

Orienteering

SUMMER 2011

# Focus

THE OFFICIAL VOICE OF BRITISH ORIENTEERING



Photo: Tessa Hill competing at the British Middle Championships. Photo: Rob Lines

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## British Sprint and Middle Championships

British Long and Relay Championships

JK Festival of Orienteering

Ski O World Championships

GBR Team Selections

More People, More Places, More Podiums (MP3)

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





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## New Directors

SUMMER 2011

# Welcome to FOCUS

At the 2011 AGM there was an election to appoint four directors. Three of these directors would serve for the standard three year term with one director serving a one year, part term, due to the resignation of an existing director in December 2010. Although there were four director vacancies and only four nominees, the normal director voting procedure was employed at the AGM to determine who would take up the one year position. Scott Collier (KERNO/JOK), Judith Holt (DVO) and Martin Ward (SYO) were elected for three year terms with Henry Morgan (POTOC) elected as a replacement for the one year, part term.

### Scott Collier (KERNO/JOK)

I started orienteering as a student at Oxford University in 2005, and I continue to believe that university orienteering has an important role to play in both recruiting and retaining younger people in the sport. Over the past six years I have served in numerous club, association and British Orienteering committee positions, helped to introduce orienteering to schools, and planned and organised events from local summer evening series to UK Cup races. As a competitor I possess rather more enthusiasm than talent, and can often be found at the very bottom of M21E results!



Scott Collier

### Judith Holt (DVO)

I have orienteered for 22 years, in events from low key local through to the World Masters and this year the Interland. I have organised, planned and controlled events and I'm an active coach. I led LEI in junior development and gaining ClubMark accreditation.



Judith Holt

I recognise that orienteering must develop in response to social and economic changes. My priorities as a director are to; value our volunteers, make consultation with members more visible and make the sport attractive and accessible to as many people as possible.

### Henry Morgan (POTOC)

I worked as a teacher in Outdoor Education Centres for over 30 years (8 of these as deputy head). I planned and jointly organised, over 12 years, the annual Staffordshire Schools Championships for 800+ children (Jon Duncan and Matthew Crane came through this system). I was also Chairman of WMOA between 2005 and 2008, which in those days involved attending British Orienteering council meetings.



Henry Morgan

As a level 3 coach, my aim is to cheerfully help and encourage all ages, so everyone can participate, whatever their fitness and ability, to enjoy our sport; everybody matters, everybody can try. My own personal orienteering is always enjoyable, but not always fast! I also compete when visiting friends on the continent and my daughter in Israel.

### Martin Ward (SYO)

I started orienteering in 1982 in southeast England, and in 1987 I chose to go to university in Sheffield partly because of its reputation for orienteering excellence. Having been ShUOC club captain I've continued my connections with student orienteering through SPOOK, the Sheffield post-graduates club.



Martin Ward

On leaving University I joined SYO and am currently a committee member. I've planned, organised and controlled events and am currently a Grade B Controller. I co-organised the 2010 Northern Champs, and with Lesley my wife, I was co-organiser for the 2011 British Championships individual race at Wharnclyffe in May.

I chair British Orienteering's International Committee, and also recently led the Board's input to the 2015 IOF World Championships bid.

Congratulations to all the new JK and British Champions that have been crowned over the past few weeks. You can read about the events and hear from the new Champions later in this edition of Focus. The events seem to have been thoroughly enjoyed by all those that attended, and I would like to thank all the volunteers who made the events such a success through the many hours (and days!) of hard work and dedication.

I would also like to congratulate GBR's top athletes who have been selected to compete in the World Championships (see page 8). This is the highest accolade any elite athlete can receive and I look forward to reporting on their achievements in the next edition.

As always if you do have any articles you would like to include in Focus please email: [focus@britishorienteering.org.uk](mailto:focus@britishorienteering.org.uk)

Caroline Povey  
Marketing Manager

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# Chief Executive's Update

Please read below for a series of short but important updates for you to be aware of – there is a lot going on, as ever!



Mike Hamilton  
Chief Executive

## JK & BOC

Many thanks to all those people who played a part in staging the recent JK and BOC events. Both were very successful with many competitors and participants expressing the enjoyment they had. It's difficult to single out just one particular example of how well these went but the one that sticks in my mind is the excitement many people showed after competing on the area around Stranmillis University College in the JK Sprint. It was also great to see so many people enjoying the Sprint discipline.

## Board News

Three new directors were appointed at the AGM, Judith Holt, Scott Collier and Henry Morgan whilst Martin Ward was reappointed to another 3 year term. The three newcomers attended an induction day at the National Office and were brought up to date on some of the programmes and issues they will need to understand to function effectively as directors. I'd like to thank all three for engaging with staff and entering wholeheartedly into the discussions we had on the day!

## UK Sport

Several meetings have taken place with UK Sport over the last period and although they are cutting our funding for 2011/13 by half, to £125k for the total of the 2 year period, they have been very helpful in allowing us to spread the payment of the funding in a way that helps us as much as possible.

Even though UK Sport is fully focused on the forthcoming Olympics and Paralympics it is pleasing that our relationship with them has grown over this last 18 month period. It may not mean a change to their plans to remove all of our funding from 1st April 2013 but it does mean that they understand the consequences more fully.

## Sport England

The two year review of our contract with Sport England is being finalised and we have a clear understanding of the work we must do over the next two years of the programme. It will be a challenging two years!

In summary we are on target towards achieving four of our targets; the number of young people participating in orienteering, the number of young people involved in volunteering in orienteering, the level of satisfaction of participants with their orienteering experience and establishing a talent pathway.

## Communications

Staff have been looking at our internal communications and how such communications can be most effectively delivered. The discussions started with a brainstorming exercise which recognised that there remain some challenges in communicating effectively within British Orienteering. The issues highlighted by the discussions include:

- Determining what communications should take place.

- Determining the flow of information, from whom to whom.
- Determining the person responsible for making the communication.
- Understanding the relationship between the governance structure and communication and how to make such communications happen most effectively.

The parties involved in internal communications were identified and include: members, participants, club and association officials, Board, committees, groups and significant others.

Staff are considering ways in which the effectiveness of communications can be improved and there will more news on this over the coming months.

As members the important thing is that you are aware that we recognise that communication remains an issue and we are working to find ways to improve the situation.

## Forestry Commission

British Orienteering has joined forces with nine other organisations representing recreational users of England's forests and woodlands to lobby the Government's Independent Panel on Forestry Policy. The group wishes to see recreation at the heart of future forestry policy in England. Peter Brett, Environmental Officer, is leading on this work and hopes to be able to keep members up to date through news items on the website. It is thought that a representative of British Orienteering will be asked to present the case for access to forestry land for orienteering directly to the Panel.

In order to present a factual view of the use of forestry commission land, a survey of usage was recently completed. Although we recognise that, through necessity, the survey was at short notice the responses or lack of responses from some clubs was unfortunately disappointing.

Thanks to Peter Brett for his hard work so far in promoting orienteering's cause.

## British Orienteering Archives

You may not be aware that British Orienteering maintains an archive of materials produced for major events and the records of committee meetings. This archive is at Sheffield University and we are very grateful for the support provided in maintaining the archive by the university. Chris James, Clive Allen and John Woodall are currently assisting university staff in identifying work that is missing from the archive. After a recent visit they have stated that they are very keen to rescue any documents concerning the operation of the Federation from its inception. It is intended that an article will be included in the autumn edition of Focus to discuss more fully what is being sought. In the meantime it is key that any member, especially long standing members, who have been



Credit: Paul Johnson

involved with British Orienteering at a national level, should keep any documents that might be appropriate for the archive. Please do not throw them away!

This particularly applies to the World Championships of 1976 & 1999, the British Championships, the JK, the Scottish 6 Day events, and previous Executive and Council minutes or notes.

## Anti-doping Policy

You may be aware that UK Anti-Doping (UKAD) now have responsibility for anti-doping matters in the UK and are working with sports to clarify anti-doping policies. The Board of British Orienteering have considered the policy put forward by UKAD and, at the May Board meeting, ratified that the anti-doping rules of British Orienteering comprised in the British Orienteering Anti-Doping Rules shall, from the 11th May 2011, stand repealed and shall be replaced by the following rule:

"The anti-doping rules of British Orienteering are the UK Anti-Doping Rules published by UK Anti-Doping Limited (or its successor), as amended from time to time. Such rules shall take effect and be construed as rules of British Orienteering."

For your information the UK Anti-Doping Rules can be found at the following website:  
[www.ukad.org.uk/documents/uk-anti-doping-rules](http://www.ukad.org.uk/documents/uk-anti-doping-rules)

## Welfare & Safeguarding

The outcome of the Government review into safeguarding in England & Wales is still awaited and rumour indicates that there may be some significant changes in the requirements to protect children and vulnerable adults. We have close relationships with the Child Protection in Sport Unit and the Sport & Recreation Alliance who lead on this work and we will bring you any updates on the situation as soon as we learn of them.

Closer to home we have changed the requirements for licensed coaches and have now removed the need for coaches to hold a satisfactory criminal record check (a CRB in England & Wales). This matches the situation in Scotland and should simplify our procedures. However we do expect

clubs or associations to ensure that any coach regularly working with children or vulnerable adults or travelling away with them overnight for events or training sessions do hold current (within the last 3 years) satisfactory disclosures through British Orienteering.

If you are a coach that does not work with children or vulnerable adults you will therefore not require a satisfactory disclosure.

## Talent Programme: Identifying and developing the talented

Part of our Whole Sport Plan (WSP) is to modernise the Talent Pathway and this includes how we identify and develop our talented athletes. The work to develop club talent groups is progressing and

will continue to be reported on in future editions of Focus. The GB talent squad is functioning well and already producing athletes that can be successful at JWOCs and able to move into the Performance Programme.

Programme staff are working closely with experts from UK Sport and Sport England to enhance the support that can be provided to identify and develop the most talented athletes at a supra-regional level, between club and national talent squads. The athletes identified to progress will be small in number, aged 16-21 and have the potential to move into the GB talent squad. Best practice teaches that contact time is critical however resources and funding are tight and may therefore limit the programme.

## World Championships

The World Trail Orienteering Championships 2012 will be held in Scotland and I would like to thank the organising committee ably led by Anne Braggins for their work in preparing for this event. There remains a considerable amount of work to complete but it promises to be an exciting event.

A submission was made in January to the International Orienteering Federation to stage the World Orienteering Championship 2015. Following the submission a visit by a representative of the IOF has taken place. Our aims during the visit were to:

- Provide background and depth to our concept and vision for the WOC.
- Demonstrate the strength of our bid.
- Show that our bid and subsequent WOC will be delivered by a partnership.
- Give a flavour of the beauty, heritage and culture of the Highlands of Scotland.
- Answer any questions which the assessor may have about our bid.

Overall the visit appeared to be very successful with the above being achieved. Our perception is that the IOF representative has confidence in British Orienteering delivering an excellent WOC and that he would enjoy working with us to achieve this. There are, of course, questions outstanding, but substance was given to the bid and a considerable amount of information provided. A decision on the WOC 2015 bid will be made at the IOF Council meeting in August.

## British Orienteering AGM

After two great days of orienteering during the JK weekend, British Orienteering held its Annual General Meeting at Stranmillis College, Belfast, on Saturday 23rd April. The college was the setting for the Sprint event where the natural surroundings provided a wonderful arena setting. This year's AGM was the first chaired by current chair Lyn West (SOS) and had 75 attendees representing all nations within British Orienteering.

The AGM start time was delayed until 5.30pm as initially the meeting was inquorate. With the nature of JK weekends being spread across a wide area, finding a suitable venue and time for the AGM is difficult. The Board have subsequently discussed a series of possible solutions to this in future years, these include changing the start time or holding the AGM on Friday after the Sprint event. In 2012 the location and timetable of the Sprint event would provide a more suitable setting for the AGM. Once a decision has been made, members will be given notice of the time and venue.

Having addressed all standard AGM business, the meeting proceeded with a vote on the 6 proposals. The results were as follows:

- The 2010 accounts were accepted
- Grant Thornton UK LLP were appointed as auditors for 2011

## The British Orienteering membership fees for 2012 are:

| National Membership |        |
|---------------------|--------|
| Family              | £31.00 |
| Senior              | £22.00 |
| Junior and Student  | £4.75  |
| Local Membership    |        |
| Family              | £14.50 |
| Senior              | £8.25  |
| Junior and Student  | £0.00  |
| Associate           | £22.00 |
| Club Affiliation    | £46.00 |

## The levy fees for 2012 will be:

|               |       |              |
|---------------|-------|--------------|
| Participation | 65    | Lower level  |
|               | 210   | Higher level |
| Levies        | £2.20 | Lower levy   |
|               | £3.60 | Higher levy  |

- Student clubs will be offered a reduced British Orienteering affiliation fee. This reduction will be 20% of the standard club affiliation fee. This is effective for club renewals for 2012.
- Students will be treated as juniors for levy purposes. This will be effective from 2012.

## Director Elections

- There were four vacancies on the Board of Directors in 2011 and therefore all four candidates were elected to the Board; Martin Ward (SYO), Scott Collier (KERN/JOK), Judith Holt (DVO) and Henry Morgan (POTOC).

Following the director elections, Lyn West presented a number of awards, these included:

- For his work developing orienteering with the British Army, Colin Dickson (BAOC) was awarded the SILVA Award. Colin has been orienteering for 30+ years and during this time has been a significant member of his club, both civilian and army. He currently organises, plans and administrates the British Army beginners, intermediate and advanced orienteering courses and all of the other courses held at Longmoor. Army attendance has risen from very small numbers to the 400+ now seen every Wednesday. These events are open to civilians, as are the range of skills courses on offer.
- Leicestershire Orienteering Club were named Club of the Year.
- The Club of the Year runners up were Moravian Orienteers, South London Orienteers and South Yorkshire Orienteers.
- Edinburgh University Orienteering Club were named University Club of the Year.
- The runners up were Sheffield University Orienteering Club.



Colin Spears and Ian Cooper both received mapping awards

- Colin Spears (HOC) was awarded the Bonington Trophy for his years of service to mapping.
- Ian Cooper (SYO) was awarded the Chichester Trophy for his map of Burbage and Hathersage moors.
- Paul Taylor (CLOK) was awarded the Walsh Trophy for his map of Ripon City North.
- Finally a presentation was made to thank the retiring directors; David May (SLOW) and Jenny Peel (SYO) for their hard work as members of the Board.

The AGM concluded with attendees being given two presentations on proposals likely at the 2012 AGM. Neil Cameron (NGOC) outlined proposed changes to the Memorandum and Articles to bring them in line with the Companies Act 2006. This was followed by Mike Hamilton (Chief Executive) discussing work to be progressed including a consultation on changes to the membership and levy systems.

More information on both of these presentations will be available via the British Orienteering website.

*Many thanks to all who attended.*

# VISION

**“By 2020 to deliver orienteering to participants of all ages and abilities in a manner that will have secured us a place amongst the top 3 orienteering nations in the world and be held as an example of good practice amongst UK sporting bodies.”**



## “MORE PEOPLE, MORE PLACES, MORE PODIUMS”

|                     |  |   |   |
|---------------------|--|---|---|
| <b>PURPOSE</b>      | <p><b>As a small governing body of sport with a growing reputation we strive to...</b></p> <ul style="list-style-type: none"> <li>- make more people aware of orienteering and increase participation in orienteering;</li> <li>- make orienteering more accessible by using urban areas;</li> <li>- win more medals and podium places through strengthening the talent pathway.</li> </ul>  |   |   |
| <b>STAKEHOLDERS</b> | <p><b>Our stakeholders – including our members, participants, staff, partners and external sponsors – expect British Orienteering to...</b></p> <ul style="list-style-type: none"> <li>- provide a modern, well governed and professional membership association.</li> <li>- provide a challenging programme of opportunities to orienteer that meets the needs of participants both new and experienced.</li> <li>- deliver outstanding personal development from knowledgeable trainers.</li> <li>- provide lifelong involvement in a club network and community that continually adds value.</li> <li>- be recognised for its vibrant and diverse community and culture.</li> <li>- stage leading-edge national and international events that satisfy participant needs and demonstrate good practice.</li> <li>- sustain a reputation for delivery and professionalism.</li> </ul> |   |   |
| <b>PROGRAMMES</b>   | <p><b>To increase the number of participants...</b></p> <p><b>Community O</b><br/>Develop weekly orienteering activities, based at a single, local, accessible venue.</p> <p><b>HE/FE O</b><br/>Increase the number of university clubs; grow the number of students involved in orienteering; build strong links with local orienteering clubs.</p> <p><b>School O</b><br/>Introduce students to orienteering in a friendly and innovative way; build links with local clubs.</p>   | <p><b>To sustain participation of those involved...</b></p> <p><b>Develop Quality Clubs</b><br/>Deliver a good experience to all participants in club orienteering through:</p> <ul style="list-style-type: none"> <li>- a well planned club programme of local activities &amp; events;</li> <li>- providing coaching for the personal development of participants.</li> </ul> <p><b>Volunteering</b><br/>Increase the number &amp; quality of volunteers available to support participants and stage activities.</p> <p><b>Quality events</b><br/>Develop all levels of events in order to enhance the level of satisfaction gained by participants &amp; event volunteers.</p> | <p><b>To develop a talent pathway able to maintain podium success...</b></p> <p><b>Develop a modern Talent Pathway</b><br/>To identify and develop athletes in a systematic manner from community/club, through a regional structure into the international squads.</p>  |
|                     | <b>SUPPORT</b>   | <p><b>A sustainable, effective and efficient organisation.</b></p> <ul style="list-style-type: none"> <li>- Secure a safe and healthy workplace and promote organisational wellbeing.</li> <li>- Deliver effective, efficient and standardised processes.</li> <li>- Deliver strategic development.</li> </ul>  | <p><b>Financial sustainability.</b></p> <ul style="list-style-type: none"> <li>- Manage risk, costs and resources to deliver our strategic priorities.</li> <li>- Align developmental and financial sustainability in all areas of work.</li> <li>- Grow and diversify sources of profitable income to invest in our future.</li> </ul>                       |
| <b>VALUES</b>       | <ul style="list-style-type: none"> <li>- Health &amp; Welfare</li> <li>- Fair Play</li> <li>- Environment</li> <li>- Inclusiveness</li> <li>- Good Governance</li> <li>- Members' Interest</li> <li>- Operational Practice</li> </ul>    |   |   |

British Orienteering invested considerable time and resource during 2006/2008 in developing first a vision for orienteering in the UK and subsequently a Whole Sport Plan 2009/2013. The Plan set out the work to be delivered, during the period 2009 to 2013, if British Orienteering is to begin to make significant progress towards successfully achieving this long term goal. The chart alongside provides a brief overview of the Plan.

To produce a Whole Sport Plan (WSP) is a daunting task and British Orienteering took the decision in 2007 that it would try to involve the associations, clubs and membership in auditing the situation as it was at that time. This involvement extended to establishing the principles and targets that would make the Plan meaningful. This engagement with the membership included a survey to all clubs and several articles asking for comment published both on the British Orienteering website and in 'Focus'. The survey was distributed to 120 clubs and, of the 95 open and active clubs, 57 provided returns. The information collated from the survey formed the basis of the current WSP.

### Three underlying and important principles were established:

- 1. It should be a Plan for the 'Whole' sport:** First, the Plan should be for the sport of orienteering as a 'whole'; it was developed from the grass roots up, by the sport, for the sport.
- 2. Orienteering Centred:** Second, the Plan had at its centre the orienteer - setting out a clear participant pathway that assesses individual needs at whatever age (5 to 75), or standard (beginner to international).
- 3. Funding:** Finally, the Plan was to serve as the one clear and succinct investment proposal for all potential financial backers of the sport in the UK.

Two years into this Plan the time has come to start thinking about the WSP for 2013/2017! We will be consulting with you our members, clubs and associations to see if we need to revisit the entirety of the Plan or if you think the basis of the Plan is still valid. If the underpinning principles on which the Plan is based are valid we can build on the Plan rather than starting all over again.

For your interest the WSP and associated documents can be found at [www.britisshorienteering.org.uk/index.php?pg=15#wsp](http://www.britisshorienteering.org.uk/index.php?pg=15#wsp).

### Where are we now?

The Plan has served as a Plan for the whole sport and many of the decisions taken at national level and at a more local level have been made based on the Plan. The vision, 'More People, More Places, More Podiums', appears to be as true now as it was in 2007. Increasing participation continues to be the primary focus of most clubs that we speak to. Acceptance of the Plan by participants has been significant and encourages us to believe the Plan was 'orienteer centred'. As a consequence of implementing the Plan and of working with the sports councils to research the situation, we have far more understanding now about your views and the level of satisfaction participants have with their involvement in orienteering.

The Plan has been used as the basis to gain funding, with the Sports Councils buying into it. Significant

**Feedback on the development of the WSP 2013/2017 can be sent to [feedback@britishorienteering.org.uk](mailto:feedback@britishorienteering.org.uk). The review of the current WSP is now progressing and it is anticipated that a final draft of the 2013/2017 Plan will be presented to the Board for consideration in 2012. The next step in the process is to seek your views using a survey which will be available on the website soon.**

funding has been delivered to three of the four nations, the exception being Welsh Orienteering.

