

Orienteering

WINTER 2007

FOCUS

THE OFFICIAL VOICE OF BRITISH ORIENTEERING



IN THIS ISSUE:

Winter Training with Graham Gristwood

British Schools' Championships

Senior Home Internationals

Future of Orienteering Conference

www.britishorienteering.org.uk

Craft provide functional training and competition wear that ensures optimal performance.



CRAFT



Craft clothing can be purchased from Ultrasport
www.ultrasport.co.uk

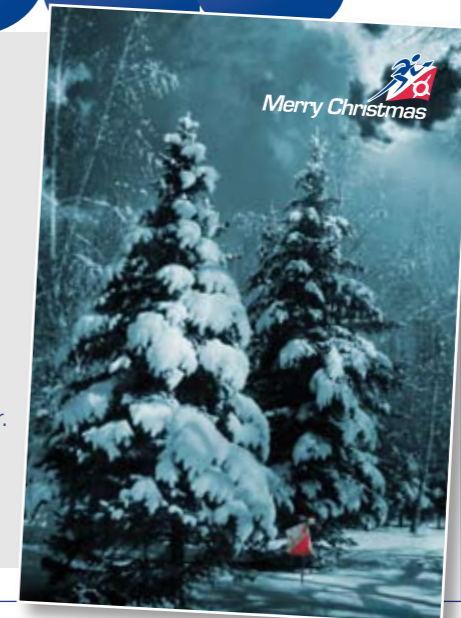


www.craft.se

WINTER 2007 Welcome to **FOCUS**

It's been a very busy year for all the staff at British Orienteering with lots of positive changes taking place. My year has mainly been focused on rolling out the new look "Focus" and of course, the new website. Both initiatives appear to have been well received by the membership and I would like to thank everybody who got in touch with their feedback. On behalf of everyone at British Orienteering may I wish you a Merry Christmas and a Happy New Year.

Caroline Povey
 Marketing Manager



Nominations for the Silva Award for Services to Orienteering 2008

In 1983 SILVA (Sweden) AB decided to mark the fiftieth anniversary of the first Silva compass by establishing an annual award within each IOF member Federation. The awards were to enable Federations to honour those who have contributed in a special way to the development of orienteering. With the assistance of SILVA (UK) Ltd this was interpreted within the UK as being a person or persons who have made a very significant contribution to orienteering over a period of years, with an emphasis on 'field' activities rather than committee work. Indeed, nominees may not be active or retiring members of British Orienteering Council, nor part or full-time employees of the Federation.

All members can nominate someone they believe has made a significant contribution to orienteering through 'field' activities. Nomination forms can be found on the British Orienteering website in the downloads section. The nomination deadline is Wednesday 30th January 2008. Management Committee make the final decision on the successful candidate. The award will be presented at the AGM on the 22nd March 2008.

ALL CHANGE AT THE TOP British Orienteering seeks member-elected Directors

Do you wish to be part of a team of committed and passionate people working in a dynamic, challenging environment to shape the future of orienteering and ensure the sport is run in an effective, business like manner?

Following the EGM decision, British Orienteering will soon be governed by a Board of ten Directors, nine directly elected by the membership. As part of the transitional arrangements, at least three of these Directors will be elected by the members at the AGM on the 22nd March 2008.

We are therefore looking for committed orienteers – and others – who are interested in taking on this role. Further details about the role of the Board and Directors are below:

Being a Director of a Limited Company can be a challenging and rewarding role. Where that Limited Company is the Governing Body of a Sport you are passionate about and wish to help develop and grow, the role can be doubly satisfying. You can apply your knowledge of the sport with other skills and experience you have to help pilot the sport forward. It's also a basis for acquiring new skills and experience that can be valuable in your career.

The Board will be acting as a team, working together in productive meetings, pragmatically tackling the tasks that present themselves. It is not a political forum where the interests of particular groups or areas can be championed. The Board will need to work effectively with Committees and any workgroups it establishes.

Directors should demonstrate high standards of conduct and will need to keep themselves well informed about the sporting environment in which we work and the issues facing clubs.

