tel: 01629 734042

Peter Bylett
Chairman
BSOA

British Championships

Report by Joe Mercer

On the 5/6th of May this year some of the UK's top runners travelled to Pwll Du in South Wales to compete in the most pure of orienteering disciplines, the classic distance. Pwll Du offered a variety of challenges to competitors, combining remnants of mining activity with rocky moorland, with the longer courses making use of both areas. Few will have been disappointed with the fine sunshine that bathed the open fell and intricate mine-works, allowing spectator-friendly viewing of runners as they flew down off the final slag heap and into the assembly field.

As well as a part of the ongoing UK Cup league, for many of our country's elite runners the British champs forms part of crucial race preparation for the upcoming World Cup races in Finland and Norway. The races therefore promised to be closely fought as the elite runners ultimately look towards the summer and the World Championships, to be held in the Ukraine.

In the elite classes Sheffield-based Oli and Jenny Johnson cemented their positions as Britain's most successful orienteering couple, repeating the "double" they recorded at the JK earlier this year. Although current UK cup leader Oli claimed he experienced difficulty in finding "anything" out on the course, he did not let this stand in his way in recording the fastest time of the day on the men's 21E course. Second placed Duncan Archer held the lead for a matter of seconds before Johnson arrived in the finish lane, chasing hard. He was closely followed by Mike Sprot, who came in to take the bronze medal.

On finishing Jenny Johnson admitted that prior to her race she had thought the women's distance was a little on the short side and planned to run the course hard, treating it like a slightly longer middle race. Clearly her aggressive tactics worked and she blew away the competition taking first place by an impressive seven minutes. Second place was taken by Karen Heppenstall of Cleveland and third by W35 Kirsty Bryan-Jones of Forth Valley.

Unfortunately the women's race fell foul of a misplaced control that also affected the M21L course. A few early competitors spent some time hunting for the control and were able to inform the race organisers who then set out to move the control to its correct position. This led to the bizarre situation of the control being punched while on the move by a number of elite runners,

clearly not a fair situation for the competitors and in recognition of this the organisers took the decision to remove the splits for the leg either side of the originally misplaced control.

Inspired by the previous weeks' fine weather, many competitors took the decision to camp for the weekend. Despite a stormy night and a wet morning competitors spirits were not dampened on the morning of the relays and several teams were in contention for both the male and female premier race titles. The relay courses were confined to the mine-work region of the area and were printed at an easier-on-the-eyes 1:10 scale, a welcome change for many of the competitors struggling on a 1:15 the previous day.

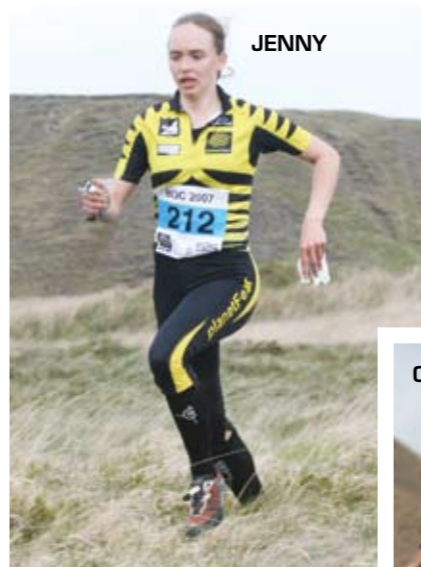
On the women's course Becky Carlyle of Edinburgh University set the pace on first leg, flowing smoothly through the complex contours, closely followed by Laura Daniel of South Yorkshire. However, the strength in depth of the South Yorkshire team soon showed as Jenny Johnson led them home to victory by a margin of nearly 3 minutes. Second placed were Sheffield University led home by Lizzie Adams, who recorded the fastest time of the day for the women's relay course as she passed both Octavian Droobers and Cleveland first teams who had to settle for third and fourth respectively.

On the men's course, teams from Sheffield were equally dominating, however on this occasion the University team got the better of South Yorkshire's first and second teams to take the gold medal. A strong first leg run by Andrew Llewellyn kept Sheffield University in contention and after Marcus

Pinker had clawed back some more of the South Yorkshire lead the race was set up perfectly for newly crowned British Champion Oli Johnson to hunt down Neil Northrop and the Gold medal. Northrop did not surrender this position easily though and as the two training partners battled it out they set the two fastest times for the course by some minutes.



JOE MERCER



JENNY



OLI



Results:

Men's Open Long

(Length 14.1km, 360m climb, 32 controls)

1st	Oliver Johnson	SYO	86:03
2nd	Duncan Archer	CLOK	88:33
3rd	Michael Sprot	SYO	91:56

Women's Open Long

(Length 9.2km, 245m climb, 18 controls)

1st	Jenny Johnson	SYO	59:05
2nd	Karen Heppenstall	CLOK	66:24
3rd	Kirsty Bryan-Jones (W35)	FVO	67:12

Men's Premier Relay

(Length 19.6km, 330m climb, 66 controls)

1st	118:59	SHUOC	(Andrew Llewellyn, Marcus Pinker, Oliver Johnson)
2nd	119:28	SYO1	(Michael Sprot, Nick Barrable, Neil Northrop)
3rd	129:20	SYO2	(Richard Guillaume, David Sprot, Rob Baker)

Women's Premier Relay

(Length 15.6km, 345m climb, 54 controls)

1st	126:05	SYO3	(Laura Daniel, Kim Buckley, Jenny Johnson)
2nd	128:56	SHUOC	(Hazel Tant, Elizabeth Britton, Lizzie Adams)
3rd	129:02	OD2	(Lesley Ross, Liis Johanson, Toni O'Donovan)



The JK Festival of Orienteering celebrated its 40th Anniversary in style over the Easter weekend in Bristol and the Forest of Dean. After last year's successful invitation Sprint race, it was decided that the Sprint discipline should become part of the main JK programme for 2007. The race took place at the University of the West of England in Bristol. Over 1000 orienteers competed with 224 men and 121 women contesting the elite classes. The event was blessed with blue skies and bright sunshine, which only added to the fantastic atmosphere. The race was fast and furious with intricate map detail and lots of route choice. The venue also allowed for some interesting locations for the controls.

JK2007

The elite Men's class was won by Norwegian Oystein Kvaa Osterbo, 17 seconds ahead of GB team mates Oli Johnson and Graham Gristwood who finished 2nd and 3rd respectively with only two seconds between them.

In the women's event it was Great Britain's Pippa Whitehouse who had an excellent run to win by a massive 47 seconds. GB's Jenny Johnson and Norwegian Elise Egseth could not be separated and shared second place in a time of 11:34.

Men's Open Sprint Results:

(Length: 2.9km, 20 controls):

1st 12:11 Oystein Kvaa Osterbo WING O
2nd 12:28 Oliver Johnson SYO
3rd 12:30 Graham Gristwood OD

Women's Open Sprint Results

(Length: 2.4km, 18 controls):

1st 10:47 Pippa Whitehouse CLOK
2nd = 11:34 Jenny Johnson SYO
2nd = 11:34 Elise Egseth WING O

MIDDLE EVENT

For day two of the JK the competition moved to the beautiful Forest of Dean to an area known as Swallowvallets. The forest was lightening fast and the podium places were split by seconds. In the women's event only seven seconds separated the top three but it was Rachael Elder who triumphed. Jenny Johnson and Norwegian Elise Egseth repeated their battle from the sprint race with just one second separating them into 2nd and 3rd places respectively.

The men's open class was won by Graham Gristwood who had a fantastic run to finish 18 seconds ahead of Oli Johnson and 24 seconds ahead of Matt Speake.

Men's Open Middle Results:

Length 6.2km, 255m climb, 18 controls
1st 31:45 Graham Gristwood OD
2nd 32:03 Oliver Johnson SYO
3rd 33:09 Matthew Speake EBOR

Women's Open Middle Results:

Length 4.9km, 230m climb, 15 controls
1st 34.43 Rachael Elder CLOK
2nd 34.49 Jenny Johnson SYO
3rd 34.50 Elise Egseth WING O

LONG EVENT

The final day of the JK individual races took place in the stunning setting around New Beechenhurst forest combining runnable forest with rolling hills and steep slopes. The area showed the scars of its industrial past with pits and spoil heaps making for an intricate area, which combined with an intricate contour section proved demanding for many.

For the elite it was finally Jenny Johnson's turn to take the honours, after two runner up spots. Jenny ran fantastic to take first place 34 seconds ahead of SYO team mate Helen Winskill and three minutes ahead of Sprint Champion Pippa Whitehouse.

In the men's event Oli Johnson and Matt Speake fought to the end but it was Oli who triumphed to leave Matt in second. Scott Fraser took third place with Middle winner Graham Gristwood in fourth.

Women's Open Long Results:

Length 10.3km, 355m climb, 28 controls
1st Jenny Johnson SYO - 74:55
2nd Helen Winskill SYO - 75:29
3rd Pippa Whitehouse CLOK - 78:01

Men's Open Long Results:

Length 15.9km, 620m climb, 32 controls
1st Oliver Johnson SYO - 91:14
2nd Matthew Speake EBOR - 94:03
3rd Scott Fraser INT - 95:28

JK CHAMPIONS:

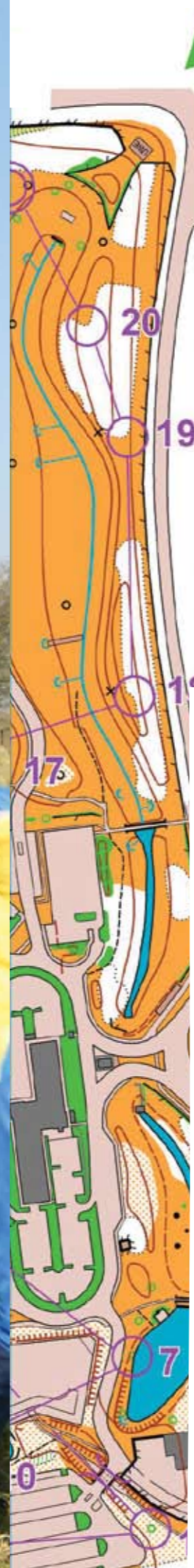
To determine the overall JK Champions in the elite classes, the times from the middle and long races are combined. In a JK first, recently married Oli and Jenny Johnson triumphed to take the honours.

Men's JK Overall Results:

1st Oliver Johnson SYO 123:17 -
Race 1 - 32:03(2) Race 2 - 91:14(1)
2nd Matthew Speake EBOR 127:12 -
Race 1 - 33:09(3) Race 2 - 94:03(2)
3rd Graham Gristwood OD 129:33 -
Race 1 - 31:45(1) Race 2 - 97:48(4)

Women's JK Overall Results:

1st Jenny Johnson SYO 109:44 -
Race 1 - 34:49(2) Race 2 - 74:55(1)
2nd Helen Winskill SYO 111:51 -
Race 1 - 36:22(6) Race 2 - 75:29(2)
3rd Pippa Whitehouse CLOK 112:57 -
Race 1 - 34:56(4) Race 2 - 78:01(3)



RELAY

The final day of the JK was the relay races with each club keen to take home the honours. This year the relay was held in

Caerwent Military camp which provided a fast and furious event that was spectator friendly. The area showed its military past with bunkers, buildings and a railway breaking up the undulating open ground.

In the JK Men's Open it was Edinburgh University (EUOC) who won the trophy. The team was made up of Mark Nixon, Duncan Coombs, Oleg Chepelin and Scott Fraser. In the Women's Open it was SYO who once again triumphed with Laura Daniel, Helen Winskill and Jenny Johnson, making up the jubilant team.