### In brief an outline of achievements against the Plans objectives demonstrates:

- New participants have been introduced into the sport although there remains challenges ahead if targets are to be achieved for the four year period.
- Retention of members is a struggle with approximately 18% of members stopping membership annually.
- Work with HE/FE has not yet seen the increase in student participation set as a target.
- Orienteering in schools continues to be popular with 58% of English schools offering orienteering, however translating this interest into participation in orienteering activities external to the school is challenging.
- Development of clubs continues with 38 clubs now accredited through Clubmark or the equivalent.
- Volunteering is strong but the need to develop new volunteers and support them is critical to almost every programme - might this be a priority work area in the future?
- Quality of events is becoming more consistent although the need to change the way in which some of our major events are staged needs to be reviewed and where appropriate modernised.
- A talent pathway that measures up against good practice is being developed but still has some way to go before working effectively and stretching seamlessly from community/club through to international level.
- Centres of Excellence at Edinburgh and Sheffield are having a significant impact on the GB programme which is working with far less finance and resource but remains successful. The removal of UK Sport funding from 2013 and a reduction in funding for 2011/12, has raised some major challenges ahead.
- The support programmes have seen significant change but are continuing to provide an excellent service to members, clubs and programmes,

### Questions for you to consider include:

- Does the vision 'More People, More Places, More Podiums' still apply?
- In 2007 clubs stated that their primary requirement for the Plan was to focus on increasing participation; is this still the case?
- Is providing quality events the best way to satisfy the needs of the majority of participants and retain members?
- Are you and your club still keen to see orienteering delivered in more areas?
- Has the impact of the cost of orienteering (travel, accommodation, entry fees) changed the priorities for your club? Does this impact on the Plan?
- Do you see the participation of a GB team in the World Championships and the success of the GB performance programme as being important to the sport?
- Recent comments from a wide variety of sources highlight the need to invest more strongly in the development of all types of volunteer roles, do you agree?
- Are there programmes of work that need adding, re-prioritising or disengaging from in order to achieve our vision?

## Does your Club meet British Orienteering's mandatory requirements?

At the 2010 AGM, members voted to set a number of mandatory requirements for British Orienteering affiliated clubs. Below is a reminder of these requirements:

- The British Orienteering Affiliation Fee for Clubs fixed annually at the AGM, will become due on 1st September in the preceding calendar year. For 2012, the affiliation fee is £46.00. For student clubs; any closed club whose membership is restricted to students currently enrolled in full-time education, there will be a 20% reduction, the fee being £36.80. This fee will become due on 1st September 2011.
- An affiliated club shall be administered by a Committee that consists of a minimum of 3 people.
- Each club must have at least 3 Officers, typically Chair, Secretary, Treasurer who may form the minimum number required as the club committee.
- Each Club must have a constitution, a copy of which will also form a part of the Annual Return.
- Each Club has responsibility for the maintenance of correct financial records. These shall be audited or examined annually, by a person that is independent of the committee and not related to a committee member. These accounts must be presented annually at a Club AGM and approved by club members.
- Each club will make an Annual Return to the British Orienteering National Office; the Annual Return will include:
  - The annual affiliation fee payable to British Orienteering (In 2012, £46.00)
  - The contact details of the Officers
  - The annual membership fees for the club (including any special arrangements for new local members e.g. free club fee in first year if applicable)
  - The club constitution or equivalent
  - Minutes of the last Annual General Meeting

The Annual Club Return shall be made to the British Orienteering National Office by 1st September. The above requirements apply for all membership years. For 2012, the above annual return and requirements are required by 1st September 2011.

Most of the clubs affiliated to British Orienteering have the above in place: the most significant issue is likely to be the Annual Return being made to the National Office by 1st September each year. This is necessary as new members can join and existing members renew for the subsequent year on and after the 1st September and the club fees for that year are therefore required. Whilst we appreciate that some clubs hold their AGMs later than the 1st September we hope it may be possible for club AGM's to determine fees a year in advance which would ease the problem. If any members or club officials have any questions about the mandatory requirements needed for September 2011 please contact the British Orienteering National Office.

# 2011 Summer Team Announcements

Congratulations to the following athletes who have been selected to represent Great Britain.

## NORDIC ORIENTEERING TOUR (NORT)

16th – 21st June, Scandinavia

- NORT Development** – Hector Haines (AIRE/ EUOC), Alasdair McLeod (MAROC/ EUOC), Murray Strain (INT), Ralph Street (SLOW/ ShUOC), Tessa Hill (HOC), Hollie Orr (CLYDE/ EUOC), Catherine Taylor (CLOK), Claire Ward (ESOC).
- NORT Self-Help** – Scott Fraser (INT), Graham Gristwood (ShUOC), Pippa Archer (CLOK), Rachel Elder (SYO), Helen Palmer (NOC), Sarah Rollins (BAOC).

## EUROPEAN YOUTH ORIENTEERING CHAMPIONSHIPS (EYOC)

23rd – 26th June 2011, Jindrichuv Hradec, Czech Republic.

EYOC is included in the programme to give aspiring and talented young athletes an introduction to International Competition and a British Team environment.

- Men 18** – Peter Bray (SN), Carl Edmonds (LOC), William Gardner (OD), Reserve: Ciaran Allen (ERYRI).
- Women 18** – Florence Haines (AIRE), Rona Lindsay (ESOC), Reserve: Non
- Men 16** – Matthew Elkington (OD), Christopher Galloway (INT), Aidan Smith (SYO), Reserve: Zachary Field (SYO).
- Women 16** – Natalie Beadle (LOC), Megan Carter-Davies (POW), Katherine Hall (SYO), Rhona McMillian (MAROC), Reserve: Sarah Jones (Barro).

## JUNIOR WORLD ORIENTEERING CHAMPIONSHIPS (JWOC)

2nd – 9th July 2011, Poland.

- Men** – Alan Cherry (INT/ OUOC), Jonathan Crickmore (SO), Matthew Halliday (OD/ CUOC), Peter Hodkinson (NOC/ OUOC), Kristian Jones (SBOC/ ShUOC), Jamie Stevenson (FVO/ EUOC), Reserve: Peter Bray (SN).
- Women** – Julia Blomquist (BAOC), Lucy Butt (SARUM), Rebecca Harding (HH/ EUOC), Zoe Harding (SROC), Mairead Rocke (SYO/ CUOC), Charlotte Watson (WCOC), Reserve: Joanna Shepherd (INVOC/ EUOC).

## TALENT FULFILMENT COACHING CAMP

16th – 27th July 2011, Idrjia and Nova Gorica, Slovenia.

This coaching camp will be focus on the 'Training to Excel' principles that are linked to 'Long Term Athlete Development' (i.e. Level 3/4 as defined in the Orienteer Development Pathway), as well as how to make the jump into top senior orienteering. To achieve this, the athletes will spend the first part of the camp assessing their technical, tactical and physical ability, before competing in 5 days of hard, serious racing. Time will be allocated to reflection on ones performances in order for the athletes to recover and develop the most effective attitude towards performance. This process is important as it will facilitate the necessary change that an athlete needs to make to progress towards the next performance level.

- Senior Men** – Alasdair McLeod (MAROC/ EUOC), Mark Nixon (EUOC), John Rocke (SYO), David Schorah (DEE/ ShUOC), Ralph Street (SLOW/ ShUOC), Reserve: Christopher Smithard (DEE/ ShUOC).

- Men 20** – Matthew Halliday (OD/ CUOC), Peter Hodkinson (NOC/ OUOC), Kristian Jones (SBOC/ ShUOC), Jamie Stevenson (FVO/ EUOC).
- Men 18** – Jonathan Crickmore (SO), Senior Women – Anne Edwards (TVOC/ OUOC), Tessa Hill (HOC), Hollie Orr (CLYDE/ EUOC), Catherine Taylor (CLOK).
- Women 20** – Julia Blomquist (BAOC), Rebecca Harding (HH/ EUOC), Mairead Rocke (SYO/ CUOC).
- Women 18** – Charlotte Watson (WCOC), Lucy Butt (SARUM), Florence Haines (AIRE).

## TALENT DEVELOPMENT COACHING CAMP

23rd – 30th July 2011, Cairngorm, Scotland.

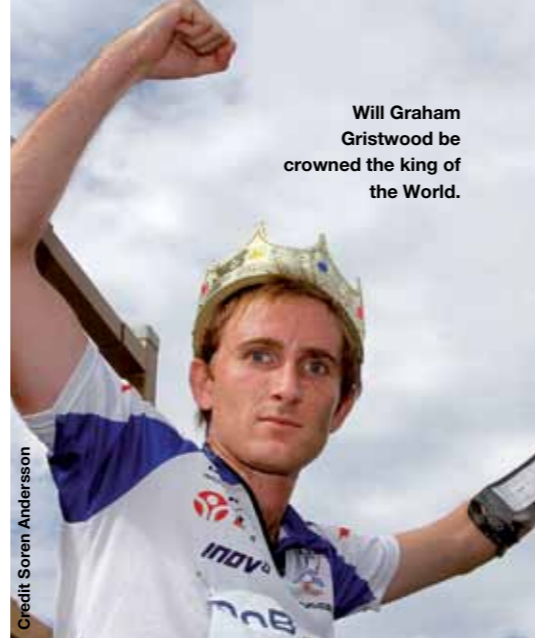
This camp will focus on the 'Training to Compete' principles that are linked to 'Long Term Athlete Development' (i.e. Level 2/3 as defined in the Orienteer Development Pathway). To achieve this, the athletes will spend time understanding how to optimise their fitness preparation and sport specific training.

- Men 20** – Duncan Birtwistle (CLARO, YHOA), Jonathan Malley (EBOR, YHOA), Tom Ryan (FVO, SOA), Lewis Taylor (WCOC, NWOA).
- Men 18** – Ciaran Allan (ERYRI, SOA), Jack Benham (SARUM, SWOA), Peter Bray (SN, SCOA), Carl Edmonds (LOC, NWOA), Thomas Louth (WAOC, EAOC).
- Men 16** – Dane Blomquist (BAOC, SCOA), Matthew Elkington (OD, WMOA), Zachary Field (SYO, YHOA), Christopher Galloway (INT, SOA), Alex McCann (MDOC, NWOA), Adam Potter (BOK, SWOA), Aidan Smith (SYO, YHOA), Oliver Williams (DEE, NWOA), Joe Woodley (AIRE, YHOA), Reserve: Michael Adams (SYO, YHOA).
- Women 20** – Sophie Kirk (OD, WMOA), Kirstin Maxwell (RR, SOA), Jessica Orr (CLYDE, SOA), Joanna Shepherd (INVOC, SOA), Charlotte Ward (HALO, YHOA).
- Women 18** – Zoe Harding (SROC, NWOA), Rona Lindsay (ESOC, SOA), Rosalind Shepherd (INVOC, SOA).
- Women 16** – Natalie Beadle (LOC, NWOA), Megan Carter-Davies (POW, WOA), Julie Emmerson (OD, WMOA), Rachel Emmerson (OD, WMOA), Sarah Hale (Sweden), Katherine Hall (SYO, YHOA), Sarah Jones (BarrO, NWOA), Harriet Lawson (NOC, EMOA), Rhona McMillian (MAROC, SOA), Katie Wright (LOC, NWOA).

## WORLD ORIENTEERING CHAMPIONSHIPS (WOC)

10th – 20th August 2011, France.

The final selection races for those athletes aiming to get selected to run in the WOC Middle and Long distance races took place over the only windy and showery weekend we have witnessed this spring in the Lake District (20th – 21st May). The Middle race



Will Graham Gristwood be crowned the king of the World.

was contested on Bigland and honours went to Scott Fraser who won by over 2 minutes and Hollie Orr who also had a clear victory. The following day, the athletes competed in a challenging long distance course on Holme Fell with Oli Johnson taking the Men's title and Claire Ward taking the Women's.

For four of the athletes, Hector Haines, Douglas Tullie, Tessa Hill and Claire Ward, this will be their debut as a member of GBR's World Orienteering Championships team. We wish them and the rest of the team success in the World Championships.

| Women            |             | Sprint* | Middle | Long | Relay |
|------------------|-------------|---------|--------|------|-------|
| Pippa Archer     | CLOK        | ✓       |        |      |       |
| Rachael Elder    | SYO         |         | ✓      |      |       |
| Tessa Hill       | HOC         |         |        | ✓    |       |
| Hollie Orr       | CLYDE/ EUOC |         |        |      | ✓     |
| Helen Palmer     | NOC         |         |        | ✓    | ✓     |
| Sarah Rollins    | BAOC        | ✓       |        |      | ✓     |
| Claire Ward      | ESOC        |         | ✓      | ✓    |       |
| Men              |             | Sprint* | Middle | Long | Relay |
| Matthew Crane    | BOK         |         | ✓      |      | ✓     |
| Scott Fraser     | INT         |         | ✓      |      | ✓     |
| Graham Gristwood | ShUOC       | ✓       | ✓      |      | ✓     |
| Hector Haines    | AIRE/ EUOC  |         |        | ✓    |       |
| Oliver Johnson   | SYO         |         |        | ✓    |       |
| Douglas Tullie   | RR/ EUOC    |         |        | ✓    |       |

\*The final Sprint positions will be announced following the Nordic Orienteering Tour based upon the 2011 Season Specific Selection Policy. As a full women's team has already been selected the final Sprint position will be selected from the athletes already named in the team.

# TRAINING IN SCANDINAVIA

Focus magazine caught up with Great Britain Orienteer Scott Fraser on training with his club Södertälje-Nykvarn OF in Scandinavia.

The club has a technical, physical and team coach as well as five common training sessions per week. There are also countless maps within a 10 minute drive from Sodertalje and always people around to go training with. Team Scania (elite team of SNO) hold weekend camps once per month where we meet, train and gener-

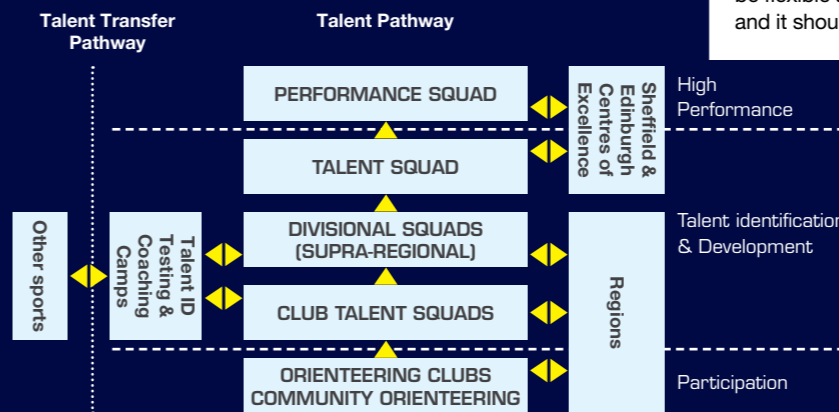
# Performance Programme Update

GARETH CANDY, PERFORMANCE DIRECTOR

It has been a busy start to the year for the Performance Programme with several challenges being thrown in our paths. A reduction in UK Sport funding and doubts over future TASS funding for British Orienteering have prompted a strategic review of our priorities and the structure of our Talent Pathway.

Rather than waiting and hoping for the best, Programme staff have been proactive in working closely with experts from UK Sport and Sport England to make plans to modernise the Talent Pathway and put ourselves in the best position to receive funding from 2013 onwards. The review with our funding partners identified some successes, a GB Talent Squad which was functioning well, a good beginning to the club talent programme and a robust system of athlete performance monitoring. However some key areas for improvement were also identified, particularly in the consistency of support available to athletes across the Talent Pathway and at the point where athletes were formally identified as being talented at the National level.

## TALENT PATHWAY FOR ORIENTEERING



Based on this review a model was created with a key focus of improving support for talented athletes aged 18-21 at a supra-regional level, with a long-term aim of creating 6-8 supra-regional squads with 16-20 athletes in each across the United Kingdom.

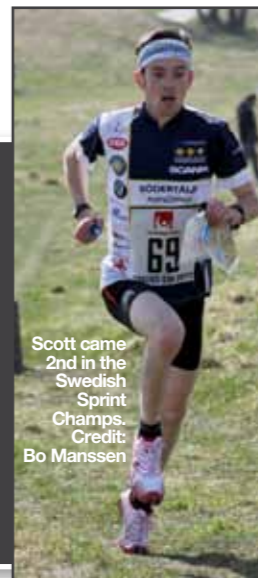
If the Performance Programme can continue the development of Club Talent Squads and begin the implementation of supra-regional support for identified talented athletes we will be in a strong position to bid for future funding from Sport England and UK Sport. We will also have created a strong mechanism for supporting talented university age athletes and keeping them on the Talent Pathway at a crucial stage of development.

The Performance Programme will now enter a period of consultation and welcomes input from anybody who has an interest in the Talent Pathway. After the consultation is completed and adjustments made to the revised Talent Pathway, British Orienteering plans to launch the new programme at the beginning of 2012.

ally just have a laugh together. The biggest advantage of moving to Sodertalje was that I could train on more maps closer to home. However, the winter is long, snowy and cold so in the future I will be spending some time back in Edinburgh at the Centre of Excellence which I believe is one of the best places to be as an orienteer in the winter (I spent many miles on the ice trails in Sodertalje dreaming of running on the green hills of Arthurs Seat!).

Training has gone well throughout the winter and I managed to keep the injuries, niggles and colds to a minimum. My main aim this

season is the World Championships Sprint race in France which I'm focussing my orienteering season towards. Running for SNO means that I also have to compete well for the club in competitions such as Tiomila, Jukola and the Swedish Champs. The early season has gone well in that respect, placing 2nd in the Swedish Champs Sprint and running the club into 1st position at Tiomila after 8 legs, recording the 2nd fastest time.



Scott came 2nd in the Swedish Sprint Champs. Credit: Bo Manssen

# Reflection and Evaluation of Performance

For many athletes in the performance programme the domestic season has finished and they are now preparing for the summer and international competitions. This is a good time to reflect and evaluate past efforts and where performance improvements could be considered. Reflection and evaluation is a key part of the performance improvement cycle, which consists of three core elements.



## 1. Plan

Planning is essential. The plan should be flexible and have a contingency and it should identify and account

for all the athletes needs. Enough practices should be planned within the session to fulfil the aims and objectives and account for those needs.

## 2. Do, Conduct

Execute the plan.

## 3. Reflect, Review, Evaluate

Reflecting on, reviewing or evaluating performance is required to establish what went well, what did not go so well, how the event could have been improved and how to plan suggested improvements.

Reviewing, reflecting on or evaluating performances can be a complex and personally difficult process, but the process is instrumental in identifying areas for performance improvement that can then be developed into good training practices.

There are known to be at least three guiding principles that underpin reflective practice:

- Knowing what actually occurred during the event and why
- Learning from experience, and
- Valuing what you do and why you do it

Reflection and evaluation of individual events and post-season evaluation should be an ongoing process which drives changes for the next orienteering event or next season. Therefore, the primary aim of this process is to select training drills or exercises that focus on the identified areas from the reflection and evaluation which require improvement, such as improving your ability to identify and use 'Attack Points', or physical fitness preparation, which may include improving your aerobic fitness or your ability to run up hills.

However, as an athlete you should be careful about when to actually evaluate your orienteering event. Although you should reflect on the event straight away and involve your coach (if you have one), a parent or another competitor, it is recommended that you should not actually write up your evaluation until a couple of days after the orienteering event. The main reason for this is that in the recent aftermath of the event a major mistake, such as spending too long finding a control, could have a disproportionately large impact on the overall evaluation.

So once you are more able to have a clear and objective perspective of the whole event and you have established that, for example spending too long finding one control was actually because you had not read your control descriptions accurately enough, best practice suggests that you write up your evaluation by using an orienteering analysis form. There are several orienteering analysis forms from simple to complex and an example of one be found in the performance section of the website in the squad training book.

After you have reflected on an event or series of events and identified, collected and collated all the required information to make your performance improvements, you should then consider the next stage of the 'Athlete Process Cycle', which is to PLAN your appropriate action. Have a go!

Sarah Hague  
National Talent Manager



ADVENTURE BEGINS TODAY

# BRITISH SPRINT AND MIDDLE CHAMPIONSHIPS

Report by Dave Peel - Photos by Rob Lines

THIS YEAR'S EVENTS WERE STAGED BY SOUTH DOWNS ORIENTEERS AND FOR THE SPRINT EVENT IT WAS THE FIRST RUNNING IN ITS NEW COMBINED ELITE & AGE CLASS FORMAT. THE COMBINING OF BOTH COMPETITIONS INTO ONE EVENT HAS NOT BEEN WITHOUT CONTROVERSY BUT PARTICIPANTS VOTED WITH THEIR FEET AND NUMBERS INCREASED ON 2010.

Glorious spring sunshine greeted competitors as they arrived at Sussex University sports ground, which was the arena and finish for both the qualifiers and finals. The qualifiers started in the Brighton University campus with a short dash through the Sussex campus to the finish, whilst the final headed out into the complex halls of Sussex University and then threaded through the main university buildings to the finish.

The challenges were typical of a University campus with a tough climb to the finish. In both the men's and the women's competitions there were new names to add to the trophies. It was Hollie Orr who took a surprise victory in the women's competition, whilst fellow Edinburgh athlete Murray Strain powered through the final stages of the course to snatch the men's crown. For the rest of the competitors the highlight of the day was the relaxed atmosphere, arena facilities and the wonderful weather.

Hollie Orr said after the race, "After spending most of my winter in the forest, how I would perform in the Sprint was as much of a mystery to me as to everyone else! Picking up the qualifier map I had a quick look at the course and thought great - full of nice short changes in direction, I like this sort of thing. Luckily I didn't look too closely at the end or I might have got depressed by the 'long' slog back up the hill. Apart from a few dead-ends and head scratching moments everything went smoothly.