Board members may expect to be asked to take part in induction training, to attend about six Board meetings a year and from time to time, to take part in other working groups. The role is voluntary and unpaid, but Directors will have all reasonable expenses reimbursed.

If you think the future of orienteering matters, you can influence it by putting your name forward to join the Board. It is the Board which sets and maintains the framework within which everything else becomes possible. If you enjoy orienteering and enjoy, or aspire to, senior management responsibility, this is a great opportunity to hone and extend your skills. It may surprise you to know that current and prospective employers notice, and value, this kind of involvement.

If you would like to discuss being a Director, contact Mike Hamilton, Chief Executive at the National Office. Nominations of candidates must be received in writing at the National Office by Friday 31st January 2008, signed by two voting members of British Orienteering as proposer and seconder. Nominations may be accompanied by a pen portrait of up to 150 words for each candidate which must be received at the National Office by Sunday 10th February 2008.

The Role of the Board

- Keep under review our Vision and Values
- Ensure appropriate policies and strategies are in place to achieve that Vision, in line with the Values
- Ensure that the Memorandum and Articles of British Orienteering are followed and propose any necessary amendments to them to the membership
- Consult and communicate effectively with members, clubs, associations and other relevant bodies
- Ensure compliance with the law, for instance on Companies and Tax
- Maintain proper oversight of British Orienteering's finances and ensure suitable provision is made for an always uncertain future

The Role of Directors

- To uphold the values and objectives of British Orienteering
- To uphold our core policies
- To contribute to and share responsibility for the Board's decisions
- To prepare for and attend meetings, training sessions and other events
- To participate in reviews linked to the performance of the Board as a whole and of individual Directors
- To represent British Orienteering as appropriate, being a good ambassador for the sport and the organisation
- To declare any relevant interests
- To respect confidentiality of information
- To uphold British Orienteering's Code of Conduct.

Chief Executive's Update



The last few months have passed almost in a blur with a significant workload being committed to the new web site, the EGM and Conference, re-submission of additional evidence for the Safeguarding Children Intermediate Standard, a push to submit a Preliminary Standard Equality Portfolio, establishing Club & Coach in East Anglia and Yorkshire & Humberside and then the work to draft a Whole Sport Plan built from club level upwards. Unfortunately this workload has meant that there have been times when emails and other communications have not been responded to in the timeframe I would have liked so apologies for rather belated responses at times.

I'm going to try to give you a short update on the Whole Sport Plan and the way forward, this will also tie in with the Conference feedback from October which was another source of ideas and excellent feedback and is included in a separate article in this edition of Focus.

There is also a valuable article about Safeguarding Children that provides insight into good practice in delivering safeguarding at a club level. Whilst safeguarding is not as glamorous a topic as orienteering it is becoming more and more important and clubs will be expected to start to implement good practice and recruit a Club Welfare Officer.

Whole Sport Plan

It's my experience that Whole Sport Plans are developed at national level to attain funding from the various agencies and often bears little impact on life within the club or at an event! So it's great to be able to help orienteering think through, at club level, what the club is trying to achieve over the period to 2013. The exercise in trying to encourage clubs to think about their future targets over a more prolonged period has, from a national perspective, been interesting and valuable. A 'Framework' document was circulated to all 120 active clubs, including both open and closed. The Framework included information from 2006/7 regarding participation, membership, activities and events staged, maps registered and used, school club links, athletes in various talent squads from regional to national, coaches, controllers, organisers and planners. The clubs were asked to consider the period 2009 to 2012 and to develop targets for each of these years in each of the topic areas. In a couple of important areas, participation and membership, clubs were asked to provide a low estimate and a high estimate, the low being a 'realistic' estimate when things continue as they are and the 'high estimate' reflecting the level of participation if events are marketed strongly and everything goes well. In addition clubs were asked two significant questions:

1. Are there other issues or performance indicators which your club/association believe will make a significant difference to the major programme of increasing participation?