Jenny concludes, "The four days of racing were in such a variety

of terrain that all your orienteering skills were tested at one time or another. It was a great weekend with a fantastic atmosphere and to win the JK for the first time at its 40th anniversary made it really special."

Men's JK Trophy Relay

Results:
Length 23.0km, 400m climb, 90 controls over 4 laps

1st: EUOC - 123:10
(Mark Nixon, Duncan Coombs, Oleg Chepelin, Scott Fraser)
2nd: WING OK - 123:45
(Allan Bogle, Stig Alvestad, Audun Bjerkreimn, Ozstein Kvaal Osterbo)
3rd: HALDEN The Vikings - 130:52
(Ewan McCarthy, Christian Schive, Bard Hauan Anderson, Eirik Hauan Andersen)

Women's Open Relay Results:

Length 15.1km, 280m climb, 65 controls over 3 laps

1st: SYO - 105:03
(Laura Daniel, Helen Winskill, Jenny Johnson)
2nd: SHUOC - 107:02
(Lizzie Adams, Elizabeth Britton, Rachael Elder)
3rd: CLOK - 109:34
(Aislinn Austin, Karen Heppenstall, Pippa Whitehouse)



Full results can be found at: www.jk2007.org.uk



Chairman Neil Cameron presents Mike Forrest with the organisers award

JK07

The Organisers Perspective

Well, it's all over! JK 2007 was successfully delivered with a lot of sunshine and a very relaxed atmosphere. A few people asked me what I was going to do next, but such an undertaking will require some recovery time before I get anywhere near another orienteering project.

My main feeling now is one of relief! As the weekend approached, I was sleeping less and less well as I worried about what I hadn't done, what might go wrong and what I would do about it. However well organised you are, it always seems to get frantic towards the end. Eventually the weekend arrived, and I decided that "If I haven't done it yet, then it's too late now!" In the end, however, everything went really well, much helped by the glorious weather, and the exceptional band of helpers, both the major officials and the army of day helpers who turned out on the weekend, who were really responsible for delivering such an excellent weekend of orienteering. The disappointing thing was that I didn't get out to run until the relays, although everything I heard suggested that the quality of orienteering over whole weekend was excellent.

So, what are things that in the forefront of my thoughts as I try to sort out the final finances for the event with our treasurer?

The first point to make is that none of them has very much to do with the orienteering – as I have said already, the races were excellent, and the individual race days were well organized. The issues were to be found elsewhere

Well, EMIT must be top of the list! Not, as some would have me say, that I regret in any way my decision to select EMIT ahead of SportIdent. It was primarily a financial decision, with EMIT (UK) offering a very attractive financial package for JK 2007, combining very low rental costs for the use of their equipment, with substantial financial assistance for the event. I also believe that it is imperative to the health of the electronic aspects of our sport that there be competing systems, striving to be the preferred system by offering the best combination of facilities.

No, my regret is more to do with being unaware just how many orienteers in the UK are completely unfamiliar with EMIT. If I had realized, I would have made sure that we set up better training, including a dummy course for people to try out before doing their competitive courses (as we did at the Peter Palmer relays in 1998), so that people had a better understanding of how it works. I also regret weakening on the use of the touch-free controls for the sprint race. I am in no doubt that it is the best equipment for sprint races, but it is equally clear that we caused much confusion by the change of technology (which, bafflingly, happened at the last control of the sprint race, which needed punching). Although some of the correspondence has pointed out that JKs 2008 and 2009 are not expected to use EMIT, they have clearly missed the fact that BOCs 2008 and 2009 probably will, as they are being staged by regions for whom EMIT is the chosen equipment (the NE of Scotland and SCOA), so we are all going to have to get used to it!

The second thing is an admission that I was completely caught out by the levels of requests for late entries. I have been entries secretary for national and regional event before, but never for something as big as

the JK. We deliberately left web entries open as late as we could (23rd March was the date we ordered overprinted map numbers), and ordered extra maps for late entries. For the individual races, we had (for almost all courses) enough maps, but we didn't have the manpower ready to process those entries during the ten days before the event (as most people were by then quite busy preparing for the weekend in other ways), so we had to close entries on Sunday 1st April (four full days before the first race!), and even that proved unpopular with some prospective runners. For the relay, we added 10% more teams, and then another 10%, but because we were accepting entries right up until the Sunday, we ran out of maps on most classes. This definitely requires a substantial rethink, so that we properly manage people's expectations in future years.

The last thing that didn't go well was the preparation and posting of the programmes and parking permits. Amongst all the other tasks that needed doing, I did not give this one the priority it required, which resulted in everything hitting the post too late. So, apologies to all those people with whom I had e-mail and telephone dialogue as you became increasingly concerned that the required stuff hadn't arrived in the post. Also, I have to acknowledge, it would have been better for the parking permits to be bigger, and bear the word "PARKING" on them, which would have reduced the number that got thrown away with the envelopes! What does seem clear, even in these days of electronic communications, is that people like to have a professionally printed programme to carry with them during the JK weekend. We tried to link the posting with the availability of start times, which probably wasn't necessary.

I'm still compiling the list of people who helped to make the weekend a success. It has already passed 250, and I don't yet have the data for the relays as Focus goes to print. Clearly, the final figure is going to exceed 300! Just to put that in perspective, that means that competitors had one helper between ten for the weekend! The income for the event will probably be close to £100,000, and our budget was to make a profit of £24,000. As you can see, I'm not shy about this; the money helps to finance British Orienteering (who receives two-thirds of the profit – but no levies) and the clubs who staged the weekend. We will publish full accounts and statistics as soon as they are finalised.

Mike Forrest
JK 2007 Co-ordinator

Seaside Scramble

By Nev Myers

When Steve Whitehead first suggested Scarborough as a venue for a sprint race, everyone immediately recognised its potential. Having had lots of experience in planning the York Park Race, there could be no-one better able to fully utilise its potential as an excellent venue for a major event. Discussions took place and the idea of making this event the British Elite Sprint Championships, linked with the British Elite Middle Championships became a reality. When Steve secured permission to hold the event and CLOK agreed to use Mulgrave for the Middle race, the Seaside Scramble weekend was on!

The day itself dawned fine and sunny, but with a cold sea-fret greeting the early arrivals. The forecast said it would remain cold and overcast on the coast, but the sun burned through and hot and sunny weather remained all day. Being able to use the beach for the assembly area added an enjoyable dimension to the venue, with the distant views of the Castle and the qualification race start adding to everyone's anticipation of the days racing.

Steve had planned the qualification races utilising the slopes to the north of the castle and the town centre. The view as competitors ran through the arch just after the start kite was, I am sure, a surprise to many as the whole of the North Bay was spread out before them. Competitors returned expressing surprise and delight at the variety of terrain and the quality of the courses, with many being caught out by the complexity of the last control underneath the

roundabout and the finish location on the slipway.

Most of the big names made it through to the A finals and you could feel the tension building in anticipation of the afternoon racing in the South Bay. The location of the start area for the finals drew a big crowd of day trippers and proved that this type of event is ideal for bringing orienteering to the public, rather than trying to take them out to the forests.

A short loop round the ornamental gardens before crossing the footbridge to the South Bay cliffs, the runners sped off into a complex maze of paths at different levels, with route choice and control flow being at an absolute premium. The tricky sections of the courses caught out many, including some of the most experienced, and the ultimate winners were indeed worthy of being called champions.

Jenny Johnson adds, "Racing round Scarborough was fantastic – it surpassed my expectations. A race that starts in a castle and has the contrast of seaside hills and intricate town centre lanes before finishing on the beach is always going to be fun and that was just the qualifier! The afternoon's final in the Victorian parks above the South Bay proved better still with no-one choosing all of the best routes. The only thing that could have improved my day would have been beating Pippal!"

The route from the last control to the finish posed the usual route choice

problem – across or round. In this case though, across meant through the sea (which was deeper than it looked) so full credit to the first two finishers on the mens A Final (and others) who chose this route, even though it was probably not the quickest, it provided excellent spectator value. With the prizegiving on the beach, a good crowd stayed behind to applaud the deserving winners - what better end to a memorable day?

Everybody then looked to the Middle Championships the next day in Mulgrave woods. Organised by CLOK the event was well planned and provided a challenging race. The race took place in mixed terrain that was physically demanding and was concluded by a run in back up a steep slope. SYO rained supreme with Oli Johnson and Helen Winskill winning the event.

Helen adds, "Following tough races at the JK the previous weekend and two sprint races the previous day, I was pretty exhausted standing on the start line at the British Elite Middle Champs. The latter part of the course was technically challenging with vague contour shapes and a lack of definite attack points. I was very careful not to miss anything knowing that there was very little to relocate on near the control points. I could hear the commentary as I punched the penultimate control, and ran hard for the line. It was great to know that the hard work I've put into my training since January was paying off and I could look forward to the rest of the season with renewed vigour."

MAP SECTION:

Neil Northrop's map was nothing short of a masterpiece. It became a labour of love for Neil and, as each updated version was produced, the detail and complexity of the area was revealed.

BRITISH SPRINT RESULTS:

Women's Open:

(Length 2.6km, 15 controls)

1st Pippa Whitehouse	CLOK	15:54
2nd Jenny Johnson	SYO	16:15
3rd Rachael Elder	CLOK	16:51

Men's Open:

(Length 2.9km, 19 controls)

1st Scott Fraser	EUOC	15:43
2nd Oliver Johnson	SYO	15:56
3rd Murray Strain	INT	16:26

BRITISH MIDDLE RESULTS:

Men's Open:

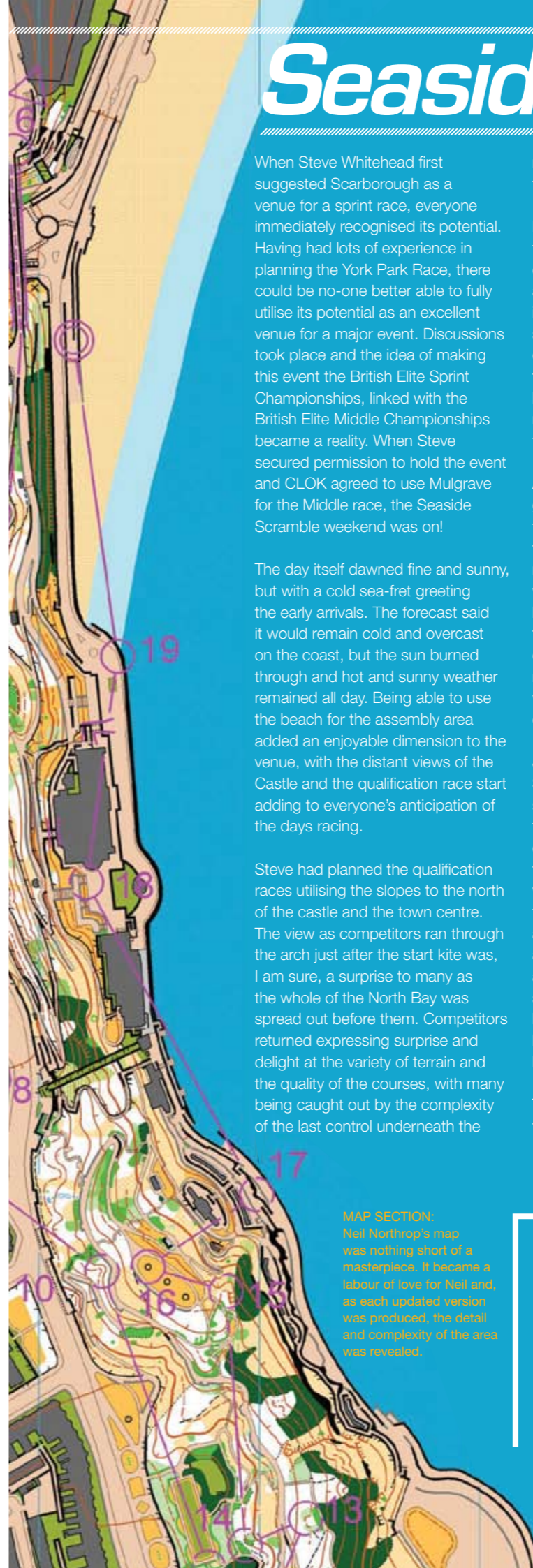
(Length 5.3km, 345m climb, 25 controls)

1st Oliver Johnson	SYO	35:06
2nd Neil Northrop	SYO	36:52
3rd Scott Fraser	INT	37:03

Women's Open:

(Length 4.3km, 280m climb, 23 controls)

1st Helen Winskill	SYO	36:55
2nd Rachael Elder	CLOK	38:06
3rd Jenny Johnson	SYO	38:48



Issue 2 - Summer 2007

Ozone

FOR JUNIOR ORIENTEERS



Inside this issue:

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The Benham's are a keen orienteering family and members of Sarum Orienteering club. Below we follow Emily, Jack and Lucy through their weekend at the JK.