The two hours between went far too fast for my liking and soon enough I was back on the start line. With a better idea of what to expect I wanted to be smooth through the tricky bits and push hard back up the hill. For once things went to plan, apart from a sneaky no.1. With slightly longer initial legs I had time to plan the tricky bit. I went through without hesitation (minus a near head on collision with Anthony Squire) and then looked ahead for any other route choices. After that it was a mental battle to keep pushing, a few hesitations crept in but nothing major. I didn't really believe them when they said I had won in the finish but it was a very nice surprise to win my first senior title and hopefully it's not my last!"

Men's Champion Murray Strain said, "I'm

really happy with my first British title, and it's a long time coming - after coming 4th as a first year senior in 2004 I've had another 4th, a 3rd and 2nd last year before finally getting the win. I've learnt a lot about Sprint racing in the last year and one of my focuses before this year's championships was in "finishing the race off" - running hard right to the finish, even if you think you've missed a bit and you're tired and hurting and don't think you can run any harder. At WOC this could make the difference between 20th and 10th or 10th and the podium and at BEOC it was enough to pull me up from 25 seconds behind at the radio control to 10 seconds ahead at the finish."

The venue for the Middle Distance championships was a short journey north to Worth Forest, a working woodland dissected by a number of stream valleys. Once again there are two new winners of the championship with Claire Ward taking the women's title. Claire is attempting a come back to international competition after having two children and, if her winning margin is anything to go by, should challenge for a WOC team place. In the men's competition it was former World Champion Graham



Hollie Orr ran a fantastic race to take the Sprint title

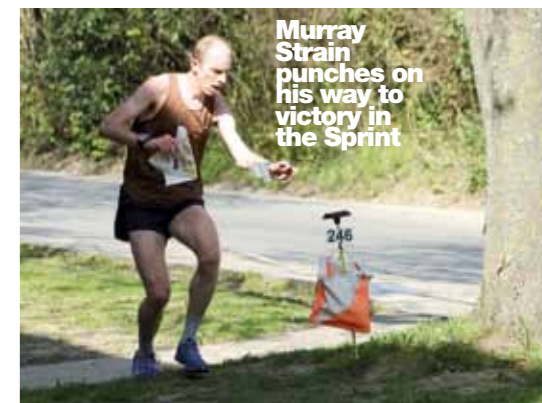
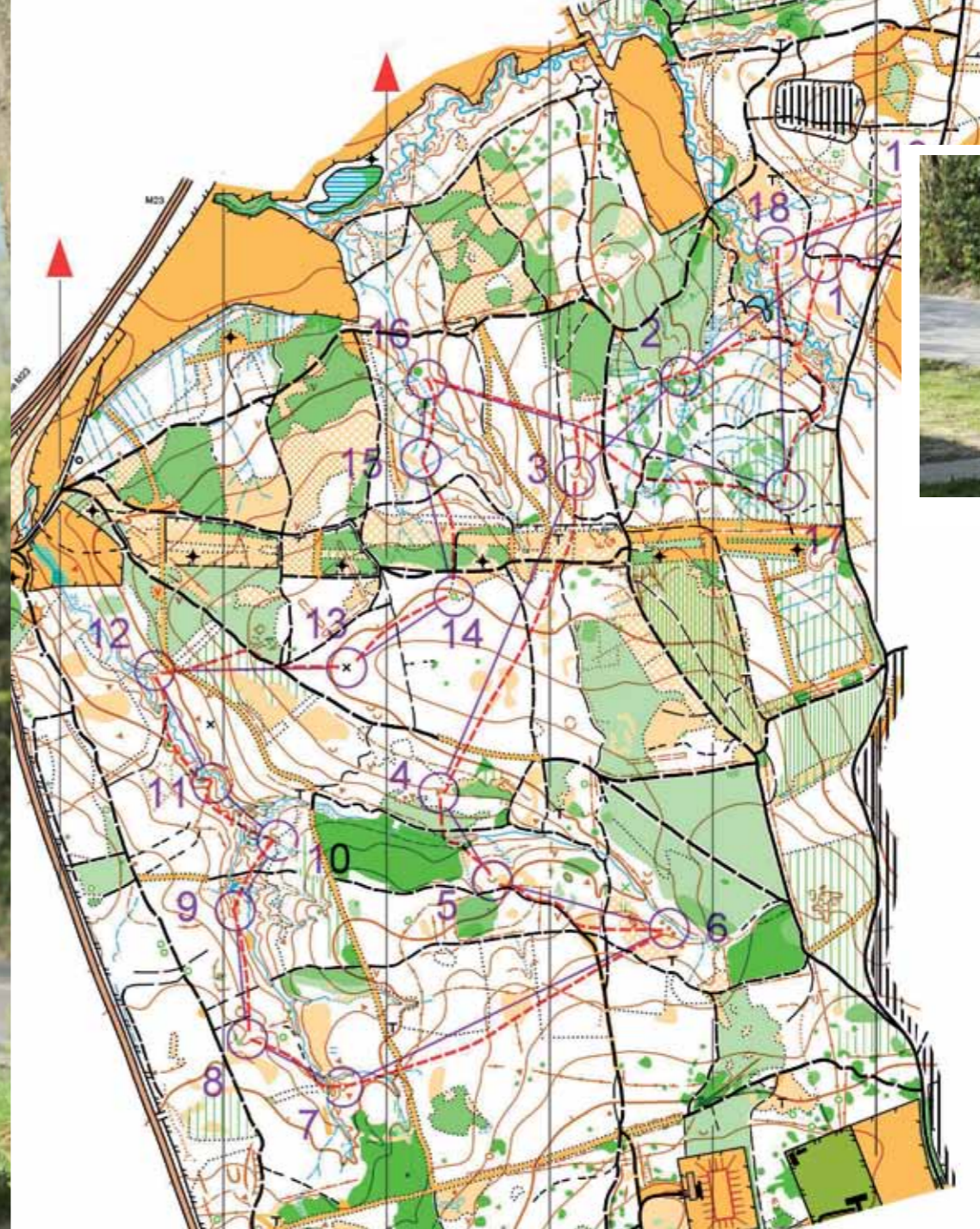


Claire Ward took the womens title in the Middle race

Gristwood who took the win from Richard Robinson who's second place was a very notable performance.

Claire Ward said afterwards, "This was my first British Middle Championships since 2005 and I was thrilled to win! I had taken a break from orienteering to have two children, but got hooked again

in 2010 due to the wealth of fabulous races held in excellent terrain in Scotland. I was so disappointed by my under-performance in the BEOC Sprint the day before I was reluctant to go to the BEOC Middle. My husband and coach Ray told me to go along and treat it like any other race - enjoy it for the technical challenge - so it was this I was concentrating on throughout the race. As I was running I knew I was doing well,



Murray Strain punches on his way to victory in the Sprint

as I had passed good orienteers that started before me, but I was determined to maintain my focus on the navigation right to the finish. I was surprised and delighted to win - it means a lot to win the British title. I have other goals for my orienteering in 2011, but whether or not I manage to achieve them, I can still call myself a British champion!

Graham Gristwood secured another British Title, he said, "Having done very little running over the last 3 months, and 2 sprint races the day before, I was uncertain about how I would feel during the race. However I knew the forest would be fast so I was aggressive from the start. The first 2 controls went very well, but I did not understand the shape of the ground coming into the 3rd control and I lost around 45 seconds. After that I was slightly more cautious, keeping better contact with the map through the tricky section around the start/finish.

The middle part of the course was easier and it was possible to push the pace. Around two thirds of the way I caught Hector Haines, which was a nice boost and helped me keep the speed high. We both missed (as did a lot of other people) the 3rd to last control, coming in too low and losing around 15 seconds, but I felt strong in the end and was really satisfied to hear that I had a new leading time. Then it was a bit of a nervous wait to hear that I had my first Middle distance title. Very nice to be competing somewhere I used to run as a junior 10-15 years ago!"



M21E Middle winners



M21E Sprint winners



W21E Middle winners



W21E Sprint winners

| MEN'S SPRINT RESULTS |                  |       |           |
|----------------------|------------------|-------|-----------|
| 1st                  | Murray Strain    | INT   | M21 14:09 |
| 2nd                  | Graham Gristwood | SHUOC | M21 14:18 |
| 3rd                  | Ralph Street     | SHUOC | M21 14:27 |

| WOMEN'S SPRINT RESULTS |               |      |           |
|------------------------|---------------|------|-----------|
| 1st                    | Hollie Orr    | EUOC | W21 14:33 |
| 2nd                    | Sarah Rollins | BAOC | W35 14:48 |
| 3rd                    | Tessa Hill    | HOC  | W21 15:00 |

| MEN'S MIDDLE RESULTS |                  |       |           |
|----------------------|------------------|-------|-----------|
| 1st                  | Graham Gristwood | SHUOC | M21 30:19 |
| 2nd                  | Richard Robinson | NOC   | M21 31:09 |
| 3rd                  | Oli Johnson      | SYO   | M21 31:31 |

| WOMEN'S MIDDLE RESULTS |             |      |           |
|------------------------|-------------|------|-----------|
| 1st                    | Claire Ward | ESOC | W21 29:41 |
| 2nd                    | Grace Crane | BOK  | W21 31:16 |
| 3rd                    | Hollie Orr  | EUOC | W21 31:41 |

YOU CAN READ MORE ABOUT THE BRITISH SPRINT AND MIDDLE CHAMPIONSHIPS AND THE JUNIOR WINNERS IN OZONE.

# BRITISH LONG CHAMPIONSHIPS

By Jenny Johnson

I vividly remember the day Tim Tett asked me and my husband Oli to plan the 2011 British Orienteering Championships over two years ago, we were out running through Walkley when he bumped into us. It seemed like such a distant date in the future that we breezily agreed. Little did we know! Two years later after almost two months of time spent in the woods, the event took place on the 14th May 2011. The amazing weather of the previous month or so meant the undergrowth was as bad as could be expected but since we were aiming for a tough Yorkshire championships this didn't worry us too much. We were pleased with the entry numbers - over 1900 pre entries including almost 100 on the WRE courses (thanks to British Orienteering for including it as a WOC selection race).

The course planning was enjoyable and it was great to have our own forests to play in whenever we were at home for a weekend. There were some mapping issues, Oli eventually taking on the bulk of this, and bird nesting problems that were major stresses right up to race day and we must thank Tim Tett and Brian Shaw for handling the negotiations that enabled us to minimise the out of bound. Heading to Moscow for a week or so over Easter was a great stress release since we had almost no internet access, plenty of other things to take our minds off BOC, and could go orienteering without anyone asking us how the British planning was going.

Using Grenoside, Wheata and Wharncliffe Woods together enabled really varied courses with some great route choice legs and tricky control picks. The goal was to plan great Classic races which the best orienteer would win (regardless of whether or not the area 'suited them'). We hope we achieved this. My biggest fear was that my dad (newly crowned JK and British Middle Champ) wouldn't like his M60L course (he did, although he only managed the Bronze medal position).

We are of course disappointed that W21E and M21E went so fast having lengthened the courses during the planning stages. We think the course ratios need revision for events at this level, as lengthening M21E would have lead to longer courses across the board, which was unnecessary based on the results. Perhaps the current top elites are fitter than ever and particularly strong compared to the average orienteer over the rough stuff?

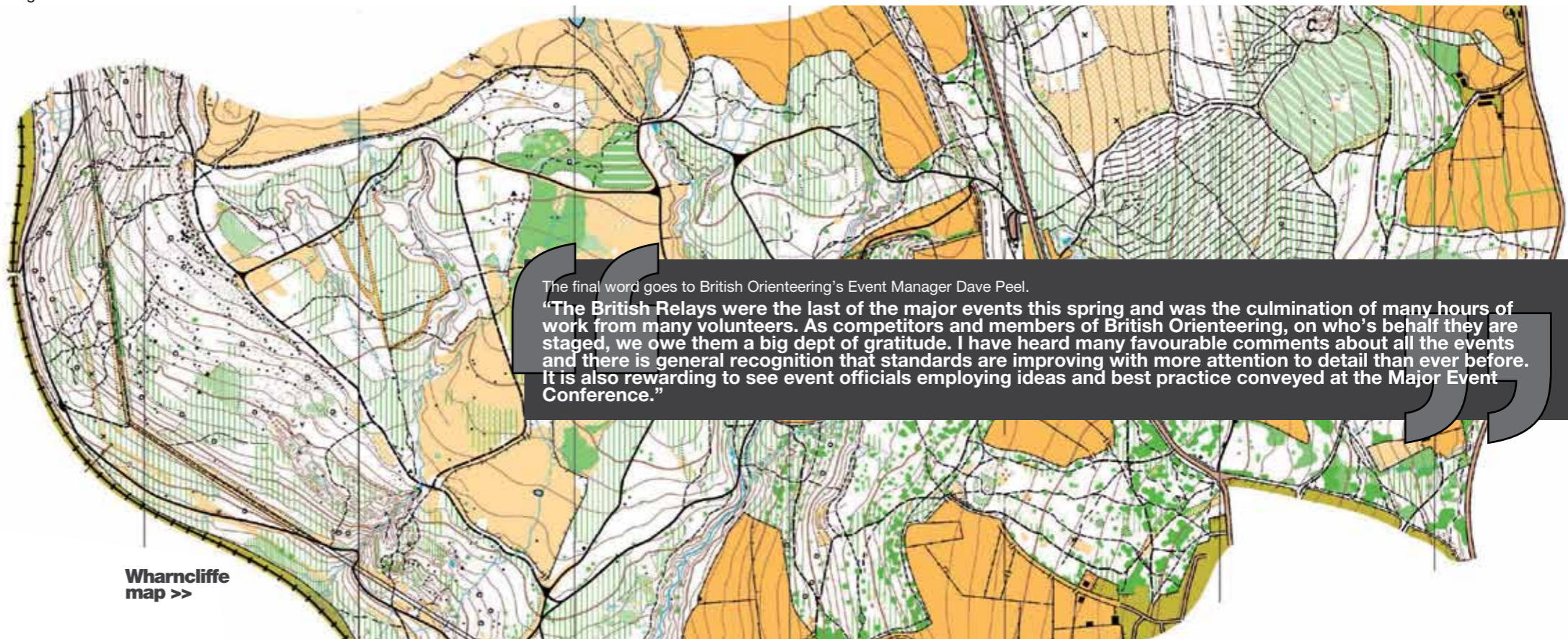
On the day, Doug Tullie and Tessa Hill were crowned King and Queen of the forest, both for the first time and it was great to see their grins on top of the podium. Well done to all the winners and indeed everyone, especially those who took the trouble to thank us for the tough and challenging courses (to paraphrase almost everyone). A special thank you must go to the M21E runners who arrived at 66 and found it missing—several searched for it and eventually found and replaced it, whilst Ed Nicholas forfeited his run to come and tell us so that we could send out a replacement



**Doug Tullie powers home to take victory**  
Credit: Martin Ward

control and guard it from then on. Thanks to them for their sportsmanship and apologies that their races were ruined. Further thanks must go to everyone who interrupted their run to help an injured competitor including Katrin Harding who ran straight to the finish to fetch first aid and therefore didn't get a result.

We would like to thank everyone involved in organising the race especially Martin and Lesley Ward, Tim Tett, our fantastic controller Tony Thornley and his able assistant Steve Watkins (both AIRE), our number twos over the weekend Rob and Clare Baker, who spent almost as long as us hanging controls, and to everyone who helped collect controls in (mainly ShUOC) to enable us to be in the Italian restaurant by 8.30pm on Saturday night. Thanks also to Smartwool and Arc'teryx for supporting SYO and British Orienteering by providing some great prizes and volunteer rewards and to Steve Peat (World Champion MTB Downhiller who lives on the area) for presenting them.



**Wharncliffe map >>**

# BRITISH ORIENTEERING RELAY CHAMPIONSHIPS

By Ed Nicholas

The 2011 British Relay Championships hosted by East Pennine Orienteering Club were held at Tankersley Woods on the outskirts of Sheffield. Neil Northrop had worked hard to update the map in what was a fast and intricate area ideal for Relay orienteering. Neil also doubled up as the planner and managed to put on some fantastic courses across the age groups. Emma Harrison also contributed in supporting some of the junior courses.

In the Relays themselves there was some intense competition. In the men's premier the winners were Sheffield university in their home city. The team 'Where is Graham?' of Kristian Jones, Dave Schorah and Ralph Street managed to beat their university rivals Edinburgh University OC by one and a half minutes. But perhaps the run of the day came from Matthew Crane who managed to pull Bristol OK into third position after a storming last leg run. Matthew's time of 30.29 was just

under two minutes faster than anybody else on that leg.

In the women's premier race it was a maiden title for West Cumberland Orienteering Club whose team managed to blend youth and experience. First leg runner Charlotte Watson came back in second place and ex-internationals Helen Winskill and Mhairi Mackenzie managed to pull away from the other teams to record a well deserved triumph. Edinburgh University OC managed



the same feat in the women's as they did in the men's by coming in second and South Ribble Orienteering Club were in third position.

In the men's and women's 40 age class and men's 50 class there was a triple triumph for South Yorkshire Orienteers with three titles going to the local club. Fellow Yorkshire club Airienteers won the women's 50 age class. In the men's 60 age class there was a win for Harlequins and in the women's 60 age class there was a win for Lakeland.

In the junior relays there were wins for South Ribble OC in the men's 18 class, Happy Herts in the women's 18 class, Lakeland in the men's 14 and MAROC in the women's 14. In a big field, Deeside were triumphant in the M/W12 age class.

Thanks go to the organiser Richard Wren and his EPOC team for a fantastic British Relay Championships that was enjoyed by the spectators and competitors alike.



**Doug Tullie and Tessa Hill were crowned the new British Champions**  
Credit: Jenny Johnson

### M21E

- 1 Douglas Tullie EUOC
- 2 Matthew Crane BOK
- 3 Ralph Street ShUOC

### MEN'S PREMIER RELAY

- 1 SHUOC Kristian Jones, David Schorah, Ralph Street
- 2 EUOC Douglas Tullie, Alasdair McLeod, Hector Haines
- 3 BOK Mark Bown, Mathew Franklin, Matthew Crane

### W21E

- 1 Tessa Hill HOC
- 2 Rachael Elder SYO
- 3 Claire Ward ESOC

### WOMEN'S PREMIER RELAY

- 1 WCOC Charlotte Watson, Helen Winskill, Mhairi Mackenzie
- 2 EUOC Kirsten Strain, Alice Leake, Jessica Orr
- 3 SROC Heather Gardner, Katrin Harding, Zoe Harding

**The Jubilant WOC Relay Team**  
Credit: Roger Jackson

The final word goes to British Orienteering's Event Manager Dave Peel. "The British Relays were the last of the major events this spring and was the culmination of many hours of work from many volunteers. As competitors and members of British Orienteering, on who's behalf they are staged, we owe them a big dept of gratitude. I have heard many favourable comments about all the events and there is general recognition that standards are improving with more attention to detail than ever before. It is also rewarding to see event officials employing ideas and best practice conveyed at the Major Event Conference."



For the first time in its history the JK moved away from mainland Britain to Northern Ireland. A brave decision to take and a big task for an Association with a limited volunteer pool, however few would disagree that the weekend was a huge success. With great terrain, an enthusiastic team of volunteers and great weather, most competitors will have returned home with a very positive experience of Belfast and County Down.

Credit: Simon Errington

# JK

## FESTIVAL OF ORIENTEERING

Co-ordinator  
Harold  
White did a  
fantastic job

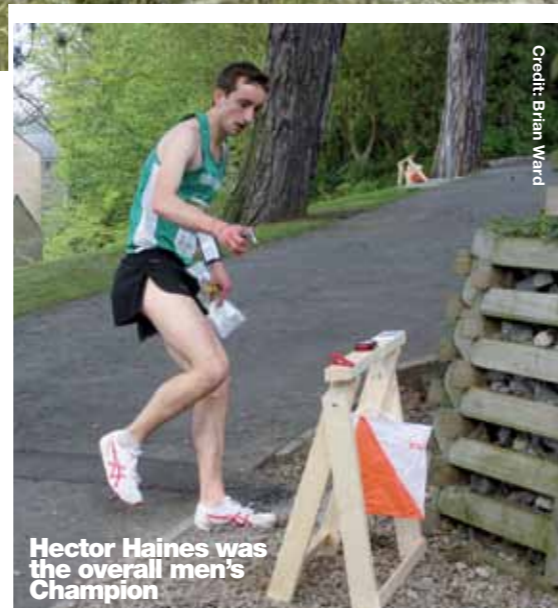


As coordinator, Harold White can take credit for such a successful event. Harold says, "We were very pleased with the way the JK weekend went. The small but dedicated organising team had in the previous three years put a lot of thought into providing top quality events and the accompanying facilities to make it a true festival. With the complexities and requirements of the JK format and we as newcomers to putting on the event, we faced many challenges along the way, but in the end we achieved what we set out to do judging by the very favourable feedback. I think it is a major step forward for Northern Ireland Orienteering and has improved the skill levels and confidence of the Officials involved."

The event had a truly international feel with a higher than normal percentage of non-UK competitors. This can be attributed to the marketing of the event abroad which was only possible with the support from Northern Ireland Tourism. The organisers were successful with a number of grant applications which whilst ring fenced, greatly enhanced the event. These totalled in excess of £45,000.