2. What are the major barriers that may prevent you from achieving the targets you have created?

Guidance on completing the form was included, as was the rationale for collecting the information. The response was better than I had expected with 51 clubs returning the forms and another 3 being promised. Of the returns, 48 were from the 92 open clubs (52%), and 3 from the 28 closed clubs.

Some of interesting things that have come out of this exercise are:

- Membership: across all returns, the low estimate for membership remains almost exactly as current; the high estimate was for a 25% increase across the period 2007 to 2012. There are significant regional variations as shown below:
- School-Club links are set to increase dramatically with a 300% increase across the period – this is in line with the Youth Sports Trust report which states that over 13,000

schools are delivering orienteering to an estimated 450,000 children per year, a staggering set of figures!

- Coaches: a 'planned' increase of approximately 25 coaches per year and at level three, approximately eight coaches per year. This causes me considerable concern as I would expect coaches to be our primary workforce in 'selling' the sport to new participants and hence increasing participation; at this level of increase in coach numbers we will be struggling!
- Controllers: a 24% increase over the period
- Planners and Organisers: showing a 'planned' increase of 78% and 60% respectively which does fit with the anticipated increase in activities and events.
- Issues that will make a significant difference to increasing participation: there were some excellent responses with two themes standing out – School/Club links and Local Events. Three other themes being regularly

Association	Low membership estimate	High membership estimate	No of returns (Returns/No of clubs)
EAOA	-40%	0%	2 from 9
EMOA	14%	32%	3 from 6
NEOA	20%	44%	3 from 3
NIO			0 from 4
NWOA	0%	24%	6 from 12
SCOA	-10%	32%	4 from 10
SEOA	-7%	19%	8 from 13
SOA	-2%	18%	4 from 22
SWOA	5%	13%	7 from 13
WMOA	4%	36%	6 from 10
WOA	10%	37%	4 from 6
YHOA	-8%	24%	4 from 9

quoted, 'Urban' orienteering including Sprint-O, increasing volunteers and particularly coaching, and marketing of events.

- Major barriers to achieving progress: the need for more volunteers across all areas stood out on almost all returns. Next were problems with access for about 9 clubs; 4 or less clubs quoted lack of funding and increased bureaucracy as barriers. After that were an interesting set of almost 'one off' barriers varying from the need to appeal to ethnic groups to distraction caused by alcohol!

The Way Forward

Work is now progressing to produce collated results from the completed Framework forms that can be considered by regional associations and a draft Whole Sport Plan is being worked up for Management Committee to consider in December before Council discusses it in January. The Plan is due to be submitted to the Sports Councils at the beginning of February. It is evident from RDO reports, the Conference, ad-hoc discussions and the Framework returns that there is a lot of excellent work going on within clubs to expand the sport and increase membership. However it is also evident that much of this work varies significantly from place to place and that individual ideas are often tried out by clubs for short periods often before being abandoned as not working. Ideas that are tried are often isolated ideas, one at a time, rather than as an integrated strategy with ideas supporting one another over a more prolonged period. A key task has been to identify the good practice and see which themes can be amalgamated in order to provide a more integrated package designed to increase participation. If such a package can be developed it will mean that more support can be provided to clubs.

Key principle: If orienteering activities can meet peoples' needs by providing them with a rewarding and motivating experience people will want to continue.

Peoples' individual needs will be quite diverse however a large core of people will want: exercise, resolvable challenge, success, social interaction, ease in participating and particularly local/weekly access. Our integrated package needs to be able to provide:

- Local activities, delivered every week from a facility base
- A facility base that provides changing, showering, social area, café and some interesting areas very local to the base
- A Coach that will meet, greet, take an interest in them, provide activities that fit the 'average' needs of the group and in particular make the experience fun and rewarding
- A programme of activities that enable participants to build confidence in skills, knowledge and fitness; this programme will probably entail lots of group work and task orientated activities before progressing to small groups of 3s, then 2s and finally when confidence has grown as individuals
- When confidence, knowledge, skill and fitness are at an appropriate level easy access to some low level club events
- A programme to develop coaches (and other volunteers) that will gradually lead them to acquire the knowledge, competencies and experiences they need to deliver such activities; I envisage a volunteer development programme that includes, acquiring

knowledge through written material or e-learning material, learning and practicing the competencies and gaining experience through a mentored/apprentice approach or workshops/courses and being 'signed-off' or assessed when both knowledge and competencies have been clearly demonstrated.