Lucy Benham



Emily Benham



Day One – JK Sprint Race with Emily.

The South West Junior Squad and the Welsh Junior Squad were given the task or co-ordinating the JK sprint race at the University of the West of England at the Frenchay campus. My dad was asked to lead a team of people to manage the starts, so naturally I was roped in!

I've often thought that if you have a late start at a big event, when you stand on the start line the start official, who tells you to punch and which side the maps are on, always sounds bored and robotic as if they have been saying the same spiel for years. I was given the job of telling the starters to remember to punch the start and pick up one map.as if people would take more! But I said what I was told to say not wanting to make a mess of the event. I did the first hour of starts and the last hour. The hour in between I was preparing to race and then racing. Stood on the start line, I couldn't help but laugh as being told to pick up one map sounded rather ridiculous!

The race was my 3rd sprint event, so I am still learning the techniques required to have a successful run. I never seem to be able to judge my speed correctly and try to push myself to run too fast, so I make mistakes. Friday proved no exception! I ran the women's open course which was 2.5km. The first half of the course passed without much incident other than misreading the map and having to double back. The long leg caused me the most trouble, where reading the map on the run, planning ahead and sprinting proved to be an unwise combination at that time. I misread the map and ran down a dead end, expecting an underpass (which was above me) and some stairs beyond it. They were both there, just not where I thought! Returning along the alley, up some stairs and along the path at the top cost me 50secs plus, a mistake that causes you to drop tens of places in a

sprint race. Still the rest of the course went well, although the final uphill run in was a killer!!

So now to the most important part; what did I learn and how can I improve in the future? Running down dead ends is not wise; it costs you time and energy, and more importantly, places. It's always worth in sprint races, looking well ahead, not only will this improve your running style and posture but you may also see problems ahead before you meet them and become stuck. The most important thing on the map is the thick black lines and buildings. If you see a route with a thick line in the way, you won't be able to cross it, and you are likely to lose time here. Avoid complex building areas where possible as the chances of you getting confused are high. To improve, as my grandfather always says.practice, practice, practice.

Day Two – JK Individual Races with Jack.

JK Day two was about to begin and unfortunately I had a late start but as my parents had an early start I had plenty of time to calm my nerves. Every single second I couldn't stop thinking about the course. I didn't know how to stop being nervous so I got my ipod out of the car and started to listen to "don't stop me now" by Queen and "monster" by the Automatic. I decided to go up to the finish and I saw the first finisher coming in and realised it was Harry Butt who is in my club. I watched him sprint in to the finish and as I was about to turn away I saw that Harry's sister Lucy was also rushing from the forest into the finish. As I wandered back to the club tent I saw Harry and Lucy come back to our tent discussing their courses and split times into the finish. When it was my time to start I got a lift with one of my club members to the start, I was still quite nervous, but I controlled it. I went to warm up and got ready for my run.

As the beeps went 5, 4, 3, 2, 1, I got ready to run to my map, then the long beep went and I sprinted off, had a look at the map and raced an elite



Jack Benham

towards my first control - as you would expect he beat me to it but I tried my best! On my second control I found I had to jump over a river and into the brambles and up a bank with loads of brushings, it did hurt but I still carried on racing against the time. (I stopped racing the elite as he ran away from me!)

As the time went by, I suddenly had the tune "don't stop me now" by Queen in my head, so I smiled and I ran even faster. Soon afterwards I found myself at the finish control. I was so tired from the hills that I

thought I couldn't run any more but I found one extra boost of energy, that I used to sprint into the finish. I collapsed onto the floor, I was so pleased that I had reached the finish. I was pleased with my time as I was within 6 minutes of Jonathon Crickmore who was the leader and I was currently in 3rd place.

I now had a tense thirty minutes wait for the rest of the runners to come in. I went for a 10 minute warm down so I would have a good run on Day 3 of the JK. When I was on my warm down I was thinking it would be great if I could stay in 3rd place, and luckily I did.

Day Four – JK Relays with Lucy.

All of us know that orienteering in the rain is not quite the same as orienteering in the sunshine... so lucky for us, all the JK days were good and sunny! Caerwent, a disused army camp between Chepstow and Newport (Gwent), made a perfect setting for a good relay day. The fast undulating open grassland with thick bramble, large banks partly surrounding redundant ammunition bunkers, disused buildings and detailed woodland, was the fantastic venue.

I really enjoy the atmosphere of the relays, it brings clubs together and creates a strong team spirit and it's enjoyable to cheer other teams on from within my own club (Sarum). However, the pressure of not letting your team down, especially if you know it has potential, tends to make me nervous as I see myself as the weaker runner in the team.

Julia Blomquist, Lucy Butt and I made up one of the W48- teams. Julia ran first and hoped to finish with a top place; with a course length of 3.5km we expected her back in approximately 25 minutes. Lucy wanted to be prepared and entered the waiting pen 10 minutes after Julia had started, Julia came back in 2nd with a time of 24:18, closely followed by Chloe Haines, of AIREstyle (our main competitor) who would change over to Florence Haines, a friend and

competitor of Lucy. Lucy ran off for the middle leg and I prepared myself for another fast run.

I soon entered the waiting pen and then watched for Lucy going through the spectator control. As I waited for the change over, I heard announced on the PA system that the gap between Lucy and Florence was only 2 seconds. This now meant I had direct competition against Victoria Stevens (who is normally a competitor of my older sister and was 2nd overall on the W18L the previous day). I knew I didn't stand a chance but the best thing I could do was get my course right, keep running and stay focused, and that is what I did. In the end we came second to AIREstyle. We were all really pleased.

I hadn't ever orienteered on a place like Caerwent before and it was so different from other places in the Forest of Dean where I often orienteer. The disused railway (and train!) was an interesting feature to run over and I certainly had not done so before. Overall, the whole weekend was fantastic and really fun.



British Orienteering Championships, 2007.

By Katrin Harding, SROC

Both the individual and relay events at the British Champs were held in South Wales, on an area of open hillside and old mining works called Pwll Du. The map showed rough fell that covered all of the area, with many spots of highly detailed contours. There was a sparse network of very complex paths, with ditches, marshes, ruined walls, slag heaps and ponds making up the only other features... apart from the contours. For all the people on TD5 courses, so everyone except the M/W14-, there was very little path running, making it hard work as people tried to battle their way through tussocky grass, bilberry bushes and heather for most of their run, making the area physically tough and technically difficult.



The assembly area was in a fenced field basically on the competition area. When we arrived, there were lots of club tents, banners and people, all enjoying the sunshine. This was really great as you could see people on parts of the area from the comfort of the club tent! The individual day was very hot and sunny. This made it quite hard to run, as all the area was open and there was no shade to be had anywhere. The non-existent breeze didn't help much either!

Despite the heat, once you got going, past the initial "Oh dear, why did I think I could do this, I can't run to save my life" stage (well, I don't know if this was the case for everyone, but it certainly was for me), it became quite enjoyable. It was a bit of a challenge to pick up a lot of the map detail on the run, especially if you were trying to read it while going over some rough tussocks. I had to make the decision whether to slow right down and get a closer look at the map, or continue running and hope that I got to the right place. Speeds were fairly fast, despite the rough terrain, with the winning elites running at around 6 minutes per kilometre.

The day of the relays dawned (not quite so) bright and early, with some fairly high winds and occasional rain showers. The mini relays kick-started the day, with the M/W12-'s racing about the fell. As some of the same area was used on the Individual day, there were quite a lot of elephant tracks around the fell that made the already fast terrain even quicker.

Standing at the northern side of the assembly area, you could see the competitors coming in a steady stream down from the hillside and towards the spectator control. The loudspeaker system was a great help as, with so many people on the sixteen different relay categories, it made realising who was who and where your team was easy!

In our relay team, running in the W14 category, Zoe Harding came back from first leg five minutes down on the leader, Jenny Evans running for NOC. When our second leg, Kira Browne, came back in first place, I was definitely feeling the pressure not to muck it all up! Not to fear however, when I was running into the finish it was to hear that we were still in the lead, and our club, SROC, had won one of its first relays for a while. Just after finishing, however, I heard that the Junior Ad Hoc team, of Matthew Nash, Ben Selby and Christopher Nash had also won their relay by a very close three seconds.

It was really great to be taking part in a different form of orienteering, and I would definitely recommend it to anyone who hasn't tried it. One of the great things about the British Champs, is that there are people at the event of all different ages, from all over the country, and it is a great chance to meet up with old friends or make new ones.



South Ribble's winning relay teams

International School Sport Federation Orienteering Championships 2008



2006 England Team

The next championships in 2008 will take place in Edinburgh from the 20th – 27th April. If you would like to try for a place in the England team keep reading for the selection criteria. For selection to the Scottish or Northern Ireland teams please contact the relevant association.

General

1. A maximum of 8 teams will be selected: School and Select teams in each of the 4 categories: Older Boys, Older Girls, Younger Boys and Younger Girls. There are a maximum of 5 places in each team.
2. For the Older categories, students must have been born in 1991 or 1992, i.e. be M/W16s at the time of the qualifying events. For the Younger categories, students must be born in 1993 or 1994, i.e. be M/W14s at the time of the qualifying events.
3. Selection will be based on two events: the British Schools Orienteering Championships (BSOC), and a Special Qualification Event (SQE), to be held the day before the BSOC.
4. Whilst the BSOC will be run in school years (as usual), the Day 1 Special Qualification Event will be run in the appropriate classes, i.e. M16, W16, M14, W14. Students participating must be the correct age for that category. In particular, students must not run up (M/W12s are not eligible to compete).

All schools wishing to be considered for School team selection and individuals for Select teams must compete in both qualifying events. If a pupil is unable to compete in one or both, the selectors (admin) must receive a written explanation by Friday 16th November, otherwise the individual concerned cannot be considered. If any reason for non-competing occurs during the weekend the selectors (admin) must be informed before Wednesday 21st November.