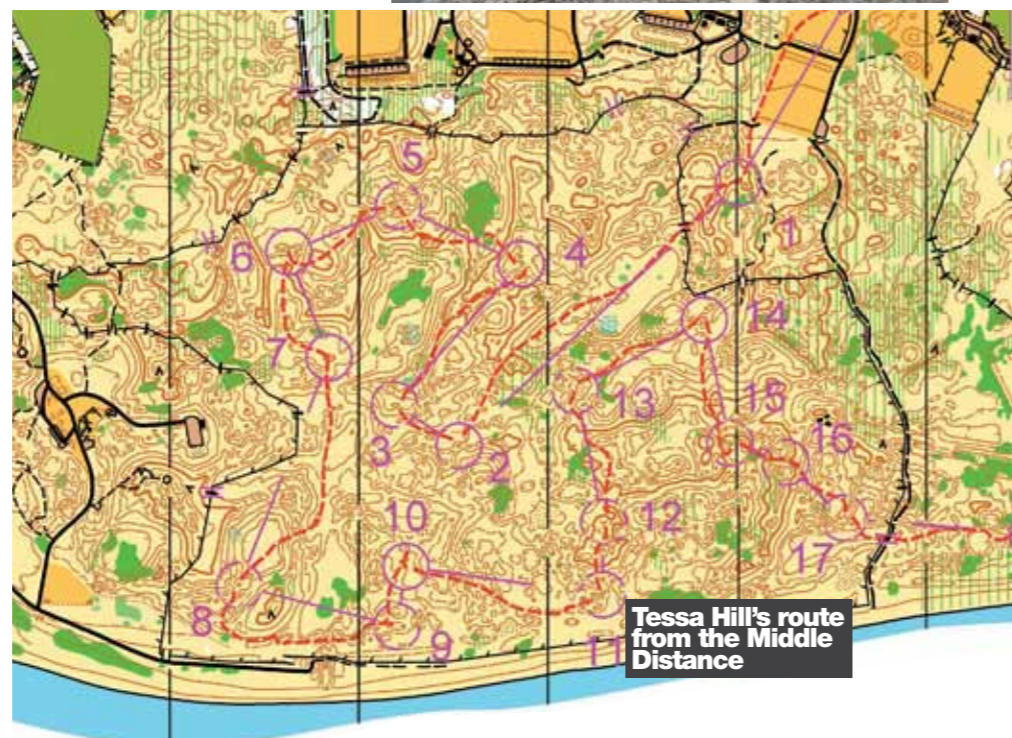
The event commenced with the Sprint race around the beautiful parkland of Stranmillis University College and the halls of residence of neighbouring Queen's Elm Village. For the remaining days of competition, competitors headed to the countryside of County Down with Day 2 and the Relay on the complex coastal dunes of Tyrella West and Day 3 on the rugged slopes of Slieve Croobe.

The competition produced two new names on the coveted JK individual trophies. Hector Haines produced an outstanding performance in the Long race on Slieve Croobe to take the overall victory away from Matt Crane, who had won the Sprint race and also had the fastest time in the Middle race. However it was the women's competition which provided the most excitement with a 'couldn't get any closer' competition in the Sprint race and for the overall JK title. In the Sprint there was a tie between Pippa Archer and Sarah Rollins, but it was Tessa Hill who was the star of the weekend, who's consistent performances gave her overall victory.



Credit: Brian Ward

Hector Haines was the overall men's Champion



Tessa Hill's route from the Middle Distance



Matt Crane in action

Credit: Simon Errington

**Matt Crane won the M21E Sprint Race:** "Obviously I'm pretty disappointed to come so close to winning, but it was a great run by Hector in the classic, and it was fun being part of an exciting end to the individual competition. I was really pleased with my performances though, especially in the Sprint where I only had one split more than 3 seconds down on

"If you'd have told me before the JK weekend that I was going to win, I probably wouldn't have believed you. My racing and performances over the past few years have been disappointing. Nevertheless, after my result on Day 1, where I finished 2nd, I was confident that the overall prize was within my capabilities."

Hector Haines

the fastest (it was 7 seconds!). I thought it was a great course, perfectly suited to my style of orienteering! The Middle was great orienteering too - it was really tricky and although I didn't quite master the terrain, I managed to make fewer and smaller mistakes than most. I was delighted to take another win. I thought the classic was a bit easy and too short, but I was pleased to run another good race. Unfortunately it just wasn't quite enough."

**Pippa Archer and Sarah Rollins were joint winners of the W21E Sprint in a time of 13.49:**

**Pippa Archer comments,**

"I was really well-prepared for the JK Sprint this year. Although there was no previous map, I read the competition details very carefully, and had done some research with Google Maps, so had a good idea of the shape of the course and the challenges that we would face. However, this didn't stop me falling into the same trap as Sarah on the first control! After this I focussed 100% on reading the map, planning my routes, and navigating smoothly through every control. I had a chance to plan my routes for the second half of the course during the spectator run-through, and was able to increase my speed a little through the longer legs, but the difficulty of the course meant that there was never a chance to 'just run hard'! I used the last long leg (20-21) to plan the last few controls and I think this helped me to sneak onto the top of the podium with Sarah. A really nice surprise for both of us after our mistake on number 1!"

**Sarah adds,**

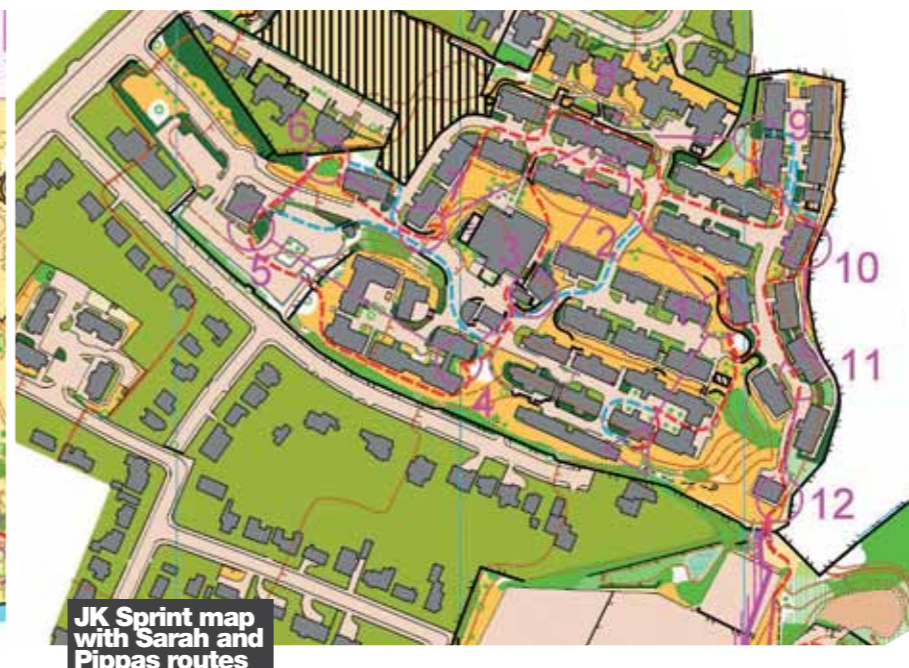
"I was really excited about this race as I love the JK and the weather was great and it looked like it was going to be a fantastic weekend. I tried to simplify on the way to number 1 and immediately fell into the trap set by the planner as can be seen on my route. After that, although I felt unsettled, I started to work hard both mentally and physically. I lost time again to number 9 where I missed the short cut but from there on, I think I start to pull it back. I didn't feel great physically during the race but I think this is because I was working hard and it was quite hot and humid. When they announced that we would have to wait for download to find out who had won, I couldn't have been more pleased to hear that it was a joint 1st! Definitely the best outcome!"

The JK ended with the Relay, starting from a wonderful arena set up on the firing range at Tyrella West. The atmosphere was buzzing and very noisy as mass starts took off over the bumps of the firing range and runners came through the spectator control and down the run-in. The 13 Relay classes were won by 9 different clubs.

The Women's Trophy soon turned into a battle between BAOC and SYO. They were together at the end of the first lap, although down in 9th and 10th, but pulled up to 1st and 2nd after two laps, just 17 seconds apart. Rachel Elder went out with Sarah Rollins in her sights, but it was Sarah who pulled clear to give the British Army their first ever JK Trophy win alongside team mates Julia Blomquist and Becky Hoare.

The Men's Premier race provided similar excitement, with SHUOC and Interlopers also just 17 seconds apart after two laps. This time it was the chasing Murray Strain (INT) who overtook John Rocke after they both had trouble early on. Murray timed his run perfectly to leave both men's and women's winning Trophy teams on the run-in together with INT (Anthony Squire/Oleg Chepelin/Murray Strain) victorious. David Brickhill-Jones pulled SYO up from 7th to finish 3rd.

After all the hard work that the Northern Ireland Orienteering Association had put in to a fantastic weekend it was great to see the local juniors from Lagan Valley Orienteers take the M/W40- title.



JK Sprint map with Sarah and Pippa's routes



**Hector Haines' route from the Long distance**



**The BAOC women won their first Relay title**  
Credit: Brian Ward

would be shorter than expected. Arriving at the event on Sunday morning immediately confirmed my thoughts. I had mused the day before that if the terrain was fast, then the winning time would be 75 minutes, even with

time, around a minute or so, in this loop. However, I kept a cool head, reassured myself that I was running well and carried on. I managed to hit the front in the 2nd half of the race, and didn't look back. Seeing my 3 minute, and then my 6 minute man, and being able to pass both, gave me a great boost. This, combined with my knowledge of the last km of the race (which could be determined from the assembly field), meant I was able to push hard and be clean in my navigation through the final section."

I was quite nervous about losing it all in the sand dunes.

Overall, Saturday's Middle distance race went well. I tried to find the big depressions to run in as it was easier to navigate and less tiring physically. I slowed down whenever I was going through the vaguer smaller sand dunes as I found these harder to pick out. I got a bit stuck in gorse going to 5 and I kept stopping early on 9 as I lost concentration and wasn't exactly sure where I was. Other than that, it was a good run. I ended up in 3rd place but only 20 seconds down on the leaders.



**The jubilant INT Relay team**  
Credit: Simon Errington

**Hector Haines won the Men's Overall JK Title:**  
"If you'd have told me before the JK weekend that I was going to win, I probably wouldn't have believed you. My racing and performances over the past few years have been disappointing. Nevertheless, after my result on Day 1, where I finished 2nd, I was confident that the overall prize was within my capabilities. My Day 2 race itself is fairly unremarkable. What won me the race was my preparation, my race strategy and a cool head.

700m of climb. Standing in the assembly field before heading off to the start I was confident that my prediction would be correct. So then I knew what I had to do. Just run hard for 75 minutes! The feedback from earlier runners was that the terrain was quick and the navigation wasn't too taxing. This reaffirmed my strategy of attacking right from the start.

Having said all this, I wasn't able to get into a winning position straight away. I was within the top three going into the butterfly loop, but lost some

Although my preparation for the JK wasn't as extensive as my preparations for previous big internationals such as JWOC, I felt as though I had looked at enough old maps, planned enough courses and discussed the possible challenges well enough to be confident that my performances would be good.

From my preparations, my race strategy followed, but it wasn't something that was set in stone. I knew that the race would include a lot of climb, which suited me perfectly. I also knew that if the terrain was fast, then the winning times

**M21E SPRINT:**

|     |               |       |       |
|-----|---------------|-------|-------|
| 1st | Matthew Crane | BOK   | 13.29 |
| 2nd | Murray Strain | INT   | 13.57 |
| 3rd | John Rocke    | SHUOC | 14.06 |

**W21E SPRINT:**

|      |               |      |       |
|------|---------------|------|-------|
| 1st= | Sarah Rollins | BAOC | 13.49 |
| 1st= | Pippa Archer  | CLOK | 13.49 |
| 3rd  | Rachael Elder | SYO  | 14.01 |

**M21E OVERALL CHAMPION:**

| Pos | Name           | Club | Day 2       | Day 3       | Total  |
|-----|----------------|------|-------------|-------------|--------|
| 1st | Hector Haines  | EUOC | 35:42 (2nd) | 74:46 (1st) | 110:28 |
| 2nd | Matthew Crane  | BOK  | 34:38 (1st) | 76:38 (2nd) | 111:16 |
| 3rd | Anthony Squire | INT  | 36:52 (8th) | 78:26 (4th) | 115:18 |

**W21E OVERALL CHAMPION:**

| Pos | Name          | Club | Day 2        | Day 3       | Total |
|-----|---------------|------|--------------|-------------|-------|
| 1st | Tessa Hill    | HOC  | 35:48 (3rd)  | 57:56 (2nd) | 93:44 |
| 2nd | Claire Ward   | ESOC | 40:09 (13th) | 57:12 (1st) | 97:21 |
| 3rd | Riina Kuuselo | OD   | 36:58 (6th)  | 61:01 (3rd) | 97:59 |

**MEN'S PREMIER RELAY:**

|     |       |   |
|-----|-------|---|
| 1st | INT   | Anthony Squire/Oleg Chepelin/Murray Strain        |
| 2nd | ShUOC | Dave Adams/Dave Schorah/John Rocke                |
| 3rd | SYO   | Nick Barrable/Neil Northrop/David Brickhill-Jones |

**WOMEN'S PREMIER RELAY:**

|     |      |   |
|-----|------|---|
| 1st | BAOC | Becky Hoare/Julia Blomquist/Sarah Rollins |
| 2nd | SYO  | Jo Stevenson/Maread Rocke/Rachel Elder    |
| 3rd | ESOC | Helen Bridle/Rona Lindsay/Claire Ward     |

# British Universities Orienteering Championships

Report and Photos By Dave Prentice

EDINBURGH UNIVERSITY ACTED AS HOSTS AND CAME AWAY AS CONVINCING CHAMPIONS AT THE BUCS BRITISH UNIVERSITIES ORIENTEERING CHAMPIONSHIPS IN MARCH. EUOC REPEATING THE CLEAN SWEEP OF LAST YEAR, THE FIRST TIME THIS HAD HAPPENED IN THE HISTORY OF THE CHAMPIONSHIPS.



**Balkello extracts**



**Gitte Bromande, EUOC at the first ladies control; rather physically challenging and it continued upwards!**

The individual race was held on Balkello Hill to the north west of Dundee, an area with three main hills and views over the Tay estuary, first used by Tayside Orienteers for a Scottish League event in 2010. The mainly open terrain is generally fast going but there is heather in parts and the navigational challenge is increased by significant areas pockmarked with quarry exploration pits.

The top places in the 9km men's individual race changed several times. Alasdair McLeod (EUOC) held the lead over the first 9 controls, with Ralph Street from SHUOC then leading briefly until a disaster at the 12th control let Duncan Coombs (EUOC) head the pack for the middle part of the race. But it was Mark Nixon, languishing in 15th place after the first six controls, who worked his way up through the field, helped by a good route choice on the long seventeenth leg and a couple of errors by others to take the lead at the 20th control, not to relinquish it, finishing in a time of 56.56. Duncan Coombs, who never dropped out of the top three places, came second in a time of 58.22 and Oleg Chepelin (EUOC)



**Roderick Kong (EUOC) checking out the hill terrain which is pockmarked with old quarry workings**

who held second place for spells, was a close third in 58.34. The only other runner to break the hour was Ola Martner (EUOC) in 58.46.

The 6.75km women's individual race was dominated by Hollie Orr (EUOC) who with fast and consistent running built a substantial lead to come in 5 minutes ahead of the field to finish in 55.20. Laura Daniel and Anwen Darlington from SHUOC held second and third places from around halfway and finished with times of 60.28 and 60.55 respectively. After that there were

finish to take a convincing first place in 111.36. But little more than a minute separated the next three teams, with 'SHUOC Men of Steel' (John Rocke, Dave Schorah, Ralph Street) and 'OUOC 1st' (Ben Stevens, Alan Cherry, Peter Hodgkinson) pipping 'Edinburgh 1' for the podium places.

Hollie Orr continued her fine form in the women's Relays and supported by excellent runs from Kirsten Strain and Rebecca Harding, led 'Edinburgh 1' to a commanding seven minute lead and a time of 114.33, with 'Edinburgh 2' (Jo Shepherd, Alice Leake, Kirstin Maxwell ) second and 'SHUOC Chicks on Speed' (Lucy Harris, Anwen Darlington, Laura Daniel) third.

In the overall result, Edinburgh with 22 points took first place. Sheffield with 50 points were second, followed by Oxford on 142 points and then teams from Cambridge, Newcastle, Durham, Dundee, Bristol, Belfast, Surrey and Exeter. Edinburgh also won the competition with the Combined Services team, meaning Fergus the Stag returns to his Edinburgh trophy cabinet again.



Issue 18

FOR JUNIOR ORIENTEERS

Cover Photo: Matt Halliday at the British Middle Championships. Photo by Rob Lines



*Inside this Issue:*

***JK Festival of Orienteering***

***British Sprint and Middle Champs***

***British Long and Relay Champs***

***Interview with Graham Gristwood***

*More People, More Places, More Podiums (MP3)*

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



# British Sprint & Middle Distance Championships

Report by Edward Lines M14 (SO) / Photos by Rob Lines

This year's British Sprint Championships were held in Brighton and it was the first time that the elite and age class competitions were combined. As a result, the number of competitors was higher than in previous years with more than 850 runners enjoying a sunny weekend on the south coast.

Last year's M12 winner Edward Lines writes about his experience of this year's competition.

I really enjoyed the Sprint heats and the Brighton University section was my favourite part of the day. It was a brand new map and even though I live in Hove, it was a part of Brighton I had not been to before. It's a new campus and many of the buildings had interesting features that made them really good for orienteering.

On some of the courses there was a major decision to be made almost immediately after the start. This caught out a lot of runners who had to run back after going past a stairwell leading down to the first control.

My favourite part was running up the spiral staircase and it was quite exciting trying not to crash into runners coming down in the opposite direction!



Halfway around the courses was a railway bridge and a tunnel crossing which took competitors back into the Sussex University campus. It felt like a long climb up to the assembly field and this involved negotiating lots of staircases and passageways. The hot weather didn't help. When I finally finished my legs were dead, but luckily there were at least a couple of hours to recover before the finals!

The weather was so warm that I think it made everyone very relaxed in between races. In fact some of the top elite runners were so relaxed that you could see them playing frisbee two or three minutes before call-up.

The planner was Southdowns' Jonathan Crickmore (M18) who may well be the youngest planner of any previous British Championship. He said that he had really enjoyed the role, but that he had worked on the courses pretty much every day since Christmas. Everything seemed to run smoothly and Jonathan got a lot of good feedback with people saying they liked the courses. The Corbie family ran the String Course and also did a good job, even though they had only just joined SO a month before. I know Dan Corbie from school and club night, so I was able to help out a bit with other juniors from the club.

At 2pm the Elite finals started and everyone watched them set off from Assembly. The winners were Murray Strain (INT) and Hollie Orr (EUOC). Peter Hodgkinson and Julia Blomquist were the top M/W20 finishers.

In the younger junior finals there were wins for brothers and sisters in two southern clubs. TVOC's David and Fiona Bunn were the winners of M10 and W12, and BOK's Rachel, Chloe and Adam Potter won W10, W14 and M16. James Ackland (INT) was the winner of M12 by more than a minute, with Alexander Chepelin (GRAMP) taking the M14 title. Sarah Jones (BARRO) won W16 by almost 90 seconds. The M/W18's ran in the Elite classes and the fastest finishers in the Men's classes were Peter Bray and Thomas Louth who finished joint 6th in the B class with a time of 14:02. Zoe Harding (SROC) achieved the success of being the only 18 year old to make it through to an Elite final and finished 15th overall.

Perhaps because it's unusual to have two major events so close to where you live, by the time we got home on the Saturday evening, I had completely forgotten that there was another whole day of competition!

The hot weather continued on Sunday with lots of spectators enjoying the sunshine as the Elite athletes were announced each time they set off from Assembly. Worth Lodge is just to the South East of Crawley and is a relatively flat wooded area crossed by rides and paths. The area was very fast for running and the 2.8km, M14 course was won in 18 minutes by Harrison McCartney.

One of the best bits of the day for me was being able to meet some of the Elite athletes. The winner of W20, Mairead Roche from SYO gave me some tips about having definite attack points and focussing on orienteering carefully to avoid making errors. She said that she planned ahead at least one or two controls so that she knew which way she was going to leave each control. At Worth she had been able to run most legs direct, so it was a case of careful navigation rather than too many route choices.

The overall British Middle Champion Claire Ward from Edinburgh told me that she trained by running to work and back every day. (I tend to run to school most days but that's normally because I'm late!) Claire said that she had felt relaxed going into the race but about half way round she started to realise that she was having a good run and then really had to force herself to keep concentrating so that she wouldn't make any mistakes.

It was another successful day in the junior classes for TVOC's Bunn family with David winning M10 and Fiona winning W12. It was also second gold medals of the weekend for W10 Rachel Potter (BOK) and M12 James Ackland (INT). Harrison McCartney and Aimee Morse made it a clean sweep of M/W14 for OD, with Aiden Smith and Katherine Hall doing the same for SYO at M/W16. Peter Bray (SN) and Florence Haines (AIRE) were the fastest on the M/W18 courses with Mairead Roche (SYO) and Peter Hodgkinson (NOC) fastest on M/W20.

Out of the two days I enjoyed the Sprints the most. It was good to see lots of people come to the event and having Assembly on a playing field meant that you could play football and frisbee between the races!

## Graham Gristwood on recovering from injury, preparing for races, and playing on his XBOX.

It's 3pm on Sunday 10 April 2011. The temperature is 24.5C and the sunshine beating down on Mid-Sussex has felt relentless. With his IPOD Touch set to record mode, Edward Lines (M14) sets off across the assembly field to track down Graham Gristwood, the winner of this year's British Middle Distance Championships. Graham Gristwood is spotted and he's weighed down by an enormous trophy!