I have deliberately used the word activities rather than events in the above as I think it is more appropriate, most of the practices used by the coach will be activities not traditional orienteering events. I'm also fairly sure that orienteers will look at the above and say 'but that's not orienteering!' You are of course right, but we are trying to attract non-orienteers as new participants and members – not trying to attract existing orienteers!

Lastly, can I thank the people who have passed some very complementary remarks on the recent editions of Focus; your feedback is appreciated especially by Caroline who spends considerable time planning and editing Focus.

If 13,000 schools are delivering orienteering to 450,000 children what do we need to do to engage even 5% of them?



Official Notice of the 2008 ANNUAL GENERAL MEETING of the British Orienteering Federation

In accordance with Article 19 of the British Orienteering Federation's Articles of Association, notice is hereby given that the 27th Annual General Meeting of the British Orienteering Federation will be held on Saturday 22nd March 2008 at the NAAFI, Crowborough Army Training Camp, Crowborough, Sussex starting at 5:00pm.

Proposals for submission to the AGM must be received in writing at the National Office at least 50 clear days before the meeting: that is, by Thursday 31st January 2008, signed by two voting members of British Orienteering as proposer and seconder. A supporting statement may accompany the proposal, as may a statement from the Officers of the British Orienteering Federation.

Nominations of candidates for election must be received in writing at the National Office at least 50 clear days before the meeting: that is, by Thursday 31st January 2008. Nominations can be made on paper signed by two voting members of British Orienteering as proposer and seconder or by email supported by e-mails from two voting members of the Federation as proposer and seconder of the nomination. If e-mail is used, the Secretary will send requests for confirmation to candidate, proposer and seconder at their e-mail addresses as known to British Orienteering, and will only accept the nomination if email confirmation is received from all three people within 7 days. Nominations may be accompanied by a pen portrait of up to 150 words for each candidate proposed for election; any such pen portraits must be received at

the National Office at least 40 clear days before the meeting: that is, by Sunday 10th February 2008. The posts for election at the AGM are for Directors to sit on the Board of the British Orienteering Federation. A minimum of 3 Directors will be elected; the precise number will be confirmed to members once it is known after the 31st December. If the number of nominations is equal to or fewer than the number required, the nominated candidates will be deemed elected. If insufficient nominations are received, the Board may co-opt someone to fill the vacancy, and their term of office will be until the next Annual General Meeting.

**Mike Hamilton
Company Secretary
27th November 2007**



Photos by Graham Gristwood

WINTER TRAINING

by Graham Gristwood

So 2007 is over, there are no more big competitions until spring. There will still be chances to go orienteering most weekends for many people, but in general it is the time of year to travel a bit less and spend some weekends at home. But that doesn't mean that you can't start thinking about next year. How are you going to improve your fitness or technique so that you can move up to the next level? How are you going to beat that rival who has been ahead of you so much this year? Or for the elites, how are they going to squeeze out a few extra seconds?

PLANNING

The first thing to do is to analyse 2007. What went well, what didn't? Which races did I do well in? Which did I not perform to my potential? Why is that? Write down everything you think of and try and find some patterns. You might be able to learn something about yourself. Maybe you performed really well in shorter races, but not in longer races. If so, then perhaps you need to improve stamina. Maybe it was technically difficult races which caused the problems, in which case some technique training might be a good solution. Once you have drawn some conclusions, it is time to start planning. Think about next year's competitions – which would you like to do well in? Is there a particular time of year you would like to be really fit? Maybe there are some races at a particular distance or in a particular terrain that you can focus your training for. If you want to perform well in sand dune terrain, perhaps some technical training in sand dunes might be the answer.