Owing to International School Sports Federation rules, all school teams and select team members will be from schools situated in England or Wales. If students from a Welsh school are selected, their selection will have to be verified by the National Council for School Sport before it can be confirmed. (Scottish and Northern Irish teams are the responsibility of Scottish and Irish Associations).

School teams

1. All schools must be BSOA members on the final closing date for entries to BSOC/SQE and at the time of the International Championships.
2. Selection for school teams will be based on the BSOC/SQE events.

3. For a school to be considered for selection, it must compete in both events.
4. Once a school is selected for a 'School' place, the selection of its team members will be at the discretion of the school concerned.

Select teams

1. A Select team can only be selected if a school team is selected for the International Championships in the same category.
2. All team members must be from schools which are BSOA member schools on the closing date for BSOC / SQE, and at the time of the International Championships.
3. Selection for select teams will be based on the two qualifying races. Other form may be considered, but will only be used where selectors feel unable to make a decision based on the qualifying races. If so, only the Aire National event on the 15th September and the Regional event on the 4th November in the New Forest will be used.
4. Priority for selection will be given to students from schools that enter a complete team or teams (age class or whole school) at the BSOC. These teams need not be in the category in which the individual themselves, who is trying for selection is competing. The selectors reserve the right to see proof that any team member has completed three local events prior to BSOC at the required level. Priority means that a minimum of three places in each select team is guaranteed to schools with teams and that in the case where selectors are unable to differentiate between students based solely on the two selection races, they will look at whether the students are from schools with teams before looking at all known form.

Please note that this is not a British Orienteering team, and funding is the responsibility of the schools or the individual teams' members, although many have been able to obtain help to meet the costs in the past. All areas for the competition weekend are now out of bounds, except during your individual runs.

The selectors are Pauline Olivant (Admin), Ben Chesters and Carol Farrington. The team will be announced on the BSOA web site on Tuesday 27th November.

millie map Asks...
How do I know when I am at the correct control?

.....

Clive Control Says...
By checking your control description sheet

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

Future Champions Cup

The weekend of the 21/22 April saw the FCC Final come to the West Midlands. The Final consists of a middle race on the Saturday followed by a long race on Sunday. Juniors from all extremes of the country came to compete at Cannock Chase and Bentley Woods.

The middle race tested navigational skills to a maximum with many short tricky legs in complex areas of the woods, where small errors can be costly with winning times just below 28 minutes. The race commentary was good for spectators and competitors alike and gave the day a good atmosphere. With the 20s and 18s combined, there was little separating the fields and it was all to play for going into the long race.

Bentley Woods proved to be a physical and technical challenge whilst also being a beautifully runnable forest and we were blessed with sunny weather. The spectator control, visible from the finish area, along with commentary proved exciting, giving an idea of how each athlete was performing. There was also a leader board at the finish, showing combined race times for the overall results. It was after the spectator control, with 1-2km to go, that it became really tough to keep focussed on navigation as most people were starting to get very tired having run about 7km (girls) or 10km (boys) with final distances being 8.1km and 12.1km respectively. The races saw two impressive wins from Rebecca Roberts and Duncan Coombes, who both won the combined weekend title in their final year as juniors.

Jo Halliday



Results:

FCC Champions:

- 1st Duncan Coombes
- 2nd Joe Mercer
- 3rd John Roche

- 1st Rebecca Roberts
- 2nd Anne Edwards
- 3rd Hollie Orr

Age Class Results:

- M18: 1st Hector Haines; 2nd Ralph Street; 3rd Alasdair McLeod
- W18: 1st Anne Edwards; 2nd Hazel Wright; 3rd Hollie Orr
- M20: 1st Duncan Coombs; 2nd Joe Mercer; 3rd John Roche
- W20: 1st Rebecca Roberts; 2nd Tessa Hill; 3rd Jessica Halliday

Club Shield:

- 1st: AIRE 2nd: OD 3rd: DEE

University Shield Results:

- 1st Edinburgh University 2nd Sheffield University

Where's Jamie?

Jamie Stevenson wasn't officially at JK07, but was he hiding in the crowd? Can you find him?



News

British Schools Orienteering Championships – Dorset - 17th/18th November 2007 (Organised by SARUM and WIM and assisted by WSX)

On Saturday two events are being organised in the Wareham Forest area. The first is a training event at Cold Harbour for the majority of school children in preparation for the Sunday event. Courses from White to Green will be on offer. The second is a selection race at Gore Heath (now embargoed) to choose the teams for the World Schools in 2008 – the two age groups are M/W14 and M/W16.

On Sunday the main Championships is being held at Bovington. The event area is Crane's Moor which is a new area. It promises to be a fantastic weekend of Orienteering in the stunning Dorset Countryside. Further information can be found at www.bsoa.org.uk

Chris Branford
Coordinator British Schools Orienteering
Championships 2007

Junior Profile: **Anne Edwards** **Age 17**

Club: TVOC

Age started orienteering:

Well, if you don't count string courses (up to age about 10!) then at about 11

Do your parents orienteer?

Yes

Why/Where did you start orienteering?

Because my parents did it; at first I hated it, but I enjoyed it as soon as I moved up from yellow to orange, because of the technical challenge.

What do you enjoy about orienteering?

Pretty much everything – the fact that it's exercise, the navigation, and the international competition atmosphere, but most of all the people, and going on tour with everyone.

Do you have a coach?

Yes

If so, how has this helped you?

It's really useful to have someone with more experience to discuss training with, and also to talk about mental preparation before races.

Where is your favourite place to orienteer?

Slovakia, where the World Schools was last year, is lovely and runnable and really pretty.

What kind of training do you do?

Something most days, including cycling, intervals, long(fish!) runs, hill reps, and orienteering races. But I always have at least one rest day each week.

What is your best result?

2nd at the Spring Cup, and winning the D18 relay with Emily Benham and Hollie Orr.



What advice would you give to people wanting to get into the GB Squad? It is possible! Plan your training, have easier days before big competitions, and find out how your best approach competitions mentally.

What do you enjoy doing outside of orienteering? Reading, sleeping, baking, and talking to friends.

Physical Training with Jamie Stevenson

There is no escaping the fact that orienteering is a running sport. Once you have achieved a certain technical level and cut out the big navigational mistakes it is necessary to improve your strength and speed through the terrain.



Tough physical training requires time and energy. In Sweden I worked part time thanks to the training grant I received as part of the lottery funded World Class Programme. I prioritized my physical training so that I often trained hardest during the morning when I was freshest. I taught business English and conversation classes to adults in the afternoon and evening. It was all very relaxed and civilized! I had a lot of time for training and was able to run in the terrain in daylight almost every day. Of course in the winter there was a lot of snow and I spent many hours on cross country skis which gave me an excellent fitness background.

In Denmark I have had full time employment as a teacher so I seldom have time to fit in a hard or long session before work. However, I am fortunate to be able to run or cycle to work and I try to get some of my basic training here. I have also used training on a spinning bike and aquajogging in the pool to replace the extra background training that I got from cross country skiing in Sweden. A busy schedule means I have to be very organised and disciplined to fit in my training.

Without doubt the most important part of my physical training during the past years has been hard interval training. We have various training advice in the GB team during the last 8 years and I have learnt a lot about different types of interval training. I worked with Peter Foxdal, the Swedish physiologist during 1999 – 2003, and trained according to his principles. In short his philosophy is based on a lot of intervals all year round. The interval sessions are often very long with relatively little rest. This means that you work hard, below your absolute maximum, but close to your threshold during the whole session. Peter developed a variety of advanced treadmill tests, and measured oxygen consumption and blood lactate to evaluate each period of training and make suggestions for the next.

I did a lot of my interval training during this period on small paths and in the terrain, often with a map in my hand. During the winter I hit the roads and hard-packed gravel trails in the forest where the snowploughs had scraped a flat surface in the snow and ice. I usually ran intervals on my own during this period and I certainly learnt about the loneliness of the long distance runner on some of my longest and toughest sessions. My favourite session during this period was 3 minutes fast running with 1 minute rest and I would repeat this 10 to 15 times. I also used 90

seconds fast running with 30 seconds rest and occasionally I ran as many as 40 repetitions – that is 80 minutes of interval training!

Since moving to Denmark I have reverted to more traditional intervals – partly due to the opportunity to train together with good runners from my local athletics club. When I run with the club the usual session is 6 times 1 km on roads or forest trails. I run as fast as I can, and we take 1-2 minutes rest. I usually cover the distance between in 2:55 and 3:10 depending on the conditions. Sometimes we run 3 times 2 km during the winter. My PB for 10 km on the roads is 31:31 and my ambition this year is to bring it down towards 30 minutes.

The British team has also fortunate to get training advice from Fiona Lothian, a sports physiologist who works with UK Sport. Fiona coached Heather Monro during 2005, when Heather won the bronze medal in the sprint distance at the World Championships in Japan. Since then Fiona has held lectures and developed training schedules for the British squad. One of the areas where she has suggested we can improve is periodisation of our training. This means focussing on different types of training at different times of the season. Specifically it meant building up a base of good strength and running technique, then laying an aerobic foundation before topping things off with speed endurance and lactate tolerance.

Strength Period

KEY SESSION: 10 reps x 10 seconds hill sprint, 10 reps x 30 seconds hill sprint

I trained hill intervals on 1 – 2 times per week during January and February 2006. I ran on roads or hard packed gravel trails and focussed on speed, strength and technique. I also included running technique drills and strength training with free weights. The rest of the week included a moderate volume of running training and plenty of rest to compensate for the intensive strength training and high speed intervals.

Aerobic Capacity Period

KEY SESSION: 6 – 8 reps x 3 minutes long hill interval with 2 – 3 minutes rest.

In this period I run intervals 1 – 2 times per week. Intervals are often on a treadmill, with a steep gradient, at absolute maximum intensity e.g. 95% of

maximum heart rate. There are no long hills where I live! The rest of the week includes a high volume of running and alternative training, such as spinning and cycling. I use a heart rate monitor a lot during this period to ensure that I train at the right intensity and get the right balance between intensive and moderate training. The running is a mix of road, path and terrain and includes some orienteering training. Plenty of rest is required after the toughest training days each week, and some weeks are planned as rest weeks with a lower total volume.

Race Speed Period

KEY SESSION: Tempo run e.g. 10 km on undulating forest trails in 33 – 35 minutes.

During the last 6 – 8 weeks before a championship I focus on race speed. Tempo runs on forest trails and hilly pace runs, help me to get used to high pace and lactic acid for extended periods. I try to really accelerate off the tops of the hills. Orienteering training at race pace, in relevant terrain, is also important here. I spent a lot of time doing technique training at full speed up to the World Championships in Denmark. The British team will also have a training camp near Kiev just before the World Championships this year and this will help to polish both our physical and technical skills.

A good tool for any orienteer who wants to improve their fitness and move through the terrain faster, is a training diary. I started keeping a training diary in 1992 when I was 17, using pencil and paper. At first I used the British Squad training diary, designed by Rob Bloor in the 1980s. I believe Ultrasport still sell this diary and I know that team mate Jon Duncan still uses it and fills it in religiously. Many runners like to personalise their training diaries: I have also designed my own training diary and photocopied it to make a booklet during some years. During the last few years I have used an Excel spreadsheet to keep track of my training. There are a variety of professional and amateur programmes and spreadsheets, and some of them allow you to add information from a heart rate monitor automatically. How much detail and information you choose to record in a training diary is very individual. Even a simple diary can be a motivating factor and allows you to track your progress, and learn from your mistakes.