**Hello Graham! Did you approach today's race positive that you could win it?**

Normally I would come in to it thinking that I had a really good chance of winning, but I had a bad injury over New Year and hurt my foot pretty badly. It's not been ideal preparation for it, but I was still quite confident that I could get in the top three if I had a good race today.

**Didn't you have a spike in your foot from running in sand dunes?**

That's right. I was down in Spain in January at a training camp and a sharp root went through the bottom of my shoe and 2cm into my foot.

**How does that affect you?... Is it really depressing to be an elite athlete and have that happen?**

To have two months with no running is the longest break that I've had since starting to train when I was about 16 or 17.

**How did you get over it?**

For about two months I was in the gym once or twice a day doing either weight training, circuit training or on the spinning bike. Then I went out to Portugal and did some road biking as well. It was pretty hard to motivate myself at times, but you always have to think about coming back for these British Championship races.

**Are there any positives in having a two month break? Did you come back mentally refreshed?**

Absolutely. I think in many ways it was a really good thing. I'm one of those people who doesn't do a lot or orienteering for about half the year. When I come back into it in the spring then I'm really hungry to do as much orienteering as I can. It meant that my winter break was just that little bit longer. If you are running twice a day it's really hard on the legs so to do some cycling for a while has been really good to let them recover.

**How did you prepare for today's race?**

I've had a fairly easy week without too much training and I've been looking at old maps of the area. I grew up here so I'm familiar with the type of terrain. I've been here before, but not for 5 or 6 years, so I kind of knew what to expect. I've been thinking about the different types of challenges that I was going to face today. I had a good breakfast, a good warm-up and just tried to be confident as I stood on the start line.

**When you look at an old map, what do you actually do with it?**

Well, the first thing that I did was to work out where the start and finish were going to be. I had a look at the final details to see if there was going to be a spectator control, or anything special like running across fields - all the kinds of things that might make a difference, however small. I then looked at the course length, the number of controls and the climb and tried to get an idea of what the planner might do. I planned a course myself - really just to look at the different challenges that could come up. I wanted to know if this is an area which is going to have some big route choices, or an area where you are just going to have to run straight. There are no significant hills here, so it meant that I didn't have to be afraid of just running up the hills - because they're never going to be that long.

**Do you have any tips for an M/W14?**

Don't worry if it goes wrong, just enjoy it and take as many opportunities as you can. If the junior squad is going away make sure you go along too. Just go on all the trips you can and visit all the parts of the country that you can. If you just enjoy it for the next two or three years then you'll be at an age where you can really start thinking about becoming good at it. Hey, what would you rather be doing on a beautiful sunny day than having a nice little run around the forest?

**Haven't you got an XBOX!?**

Well, if you have a nice run, then playing on the XBOX in the evening is a good way to relax. Yes, I have got an XBOX.

**What's your favourite game?**

I've been playing a lot of Fallout New Vegas recently. That's really good. I tend to play a lot of FIFA 11 with the other guys in Sheffield. We have evening FIFA parties - that's pretty popular!

**Thanks Graham.**

Edward Lines Interviews Graham Gristwood Graham at the Middle Champs



# The JK took place this year in Northern Ireland over Easter weekend.

Ozone magazine caught up with the winning juniors to see what they thought of the JK and their excellent results. *Photos by Rob Lines.*

## Peter Bray won the 18E Sprint Race:

"My JK Sprint race felt really good. I started slowly, getting used to the map and making sure that I was on the right side of the features, keeping my navigation in control. By number 4 my speed had picked up and from there, each control flowed nicely into the next. I was pushing hard and made a few silly errors of overshooting junctions but no real big mistakes; I really enjoyed it and I am really happy with my performance."

## Peter Hodkinson won the M20E Sprint Race:

"The race was split into two parts, the first half being complex, technical racing while the second half was straight forward and fast. Unfortunately the rain which fell during the junior start block made the paving in the first half of the course very slippery. I made some misses and hesitations in the first half and wasn't able to move quickly on the paving, so I came through the spectator control some time down on the leaders but feeling really fresh. The second half was mainly grass so I was able to run really hard and make up some time. I didn't feel like I deserved to win with a rather sloppy performance, but I was pleased nonetheless. The JK is my favourite of the domestic races and I'm looking forward to some top quality terrain in Scotland next year."

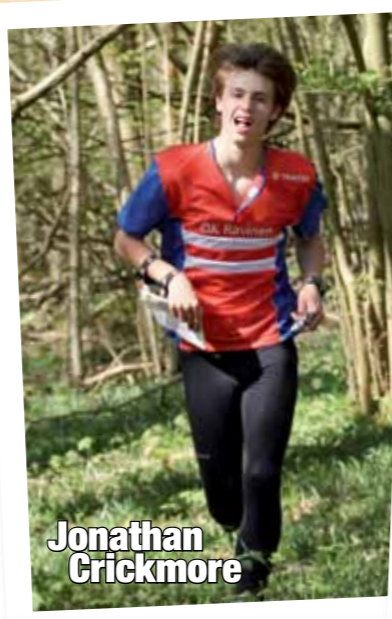
## Jonathan Crickmore won the Overall M18E Title:

"I knew before the JK I was running well, I just had to get the navigation right. Unfortunately in the Sprint and

the Middle I lost fairly large amounts of time in the first 10% of the course. Yet in these two races I managed to hold my nerve and finish the races fairly well. I finished 2nd in the Sprint and then surprisingly I won the Middle by a good time - evidently I wasn't the only one struggling with navigation! The Long race went much better. I really went off hard and had no technical problems until near the end where I started to get very tired and made two minutes of mistakes. Then after an incredible descent to the finish I came home in 2nd place. However, after my results were combined I still won overall, which was a great feeling after not being able to compete last year due to injury."

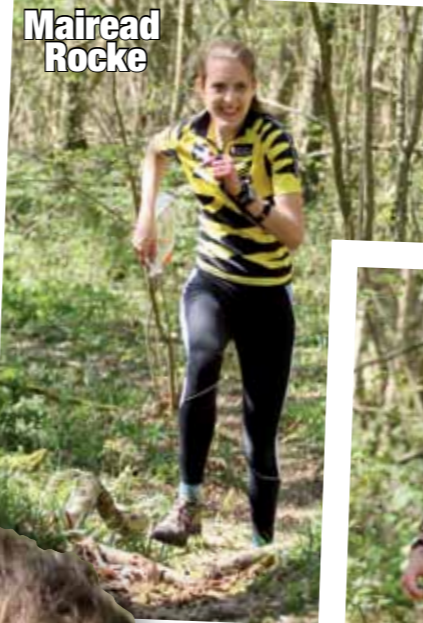
## Matt Halliday won the Overall M20E Title:

"I think both my Middle and Long distance race victories were down to preparation. I've had an injury-free winter's training which has come as a result of working hard on my strength and resilience, allowing me to increase my volume of training without causing myself problems. That base, combined with a return to orienteering racing with Varsity in the Czech Republic and the British Elites to get me back into a racing mindset seemed to stand me in good stead. On the day I felt relaxed and confident in my own preparation which allowed me to race with a clear head and to concentrate hard on the task in hand. On



Jonathan Crickmore

Mairead Roche



Matt Halliday



Peter Bray

Saturday, I was solid with my technique and made only a few small errors whilst running hard, but holding back when I needed to. Sunday was a case of keeping myself moving on the hills whilst not being complacent with my technique. I did start to make some unnecessary mistakes towards the end of the course when I was beginning to tire, but did enough to hold on! I enjoyed hearing the announcement that I was in the lead as I ran down the hill towards the last couple of controls, always a boost but a little added pressure as well!"

## Charlotte Watson won the W18 Sprint Race and also became the Overall W18 Champion:

"Due to a bit of a disaster at the British Middle Championships a few weeks earlier, I was aware that if I was wanting to go to JWOC then I needed to perform at the JK. I decided to view this positively in that this extra bit of added pressure would make it more like JWOC and therefore good racing preparation. I was feeling confident as I knew I'd trained well physically and technically over the winter and had some

good results in the Swedish Sprint Champs the weekend before. I was looking forward to going to Northern Ireland and quite excited about running on a different type of terrain each day.

I knew for me to have a good race all I had to do was keep it as simple as possible by just focusing 100% on the orienteering. I had a very late start for the Sprint and I had heard that the first part was very technical with

lots to catch you out but in the second part you could run a bit more. It wasn't my best race but I was pleased that I managed to hold it together and had managed to keep focusing on what I was doing next and not letting mistakes from earlier in the race distract me.

The Middle was my favourite race as it was really technical. I knew that it was going to be very technical with lots of controls so I made sure that I ran at a speed I could navigate and stopped when I needed. This seemed to work and apart from a few slight wobbles I had a relatively clean race. I was looking forward to the Long race as it was similar to my home terrain. I was feeling quite tired before the start but I told myself to just get on with it and I could collapse in a heap at the finish. I had an ok race but made a few silly mistakes.

I was really pleased with my weekend as I feel I managed to race consistently over three races and felt more on the right track for JWOC. I really enjoyed the weekend and winning was an added bonus!"

## Mairead Roche won the W20 Sprint Race and also became the Overall W20 Champion:

"My JK started well with the Sprint race. I followed through my plan of focusing on my entry and exits from controls and pushing harder when I could. I felt I dealt with the initial first trickier section decisively and enjoyed the later section of the course when we went into the parkland. The Middle race was the highlight of my weekend. I was perhaps too hesitant on the first two controls but quickly settled down into the map after this. I didn't make too many significant mistakes apart from running past control 13 and losing about twenty seconds.

I was however disappointed with my performance in the Long race. I was focusing too much on running at the cost of my navigational discipline and this cost me lots of time at control seven. It was a frustrating experience and I was surprised to still have won the W20 class overall. Thankfully I managed to end the weekend on a high running second leg in the SYO women's team. Winning the JK feels great as I've achieved one of my goals for the season and it has highlighted some new things to work on before JWOC in Poland. Thanks to Northern Ireland Orienteering for a great set of races."



Peter Hodkinson



Charlotte Watson

## Results

### Relays (M48-)

|     |     |   |
|-----|-----|---|
| 1st | SYO | Zac Field/Michael Adams/Aidan Smith                 |
| 2nd | BOK | Adam Potter/Michael Hallett/Ben Maliphant           |
| 3rd | OD  | Matthew Elkington/Stephen Elkington/William Gardner |

### Relays (W48-)

|     |     |   |
|-----|-----|---|
| 1st | SYO | Cari Littler/Louise Adams/Katherine Hall          |
| 2nd | LOC | Carrie Beadle/Hannah Cleary-Hughes/Natalie Beadle |
| 3rd | HH  | Miranda Leaf/Maria Pereverzina/Becky Young        |

### Relays (M/W40-)

|     |       |  |
|-----|-------|--|
| 1st | LVO   | Frazer Howe/Eoghan Knight/Paul Pruzina             |
| 2nd | FVO   | Daniel Stansfield/Jessica Mather/Claire Stansfield |
| 3rd | DEVON | Ed Gow-Smith/James Dean/Jake Belston               |

### Relays (Mini)

|     |      |  |
|-----|------|--|
| 1st | DVO  | Joe Uprichard/Sarah Duckworth/Louis Forshaw-Perrin |
| 2nd | AIRE | Lucy Haines/Eve Conway/Laura King                  |
| 3rd | BOK  | Zac Hudd/Rachel Potter/Joe Hudd                    |

### M18E Sprint

|     |                    |       |
|-----|--------------------|-------|
| 1st | Peter Bray         | SN    |
| 2nd | Jonathan Crickmore | SO    |
| 3rd | Ciaran Allen       | ERYRI |

### W18E Sprint

|     |                  |      |
|-----|------------------|------|
| 1st | Charlotte Watson | WCOC |
| 2nd | Florence Haines  | AIRE |
| 3rd | Zoe Harding      | SROC |

### M20E Sprint

|     |                  |       |
|-----|------------------|-------|
| 1st | Peter Hodkinson  | NOC   |
| 2nd | Robert Gardner   | SHUOC |
| 3rd | Matthew Halliday | OD    |

### W20E Sprint

|     |                 |      |
|-----|-----------------|------|
| 1st | Mairead Roche   | SYO  |
| 2nd | Rebecca Harding | EUOC |
| 3rd | Julia Blomquist | SN   |

### M18E Overall

|     |                    |       |
|-----|--------------------|-------|
| 1st | Jonathan Crickmore | SO    |
| 2nd | Peter Bray         | SN    |
| 3rd | Ciaran Allen       | ERYRI |

### W18E Overall

|     |                  |       |
|-----|------------------|-------|
| 1st | Charlotte Watson | WCOC  |
| 2nd | Florence Haines  | AIRE  |
| 3rd | Lucy Butt        | SARUM |

### M20E Overall

|     |                  |      |
|-----|------------------|------|
| 1st | Matthew Halliday | OD   |
| 2nd | Alan Cherry      | INT  |
| 3rd | Jamie Stevenson  | EUOC |

### W20E Overall

|     |                 |      |
|-----|-----------------|------|
| 1st | Mairead Roche   | SYO  |
| 2nd | Rebecca Harding | EUOC |
| 3rd | Jo Shepherd     | EUOC |

# British Long & Relay Championships

Photos by Robert Lines



M18 Relay Champs - SROC



M14 Relay Champs - LOC

The 2011 British Long Championships took place in Wharnccliffe Woods, Sheffield with the Relays the following day at Tankersley. Ozone magazine caught up with the Junior Elite Champions to see what they thought of their races.



Mini Relay Champions

## Jonathan Crickmore won the M18E Race:

"I knew this would be a long tough race and I was a bit shaky from an injury earlier in the week. I set off fairly steady and after one error early on, I managed to regain control of the race. I just ran comfortably, I kept pushing on and spiking controls - not running an amazing race but a clean one and at a constant strong pace, which turned out to be enough to take the victory.

I then ran a brilliant race in the Relays which was one of the best races I have ever done. There was a strong field on the first leg and some technical navigation, but I managed to keep clean and come in only 25 seconds down on the leader."

## Alan Cherry won the M20E Race:

"My plan for the race was to start steady and get the navigation right. I wanted to increase the pace on longer legs and towards the middle/end of the course. Navigation was mostly clean around the first half and I felt good physically.

lucky and just saw the flag! I was very satisfied with my run and when I saw my final position I was delighted!"

## Julia Blomquist (BAOC) won the W20E Title:

"I'm glad to have finally won BOC as it's been six long years since I last had the British title. Unfortunately exams stole my two closest rivals, so they were unable to take part, however I still went out there and gave it my all.

At the road crossing I increased the pace and also met another runner. Despite the speed, mistakes were pretty small and being together on path runs forced out a fast pace. The most technical and physical section (Wharnccliffe) came towards the end of the course and being pretty tired from some blitzing path runs the mistakes started, but nothing over 30 seconds. I almost blew it on one of the last controls, but thankfully I was

After some thorough geeking in the weeks leading up to BOC, I was very excited on the start line. After an appalling JK I had a lot to prove to myself but knew I would be strong in this type of terrain. As soon as I picked up my map I immediately thought 'simple route choices'. I took a track route straight to the control and the beginning of my race started well. I didn't make any massive mistakes but lots of small ones here and there which was costing me valuable time

## Results

| M18E (Length 10.3km, 250m climb, 30 controls) |                         |       |
|---|-------------------------|-------|
| 1st   | Jonathan Crickmore (SO) | 77:40 |
| 2nd   | Peter Bray (SN)         | 81:59 |
| 3rd   | Chris Young (HH)        | 82:51 |

| M20E (Length 10.3km, 250m climb, 30 controls) |                        |       |
|---|------------------------|-------|
| 1st   | Alan Cherry (INT)      | 67:22 |
| 2nd   | Jamie Stevenson (FVO)  | 70:04 |
| 3rd   | Peter Hodgkinson (NOC) | 72:04 |

| W18E (Length 7.2km, 210m climb, 22 controls) |                         |       |
|--|-------------------------|-------|
| 1st  | Florence Haines (AIRE)  | 58:45 |
| 2nd  | Zoe Harding (SROC)      | 61:57 |
| 3rd  | Charlotte Watson (WCOC) | 62:08 |

| W20E (Length 7.2km, 210m climb, 22 controls) |                        |       |
|--|------------------------|-------|
| 1st  | Julia Blomquist (BAOC) | 59:15 |
| 2nd  | Alice Leake (EUOC)     | 63:40 |
| 3rd  | Jessica Orr (CLYDE)    | 65:06 |

throughout the race. I would have been much more satisfied with a sub 55 time and couldn't help but feel disappointed with myself. Still lots to improve on but a Gold medal and some cool prizes was a good end to my last junior spring season and of course it brought a smile to my face!"

## Florence Haines won the W18E title:

"My race at the British was pretty good. I had a small mistake at number 1 but I tried hard not to let it affect the rest of my run and concentrated hard. After the road crossing I gained more confidence and pushed it harder, especially on the long leg to number

13. I managed to get a really good balance between speed and navigation even if I did slow down a bit too much on the far side - it was better to be safe than sorry!"

When I was running down the run in, hearing the commentator announcing that I had won felt amazing and I was so glad that my hard work had paid off. I even got some pretty cool prizes! Thanks very much to the organisers, planners, controllers and everyone involved in the making of the event, it was fantastic!"



Jonathan Crickmore was the M18E Champion



W18 Relay Champs - Happy Herts

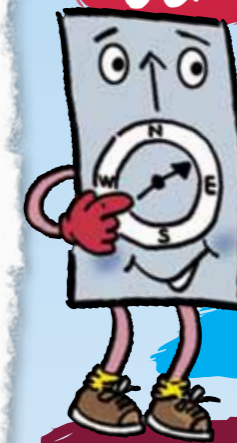
| M14 Relays |  |       |
|------------|--|-------|
| 1st        | LOC (Andrew Brockbank, James Allison, Adam Bartlett) | 56:00 |
| 2nd        | SO (Edward Lines, Jack Leitch, Alistair Masson)      | 64:11 |
| 3rd        | OD (Stephen Elkington, Tom Ross, Harrison McCartney) | 66:08 |

| M18 Relays |  |       |
|------------|--|-------|
| 1st        | SROC (Christopher Nash, Matthew Nash, John Ockenden) | 79:49 |
| 2nd        | MDOC (Alistair Thornton, Alex McCann, John Dempsey)  | 86:49 |
| 3rd        | LOC (Matthew Penellum, Jack Wright, Carl Edmonds)    | 89:09 |

| W14 Relays |  |       |
|------------|--|-------|
| 1st        | MAROC (Abigail Mason, Megan Ricketts, Jennifer Ricketts) | 61:46 |
| 2nd        | LOC (Kirsten Bell, Lois Jefferson, Hannah Cleary-Hughes) | 74:01 |
| 3rd        | SYO (Yasmin Field, Pippa Dakin, Louise)                  | 88:25 |

| W18 Relays |   |        |
|------------|---|--------|
| 1st        | HH (Becky Young, Maria Pereverzina, Bryony Harding)   | 87:02  |
| 2nd        | OD (Julie Emmerson, Helen Elkington, Rachel Emmerson) | 101:05 |
| 3rd        | LOC (Katie Wright, Carrie Beadle, Natalie Beadle)     | 103:56 |

## Orienteering Games & Tips



### Charlie Compass asks,

Why is it important to review your performances after an event or at the end of the season?

### Millie map says,

Reviewing and evaluating your performances are all part of an ongoing and continual learning process.

By reviewing your strengths and weaknesses, you can establish which areas of your performance you need to work on and develop a suitable training programme.

Further information about "Reflection and Evaluation of Performance" can be found on page 9 of Focus.



Match the

## Contours

Which of the contour shapes on the left match the profile shapes on the right? Write your answers here and check them on the back page.