When you have analysed this year, and thought about next year, then you can plan what training you want to do through the winter. The most important aspects of winter training are:

- Physical Training
- Technical Training
- Rest and Rehabilitation

PHYSICAL TRAINING

This depends a lot on what your particular goals are, but traditional winter staples are long runs, strength training and circuit training, cross training and maybe some cross-country running. Your orienteering club may have some regular training sessions, maybe you can start something with a few other keen people, or even join a local running club. Local sports centres or gyms run circuit training, spinning classes (on stationary bikes) and other fitness classes, which are all ideal for training on a cold and dark winter's night.

Try and get out once a week for a decent length run and vary the route and pace. Take in a few hills and keep off the roads if you can. Do some interval training with other runners. Other sports such as cycling and swimming complement running very well and are especially good if you are worried about impact injuries from too much running. If you want to try and gauge improvements, plan yourself a route that you can run once every month. See if you can run it faster each time you do it. It is important that you wear clothing appropriate to the weather and if you are going out for a long time, maybe take something to drink and a snack.

TECHNICAL TRAINING

This is the more difficult one, but orienteering is a sport which requires both fitness and technique. There is no point being the fastest runner in the world if you can't find the controls and people often neglect the technical aspect to the detriment of their performance. If you are going to orienteering events through the winter, use them as opportunities to practice good technique rather than thinking that you have to win every one. Try to have a plan before each event and maybe pick a few skills to work on. For example, at your next local event, you could decide to practice using your compass and take a bearing and try to follow it on every control. On another course you might decide to take it really slowly and try to read the map as much as you can and take in all the details.

Your club might organise technical training, or perhaps some night orienteering during the winter, and the same principles apply. Or you could get hold of some maps and go training on your own. Plan yourself a course and go and run it. Hopefully your club has a coach who might be able to help with your technical development. There is also a technical aspect to running. Improving your running style/technique can have a big impact. It can increase your speed and strength and it can reduce the chances of injury. Doing a set of running drills each week is a good way to do this.

REST AND REHABILITATION

I have included this, because it is very important to some people and widely underestimated. If you have picked up any injuries during the last year, now is the time to get them sorted out. Go and see a physiotherapist, do strengthening and stretching exercises. Let your niggles recover. Make sure that when next season comes around, you won't suffer from a recurrence, or from any other injuries for that matter!

One thing that everybody can do which will make a difference is ankle strengthening. Everybody has or will turn their ankle at some point. If you do some balance work, train the muscles around the ankle a bit, then you are a) much less likely to injure yourself, and b) you will recover quicker if you do. Try balancing on one foot for as long as you can (and then change foot). Time it, and then try and improve. If it is too easy, close your eyes, or stand on a pillow. Lastly, make sure you get enough rest – your body can only cope with so much and you don't want to get injured or ill. Plan rest into your training.

**WE CAN'T SHOW YOU THE WAY,
BUT WE CAN MAKE THE JOURNEY
MORE COMFORTABLE.**

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



THE ORIGINAL
MULTI-FUNCTIONAL
HEADWEAR

Buff® Ltd, 15 Devonshire Business Centre, Cranborne Road, Potters Bar, EN53 9JL
T: 01707 842244 F: 01707 852296 E: sales@buffwear.co.uk W: www.buffwear.com
Available at all good outdoor retail outlets