Danish Spring Cup 2007

This is the first major International event of the year where most of the world's elite compete. It is always held in the same region of Denmark, just north of Copenhagen and on the same weekend – the last one in March.

The GB Junior and Start squad were there on tour and many of the seniors were competing for their foreign clubs. The weekend consists of a night, long and relay race. The relay race is the most prestigious and the one to win.

Several GB athletes secured a podium position, the best of which was the junior women who won the Gold in the W18 Relay. The team of Anne Edwards, Hollie Orr and Emily Benham all had fantastic runs to take the honours over some very strong competition. Anne Edwards also secured a Silver medal in the W18E class in the long race whilst team mate Rebecca Roberts secured the Bronze in W20E. Other podium places were secured in the relays by Jamie Stevenson running for his Danish club Farum Tisvide in 2nd place and Matt Speake running for his Swedish club OK Tisaren in 3rd.

Anne Edwards comments about the event, "Having seen photos from previous Spring Cups, I went fully prepared for a few feet of snow! It turned out to be pretty mild; warmer, in fact, than the Junior Squad's recent 'Warm Weather Training' in Portugal! What with the time difference, the night event, and the clocks changing, it made for a packed weekend.

The terrain was similar to some southern English areas; undulating, mainly runnable and sometimes tricky. The event was really well-organised, with commentary, a TracTrac screen to follow the progress of the top relay teams through the forest, and frequently updated results. The races were really enjoyable, too, except maybe the killer up-hill run-ins which were visible to spectators from a few hundred metres away!

The atmosphere was brilliant, with loads of different countries' tents and great spectator opportunities. Overall it was an amazing experience, the highlight for me being the GB team winning the W18 relay!"



Credit: springcup.dk

Preparing for the World Champs - Ukraine



For the British Team athletes' preparing for the World Championships (WOC) the season is just warming up. Many of the runners ran at the Tio Mila relay in Sweden at the end of April for their club teams (mostly foreign) and then some have competed at the Nordic Championships in Denmark.

The Nordic Championships will be the only chance for our runners to compete in an international relay prior to WOC now that the World Cup series has radically changed. So four men and four women have the opportunity to run sprint, relay (3 only), middle and classic races on four consecutive days which is a tough schedule but a great opportunity to see where they are and how their preparation for WOC is going and of course to do well. (See Nordics article)

This year the World Championships are in Ukraine, which provides the team and staff with a couple of interesting

challenges in addition to the new terrain and maps. The races are being held in the city of Kiev so much of the travelling will be done on public transport - including the impressive soviet style underground system, and the way of life is quite different from other European nations. In order to properly prepare for all these challenges the team will be making two trips to Kiev prior to the races. The first trip at the end of May gives some of the athletes the chance to get used to how the whole experience will be as success comes not just from great orienteering but how the team copes with all the other hassles that come with big races. The staff will be focussing on reducing these differences as much as possible. Imagine trying to figure out which underground train to take in order to get to the start when you want to be there prior to your run when everything is in Cyrillic script?

In June runners get the chance to run in the new World Cup style races which are now tagged onto existing major events. This series kicks off with a sprint race before the Jukola relay in Finland and is followed by races at the O Festivalen in Norway and the Swedish 5

days. Britain has the option to let 9 + 9 runners take part in these races and this will allow a larger pool of athletes to get opportunities at this level.

The UK Cup final is combined with the World Championships selection races, which will be held in Scotland. This allows not only the selectors to see who is on form but also for the athletes to have a focused race geared towards the races in Ukraine. So although the races are in Britain they will be made as much as possible like the real thing and will use the expertise that the staff gained from experiences in Ukraine.

Once the team is finalised this group will then take a final trip to the Ukraine prior to the event to really hone their preparation based on the actual races they will run - so those doing the sprint will run as much as possible on sprint maps at the right scale. This requires some clever preparation as simultaneously athletes may be doing sessions on 3 scales of maps and 2-3 different areas, with different styles of planning depending on the discipline. It is also a chance for the runners and staff to gel as a team so that they can face the ups and downs of the races together and support and understand each other better. Positive team dynamics don't make a champion but they certainly allow focus on the right things and prevent energy being wasted unnecessarily. When margins are so small and the difference in places are minute every small thing that the team can do build towards having the edge counts - and that's what the team strives to do.

Dave Peel
Head Coach

The GB team for the European Youth Champs has been selected. They are:

Mikey Hopkins
Michael Noblett
Ralph Street
David Abrams

R1 Tom Beasant

Hazel Wright
Jo Halliday
Alice Butt
Anwen Darlington

The competition this year takes place in Eger, in the Bukk Mountains in Hungary. Eger's a beautiful city famous for its wine and forested hillsides. These hillsides will be where hundreds of youngsters from all over Europe will compete in the 16 and 18 age classes for the title of European Youth Champion.

Great Britain uses this competition as a preparation camp for producing JWOC attendees in 2008 and beyond. All athletes selected have shown real potential to be members of that JWOC team in Gothenberg next year.

Eger is close to Miskolc, where JWOC was held in 2001. The terrains for EYOC will be pretty similar so coaches Jason Inman and Toni O'Donovan will be drawing from the information already gathered from earlier JWOC files to ensure the team perform at their best.

Read more about EYOC by visiting the official website at:
www.eyoc2007eger.hu

Nordic Championships



The first race was the Sprint in and around the village of Gudhejm in the north of the island. The course comprised long legs across the intricate road and path network of the fishing village, interspersed with short legs through open grass and bare rock headlands as well as some forest. A cold wind and clear blue skies greeted the runners as they assembled by the harbour for the start.

The British interest was in the senior classes. Helen Winskill returning to international duty eight months after the birth of Izzy was the first British starter and ended the day as the highest women finisher in 21st position with a time of 18.58. Helen Bridle was 3 seconds behind in 23rd place. Rachael Elder, who was having a brief break from writing up her PhD, ended the day in a very respectable 27th position a further 17 seconds down.

Helena Jansson of Sweden won the race in 17.19 from the Fins of Minna Kaupi and Heli Jukkola. Clear favourite Simone Niggli blew a clear 45 second lead at number 9 to finish in 25th place.

In the men's race Scott Fraser started the British challenge and despite being disappointed with his run finished 38th. Graham Gristwood was the British star

of the day with an 11th place in 16.26 just under a minute behind the winner. Graham is now a Sprint specialist according to Clive Allen; the Danish commentator.

At the head of the field the Swede Jonas Pilblad split the Swiss Gold medal winner Mattias Merz and the bronze medal winner Mattias Muller.

The Relay was staged at Ro Plantage in the middle of the Island. The goal for the British Teams for the Relay was to build on the foundation of the French World Cup Relay at the end of 2006. It was clear from studying the maps before the race that there would be lots of opportunities for fast running through open forest as well as the likely more difficult gaffled controls in the slow run low visibility plantations. After the disappointment of the Sprint, Pippa Whitehouse led off for the Women, despite a small wobble on one of the tricky green controls Pippa returned after the first leg in 6th place just 2 minutes down on the fastest time. Helen Winskill ran her usual 'own steady race' to send Helen Bridle out only 4 minutes down on the leading teams. Helen however had a disastrous start and dropped 8 minutes at the first control from which it was not possible to recover.

In the men's race Graham Gristwood led the team away feeling confident from his previous day's performance; this confidence was justified in that he led the field through the spectator controls and handed over to Jon Duncan just 3 seconds down on the fastest time in the front of the leading pack. Jon went out

The Danish island of Bornholm off the Swedish coast in the Baltic Sea was the venue for the 2007 Nordic Open Championships. The Nordic Nations have teams of 10M +10W in both the 20 and 21 classes but there is an invitation to others to send smaller teams, so a British Team of 4 men and 4 women travelled to this, the first International of the season. It would be a good opportunity for the athletes to gauge the progress of their winter's training and with the change in the World Cup format this event was also the only opportunity for a Nation "head to head" relay before the World Championships.

under pressure to perform at the front of the field and again was in contention throughout the course returning to hand over to Jamie Stevenson just 9 seconds down on the leading team. Up against some of the World's best runners Jamie returned in 6th place, achieving the Men's team goal.

The Middle race was held on the most rocky and detailed terrain of the week, Paradisbakkerne. A lack of recent practice on such technically challenging courses resulted in a disappointing day for the British Team. Everyone made some small mistakes, Jon Duncan losing 4 minutes just 500m before the finish. Simone Niggli took the Women's title just 3 seconds ahead of Minna Kauppi.

The Long Race was held on the hottest day of the Championships, both Jon Duncan and Jamie Stevenson had strong top 20 runs but the run of the day was awarded to Helen Winskill for her 17th position, a clear sign that she has returned to International Competition at the same position she left, a great platform for August. Minna Kaupi completed a full set of Individual Silver Medals in the Women's race, again just behind Simone Niggli. Matthias Merz took the men's race from the last start position.

The Nordics provided a good set of courses on excellent well mapped terrain; the Danes can be justifiably satisfied in putting on a great Championship so soon after hosting WOC.

Derek Allison

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ANTI-DOPING NEWS

Mike Hamilton is the Lead Anti-Doping Officer for British Orienteering.

British Orienteering runs an active anti-doping policy. Our current policy has been agreed with UK Sport's Drug Free Sport Directorate who are recognised by the IOF as our authority on anti-doping matters. However, the IOF and UK Sport both signed up in 2004 to work with the World Anti-Doping Agency (WADA) and it is the WADA regulations that are to be enforced.

If you would like a copy of the British Orienteering Anti-Doping guidelines or a UK Sport 'Drug-Free Sport Advice Card' – please contact the National Office.

Does this affect me?

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

There are four levels:

Level 1 is the International level and is controlled directly by WADA through the IOF. A group nominated by the British Orienteering Performance Director will be on this list. They must report their whereabouts at all times to the IOF and they are subject to testing at any time either in or out of competition. Athletes must obtain a TUE if taking banned medication under prescription.

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

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

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

What does 'in & out of competition' mean?

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

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

Test Results

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

What is a TUE?

A TUE is a Therapeutic Use Exemption. Sometimes you may need to take a banned substance for a legitimate medical condition. If you have been prescribed a prohibited substance, you should first check with your doctor to see if there are any permitted alternative treatments or medications. If this is not possible, you will need to apply for a Therapeutic Use Exemption (TUE) using the correct application forms. All athletes included in levels 1 to 4 above must submit a TUE where necessary.

Are the medications on the Prohibited or Banned substances list?

If you are in doubt check it out. This can be done online using the drug information database at www.didglobal.com

100%Me web site is UK Sport's anti doping web site: www.100percentme.co.uk

See also British Orienteering Anti-Doping for more information on TUE <http://www.britishorienteering.org.uk/asp/makepage.asp?PID=DOPING>

WADA website: www.wada-ama.org

The UK Sport web site includes an overview of anti doping: http://www.uk-sport.gov.uk/pages/drug_free_sport/

JWOC Down Under

For the first time ever JWOC is being held outside of Europe. This year's event will see the GB team in Australia! The event centre will be the city of Dubbo in the state of New South Wales (NSW), about 450km west of Sydney.

Given that all the areas and maps have never been used before, it may prove to be the fairest competition yet. With most teams having to travel halfway round the world to get there and terrain like nothing found in most of Europe all the competitors will be equally challenged by this unique competition.

The GB team, led by Jason Inman (Head Coach), Gareth Candy (Team Manager) and Jane Ashbrooke (Physiotherapist) will fly out en masse on the 29th June in preparation for competitions beginning the 8th July. The advantage we have over all other European teams this year is that Gareth is an Ozzie and has just joined the GB staff from coaching the Oz team. His knowledge and experience will be put to great use in the team's preparation for this event.