A =    B =    C =

**A**

**B**

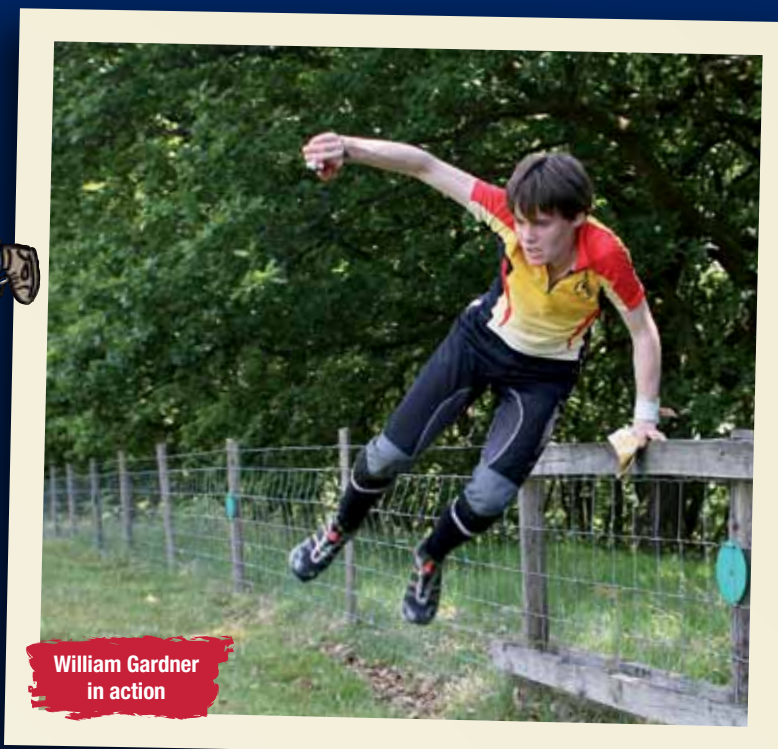
**C**

# Ozone News William Gardner



## Yvette Baker Trophy Planner

| Association           | Date     | Club  | Venue                            |
|-----------------------|----------|-------|----------------------------------|
| EAOA                  | 23/10/11 | WAOC  | Rowney Warren, Shefford          |
| EMOA                  | TBC      | TBC   | TBC                              |
| NEOA                  | 13/11/11 | NATO  | Wallington, Morpeth              |
| NWOA                  | 9/10/11  | BL    | Caldbeck Fells, Penrith          |
| SCOA                  | 20/11/11 | BADO  | Pamber Forest, Tadley            |
| SEOA                  | 2/10/11  | SO    | Charlton Forest, Chichester      |
| SWOA                  | 13/11/11 | DEVON | Hone Moor, Ashburton             |
| WOA                   | 20/11/11 | POW   | Ffridd Mathrafal, Welshpool      |
| WMOA                  | 12/11/11 | HOC   | Lickey Hills, Rednal, Birmingham |
| YHOA                  | 13/11/11 | EBOR  | Ashdale, Helmsley                |
| <b>YBT Final 2011</b> |          |       |                                  |
| YHOA                  | 4/12/11  | HALO  | Mausoleum Woods, Caistor         |



William Gardner in action

### British School Score Orienteering Championships (BSSC)

**Saturday 8th October:**  
Beaulieu Estate, New Forest, Hampshire.

General Enquiries to Colin Hicks.  
Email: colinhicks@chartwork.org.uk

Entries to David and Christine Currie.  
Email: bsscentries@southampton-orienteers.org.uk

**Sunday 9th October:**  
WSX Orienteering Club will have a level B event at Bisterne Close in the New Forest.

### British Schools Orienteering Championships (BSOC)

**Saturday 19th November:**  
Training Day - Lanark Moor Country Park, Lanark

**Sunday 20th November:**  
Championships - Beecraigs Country Park, Linlithgow  
Email: BSOC2011@biggar.s-lanark.sch.uk

Further information for both events can be found at [www.bsoa.org](http://www.bsoa.org)

**Age:** 18

**Club:** OD/OK Ravinen

**Age started orienteering?** 8

**Do your parents orienteer?** Yes

**Why/where did you start orienteering?**

My Dad started taking me along to events when I was able to do a string course, but I only started to orienteer on my own at around age 8.

**What do you enjoy about orienteering?**

I enjoy it mainly because it is a lot more challenging and exciting than normal running or cross-country, and because of the different terrains and places that I've been able to compete at.

**Do you have a coach?**

Yes, the South West Junior Squad coach Jeff Butt is my coach.

**If so, how has this helped you?**

Thanks to having a coach, I have had the opportunity to do a VO2 max test at Bath University and go on a couple of extra training camps. I have also been able to change my training to do more effective sessions.

**Where is your favourite place to orienteer?**

Probably areas like Haverthwaite and Graythwaite in the Lakes, but I enjoy areas like Culbin or Penhale Sands as well.

**What kind of training do you do?**

At the moment long and tempo runs, intervals, hills and a bit of core.

**What is your best result?**

Probably 3rd at the British Middle this year. I ran pretty well and my orienteering wasn't too bad either.

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

Just to train hard and to work at your orienteering skills, because that's what counts.

**What do you enjoy doing outside of orienteering?**

I have quite a busy life outside orienteering. I play the trumpet, guitar and piano, and I play in my county's concert band. I have also done the occasional triathlon.

# World Ski O Championships

By John Kewley, Team Manager

This year saw the return of a Great Britain team to the World Ski Orienteering Championships after an absence of 13 years. The event ran from the 22nd to 27th March in Tänndalen, Sweden.

As part of the long-term plan for Winter Olympic inclusion (this year Ski-O was also present for the first time at the Asian Nordic Championships), the IOF and the organisers encouraged new nations to compete by offering some free entries. This year will see the widest representation yet at a World Ski-O Championship with 27 nations represented.

Like in Foot O, there were three individual disciplines (Sprint, Middle, Long) each with a different map scale and flavour. There was also a men and women's three person Relay, and the addition for the first time of a mixed Sprint Relay. This latter event is a new format and follows a similar format to Sprint Relays in

cross country skiing with a mixed team of two who alternate on the 6 gaffed legs – it is intended that this will be one of the proposed Olympic disciplines.

As is fairly common for Nordic ski disciplines, all team members were either ex-pats or members of the armed forces. The team had plenty of orienteering skills and reasonable amounts of cross country skiing experience, but were on a steep learning curve to put the two together in the narrow scooter tracks of ski orienteering.

The weather early on in the week was challenging: 30-40 mph gusts meant stinging spindrift and scooter tracks that filled rapidly making junctions hard

to spot. Deep, soft snow meant larger baskets (not available in the local racing ski shop) were needed for the narrow tracks and while falling was a soft landing, standing up again lost you a lot of time. Nevertheless our team put in some solid performances early in the week.

Becky Hoare in particular was very unlucky in the Sprint when she failed to notice an inserted map segment and hence missed off the last few controls. Becky was our only competitor to do all 5 events and her performances improved throughout the week. Conditions improved as the week wore on with only the toughest competitors participating in the Long distance events. Estimated winning times of 1:40 for the men and a time limit of 3½ hours meant it was always going to be a tough day out, but both our finishers toughed it out to obtain

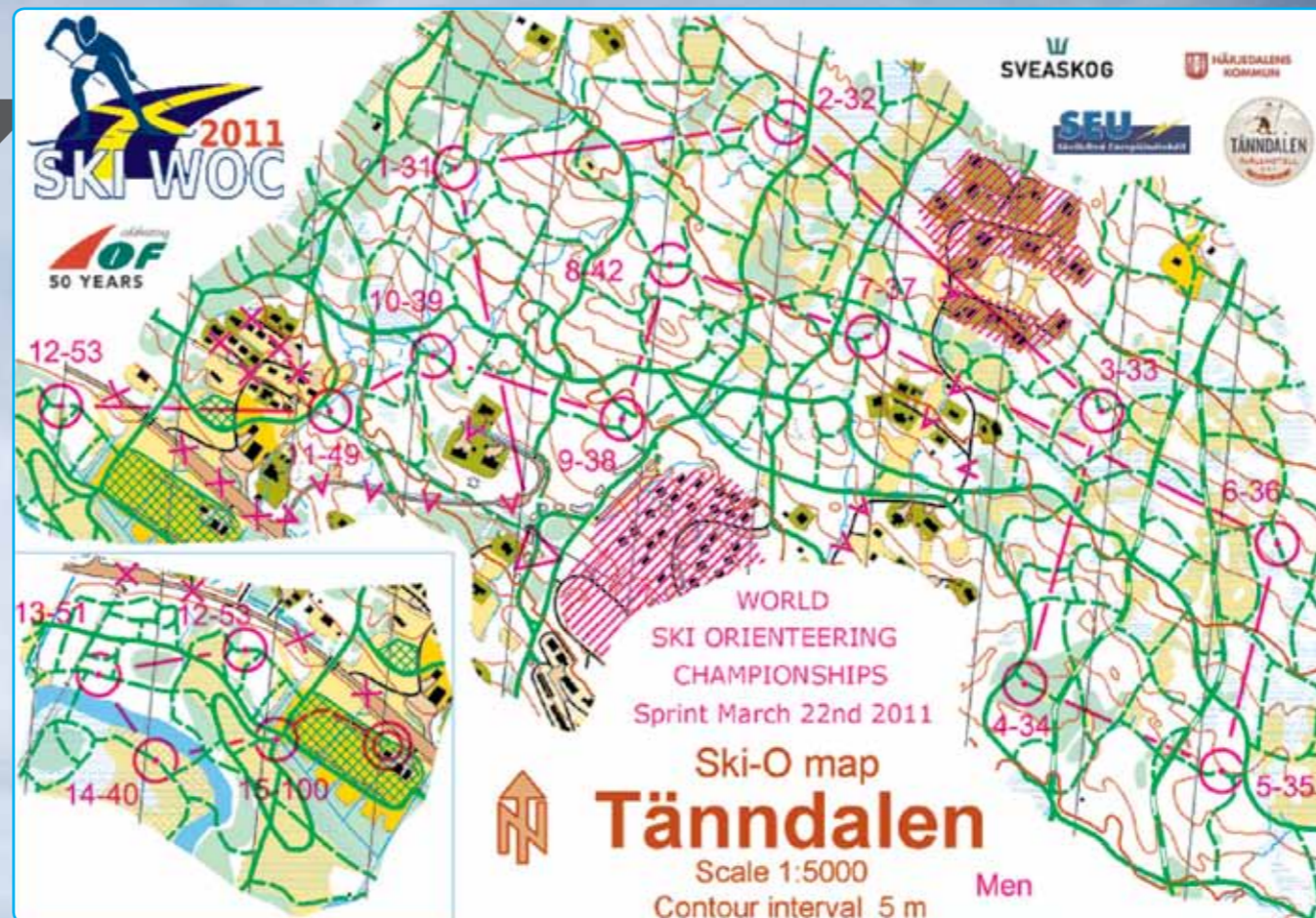
their first ever World Ranking Event points.

Our team, as expected were towards the back of the field in all the competitions, but there were some achievements along the way as we were never last and GB got its first WRE points in 10 years. For me the highlight was our women's relay team

who all had excellent runs, remaining in touch with three other teams throughout the competition and finishing in 11th place.

On behalf of the team I'd like to thank British Orienteering for approving our attendance and lending us some GB team kit, David Rosen for acting as Selector, but most of all, to the other teams who made us feel very welcome.

**The next WSOC are expected to be in Kazakhstan in 2013. Let's hope team GB can again be represented.**



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The GBR Ski O World Champs Team

| Women Sprint, 3.1km, 100m climb |                        |       |
|---------------------------------|------------------------|-------|
| 1.                              | Tove Alexandersson SWE | 15:11 |
|                                 | DSQ Becky Hoare GBR    |       |

| Men Sprint, 4.1km, 140m climb |                           |       |
|-------------------------------|---------------------------|-------|
| 1.                            | Olli-Markus Taivainen FIN | 18:04 |
| 71.                           | Emmit Andrews GBR         | 37:35 |
| 72.                           | Richard Barrett GBR       | 37:46 |
| 73.                           | Donald Mc Carthy GBR      | 48:20 |
| 74.                           | Nick Barrable GBR         | 48:40 |
|                               | 79 started                |       |

| Women Middle, 6.5km, 285m climb |                       |       |
|---------------------------------|-----------------------|-------|
| 1.                              | Polina Malchikova RUS | 39:52 |
| 42.                             | Becky Hoare GBR       | 80:18 |
|                                 | 52 started            |       |

| Men Middle, 8km, 350m climb |                     |       |
|-----------------------------|---------------------|-------|
| 1.                          | Staffan Tunis FIN   | 40:13 |
| 71.                         | Emmit Andrews GBR   | 76:30 |
| 72.                         | Richard Barrett GBR | 82:28 |
| 73.                         | Nick Barrable GBR   | 91:34 |
| 74.                         | Donald McCarthy GBR | 95:40 |
|                             | 78 started          |       |

| Mixed Sprint Relay (3x 2.5km, 70m plus 3x 2.0km, 70m) |                            |        |
|---|----------------------------|--------|
| 1.  | Malchikova & Grigoryev RUS | 65:19  |
| 20.   | Becky Hoare GBR            | 111:45 |
|   | & Emmit Andrews            |        |
|   | 23 started                 |        |

| Women Long, 13.4km, 450m climb |                      |        |
|--------------------------------|----------------------|--------|
| 1.                             | Helene Söderlund SWE | 80:52  |
| 42.                            | Becky Hoare GBR      | 138:39 |
|                                | 48 started           |        |

| Men Long, 19.1km, 750m climb |                         |        |
|------------------------------|-------------------------|--------|
| 1.                           | Andrey Grigoryev RUS    | 102:43 |
| 59.                          | Richard Barrett GBR     | 176:59 |
|                              | DNF Donald McCarthy GBR |        |
|                              | 67 started              |        |

| Women Relay 3x 5km, 130m climb |   |        |
|--------------------------------|---|--------|
| 1.                             | Trapeznikova, Kozlova, Malchikova RUS                             | 83:45  |
| 11.                            | Sarah Hale (37:54), Helen Palmer (46:30), Becky Hoare (44:14) GBR | 128:38 |
|                                | 15 teams started  |        |

| Men Relay, 3x 6.5km, 150m climb |  |       |
|---------------------------------|--|-------|
| 1.                              | Taivainen, Keskinarkaus, Tunis FIN                             | 92:29 |
|                                 | DSQ Emmit Andrews DSQ, Stephen Hale 49:49, Nick Barrable 55:59 |       |

## How I joined the World Ski O Team!

By Steve Hale

It wasn't the first time I'd been asked if I was available for the Ski Orienteering World Championships. On paper I'm fully qualified: British passport, ex international orienteer and living in Scandinavia - I must be able to Ski Orienteer! Now I'm a reasonably competent crosscountry skier but when it comes to Ski O - one plus one doesn't necessarily equal two. My response to these queries in the past has always been a polite but firm "no thanks!"

This year I had an alternative. I could avoid the guilt of letting the other chaps down by applying the tried and tested tactic of many a father - offer my daughter instead!

My daughter Sarah's no Ski Orienteer either but she does have one crucial advantage over me - she's totally fearless on crosscountry skis. Well two crucial advantages really - she's one of the top skiers for her age in Sweden and I'm not. Which is how she ended up on the start line for the World Ski Orienteering Championships in Tänndalen. How I managed to end up there too is another story!

Sarah's sixteen and in her final year of secondary school so to avoid missing any lessons we drove up to Tänndalen on Friday evening. At one point in the journey, after driving through a windswept winter landscape for 30 minutes without seeing either car or house, Sarah asked me if we'd survive the night if the car broke down. Sure I replied confidently, desperately trying to remember when I last checked the oil...

The journey however went without mishap and we arrived in time to catch the evening news. The top news story was a downhill skier mauled by a bear on the neighbouring ski slopes. Coaching notes: don't wake sleeping bears.

With a busy season of crosscountry ski-racing behind her, Sarah had managed one Ski Orienteering race as preparation for the World Champs. So Saturday was dedicated to intensive Ski O technique training as well as encouraging and supporting Becky, Donald and Richard in the Long distance race. After heroic efforts in the Long race, Richard was understandably not too keen to do the Relay, which is how I found myself, one day later part of the GB Team, zigzagging suicidally downhill on skidoo trails through birch forests! Unsurprisingly, Sarah coped considerably better, handing over to Helen in ninth place after a solid first leg.

**So am I up for the World Champs in two years time? Probably not, but I know somebody who might.**

# Bassetlaw Community O 'The first 2 years!'

Bassetlaw was the third of the East Midlands Community O clubs to start up back in June 2009. Robert Parkinson the lead coach for the last two years gave us an insight into the progress it has made.

### What do you feel are the significant successes of your club night?

- Attracting new families to orienteering.
- Getting good local press coverage by sending in regular short snippets of club activities
- our members successes at local events.

### You are very much a rural/small town group, has this made it any harder for you?

I don't think so; we have the advantage of several small areas very close to our main base which we have been able to use a lot, particularly during the summer months.

### The participation figures have stayed steady at about 15-20 each week, consisting of a mixture of juniors and adults. This has continued even through the winter months, what have you done to try and ensure this?

We still try to do most activities outside and each week we try to do a Micro O activity. Each week different members, usually one of the juniors takes responsibility for the planning and setting up. We use an area of approximately 30 square metres and they make the maps. They are also learning a lot from setting out their maps and have been very imaginative in their maps and equipment. We have navigated round maps of stick men, random shapes, and they have used tape, lego blocks etc. Refreshments, homemade cakes and fruit are also very popular!

### How many of the original (first few weeks) club members still attend regularly?

There are about 12.

### Do you do anything different with them now?

The activities we do have evolved and we try to provide a variety of opportunities both physical and technical but usually using the



same map. Some members help their children; others use the map mainly for a physical run. Although none of the activities we do are competitive, you can time yourself.

### You have always had a mixture of experienced orienteers and newcomers attend. How have you met the needs of them all?

We usually have a 'net' of controls and each just use them in a different way with easier and harder routes available, or restrictions placed on the experienced ones about how they complete them.

### During the summer months you now use the very local parks and forest, has this caused any issues and how have you ensured all members know where to go?

We haven't had any problems so far but keeping in touch with members and potential members



has been critical. An email goes out on Sunday with instructions for the next meeting place. We also put information with my contact details on the club night page of the main club website.

### I noticed you now also keep a record of who attends the local events, what have you done to encourage this?

We have a flyer printed off for each event and the newsletter we produce each month will include the next few events in the near vicinity. For us that could include DVO and SYO events.

### Are you still getting new members?

Yes, about a new family every couple of months.

### How have new members heard about club night?

Mainly through friends of existing members, a local free magazine and the website.

### What coaches and helpers do you have?

Three coaches, plus volunteer members who sort out drinks and refreshments.

## Talking to some of the members themselves...

### How long have you been attending?

**Graham** (M50) for 2 years.

**Helen and Abby** (Mum and daughter) for 1 year. We don't come every week, but as much as we can.

**Juliet and Ellie** (Mum & Daughter) came to the very first club night. Ellie was only 6 at the time.

### What do you enjoy about the club night?

**Graham** - The opportunity to learn and practice without any pressure. The friendship and

fun and I like seeing the children develop their skills and turn up at events.

**Abby and Helen** - It's nice and social and much better than a treadmill. We also like map reading.

**Juliet and Ellie** - The opportunity to go orienteering regularly as our family has a lot on at weekends so we find it difficult to get to many weekend events. The children are gaining a lot of confidence being on their own at times, and I like being able to come back to the same area.

### Have you been to many club weekend events as well?

**Graham** - Yes I go to most East Midlands events and take part in the East Midlands league.

**Abby and Helen** - Not many regular events but we do a lot of the schools events.

**Juliet and Ellie** - Not many but the whole family went and camped with the rest of the Bassetlaw group at the White Rose last year.

## NORTH WEST ORIENTEERING ASSOCIATION OFFER A COURSE IN

# MEDIA RELATIONSHIPS

The course is for orienteering club members wanting to develop links with local Press and other media.

Saturday 24th September 2011  
Caton Village Hall, Lancaster

This course will equip those interested in publicising the sport through local newspapers and other media with the skills required to do so. The emphasis will be on practical matters, to help newcomers get started and allow experienced "correspondents" to exchange ideas. It will cover:

- Identifying local media – papers, radio, websites – and getting in touch.
- What does the media want? How does that match with what clubs can provide?
- What should the club be aiming to get from the media?
- Developing relationships with the local media.
- Practical sessions on how to produce good, interesting, targeted copy, use of pictures etc.

If demand exists, the initial session will be followed up by a shorter review around two months later where participants can bring their work and discuss their successes, failures and experiences in using the skills they have acquired. Telephone support will also be available for those struggling to get started before then.

### WHO SHOULD ATTEND?

- Club Publicity Officers.
- Existing and aspiring club correspondents with local papers.
- Anyone wishing to develop their ability to use the local Press and other media to increase the profile of their club and their sport.

### COURSE LEADER

Richard Catlow, a professional journalist, former editor of local newspapers and long-standing member of PFO, will lead the course. Richard is also the current Chairman of the Society of Editors in the North West. He is well placed to match the goals of orienteering clubs needing publicity with the requirements of the local media.

### COST

Free to NWOA club members, £20 to members of other clubs if spaces available.

### NEXT STEPS

The number of places on this course is limited to 20, so if you are interested in attending, please email: [stephenround@msn.com](mailto:stephenround@msn.com) by the 31st August at the latest.

## Development Programme Staffing Responsibilities

Due to recent changes in the Development Programme there is a need to clarify who members: clubs: associations: schools and other interested parties need to contact to get information about the programmes that are run.

The following represents the geographical areas that Development Programme staff work in and the Programmes they specialise in.

- National – Edward Nicholas
- East Anglia – Natalie Shaw
- East Midlands – Natalie Shaw/ Pauline Olivant
- North East – Steve Vernon/John Crosby/ Mike Hardy
- North West – Steve Vernon/Hamish Willis
- South Central – Richard Barrett
- South East – Richard Barrett
- South West – Caroline Gay
- West Midlands - Caroline Gay
- Yorkshire & Humberside – Steve Vernon
- Northern Ireland – Helen Baxter
- Scotland – Hilary Quick
- Wales – Mair Tomos/Helena Burrows

In addition the following represents the subject areas and the person responsible:

- Development Programme – Edward Nicholas
- Community Orienteering – Steve Vernon (North), Richard Barrett (South), Natalie Shaw (East), Caroline Gay (West).
- Community Orienteering Events – Richard Barrett
- Clubmark – Edward Nicholas
- Club Development – Caroline Gay
- Club and Coach Programme – Steve Vernon (North West and Yorkshire and Humberside) and Natalie Shaw (East Anglia)
- Coaching Administration – Janine White
- Higher Education & Further Education – Edward Nicholas
- Schools – Natalie Shaw
- Volunteering – Edward Nicholas

- In Wales Mair Tomos is the principal contact for schools work with Helena Burrows also supporting the development of orienteering in Wales. In Scotland Hilary Quick who is based at the National Orienteering Centre is the contact for development work. Helen Baxter is the Regional Development Officer for Northern Ireland and is the principal contact.
- Contact details for all those working in the Development Programme can be found on page 30 of Focus magazine or on the British Orienteering website.