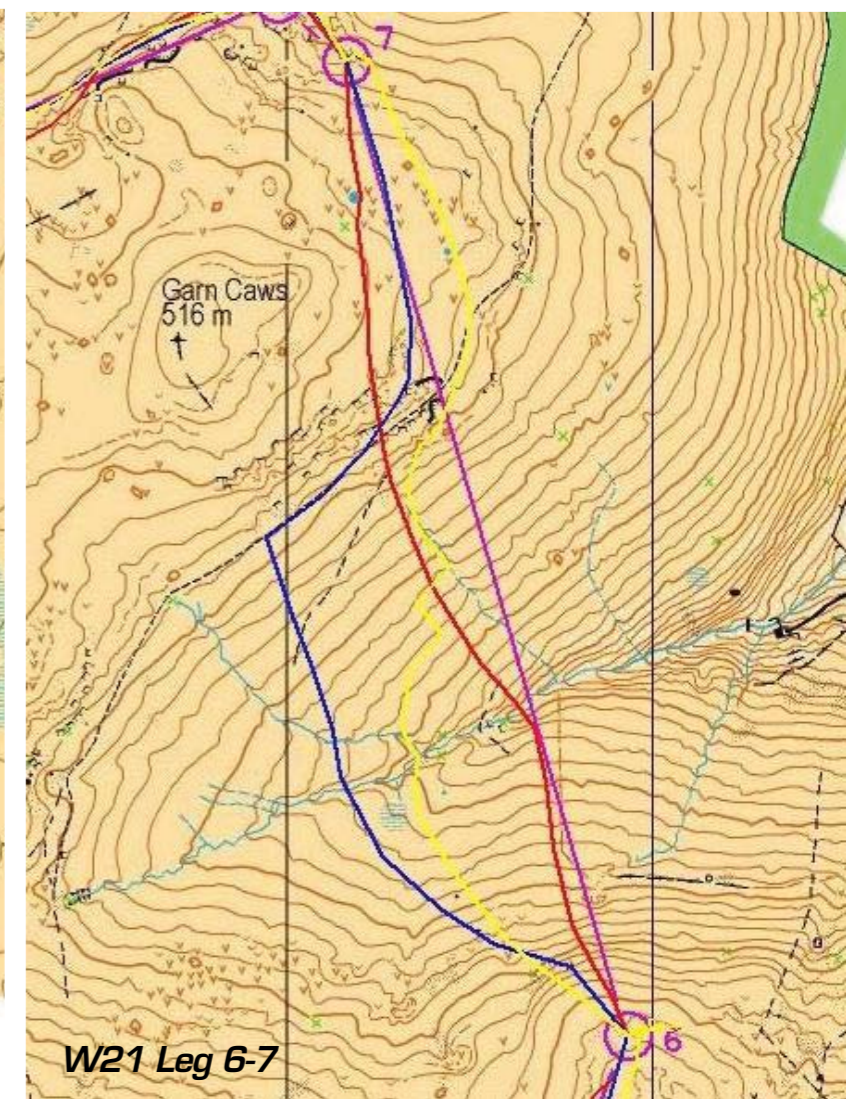
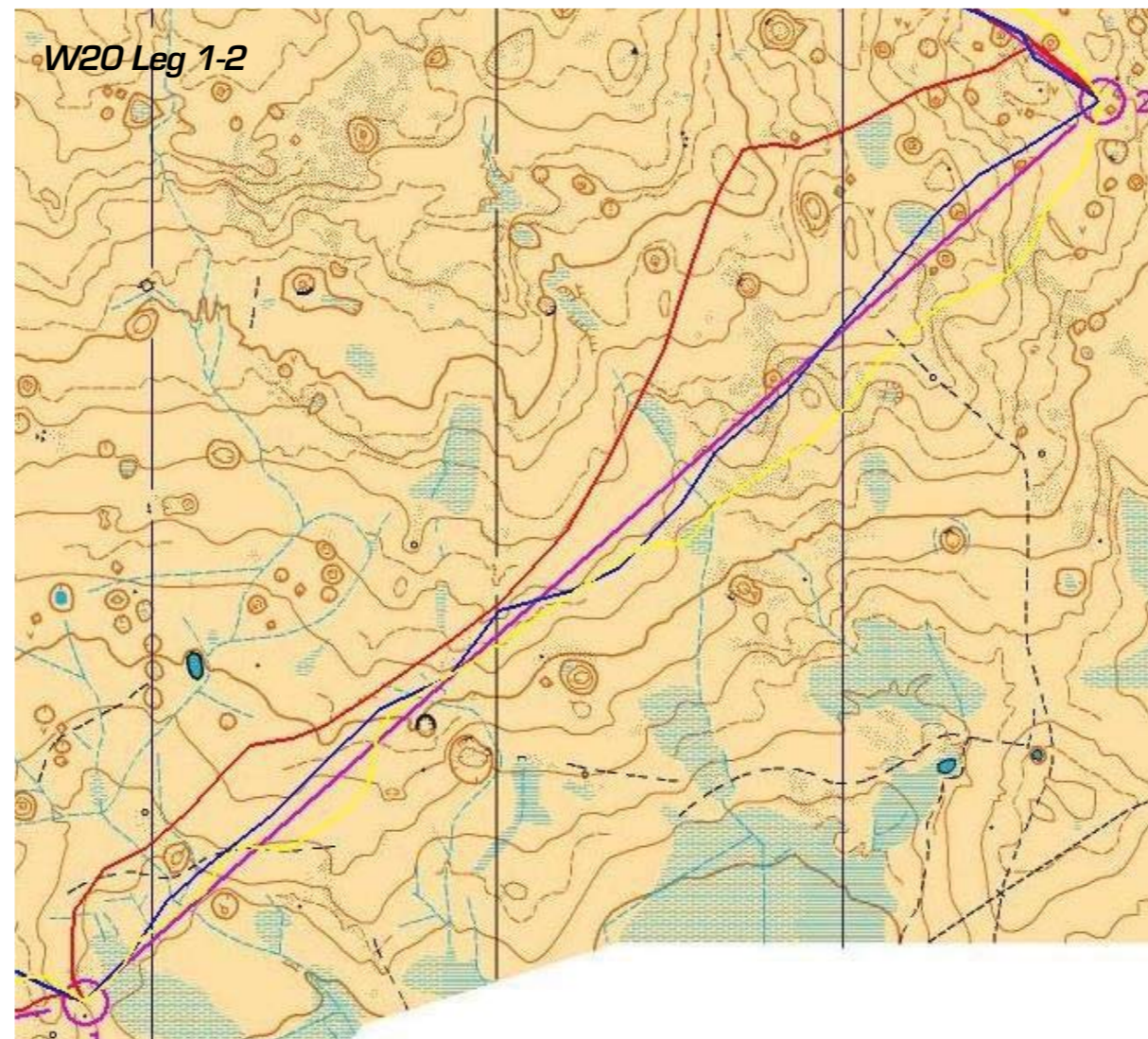
Sample Winter's Week