The organisers have given us some details about the nature of the terrain and it's proving to be unique which will really challenge all competitors. Here's what the official page has to say:

"The area is dominated by complex granite outcrops. Many of the higher hills support spectacular granite formations with grand views of the countryside. The terrain varies from flat and undulating to very steep. Generally broader hillsides with many gullies and saddles predominate throughout the area, although some complex contour details occur in some sections."

"The forest is made up of native trees, mainly Eucalypts, Cypress

Pine and Wattle with runnability mostly fast to very fast through open forest. The undergrowth in some sections of the forest restricts visibility and runnability through a concentration of scrubby bushes, young Cypress Pine, fallen timber and rocky ground. The extensive rocky ground is a major feature of the area and reduces runnability in many sections of the area to slow run (as if it were light green). Granite rock is strewn throughout the area and presents many boulders (some towering over 6 metres), rockfaces, bare surface rock and rocky ground. Many clearings also occur throughout the area."

The GB JWOC team will be:

Rhodri Buffett
Duncan Coombs
Hector Haines
Joe Mercer
John Rocke
Douglas Tullie

Reserve: Iain Embrey

Anne Edwards
Tessa Hill
Hollie Orr
Rebecca Roberts

More can be found on the official website: www.JWOC2007.orienteering.asn.au

Wish the team luck by emailing gbteam@britishorienteering.org.uk

Jason Inman



Be Aware of Ticks

Orienteers are among a key group of outdoor sports enthusiasts that risk contracting a tick-borne disease due the amount of time they spend in rural areas both here and abroad. Ticks can survive up to 1,500 metres above sea level and the terrain for orienteering – hills, moorland and woodland – is a primary habitat. They are second only to mosquitoes for carrying disease to humans and changes in farming practices and global warming mean there are more ticks in the countryside in many parts of the UK and Europe.

The tick season starts in March and ends in November. Ticks live in the soil and emerge to climb tall grass, shrubs, bushes and low level tree branches up to a height of 20cm-70cm in search of a blood host. They attach when people or animals brush past and look for an area of soft skin to insert their feeding organ and suck blood, which is when disease is transmitted.

Ticks can attach themselves almost anywhere on the body, but prefer creases like the armpit, groin and back of the knee. Victims do not feel the bite because the tick also injects a toxin that anaesthetises the bite area.

The primary illnesses to be aware of are Lyme disease in the UK and Tick Borne Encephalitis (TBE), which is potentially fatal and currently endemic in 27 countries in mainland Europe, an increase of 11 on 2006. These include many established and new destinations for outdoor activities and adventure sports.

The world's experts on TBE say there are over 10,000 cases in endemic countries every year. Here in the UK, the Health Protection Agency is warning of an increased risk from ticks during spring and summer, having confirmed that the number of reported Lyme disease cases rose from 292 in 2003 to 684 in 2006. Some estimates put the level of Lyme disease cases in the UK as high as 2,000.



Research by Tick Alert reveals that 50 per cent of outdoor enthusiasts plan to visit at least one destination in 2007 where TBE is endemic. But while a per cent had heard of the disease only 1 in 5 sought protection on previous travels and two-thirds didn't know they needed to take precautions.

Professor Michael Kunze, of the Medical University Vienna, Austria and a leading expert in the prevention of TBE, said: "Every contact with grass or bushes in these countries is potentially dangerous. Travellers from non-endemic countries such as the UK are hardly aware of the potential risks of TBE when journeying into an endemic country."

Wendy Fox, chair of tick disease charity BADA-UK said: "Because tick-borne diseases can produce a bewildering variety of signs and symptoms, they are difficult to diagnose. Ticks can be as small as a poppy seed and difficult to see. Their bites are painless and many people are unaware that they have been bitten. This is why it is very important to take the correct precautions when visiting tick habitats. The number of cases of tick-borne disease has been rising for some years now and much more needs to be done to make people in Britain aware of them."

HOW TO PROTECT AGAINST TICK BITES

- Use an insect repellent that is effective against ticks
- Avoid wearing shorts in rural and wooded areas, tuck trousers into socks, or cover all exposed skin with protective clothing (though not always practical in summer)
- Inspect your skin for ticks and remove as soon as possible with fine-tipped tweezers
- Avoid unpasteurised milk which may also be infected with the TBE virus in endemic regions

HOW TO REMOVE A TICK

Grasp the tick firmly and as close to your skin as possible. In a steady motion, pull the tick's body away directly outwards without jerking or twisting.

DIY TICK CHECK

1. Check clothing for ticks on a frequent basis.
2. Check all of your body for ticks. It may be helpful to have someone else inspect your back or other areas which are difficult to see. Be sure to include:
 - Parts that bend (back of knee, between fingers and toes, underarms).
 - Pressure points where clothing presses against skin (underwear elastic, belts, neck).
 - Other common areas (belly button, around or in the ear, hairline, top of head).
 - If you are by yourself, use a mirror.

WHERE CAN YOU GET IMMUNISED?

To date, there has never been a case of Tick Borne Encephalitis in Great Britain so the vaccination is currently not available on the NHS. You either go to your local GP or visit a travel clinic eg Masta Travel Clinics (who work with Tick Alert). Costs will vary - but should be no more than £50-£65 per injection. Masta Travel Clinic charge £63 per injection (Feb 07).

HOW MANY VACCINATIONS DO I NEED?

The vaccination regime consists of a minimum course of two injections: the second injection; one to three months after the first, will give effective cover for a period of one year.

A third injection 9-12 months after the first will give effective cover for 3-5 years, and a booster every three years thereafter, if needed, will continue the cover.

Mountain Bike Orienteering MBO

European MBO Championships

The GBR team of ten riders for the second European Championships was selected after a weekend of racing in April in the North East at Hamsterley & Chopwell Woods. The event takes place in Florence from the 4th – 9th June.

Men	Women
Andy Conn	Janine Inman
Mark Hayman	Liz Bridge
Killian Lomas	Sarah Bayliss
Ian Nixon	
James Taylor	Junior
Phil Winskill	Emily Benham

Leading the GB team on 'home soil' will be Italian based Mark Hayman the current British Long Champion. Mark secured his selection with some strong performances in races in Italy, notably with his win at the Italian Championships. Andy Conn hopes to improve on his previous championship results and has been preparing by continuing his 'adventure' on the continent living in Vienna and training on the job as a cycle courier. This enables him to access most of the major European races and train in the Czech Republic for this years World Champs. Killian Lomas, James Taylor and Phil Winskill have been the strongest riders so far on the domestic scene guaranteeing selection and have all produced quality international rides at previous championships. New to the team is Ian Nixon an undoubted raw talent to MTBO racing, and a former GB Junior Foot Orienteer, who deserved his selection after impressing with a fast ride at the Cannock Chase season opener despite a mispunch!

Janine Inman (nee Hensman) leads the women with her experience of two relay podiums from two World Championships, and hopes to improve on her best individual performance of 20th. New to the team are two established Foot Orienteers who have recently taken up MTBO racing - Sarah Bayliss a Welsh International and Liz Bridge a former GB Junior International. Completing the team is a rising star of the W18 Start Squad, Emily Benham. Emily will compete in the European Youth races and hopes to ride strongly enough to figure in the womens relay team.

You can follow all the action at the event website:
<http://www.ecmtbo2007.org/>

Promoting Mountain Bike Orienteering

Mountain Bike Orienteering (MBO) is currently promoted by The Trail Cyclist Association (TCA). The TCA and British Orienteering both want to raise the profile of MBO and have joined forces to promote Mountain Bike Orienteering at World and Club level.

Both bodies see the benefits of working together, TCA would like to see MBO events organised on a wider scale and British Orienteering recognise that MBO is attractive to a wide range of people, including existing members and newcomers. In reality there are a multitude of reasons why British Orienteering is keen to work closely with TCA and MBO but fundamentally British Orienteering recognises the excellent work being done by TCA and would like to support the expansion of MBO across the UK. For further information about MBO please see the Spring edition of Focus.

The legal and practical limitations of MBO

The International Orienteering Federation (IOF) overseas World MBO events like the World Champs and a series of World Ranking events and British Orienteering is the body recognised by IOF to oversee and promote them. Therefore, all international MBO is the responsibility of British Orienteering although they have been happy for TCA to run it on behalf of British Orienteering.

Developing MBO with British Orienteering Foot-O clubs

TCA would like to develop MBO within the normal orienteering club

environment. There are examples such as EBOR and Walton Chasers OC where MBO is already integrated to some extent. TCA would like to work with British Orienteering to expand on this. TCA have considerable experience of putting on events and can support British Orienteering

clubs with legal and practical understanding of the events. TCA also organise insurance for MBO events; note that the existing British Orienteering insurance does not cover MBO.

How will we promote MBO?

- MBO events will appear in the British Orienteering Fixture list.
- Awareness of MBO will be raised with members, clubs, Council and Management Committee
- International MBO events will be supported by British Orienteering through; MBO information from IOF, marketing, kit, anti doping (education, testing, policy & procedures)
- Information sheets/packs will be made available for clubs and event organisers
- British Orienteering and TCA will work together to ensure appropriate insurance cover is provided for MBO events
- Workshops for mappers/planners etc will be organised

Further information about the TCA please visit www.trailquest.co.uk



For further information about ticks and vaccinations visit
www.masta-travel-health.com/tickalert.

Why do you coach?

By Keith Marsden

A simple enough question but after weeks of thought no simple answer comes to mind. Let's start by getting some things out of the way – a couple of possible reasons that can be dismissed immediately. 'It's for the money' – well no. As Derek Allison would say the only way to end up with a small fortune from coaching is to start with a large one. 'It's for the goodies' Not much of that either – although you could use some of your fortune to acquire some.

So why? Wouldn't it be nice to say it's all about altruism? 'It's about working to help their full potential!' Of course some of it is but few of us are wholly altruistic. In my case I think it's a combination of lots of things – mainly I think about being inquisitive or perhaps nosy. Something to do with trying to work out how good an athlete will become.

'Don't confuse achievement with potential' - Dave Collins

I do most of my coaching with juniors and young adults. The South East Junior Squad, in common with all Regional squads, works with athletes/juniors in the age range of 12 to 18. In that time they all develop. Some start from a low base, and with encouragement develop their

burgeon into a World Class athlete. On the other hand there are those who (metaphorically) jog along, living on past or present glories but not able or willing to develop.

Would it be rewarding to be able to say that you can identify that rare talent at 13 years old? So one of my 'whys' is getting the buzz out of seeing someone develop. Unfortunately development is not a nice smooth curve. Most development pathways are steps not slopes. Repetitive practice eventually leads to the point when map reading is second nature, taking a compass bearing comes naturally.

'Practice doesn't make perfect, only perfect practice makes perfect' - Vince Lombardi

Improve your Orienteering in 2 days

Enjoy a weekend in the glorious Peak District on a 2-day "Improvers' Course," coached by English international Orienteer and British Orienteering licensed coach Andy Hemsted.

Develop and sharpen your "O" skills in both woodland and moorland terrains. Learn how to "spike" the control first time, every time.

Dates: Sat 6th & Sun 7th October, 2007

Cost: only £59.95*

This course is open to British Orienteering members of all levels of ability. The cost includes all coaching, maps and other teaching material plus information on accommodation/travel if required. *It does not include accommodation. Numbers will be limited in order to maintain a good coach to student ratio, so early booking is recommended.