## Community O Success

### How do you judge success?

When the money was obtained from Sport England for the creation of the six Satellite Clubs (now called Community O Programmes) in DVO and NOC there were a whole slew of Key Performance Indicators (KPIs for short) that were established to enable us to make that judgement. However, it transpires that there is a much better way to judge success and it is very visible and very measurable.

There we all were, gathered round our flag at the JK Relays on Tyrella West, cheering our teams on as they struggled or should that be straggled in, with the loudspeaker system bringing news of the teams on the radio control and as they finished.

Whilst the Men's and Women's Open races always attract attention, there is always enthusiastic support for the Mini Relay. The first four teams raced past us within 15 seconds of each other but then Joe Uprichard from DVO led the next bunch in about 90 seconds behind for a very creditable 5th place. Joe handed over to Sarah Duckworth for the second leg who raced off into the distance. The second leg runners returned, now split into two groups of about 30 seconds apart followed 30 seconds later by Sarah – not only maintaining the team position but cutting the lead by 30 seconds.

Sarah handed over to Louis Forshaw-Perring who took off like a rocket after the teams that were still in sight. It was sometimes difficult to hear exactly what the commentators were saying so when we heard DVO's name being mentioned we all looked at each other wondering if we had heard correctly that we were somewhere near the lead at the radio control. Then the leaders of the Mini Relay emerged from the final control with Louis leading



The Successful DVO Juniors

the way (accompanied by great cheering from us) into the finish to win by 8 seconds with third some 11 seconds further behind.

And the reason for mentioning the judgement of success for the Community 'O' Programmes – both Joe and Louis are members of DVO through starting at the Buxton hub and developing their skills there. Well done to all three members of the team.

For the record, Joe ran course 8-3 and was 3rd, Sarah ran course 8-7 and was 2nd and Louis ran course 8-4 and was 1st.

**Derek Gale,**  
DVO Development Officer

# Changes to the Coaching Licence

Regarding coaching and the Licence to Coach, there has been a number of changes regarding the CRB Disclosure. To bring our procedures in line with best practice examples, a satisfactory Enhanced CRB Disclosure does no longer form part of the Licence to Coach. However, this does not mean the requirement is removed altogether. It is still a requirement for all coaches working with children, young people and vulnerable adults to hold a satisfactory Enhanced CRB Disclosure with British Orienteering. It is the responsibility of the club or association to ascertain that coaches working with children, young people and vulnerable adults, on their behalf, are safe and appropriate to do so. This can be established by clubs and associations requesting that the relevant coaches complete an Enhanced CRB Disclosure through British Orienteering. The process for administering and holding Enhanced CRB Disclosures for individuals, by British Orienteering, will not change.

**The changes are summarised below:**

- a) A satisfactory Enhanced CRB Disclosure or equivalent is NOT required in order to take a coaching course.
- b) A satisfactory Enhanced CRB Disclosure or equivalent is NOT required UNLESS you are working with children or vulnerable adults.
- c) The Enhanced CRB Disclosure is NOT required as a part of the License to Coach.
- d) An Enhanced CRB Disclosure is STILL required if coaches are working with Children, young people and vulnerable adults.
- e) If a club or association wishes to use a coach to coach children, young people and vulnerable adults they must be certain that the coach holds a satisfactory Enhanced CRB Disclosure. This can be completed through British Orienteering (or SOA / NIOA).



## QUALIFICATIONS AND LICENCES

**The database of qualifications and licences can be accessed by members via the website.**

To check your own qualifications and licenses, sign in to the British Orienteering website, using your personal login details. Once logged in, on the left hand menu, you will see 'My qualifications' and clicking on the tab will display a list of qualifications/licenses. This now includes coaches, coach educators, assessors, internal verifiers, event controllers and organisers. Event Planners will follow in the coming months.

Clubs can also nominate an 'official' who can view the qualifications and licenses held by all their club members.

**For further information please contact the National Office.**

Credits: Wendy Carhyle

# Orienteering Foundation Fundraising Campaign



It is now six months since the Campaign began and the Fundraising is gathering momentum.

Most gifts have been pledged for regular donation over a period of years and so far these amount to over £20000 during the next five years. Amounts per month large and small from a growing number of orienteers are helping to swell this total and the Trustees would like to extend their thanks to all who have responded so far.

The Campaign has also attracted a number of legacy pledges, but by their very nature the amount and timing of these is unknown. Again, the Trustees are most grateful to those who have decided to leave a legacy to the Foundation, some of whom have also made a regular donation.

Funds are limited and it was decided to invest much of the capital in a fixed term bond to take advantage of the best interest available. However, the Trustees this year have again been able to make some grants; to the Scottish Schools team to help them travel to Italy for the World Schools' Competition, to the Welsh Junior Squad to help them undertake a tour to Scandinavia and to the Peter Palmer Relays. These grants

are in line with previous awards but until the overall fund grows considerably the Trustees potential for supporting coaches, individuals and clubs will remain limited.

The aim is to establish a Fund in the region of £300,000 from which, when interest rates improve, grants of meaningful amounts will be able to be made "to increase and sustain participation in orienteering and to provide access and opportunities within the community to encourage and promote orienteering".

The Trustees need your help!

They are grateful to those who have already come forward to support the Campaign but there is still a long way to go.

If you feel you could support the Campaign or wish to know more please contact Viv Macdonald at The Orienteering Foundation, 8a Stancliffe House, Whitworth Road, Darley Dale, Matlock, Derbyshire DE4 2HJ. She will put you in touch with a Trustee near you. Please help to invest in the future.

Trustees: Peter Christopher (Chairman), Chris James, Bob Roach, Sue Betts, Mike Hamilton.

# Athlete Support Fund

**The British Orienteering Squad was founded in the early 1970s, when British success at world level was very rare indeed. It was a self-help group, with volunteer management, coaching and medical support.**

The British Orienteering International Committee managed a Sports Council grant that partially met the costs of international competition, but most activities depended, entirely or in part, on personal contributions and fund raising by members. To supplement limited funds, the Squad organised events and competitions, ran soup kitchens at major events and undertook other diverse fund-raising activities. During this period, the Squad was able to build a healthy reserve fund through donations, contributions and fund raising activities. As a result of the work of the Squad, British orienteers became far more successful internationally.

established British Orienteering Squad reserve fund (now to be called "Athlete Support Fund") would be used to support the development activities of promising orienteers who were not catered for by the new Squad system. To secure funding, applicants had to fulfil a set of criteria. In particular they had to identify a specific area that they needed to work on to improve their orienteering performance, and to plan and cost an activity designed to address it.

Since 2003 the fund has awarded grants through an annual application process. Over the past nine years, 114 applications have been received, with 94 being successful.

Successful applicants have been awarded a total of £24,205, in sums ranging from £25 to £500. This year awards were made to Julia Blomquist, Tom Ryan, Matthew Speake and James Taylor. Nevertheless the available funding has not diminished over time, because of ongoing fund raising activities and also the support of generous benefactors.

It became apparent, however, that, whereas established stars were well looked after by the new system, promising orienteers of great potential may find it difficult to fund a planned personal training programme. To address this, it was decided in 2003 that the previously

In order to give applicants time to plan carefully for next year, we aim to publish grant application forms and details of criteria by the end of September 2011. Applications must be submitted by the 15th January 2012.

| Monthly Net Gift  | Net Gift over 1 year | Gross Gift over 5 years | Number of Gifts reqrd. | Total           |
|---|----------------------|-------------------------|------------------------|-----------------|
| £667  | £8,000               | £50,000*                | 1                      | £50,000         |
| £333  | £4,000               | £25,000*                | 2                      | £50,000         |
| £100  | £1,200               | £7,500*                 | 3                      | £22,500         |
| £50   | £600                 | £3,750                  | 8                      | £30,000         |
| £35   | £420                 | £2,625                  | 12                     | £31,500         |
| £25   | £300                 | £1,875                  | 25                     | £46,875         |
| £15   | £150                 | £1,125                  | 35                     | £39,375         |
| £10   | £120                 | £750                    | 40                     | £30,000         |
| *Based on a 20% tax rate. Higher rate taxpayers may be entitled to further tax relief |                      |                         | <b>Total: 126</b>      | <b>£300,250</b> |

## TARGETS

With your help we aim to raise £300,000 to support projects funded by the Orienteering Foundation's Enhancement Fund.

## WHY?

Calls on our support for beginners and young achievers are increasing all the time and the present funds of the Orienteering Foundation are insufficient to meet them.

## WHAT?

To build an Enhancement Fund of £300,000 to maintain and extend the vision of our original benefactors, notably Bertie and Elsie Ward who generously donated funds to help support the participation of young people in orienteering. In time, we intend to be able to extend our support to an even wider orienteering constituency.

## WHEN?

Now! The funds of the Orienteering Foundation have run low and banking interest on the fund has evaporated.

If we are to maintain our support for orienteering we must increase our assets.

## HOW TO GIVE

Strong support from those who enjoy orienteering is crucial to the Campaign's success.

We are looking for committed gifts and, to that end, we have made it easier for you to give generously by offering you the opportunity to spread your gift over 5 years. The scale above of giving indicates how we intend, with your support, to reach our target of £300,000.

## GIFT AID

If you are a UK taxpayer, when you make a gift to the Orienteering Foundation, you will have the opportunity to sign a Gift Aid Declaration. This enables the charity to claim a rebate of 25p in every £1 from HMRC. You may also wish to leave a legacy to the Orienteering Foundation in your will. Please contact the British Orienteering National Office if this is your intention.

# NOTICE BOARD

*British Orienteering is committed to supporting the development of coaching and we really want people to get qualified and start supporting newcomers and club orienteers. If you are interested in becoming a coach or wish to hold a course please get in contact with Edward Nicholas. ENicholas@britishorienteering.org.uk*

*Derwent Valley Orienteers have just developed and begun their fourth Community Orienteering Club night which meet at Matlock Town Football Club on a Wednesday evening. This is in addition to existing bases at Buxton, Derby City and Chesterfield. For more information see www.dvo.org.uk*

*British Orienteering have collaborated with Greater Sport (County Sport Partnership) to recruit, train and mentor four orienteering coaches in the Greater Manchester area. The coaches will lead Community Orienteering projects in Bury, Salford, Didsbury and Fallowfield.*

*Suffolk Orienteering Club have started working towards attaining Clubmark. The club has done a great deal of preparation for Clubmark and are hopeful that they can complete this shortly. If your club is interested in joining the other 39 British Orienteering Clubs who have Clubmark accreditation please get in contact with Edward Nicholas ENicholas@britishorienteering.org.uk*

# MTBO World Cup

## Hungary, 15-17 April

Report and Photos by Mark Stodgell



### Sprint Distance Race

The area for the Sprint was a derelict army camp with many buildings and a vast network of over-grown tarmac tracks. The courses gave relentless navigation with very few legs over a minute in length. The 1:5000 scale map was busy with features, but completely contour-less. However, the organisers claimed a generous 9m of climb on each course - possibly the sum of the curbs and the small bridge! It was very similar to a British event at MOD Stafford a few months back which certainly gave those who competed at Stafford an air of familiarity.



The finish arena was an old athletics "stadium" which competitors rode around the edge of before finishing, giving a grandstand view, particularly of the tanks and field guns, which were used for the unusual last control.

In the women's event Emily Benham finished 9th despite a slight mechanical issue early in the course and Helen Clayton finished 41st. In the men's race Mark Stodgell had an impressive ride finishing 26th and Alan Hartley finished 36th on his debut in international MTBO.

### Middle Distance Race

On Saturday the action moved to more traditional Hungarian MTBO terrain of scrub forest and open grassland. The tracks brought fast and furious racing but required concentration on the many rutted sections.

Initially controls in the forest section were straightforward, then the courses headed

out into the open. As off-track riding is allowed, this section of the course brought a difficult choice of sticking to paths or cutting through the rough.

To finish, the courses went back through the forested section then fast downhill to the last control before the slog up through the rough long grass to the finish.

In the men's event, Mark Stodgell finished in 47th with Alan Hartley in 65th. In the women's event, Helen Clayton finished in 35th. Unfortunately Emily Benham's cold deteriorated overnight and sensibly she elected not to start.

### Long Distance Race

The mass start Long distance race is Hungary's signature event. The courses are "gaffled" using a series of loops with some common and some split legs, meaning that you might be racing with someone who then splits on to a different part of the course before rejoining for another few common legs later on. All the riders eventually complete all the legs, so everything ends

up fair. The start is Le-Mans style run to your bikes and the action is filmed by a light aircraft.

The start/finish area was the same as the Middle race, so the terrain for the first and last controls was the familiar lowland scrub and grassland. However, the map took in a large area of upland forest to the west, and further west the courses visited urban areas and vineyards of the small town of Sümeg.

Both of the British men, Mark Stodgell and Alan Hartley had bad crashes hitting their heads and breaking their helmets. Mark saved his crash until the last control in full view of everybody, while Alan fell on the first big descent into town trying to catch the riders in front but remounted to finish the course albeit a bit slower than he may have otherwise been. Mark finished in 48th and Alan in 61st. Helen Clayton had a good start but found the course on the long side and finished in 34th. Emily Benham felt much better, but still not well enough to take on a Long race.

Further information about Mountain Bike Orienteering can be found at [www.bmbo.org.uk](http://www.bmbo.org.uk)



## New GBR MTBO Kit

British Elite and Masters Team members will be clad in bespoke kit for 2011 thanks to the support of six new sponsors.

**Purple Harry** - Bike cleaning products

**Sportident UK** - Event timing solutions

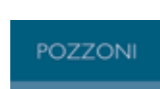
**BML Printers** - Map and general printers

**Pozzoni** - Leisure / Sports Centre Architects

**Mount Zoom** - Light weight MTB racing components

**CBS Central** - Photocopier and Wide Format Printer Suppliers

The British Team has also signed up to **Bike Pure** an anti doping initiative.



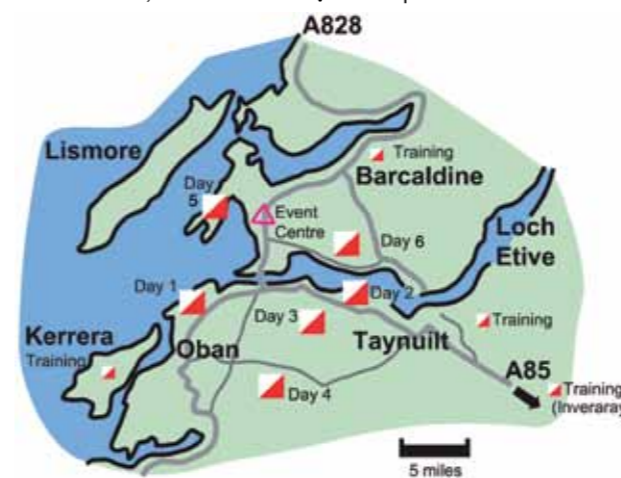
## Scottish 6 Days 2011

Entries for Oban 2011 are currently exceeding previous years. Perhaps this is because of the top class orienteering on offer, or maybe its the attraction of the Oban area which offers so much more to explore and enjoy on the side.

Our local outdoor adventure social enterprise, Stramash are offering daily taster sessions on coasteering, canoeing and other pursuits to try out after your run. Or you could do something more relaxing like view sea eagles on the Isle of Mull, eat local

seafood on Oban's sea front or sit on Tralee's sandy beach, a couple of hundred metres from the event campsite.

After you've recovered from the Ceilidh you could also take part in the sprint race on the 'rest'



Days 2 and 3 offer some classic west coast terrain

day or explore Kilmartin Glen (cradle of the Scots people) or visit the stunning Isle of Iona and its Abbey.

Don't worry if you have not yet entered, we have plenty of space at the event campsite and there is still some self catering available and plenty of B&Bs and hotels.

For further information and regular updates of where to stay, what to do and details of each day's orienteering please visit [www.scottish6days.com/2011](http://www.scottish6days.com/2011)



Everyone is guaranteed some great coastal views

At the event, everyone is guaranteed some great coastal views on Day 1 including a glimpse of the Day 5 area across the bay. Days 2 and 3 offer some classic west coast terrain and for the first time on Day 3, there will be a giant screen (6m x 5m) with live footage from the competition area and possibly GPS tracking of elite runners. Days 4 and 5 offer brand new mapped areas and we finish off on day 6 with commanding views of all 6 areas from Ardchattan hill - now that must be a first for the Scottish 6 Days!

Days 1 and 5 are also part of the UK Masters Cup with days 2 and 3 part of the UK Cup and Future Champions Cup.

## Exciting Future in Scotland



funding providing a fantastic boost for the event. You can read more about the Scottish 6 Days above.

By Colin Matheson, Professional Officer

Most orienteers know that every two years the Scottish 6 Day Event is held in a prime location, with fast runnable forests, almost guaranteed sunshine and little chance of midges. Behind these events goes an enormous amount of volunteer effort and time, but since 1986 the events have been assisted by a Professional Officer, funded from various sources including sportscotland and the Scottish 6 Day Company itself.

Derek Allison, Donald Petrie and Scott Fraser are hard acts to follow, but earlier this year I was appointed and thrown straight in at the deep end as Assistant Coordinator for Oban 2011 plus the prospect of JK2012, Moray 2013 and the World Orienteering Championships 2015 (in conjunction with the 6 Days) to look forward to.

Oban 2011 is well advanced, with LEADER and Event Scotland

We have also recently reached agreement with British Orienteering to stage next year's JK in and around Livingston, Dunkeld and Highland Perthshire. 2012 is a significant year for the SOA, as fifty years have passed since the formation of the Scottish Orienteering Association, and 2012 marks the anniversary of the first Scottish Championships held in Craig a Barns, one of the locations for the JK.



For Moray 2013, some old favourites and fantastic new areas have now been found with the prospect of an Event Centre and camping in a (sadly) disused distillery outside Elgin. Further information about Moray 2013 will be made available on the 6 Days website in due course.

However, the most exciting prospect must be the bid to hold the World Orienteering Championships in 2015. Following an evaluation visit by the Sport Director of the IOF we are hopeful that WOC2015 will come to Scotland, and the 6 Days will dovetail onto this with events around Inverness, Aviemore and into Moray.



Boath is a potential new area for Moray 2013



The first Scottish Championship was held in Craig a Barns

I have worked closely with British Orienteering's Event Manager Dave Peel on the bid, but we couldn't have submitted such an excellent bid and staged such a great show without help from many partners, including Event Scotland.

# Governance Review

A number of major issues have arisen in recent years that have caused the Board of British Orienteering to review the way in which the sport is being governed. A summary of these issues is shown below:

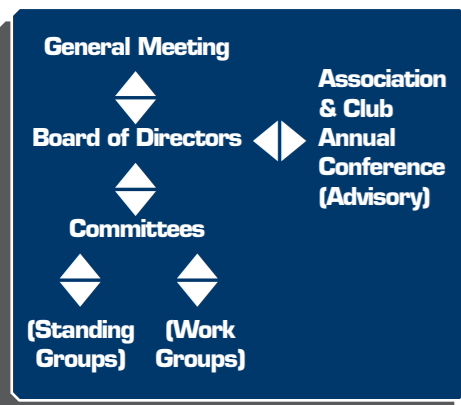
The intention of the Board is to bring clarity to the governance structure particularly with regard to the ownership, delegation, authority, responsibility and accountability surrounding decision making within British Orienteering.

The proposed changes will increase and improve association and club involvement in strategic decision making prior to decisions being made. A change to the current situation, where association and club responses are often received after a decision has been taken.

This paper outlines how this will be brought about, with the changes in the governance of the current Events Committee and its Groups commencing as soon as is feasible.

## Proposed Governance Structure

The Board is proposing a governance structure that will address the issues of decision making and lines of communication that have been highlighted. The components of the proposed structure are:



One or more members of staff will be associated with each of the Board and committees to provide information, support and guidance.

- **General Meeting of Members:** To elect the Board of Directors and transact other business that requires member approval as stated in the Articles of Association. General Meetings hold the Board to account.
- **Board of Directors:** The body of elected or appointed people who jointly oversee the activities of British Orienteering. The Board has a responsibility to determine the vision for orienteering in the UK and the strategic plan that will bring the vision about. The Board oversees and monitors the implementation of the strategic plan through the committee structure. The Board also has responsibilities for the business plan of British Orienteering and the monitoring of that plan.
- **Association & Club Conference:** To discuss major strategic decisions and advise the Board of their considered views. This will ensure communications between the Board and the associations and clubs regarding major strategic decisions is robust and takes place before major strategic decisions are taken.

Additional lines of communication between the associations and the Board will be via the existing formal linkage between a Director and each association. For the Conference to take place effectively, agenda and papers will need to be circulated 6 months prior to the conference being held in order that association and club committees can give the matters due consideration.

- **Committees:** Teams of appointed people who have been delegated authority and/or responsibility by the Board for particular areas of work. The committees will be required to input into the development of the strategic plan and will then monitor the implementation of the plan in the areas of work they are responsible for. Each committee may choose to discuss with the Board the need to delegate work to a Standing Group or Work Group. However, the committee will maintain responsibility for any decisions and associated work. The Board will require a dialogue with a committee prior to the decision being made to establish any group and will expect (i) the need for the group to be justified and (ii) for there to be clear terms of reference. The issue of the cost of such groups will need to be considered by the Board regarding the establishment of a group.
- **Standing Group:** A group of people appointed by the Board or committee to oversee a delegated piece of work which is on-going in nature.
- **Work Group:** A group of people appointed by the Board or committee to oversee a delegated piece of work which is time limited in nature.