- Monday** - Rest
- Tuesday** - Intervals with running club, 5 times 1km, with running drills
- Wednesday** - Night event, practice planning ahead so you can flow through the controls
- Thursday** - Circuits at the gym
- Friday** - Easy run with some guys from the club
- Saturday** - Long hilly run
- Sunday** - District event, technical terrain, focussing on reading the contours



Ward Senior Home Internationals 2007

The 2007 Senior Home International was ably hosted in the Brecon Beacons by a small team from South Wales, headed by Mark Saunders and Alice Bedwell. Top teams from all corners were present for this annual battle of the home nations, with the competition at the top expected to be extremely tight. High hopes were held for the Scottish Men's team counting a huge amount of international experience amongst them, but this was countered by England fielding a very strong Women's team.



MAP LEGEND

W20 Leg 1-2

—	Anne Edwards	14.47
—	Hollie Orr	14.51
—	Jess Halliday	14.59

M21 Leg 6-7

—	Neil Northrop	9.13
—	Oli Johnson	9.20
—	Markus Pinker	9.45

The Individual was held at Mynydd Llangynidr, an open area on the east of the National Park, with relatively bland large scale contour structure and runnable grassy moorland being home to devilishly complex sections of negative terrain, the most striking feature on the map being a large number of huge sink holes. Hill edges held some tricky rock feature sections, and the north east corner of the map was home to a deep heathery valley. The superbly planned courses began with a huge 2km leg across the hillside, with many losing contact and being caught out by the unexpected complexity and low visibility of the large mapped features. Mid course runners were presented with a route choice across the deep valley, which also presented the toughest physical sections of the course. The final sections headed across a scarp slope, with subtle contour and rock detail which caught out many tired brains.