For further details or a booking form contact:
Ian Parfitt on 01629 823212
IANZED@Parfitt20.fsnet.co.uk



then there is the motivation. Often, perhaps more than we think, the 'penny will drop' in a junior and they will realise 'hey, I can do this'. In some kids they will jog along without this light coming on – in others it will come on in time for it to make the difference. That's why I coach – to try to turn on light bulbs early enough for it to make a difference.

'They call it coaching but it is teaching. You do not just tell them – you show them the reasons' - Vince Lombardi

For a number of years Susan and I have coached at the summer British Orienteering Coaching camp at Lagganlia OEC near Aviemore. Aimed at the best 14 year olds, for many it is the first time they have had to fend for themselves for any prolonged period. At this stage it's all about teaching. Orienteering is an odd sport. Which other sport do you send the athlete away from the coach, so that the coach cannot see how they are performing and is not close enough to understand why the athlete is doing well or badly? So what do you do?

What we try to do at Lagganlia is to help juniors to coach

themselves. We teach the right way to run on a bearing or to judge distance such that in future the athlete can tell whether they did it correctly. So the pleasure comes when an athlete returns from the forest and doesn't say 'OK' or 'alright' to the perennial question 'how did it go?' Instead they are able to analyse what they did. Clearly, honestly and without excuses. That's when you've been successful.

And then there's the pleasure that comes from providing fun. Actually I'm not sure I like the word 'fun' - I prefer the word enjoyment. Enjoyment comes from working hard, being successful not necessarily by winning but simply by being better than last time. That's where my enjoyment comes in – seeing them improve and at the same time enjoying it.

'All coaching is, is taking a player where he can't take himself' Bill McCartney

Perhaps the only way for you to find out the answer to "Why people coach?" is to try coaching yourself.



SINCE ITS LAUNCH IN MARCH 2007, A NUMBER OF SIGNIFICANT CHANGES HAS BEEN MADE TO THE UK CITIES CUP URBAN ORIENTEERING SERIES FOR 2007.

The line-up for this years' series will now take the form of the following 6 races:

- RACE 1 - York Park Race, York - 28.05.07
- RACE 2 - Glasgow - 08.07.07
- RACE 3 - Scottish 6 Day Sprint Race, Kingussie - 08.08.07
- RACE 4 - Lincoln City Race - 02.09.07
- RACE 5 - Warwick City Race - 06.10.07
- RACE 6 - Oxford City Race - 10.11.07

Orienteering has traditionally been run in rural areas but over the last few years urban orienteering has increased in popularity. The Park World Tour pioneered the high profile, spectator-friendly format and despite the slight demise of the PWT recently, the format has gone from strength to strength culminating with inclusion of the format in races at international level. It has also grown in popularity in the UK with 2007's JK including an urban sprint race on the traditional training day. Now the UK has its own Urban Orienteering series, co-ordinated by www.nopesport.com, to see who will be the king and queen of the urban jungle!

To take part in the series you simply enter the Men/Women open or 21E class for each particular race and you are automatically included. The top 3 in each race will win prizes with the top 10 gaining points that count for the overall series. It's a grand prix style points system with 1st=12, 2nd=10, 3rd=8, 4th=7 points and a point less for every place below that, simple! The person with the most points...wins! The race days are not just open to the elites however, with open races being organised along side.

Thanks to generous support from our headline sponsor, Footwear manufacturers INOV8, we have some of the biggest prizes on offer in the UK up for grabs in this series which is sure to entice you all to take up the challenge of trying to become the UK Cities Cup Champion. We have also teamed up with Rock and Run, EmitUK, and Oentries.com and British Orienteering has endorsed the series. With some superb venues, hopefully some big-name athletes, exciting urban racing and some top prizes up for grabs, The UK Cities Cup promises to be a high-octane, high spectator-friendly race series!

For more details and to keep to date with results, news and overall standings visit the UK cities cup website:
citiescup.nopesport.com

White Rose Weekend



The White Rose Weekend claims to be the longest established Orienteering Holiday weekend in the UK, and now in its 36th year, it is still going strong. This years White Rose Weekend looks set to be a very attractive and varied series of orienteering events. Boasting five events in three days, the weekend near Pickering at the end of August includes a night score event on the Saturday evening and a mountain bike race on the Monday afternoon as well as the usual fare of two regional events and a team score relay.

The two regional events are lined up for Saturday and Sunday and the overall winners after the two days will win the White Rose Trophy. A new competition will also be available this year with an informal night score event on the Saturday evening in Pickering Forest. Although there will be just one score course, prizes are on offer to runners in up to ten competitive classes.

For the third year running, there will be a Team score on the Monday morning, then on Monday afternoon, a mountain bike score event will provide a great end to a great weekend. The website provides details of bike hire shops in the area, so foot-O competitors can take part in the MTBO race even if they don't have their bike with them!

Pickering Forest is one of the best parts of the North Riding Forest Park for orienteering. The intricate mixed forest of Scarfhill Rigg and Raindale, North and West of Newton Dale will

provide challenge and the delightful semi-open area of Stony Moor is both scenically delightful and full of technical interest. The West side of Newton Dale, Newton Bank and Stony Moor provide the best technical orienteering in the area and (most) courses will maximise use of this wonderful terrain.



The new event website at www.whiteroseweekend.org.uk provides a wealth of information about the weekend, the races and campsite, as well as many other ideas for non-O activities in the North York Moors and accommodation options. This year an 11 acre grass meadow has been booked for the exclusive campsite and assembly, in a secluded location between Newton on Rawcliffe and Stape. Entries are already being received, and the cut-off date for lowest price entries is 4th June.

Bill Griffiths

MAP CHECKING

Having written in the last newsletter about this subject, Chris Bradford (Newcastle and Tyneside Orienteers) raised a number of questions about the statement that the days of having to check every single map to ensure that it hadn't missed a spot colour, or even the course overprint, really are over. His e-mail, plus a number of other incidents, has led me to think more about the issue.

At least one final printed map from each course does need a very careful check when the maps return from the printers to ensure the course and control descriptions, as printed, are correct. But beyond that the problems that could occur depend on whether maps are litho or laser printed. A litho printed map can still have a colour wholly or partially missing, or even be rotated between prints (as demonstrated with some very interesting contours on one map at the JK). A laser printed map will not have this problem as all the colours are printed at once, but could have faded colours, or only part of the map printed.

In the past the bagging process would have picked up most of these problems. However the introduction of waterproof maps has removed this step from the system, so, in addition to checking one map of each course in detail, Planners should also find the time to quickly scan through all the maps for obvious problems.

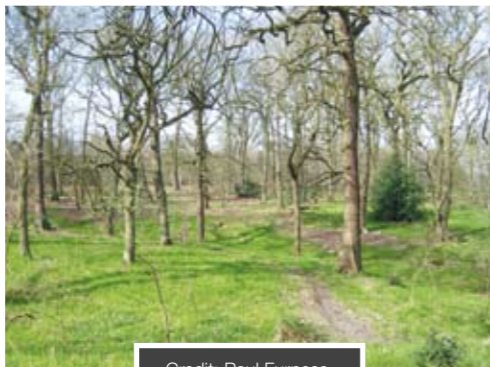
If, despite all the checking, a competitor does end up with a faulty map and spots this close to the start then they should return to the start, point out the problem to the start officials, and politely request a new start time with a sufficient interval to re-compose themselves. As the problem is clearly the fault of the event they are entitled to do this, and the start team should be prepared to offer an alternative start time. (At events with non-punching starts there would have to be a means to communicate to the download team the new start time). If the competitor only spots the problem half way round the course then unfortunately they must accept that despite everyone's best efforts a faulty map does occasionally make it through the system.

COLOUR CODED GUIDELINE CONFUSION

The Colour Coded Event Guideline contains a table which has a number of pieces of information to help the Planner get the course lengths right. One column contains the 'Minimum - Maximum lengths' of the courses. Another column gives 'Approximate Course Length Ratios'. The 'Minimum - Maximum lengths are the absolute lengths of the courses as measured

on the map, and make no allowance for height climb. They are intended as a guide as course lengths will vary according to the physical and technical difficulty of the terrain. For easy areas the course lengths will be towards the top end of the range. For difficult or more physical areas the course lengths will be towards the bottom end of the range. However Planners should not go outside these.

The Ratios are there as a more accurate way to calculate the required lengths, especially when results from previous events are available to use as a basis, as they take height climb into account as well. However these should still result in courses within the Minimum - Maximum length range. If you get the appropriate course lengths based on the ratios, and within the ranges stated, then the times that most competitors take to complete the course should look after themselves.



Credit: Paul Furness,

Photograph - In runnable woodland such as Bentley Wood, scene of the 2007 FCC Final, courses will be at the high end of the range. Around 9.6km for the Brown, 7.0 km Blue, 4.8 km Green.

ADJACENT CONTROL CODES

Another item was brought to my attention by the following e-mail: "Browsing through the Colour Coded results I was struck by the number of DQs where the codes were consecutive - six different sets in fact (138 for 139; 139 for 138; 164 for 163; 149 for 150; 159 for 160; 135 for 136 and even 142 for 143 on the Orange). I don't want to

jump to conclusions - except for the obvious one that these controls must have been on features fairly close together."

Now the Planner can always argue that it is the competitor's responsibility to check their control codes, but it is also the Planner's responsibility to ensure that avoidable problems, including disqualifications, are removed / minimised wherever possible.

Somewhere in some old British Orienteering literature is the suggestion that grouping similarly numbered controls together is a good idea to help the Planner. Anyone still in possession of the offending document should rip it up and burn it. Having adjacent controls with codes such as 137, 157 and 187 has probably led to more unnecessary disqualifications over the years than anything else. Orienteering is not about tricking the competitor to mis-punch, so Planners, please allocate control numbers to controls such that similar / consecutive / easily confused numbers are nowhere near each other. It not only makes life much easier for the competitor, but also for yourself and the Controller as checking them is much less prone to error.

EVENT REFUNDS

The policy of entry refunds when a competitor realises that they cannot run at some point before the event is at the Organiser's discretion, but Organisers are encouraged to state what their policy on refunds is. This is usually the case for large events like the Scottish 6 Day, but rarely done at Regional Events.

The default is that there is no refund even if an entry is cancelled before the event's main closing date. However a map for the course concerned should be supplied on request. If an Organiser has stated a policy different to the above then clearly this would then apply.

Contributions to this newsletter are always welcome. Any contributions, comments or questions should be sent to: rulesgroup@britishorienteering.org.uk

What you should know to tackle a course.

How well do you know the symbols that mappers use when they produce an orienteering map?

Simply click on Document Library/Rules and Guidelines/Mapping Standards.

What is the difference between a small depression and a pit?

You can also download ISSOM2007, the relatively new specification for Sprint "O". This specification is significantly different from ISOM2000 and should be studied if you are intending to try sprint "O".

Other symbols are not always understood by the orienteer. Some maps show crags with tags and others just as black lines. Not all rivers and ponds are surrounded by black lines - what is the significance?

Also available on the IOF website, is the booklet of the IOF control descriptions. Well worth downloading to allow you to feel smug at assembly, explaining or choosing not to explain, the new (2004) symbols to your fellow competitors.

When a path or track crosses a stream, how do mappers show the bridge? Mappers define paths and path junctions as distinct or indistinct; would you recognise the difference as you run through the forest?

While pointing you at useful web sites, there is one that gives the current variations to magnetic north for any UK site, just enter the grid reference. We have come across some orienteering maps where the adjustment is incorrect and one case where the maps north has not changed since a map was produced 20 years ago.