The Board will appoint the committee chair and members. Chairs and committee members will be appointed for a 3 year period with a maximum 3 terms of appointments (9 years). This is the same appointment basis as is used for Directors and should ensure continuity and rejuvenation is built into the system. As with Board Directors, a chair or committee member can stand down for one term and be reappointed. In the first instance the Board will appoint Committee members for a fixed period of time 1, 2 or 3 years, after which the normal appointment and reappointment process will commence. Approximately one third of the members of a committee will reach the end of a 3 year term each year. Any Standing Groups that are formed will be similarly appointed.

The Board understands that it has a responsibility to ensure chairs have a clear understanding of their role and are equipped to fulfil the role. The Board is responsible for overseeing the induction of directors, chairs and committee members into the governance structure and providing training as and when such training is required.

## Benefits

The benefits of these changes will be:

- To ensure the entirety of the governance structure is focused on and engaged with the vision for the sport.
- Increased clarity; giving committee and group members' confidence to operate within their roles and responsibilities and thereby creating a clear framework for decision making with a direct pathway between the Board and each committee.
- The people making the decisions are confident that they have the right to make the decisions; are responsible for those decisions and know how the decisions are being implemented.
- Decision making being more informed and accountable, with decisions being able to be communicated more effectively.
- Responsibility for communicating both the decision and the rationale for the decision being clear.
- Members, clubs and associations are more informed as to where authority, responsibility and accountability lie; people know the person responsible for the decision (usually the chair) and therefore the person to whom responses should be made – the accountability will be far clearer.
- More effective meetings as there will be a reduction in the number of people involved in each committee or group as advised in the Governance audit. This will enable more efficient use of email and alternate meeting technologies. (It should be noted that our strong performance in the area of governance has already shown benefits with our funding partners and these changes will further demonstrate our commitment to good governance.)
- The reduced committee and group size will lead to potential cost savings; although cost reduction is not a driving force it may be a consequential benefit.
- Clear links between staff and the committee associated with their programme.



## How will this be implemented?

A review of the governance surrounding Events Committee and the events and competition groups has been on-going for some time and the Board has agreed that a new Events & Competitions Committee should be established as soon as possible. The committee will then be given time to consider the support they will require to achieve the new terms of reference. In order to continue the day to day work whilst this process is on-going the current Event Groups will continue operating during 2011, with the support of the Event Managers. The new Events & Competitions Committee support structure will be in operation as of 1st January 2012.

The Board will continue to review the remainder of the committee structure during 2011 and 2012.

## What support will be available?

This is a priority area of work for the Board which will be supported by National Office staff in producing terms of reference for Board approval and any administration such as will be required for the open process to recruit and appoint members of the Events & Competitions Committee.

## How will we recognise whether the change is successful?

A governance document will be published that clearly communicates the structure and where ownership, authority, responsibility and accountability lie. Members should be signposted directly to the person or team of people that are accountable for decisions.

A Committee Conference will be held once every two years and feedback from committee members and Board Directors gathered to help monitor progress against the following indicators:

1. Is the authority to make decisions clear to Board members and committee members?
2. Are lines of communication between Board and committees working effectively?
3. Are lines of communication between Board/committees and the membership of British Orienteering effective and has communication improved?
4. Is the level of satisfaction of Board Directors and committee members increasing?
5. Is the level of satisfaction of the members of British Orienteering, in the way in which decisions are made, increasing?



6. Are staff members whom lead programmes satisfied with the way in which decisions are made that affect their programmes?

## THE SCHEDULE FOR CHANGE IS:

**May 2011** - Board to agree the model and begin consultation with the Events Committee and Groups.

**June 2011** - Agenda and papers distributed for the first Association & Club Conference to be held in autumn 2011.

**July 2011** - Board to agree the preferred governance structure. The Board recruits and appoints a person to chair the Events & Competitions Committee adhering to the 'Recruitment & Selection Policy' of British Orienteering.

**August 2011** - A small group of directors will meet with the appointed chair as part of the induction process to ensure there is understanding of the terms of reference for the committee, the role of the chair and the lines of communication between the Board and committee.

**September 2011** - Board uses the 'Recruitment & Selection Policy' of British Orienteering to appoint new Events & Competitions Committee members.

**Oct/Nov 2011** - Association & Club Conference held.

**November 2011** - First meeting of the new Events & Competitions Committee; induction followed by discussion on the groups that may be required to support the work of the committee, followed by recommendations being made to the Board.

**December 2011** - Board consider proposed support structure for Events & Competition Committee.

**End 2011** - Current groups cease operation.

**January 2012** - Appointment process to fill the membership of any new established groups.

**March 2012** - Board consider other committee areas and terms of reference.

**May 2012** - Board meets with Events & Competitions Committee and any support groups.

**December 2012** - Any other changes to the governance structure as determined by the Board are implemented.

## Appendix 1: Reasons for the Governance Review

The Board agreed to review the structure of Events Committee and its Groups during 2010. The impetus for this came from a variety of sources:

- a) The Committee/Group Conference held in September 2009 highlighted the need for changes to address a variety of issues.
- b) Internal issues being raised by members of Events Committee and the associated Groups.
- c) Board Directors' frustration that certain aspects of the governance structure were not operating effectively and on a few matters were not fit for purpose.
- d) An external audit of our governance reporting that the decision making apparatus was cumbersome and needed to be reviewed and

simplified. This external audit was significant; it was performed on behalf of UK Sport and Sport England in association with the competency of British Orienteering to receive funding.

## Analysis from the above sources highlighted a number of issues including:

- There was limited engagement with the vision of British Orienteering amongst some committees and groups.
- Lack of clarity regarding ownership, authority, responsibility and accountability.
- Lack of clarity over the role of the chair of the committee or group and to whom the chair is responsible and accountable.
- The Board, which should be focused on strategic issues, is too often forced into operational areas through the lack of a strong decision making structure.
- The number of committees or groups that believe they have responsibility for decisions that lie across committee or group interfaces. e.g. events committee/groups, coaching committee/development, International Committee/Elite Competitions Group etc. The major events (JK/BOCs) are examples of this with many groups being involved.
- Events Committee being a forum of chairs of groups that have wide ranging views and loyalties to their group, rather than to Events Committee; this resulted in the views of Events Committee members being disparate and passionately held.
- The mix of committee and groups that consist of representatives (for example from associations) whilst others consist of 'experts'; little consistency or rationale is evidenced.
- Committees or groups consist of Association representatives whose primary loyalty is to the association rather than the committee or group or to British Orienteering and its members across the UK.
- Some important areas of work do not currently have a home, for example information technology at events, 'out of forest' infrastructure, finance, marketing and administration.
- The staff structure has changed and is often not aligned to the governance structure; for example the advent of the Events Manager role, established in November 2009, has changed the way in which British Orienteering manages competitions and events; the governance should reflect this.

Additionally the change in the funding situation with UK Sport, and the potential change in funding with the other Sports Councils and particularly Sport England, has made it obvious that other income streams must be identified and progressed. In order to do this it is important that the governance structure of British Orienteering recognises the need to operate coherently and in an integrated way to such challenges as attracting sponsorship and promoting products that British Orienteering owns. An example of this is to make competitions and events more attractive to potential sponsors.

*Feedback*  
Any comments or questions should be sent to [feedback@britishorienteering.org.uk](mailto:feedback@britishorienteering.org.uk)

## INTERLAND 2011

By Julia Blomquist

Friday the 4th March finally arrived and I was buzzing for Interland, despite knowing the long coach journey which awaited our team. Every year there's a match between six federations (VO-FRSO-NOLB-ENG-WTB-LNPCCO) and this year's event took place in Lübbecke, Germany. After slightly holding up the coach in Woking with me not being able to locate my passport we were finally on the move to Bruges, Belgium where we stopped overnight. Saturday morning came nice and early and off we were again on the roads. We had a quick break at the 'John Frostbrug' bridge where a few of the girls and myself enjoyed a hot chocolate with cream in a tranquil cafe. Jumping back on board I'd say the majority were very eager to get out on the German terrain and a training event was held at Karl Wart-Os that afternoon. It was everything I expected and more; beautiful deciduous open and hilly woodland with a large network of tracks – perfect for me! That night I went to bed early with my training map and plotted controls and routes to get into orienteering mode.

I woke up with butterflies in my stomach. Nerves had set in already; I had put more pressure on myself due to competing in the D21 class. I examined the start list and knew who my two rivals were who would try stopping me from getting to the top. I knew it was going to be tough after previously racing against them last year. I had been training hard though after my knee injury so I wanted to give it my all.

Glorious morning sunshine greeted the competitors at Nonnenstein-Ost. After hearing from an early competitor about how fast the terrain was, I just wanted to get out there and experience it for myself. I was ready to race. I picked up my map and off I ran to number 1. I took a quick glance at my map and spotted a long leg so knew at some point I needed to figure out my route. My key aims for the race were to take good route choices, have a clear



England Interland Team

plan and to stick to it, accurate compass, always have an attack point and finally, to blast it down the tracks at full speed!

My first mishap was on my way to number 5. Of all the places to fall over and cut/bruise your arm badly and break your compass would be in a field! And it would happen to me wouldn't it! I leapt to my feet though and carried on as if nothing had happened. I continued strong but with a few very small mistakes. The long leg arrived and I immediately stopped to make sure I was about to take the best option and I believe I did. It was the control after though where my race fell to pieces. Looking back at the splits I was in the lead until this point. A simple compass bearing would have sufficed if it hadn't have broken. However I admit I ran far too fast down the hill into the control and misread the contours and features surrounding me, it cost me 4 minutes and a victory. I tried to keep pushing until the very end and managed to bag myself 3rd place and win chocolate!

Overall it was a very fun weekend and great training preparation for the Junior World Championships in Poland in July as the terrain was very similar. Well done and congratulations to the rest of the team on their performances and results. England take the win again!

### THE INTERLAND CUP RESULTS

1. ENG (England) 252
2. VVO (Belgium) 212
3. FRSO (Belgium) 146
4. WTB (Germany) 124
5. LNPCCO (France) 99
6. NOLB (Netherlands) 41

## ukcup

By Robert Campbell

April brought a busy month in the 2011 UK Cup series with a total of five races. First up was the BOC Sprint/Middle Weekend in the south of England. The Sprint Championships at the University of Sussex saw new champions with Murray Strain and Hollie Orr showing their peers a clean pair of heels around the fast campus. The following day, competitors took on the open forest of Worth Lodge, near Crawley. A more familiar name took the Men's title, Graham Gristwood, the 2010 UK Cup winner. In the Women's race, there was an impressive victory for Claire Ward.

A fortnight later, athletes crossed the Irish Sea to be welcomed by our friends in Northern Ireland. Those who travelled were rewarded with an outstanding weekend of competitions which commenced with a Sprint Race around Stranmillis University College. Once again, there was victory for current 2011 Men's leader, Matt Crane. In the Women's race, it was impossible to split Pippa Archer and Sarah Rollins who shared the maximum points for first place. Day 2 took the runners out onto the complex dunes of Tyrella South, where there were victories for Rollins and Crane. The impressive peak of Slieve Croob was the destination of the Long Races, although there seemed to be a consensus that these were a couple of kilometres shy of the required distance. In the Men's race, Hector Haines won an

exceptional race from Crane and took the JK title in the process. Claire Ward defeated Tessa Hill in the Women's event, although both of these were some way in front of the chasing pack, with the latter being crowned JK Champion on the strength of her Day 2 performance.

The British Orienteering Long Distance Championships were held in tough forests north of Sheffield, combining the twin challenges of Wharnclyffe and Greno Woods, and were well-planned by locals, Oli and Jenny Johnson. There was a convincing win in the Men's Race for Doug Tullie, another new name on a trophy for 2011. His impressive run of sub 6 min-kilometres for the 14.3Km course meant that he finished two and a half minutes clear of defending champion, Matt Crane, who was

himself 30 seconds clear of Ralph Street in third. In the Women's Race, Tessa Hill continued her great form of the year with a narrow victory over Rachael Elder and Claire Ward.

This means that both Matt Crane and Tessa Hill have exerted their respective strangleholds on the 2011 series. However, May is another busy month with two races due shortly (the WOC Selection Races). There is then a short break before a double-header at the Scottish 6 Day, the urban challenge of the London City Race and the culmination of matters in October at the 2011 UK Cup Final hosted by EBOR on Pickering North. Further information and the latest standings can be found at [www.britishorienteering.org.uk/page/uk\\_cup](http://www.britishorienteering.org.uk/page/uk_cup)

## Trail O

By Dick Keighley

At the JK, Alan Gartside planned some superb courses for the JK with a TempO course on Friday which began at Stranmillis College and progressed along the banks of the Lagan to finish in the Botanic Gardens. It was also pleasing to see a strong Scandinavian presence amongst the competitors.

Saturday's event took place on complex sand dune terrain at Murlough Beech National Nature Reserve, whilst Sunday's event was held at Castlewellan Forest Park, with the timed controls being placed in the Castlewellan Maze!



Christine Roberts presenting Alan Gartside with his trophy

Anne Straube (OD) won the TempO competition, whilst the winner of the TrailO competition over the two days was Martin Jullum of Norway with Anne Straube in second. Both competitors had 41 points, but Martin's 40 seconds

beat Anne's 58 seconds at the timed controls. Christian Gieseler (Germany) won the paralympic class ahead of John Crosby.

The British Trail O Championships were held alongside the British Long Distance Championships in Sheffield on Saturday 14th May. The venue was Parkin Wood, adjacent to the Tankersley area used for the British Relays the following day. It was planned by Christine Roberts (EBOR) and controlled by her husband, Peter who also adapted the existing map for TrailO.

The top three competitors were:

- 1) Alan Gartside (LVO) 18 points (from a possible 19) and 29 seconds for the timed controls.
- 2) Ian Ditchfield (MV) 17 points and 39.5 seconds for the timed controls.
- 3) Charles Bromley-Gardner (BAOC) 17 points and 42.5 seconds for the timed controls.

Alan Gartside is therefore the British Champion in the Open Class, whilst the Paralympic class was won by John Crosby (NATO). Beryl Blackhall (SELOC) was the first finisher on the Standard Class course.

## FIRST LIST OF CHAMPIONSHIP AWARDS FOR 2011 (AS AT 1ST MAY 2011)

Congratulations to the following who are eligible to claim a Championship award as a result of their efforts in the JK (days 2 and 3) and the Midland, Southern and Northern championships.

As it stands at present the following nine orienteers have obtained Championship standard in all 5 events: Katherine Hall (W16), Matthew Elkington (M16), Hamish Rogers (M16), Richard Robinson (M21), Jonathan Emberton (M50), Ian Ditchfield (M55), John Britton (M60), Mike Hampton (M65) and Barrie Speake (M70).

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

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

| MEN |  | WOMEN |  |
|-----|--|-------|--|
| M10 | David Bunn TVOC, Ethan Tebbutt LEI.  | M55   | Axel Blomquist BAO, Gavin Clegg WSX, Colin Dickson BAO, Ian Ditchfield MV, Barry Elkington OD, Mikhail Gryaznevich TVOC, Peter Haines AIRE, Pete Jones SN, David Kingham TVOC, Andy Lewsley BL, Peter Nicholls GO, Rob Parkinson DEVON, John Rye RMOC, Alistair Wood AIRE. |
| M14 | Adam Bartlett LOC, Michael Hallett BOK, Alistair Masson SO, Harrison McCartney.  | M60   | John Britton MDOC, Peter Gorvett SYO, Richard Payne EPOC, Tim Sands SOC, Mike Smithard DEE, Tony Thornley AIRE, Richard Towler LOC, Steve Whitehead EBOR.  |
| M16 | Michael Adams SYO, Ben Beresford DVO, Dane Blomquist BAO, Matthew Elkington OD, Zachary Field SYO, Alex McCann MDOC, Craig Nolan ESOC, Adam Potter BOK, Hamish Rogers OD, Oliver Williams DEE, Joe Woodley AIRE. | M65   | Mike Hampton OD, Julian Lailey SROC, Ian Peirce SARUM, Jim Prowing TVOC, Anthony Richardson LOC, Richard Spendlove EPOC.   |
| M18 | Simon Bradbury SYO, Peter Bray SN, Jonathan Crickmore SO, Carl Edmonds LOC, William Gardner OD, Andrew Lindsay ESOC, Thomas Louth WAOC, Matthew Penellum LOC.  | M70   | Peter Leake LEI, Roger Maher SO, Jeremy Oldershaw SAX, Trevor Simpson OD, Barrie Speake EBOR.  |
| M20 | Robert Gardner OD, Jonathan Malley EBOR.   | M75   | Lin Callard NGOC, Frank Martindale LOK, John Thompson TVOC.  |
| M21 | Duncan Archer CLOK, Nick Barrable SYO, Edward Catmur SLOW, Matthew Crane BOK, Neil Northrop SYO, Richard Robinson NOC, Anthony Squire INT, Ben Stevens AIRE, Murray Strain INT.                                  | W10   | Eve Conway AIRE.   |
| M35 | Graeme Ackland INT.  | W14   | Louise Adams SYO, Aimee Morse OD, Helen Ockenden SROC, Fay Walsh POW.  |
| M40 | Richard Barrett SBOC, Neil Conway AIRE, John Cross FVO, Steve Watkins AIRE.  | W16   | Natalie Beadle LOC, Megan Carter-Davies POW, Julie Emmerson OD, Katherine Hall SYO, Sarah Jones BARRO, Harriet Lawson DVO, Becky Young HH.   |
| M45 | Charlie Adams SYO, Mark Adams HH, John Duckworth DVO, Clive Hallett BOK, Quentin Harding SROC, Alan Velecky SO.  | W18   | Lucy Butt SARUM, Jenny Evans NOC, Florence Haines AIRE, Katrin Harding SROC, Zoe Harding SROC, Charlotte Watson WCOC.  |
| M50 | Charles Bromley-Gardner BAO, Jonathan Emberton EPOC, Kevin Harding HH, Alastair Mackenzie CLOK, Keith Masson MV, Mark Saunders BOK, Paul Thornton CLOK.  | W20   | Julia Blomquist SN, Alice Leake EUOC, Kirstin Maxwell RR, Charlotte Ward HALO.   |
|     |  | W21   | Pippa Archer CLOK, Grace Crane BOK, Anne Edwards TVOC/OUOC, Heather Gardner SROC, Tessa Hill HOC, Riina Kuuselo OD, Claire Ward ESOC.  |
|     |  | W35   | Helen Pearce HH, Mary Ross INT, Anne Straube OD.   |
|     |  | W40   | Sheralee Bailey DFOK, Amanda Crawshaw EPOC, Heather Hartman INT, Julia Jarvis SO, Ruth Ker AIRE, Jenny Peel SYO.   |
|     |  | W45   | Jane Ackland INT, Rebekah Beadle LOC, Jackie Butt SARUM, Caroline Moran SOC, Lesley Ross OD.   |
|     |  | W50   | Alice Bedwell BOK, Alison Harding HH, Jill Libby CLOK, Karen Nash SROC, Margaret Reynolds SBOC, Vicky Thornton MDOC.   |
|     |  | W55   | Anne Cranke CLOK, Inara Gipsle TVOC, Janet Rosen HH, Alison Simmons BOK, Kirsty Staunton WIM.  |
|     |  | W60   | Helen Gardner EBOR, Liz Godfree DVO, Sue Hands WIM, Judith Holt DVO, Diana McClure LOC, Hilary Palmer NOC.   |
|     |  | W65   | Sheila Carey OD.   |
|     |  | W70   | Janet Clark ESOC, Vicky Crawford WIM, Rae Lomas MDOC, Hilary Simpson OD.   |
|     |  | W75   | Alison Sloman HOC.   |
|     |  | W80   | Anne Donnell BOK.  |

**NATIONAL RANKINGS**  
Congratulations to Matthew Crane (BOK) and Sarah Rollins (BAOC) who are the number one GB Orienteers as of the 20th May 2011.

The full Ranking List can be found at [www.britishorienteering.org.uk/page/rankings](http://www.britishorienteering.org.uk/page/rankings)

| Position | Men              | Club  | Points | Position | Women           | Club  | Points |
|----------|------------------|-------|--------|----------|-----------------|-------|--------|
| 1        | Matthew Crane    | BOK   | 8114   | 1        | Sarah Rollins   | BAOC  | 7610   |
| 2        | Graham Gristwood | SHUOC | 8045   | 2        | Tessa Hill      | HOC   | 7530   |
| 3        | Murray Strain    | INT   | 8001   | 3        | Grace Crane     | BOK   | 7518   |
| 4        | Mark Nixon       | EUOC  | 7947   | 4        | Pippa Archer    | CLOK  | 7455   |
| 5        | Richard Robinson | NOC   | 7919   | 5        | Claire Ward     | ESOC  | 7452   |
| 6        | Oliver Johnson   | SYO   | 7911   | 6        | Rachael Elder   | SYO   | 7445   |
| 7        | Alistair McLeod  | EUOC  | 7911   | 7        | Hollie Orr      | CLYDE | 7443   |
| 8        | Oleg Chepelin    | INT   | 7900   | 8        | Julia Blomquist | BAOC  | 7425   |
| 9        | Hector Haines    | AIRE  | 7891   | 9        | Helen Bridle    | ESOC  | 7393   |
| 10       | Ralph Street     | SLOW  | 7881   | 10       | Mairead Rocke   | SYO   | 7339   |

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**“STADIUMS ARE FOR SPECTATORS.”**

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

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