The runnability in the forest is shown by shades of green and with green vertical lines. These screens are defined precisely, indicating the degree that any orienteer will be slowed if they choose a route through that part of the terrain.

All these symbols and their use are defined in the International Specification for Orienteering Maps (ISOM2000) issued by the IOF. This is available to download from the IOF website:

The website below gives the variation from the OS grid:

www.geomag.bgs.ac.uk/gifs/gma_calc.html

Colin Spears
Chairman Map Group

www.orienteering.org

Trail O

teams selected



Vivien in action at a Trail O Event

Dave will be joined by John Crosby and Dick Keighley (the next two placed in the competition) all three have previous experience of Trail O in Ukraine which could be an advantage.



Dave Gittus won Gold at last years World Champs

In July a team of six, including Vivien Mullett will travel to the Bordeaux area for the European Trail O Championships. Vivien has come to Trail O through other sports for disabled and has had to learn to read our special maps and interpret terrain as well as negotiate at times rough and steep courses in her electric chair, often with assistance.

The Trail O Selector's for the World Trail Orienteering Championships agree on an unchanged team to travel to Kiev after a highly technical competition in Northern Ireland, held in excellent conditions and attended by a dozen enthusiasts from the mainland. Dave Gittus, pre selected to defend his title, proved his ability by getting all controls correct and making quick decisions at the time controls, the memory of his gold medal by 2 seconds imprinted!

The rest of the team, John and Margaret Crosby, Dave Gittus, Dick Keighley and Peter Roberts all look forward to the forested sand dunes and no doubt some of the local wine with their international friends.

Anne Braggins
anne@trailo.org

Badge awards to Mid April 2007

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

Gold

W10	Katrina Hemingway WCOG
JW3	Siobhan Bird RAFO, Miranda Leaf HH
JW4	Susan Ford HOC, Lucy Nell RAFO, Charlotte Ward HALO
W55	Juliette Butcher NOR
JM1	Daniel Figg HH, William Parkinson NOC
JM3	Daniel Richardson RAFO, James Wood RAFO
JM4	Alex Roberts HOC, Taylor Savidge RAFO
M14/JM4	Graham Hemingway WCOG
JM5M	Patrick Hoey RAFO, Charles Nell RAFO, Alex Roberts HOC
M40	Keith Ellis BKO
M60	John Duffield CHIG

Awards are available on receipt of, all relevant details, the appropriate fee (cheque made payable to British Orienteering Federation) and an appropriate SAE (22x16 cm for certificates).

Please send to:

Chris Boycott, 13 Dawlish Avenue, Stafford, ST17 0EU

Details required:

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

Silver

JW1	Angharad Lloyd KSODA
JW5S	Bethany Schorah DEE
JM4	Jonathan Cronk WAOC
M35	Simon Holford SAX
M40	Perry Mole SOS
M65	Ernie Williams LEI

Bronze

W35	Dawn Figg HH, Jillian Holford SAX
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Please note that year flashes have been withdrawn, as there were not enough claimants. Junior ageless class flashes (eg JW1) are not available at present, but age flashes (eg M12) are still available while stocks last.

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

The Equality Standard - A Framework for Sport.

British Orienteering is currently working towards the Equality Standard for Sport (the Standard). This is a framework and vehicle for widening access and increasing the participation and involvement in sport and physical activity from under-represented individuals, groups and communities, especially women and girls, ethnic minority groups and disabled people. The Standard will assist British Orienteering in developing equality-proofed policies, structures and processes and is required in order to maintain partnership funding.

The Standard is a collaboration of the four Home Country Sports Councils and UK Sport, and is supported by the CCPR, the Women's Sports Foundation, the English Federation of Disability Sport and Sporting Equals. Progress through the Standard is a mandatory condition within the national funding agreements involving Sport England, national governing bodies (NGBs) of sport and national and regional sports organisations in England. For those NGBs with a UK wide remit, which British Orienteering is one of, UK Sport has linked the achievement of each level within the Standard with models of good governance as outlined in Investing in Change.

The Standard has four levels of achievement: Foundation, Preliminary, intermediate and Advanced.

Foundation - The organisation has to prove that it is committed

to equality and that commitment is communicated to all staff and volunteers.

Preliminary - The organisation has to prove that it is clear about what it needs to do to achieve equality, it understands the issues and barriers faced by under-represented groups in sport and has a robust equality action plan which all staff, volunteers and key stakeholders understand.

Intermediate - The organisation has to prove that it is increasing opportunities for participation and involvement by a diverse range of people including representation on its own leadership, staff, board and senior volunteers. All internal policies pay due regard to diversity.

Advanced - The organisation has to prove that leadership and staff, including coaches and officials as well as participants, are offered a fair and equal opportunity and are reflective of the community the organisation serves. Equality is central to the way an organisation carries out all of its work. All affiliated organisations and clubs are able to engage and develop participants, coaches, officials and administrators from under-represented groups.

In order to make progress through the Equality Standard, a Framework for Sport, British Orienteering has to provide, for each level, a portfolio of evidence of its achievements.

An Equality Action Plan is available on the British Orienteering website - your views on it are welcome.

British Orienteering Addresses and Contacts



National Office:

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

National Office Staff:

Chief Executive:
Mike Hamilton
e-mail: mike@britishorienteering.org.uk
Executive Officer, Admin:
Amy Sarkies
e-mail: amy@britishorienteering.org.uk
International & Coaching Programmes Director: Derek Allison,
Newton Hall Farm, Newton in Cartmel, Grange-over-Sands, Cumbria, LA11 6JJ.
Tel/Fax: 01539 531167.
e-mail: derek@britishorienteering.org.uk
Marketing Manager:
Caroline Povey
e-mail: caroline@britishorienteering.org.uk
International Programme Manager:
Hilary Bloor
e-mail: hilary@britishorienteering.org.uk
Start and Junior Potential Manager:
Gareth Candy
e-mail: gareth@britishorienteering.org.uk
Coaching Programme Manager:
Vicky Thornton
e-mail: vicky@britishorienteering.org.uk
Accounts Manager:
Jannette Blunden
e-mail: jannette@britishorienteering.org.uk
Office Administrator:
Nicole McKenna
e-mail: nicole@britishorienteering.org.uk

Councillors:

Chris James, Dalcross, The Manse Lane, Gorsley, Ross-On-Wye Herefordshire HR9 7SJ. Tel: 01989 720122
e-mail: chrisjames@dalcross.plus.com
Ed Nicholas, Edinburgh University Sports Union, 48 The Pleasance, Edinburgh, EH8 9TJ
Tel: 07725 912593
e-mail: ednicholas@gmail.com
John Morris, South House, The Street, Clapham, Worthing, West Sussex, BN13 3UU.
Tel: 01903 871286
e-mail: johnmorris@britishorienteering.org.uk
Roger Hargreaves, 7 Coldrose Court, Truro, Cornwall, TR1 2LE. Tel: 01872 277320
e-mail: roger@hargreaves9999.freesev.co.uk

WEBSITE:
www.britishorienteering.org.uk

Useful Addresses:

British Orienteering Website:
e-mail: webmaster@britishorienteering.org.uk
Badge Claims: Chris Boycott,
13 Dawlish Avenue, Stafford, ST17 0EU
Tel: 01785 612825
e-mail: badges@britishorienteering.org.uk
Hon. Records Officer: Terry Dooris, 14 Sovereign Court, 9 Wareham Road, South Croydon CR2 6LP Tel: 0208 649 7002
Trail Orienteering: Anne Braggins,
90 High Street, Meldreth, Royston, Herts, SG8 6LB Tel: 01763 260333
e-mail: anne@trailo.org
The National Orienteering Centre
c/o Glenmore Lodge, Aviemore, Inverness-shire PH22 1QU Tel: 01479 861374
e-mail: NationalOCentre@scottish-orienteering.org
British Schools' Orienteering Association Membership Secretary:
Peter Bylett, 55 Bruce Road, Kidderminster, Worcs, DY10 2TY Tel: 01562 631561
e-mail: info@bsoa.org
Trail Cyclists Association:
John Houlihan, 98 Main St, Menston, Ilkley, West Yorkshire LS29 6HY
Tel: 01943 876393
e-mail: tca@witness.co.uk

Hon. Officers:

Chairman: Neil Cameron, Chestnut House, Gannaway Lane, Tewkesbury, Glos. GL20 8DA
Tel: 01684 294791 (before 10pm)
e-mail: chairman@britishorienteering.org.uk
Vice Chairman: Peter Christopher,
Brackendale, Brook Lane, Brocton, Stafford ST17 0TZ
e-mail: vicechairman1@britishorienteering.org.uk
Vice Chairman: Lyn West, Grove Hill House, Dedham, Essex, CO7 6DX. Tel: 01206 322905
email: vicechairman2@britishorienteering.org.uk
Treasurer: Jenny Peel, 20 Riverdale Road, Sheffield, S10 3FB Tel: 0114 2663169
e-mail: treasurer@britishorienteering.org.uk

Committee Chairmen:

Council, Management and Development:
Neil Cameron, Chestnut House, Gannaway Lane, Tewkesbury, Glos. GL20 8DA Tel: 01684 294791 (before 10pm)
e-mail: chairman@britishorienteering.org.uk
Coaching: Keith Marsden, 24 Glen Way, Watford, Herts, WD17 3JL
e-mail: keith@familymarsden.org
Event Operations: Lyn West, Grove Hill House, Dedham, Essex, CO7 6DX. Tel: 01206 322905
e-mail: vicechairman2@britishorienteering.org.uk
International: Dave Harrison, Maunsell House, Home Farm, Hopton, Wirksworth, Derbyshire, DE4 4DF Tel: 01629 540779
e-mail: david@maunsell.fsnet.co.uk

Development Team - England:

Development Manager:
Hilary Palmer
Tel: 0115 9820651
e-mail: hilarypalmer@britishorienteering.org.uk
EA (Bedfordshire, Cambridge, Essex):
Helen Errington
Tel: 01727 842 883
e-mail: helenerrington@britishorienteering.org.uk
EA (Norfolk, Peterborough, Suffolk):
Michael Chopping
Tel: 01553 841 669
e-mail: michael@britishorienteering.org.uk
EM: Pauline Olivart
Tel: 0115 9872083
e-mail: pauline@britishorienteering.org.uk
NE: Vacant
NW: Sarah Watkins
Tel: 01524 844915
e-mail: sarah@britishorienteering.org.uk
SE (Hertfordshire & N. London):
Helen Errington
Tel: 01727 842 883
e-mail: helenerrington@britishorienteering.org.uk
SE (Kent, Surrey, Sussex & S. London):
Christine Robinson
Tel: 020 8255 7176
email: chris@britishorienteering.org.uk
SC: Denise Harper
Tel: 0118 9482934
e-mail: denise@britishorienteering.org.uk
SW: Celia Watkinson
Tel: 0117 9688627
e-mail: celia@britishorienteering.org.uk
WM: Tony Callow
Tel: 01743 884219
e-mail: tony@britishorienteering.org.uk
YH: Colin Best
Tel: 0114 2302621
e-mail: colin@britishorienteering.org.uk

Development Team - N. Ireland:

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

Development Team - Scotland:

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

Development Team - Wales:

North Wales: Mair Tomos
Tel: 01286 830 142
e-mail: mairtomos@btinternet.com
South West Wales: Kay Seward
Tel: 01554 771807
e-mail: kayseward@hotmail.com

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