Young Scottish upstart Scott Fraser showed his superior speed by taking the Men's Senior title by almost three minutes from the Sheffield duo of Neil Northrop and Oli Johnson, completing the 12.9km course in an impressive 68.42 and being the clear leader throughout. The Women's race was a much closer run affair, with Laura Daniel just sneaking the title from Karen Heppenstall, both of England, finishing the 9.1km course in 69.07 and 69.20 respectively. Laura hit the lead at the long route choice leg halfway round the course, and held off Karen who faltered on the scarp slope in the last two kilometres. Pippa Whitehouse completed the top three, a clean sweep for England.

In the M20 class Duncan Coombs of Scotland was the clear leader from the outset, 4 minutes quicker than John Roche of England. Douglas Tullie (Scotland) completed the podium, though only a minute ahead of the rapidly improving Irish Junior Seamus O' Boyle. In the Women's class England managed another clean sweep, with Tess Hill narrowly beating team mate Anne Edwards through superior strength on the tougher sections of the course. Jess Halliday took the bronze, three minutes ahead of first Scot Hollie Orr. This left England with a slim lead of one and a quarter relay positions overnight, as athletes were fed in a wonderful banquet prepared and served by the Welsh Junior Squad.

The relays were heralded by more beautiful sunshine, as the runners congregated below the rather large hill that is the Storey Arms map. Situated opposite Pen-Y-Fan, the largest hill in the Brecon Beacons, the courses for today had over 5% of climb, most of it in full view of the assembly area.

In the Men's race an early lead was taken by the Scots, with James Tullie sneaking the lead from Murray Strain and younger brother Doug. Scotland maintained this dominance throughout the race, with Ewan McCarthy heading out on last leg with a clear lead, chased by Scott Fraser and Oli Johnson of England. Scott made up time on the highly visible moorland, and caught Ewan. Oli fought hard but was unable to reel the boys in, and the Scots crossed the line together to a round of applause, 15 seconds clear of the England first team. England took third, fourth and fifth, with Ireland in 6th and Wales in 8th.

The Women's race looked to be a repeat of the Men's with a trio of English girls finishing simultaneously on first leg, Anne Edwards just wrested the lead from Lizzie Adams and Laura Daniel. Second leg was a closely fought battle between all three English second legs, with Jess Halliday coming out on top despite having longer gaffles. Scotland one were closing behind them though, thanks to a very fast time from Janine Inman, but at this point no one was aware that they had mispunched on first leg.

This set Becky Carlyle out first on last leg, with Pippa Whitehouse seconds behind, and Karen Heppenstall ninety seconds further down. An early injury for Pippa left Becky running alone, and Karen was quickly able to reel her in due to a couple of superior route choices. They held it together over the final loop to finish hand in hand, just as the Scottish men had done, and take the relay gold. Pippa Whitehouse completed the top three for England, with Wales, Scotland, then Ireland taking 4th, 5th and 6th.

These results gave England their first victory since 2003. Scotland took second place overall, and the battle between Wales and Ireland was won this year by a rapidly improving and rejuvenated Irish squad. The athletes look forward to next year, when the Scots will be looking for revenge!

Report by Becky Carlyle
Photos by Mark Saunders



2007 Great Britain Team Results

2007 Targets

1 Medal at WOC
 Three top 10 positions at WOC
 Aim for 6 x GB World ranked athletes in the top 50

2007 Top Ten Results

Position	Athlete(s)	Event
GOLD		
SILVER		
BRONZE		
4		
5		
6	Jon Duncan	World Cup Sprint
6	Graham Gristwood, Jon Duncan and Jamie Stevenson	Nordic Champs Relay
7	Graham Gristwood, Jon Duncan and Jamie Stevenson	World Champs Relay
8		
9	Jamie Stevenson	World Champs Long
9	Alice Butt	Junior European Champs Long
9	Doug Tullie, David Schorah and John Rocke	Junior European Champs Relay
10	Doug Tullie	Junior European Champs Long

2007 World Rankings (as of 30th November 2007)

Pos	Woman		Pos	Men	
1st	Simone Niggli-Luder	SUI	1st	Thierry Gueorgiou	FRA
54	Rachael Elder	GBR	13	Jamie Stevenson	GBR
57	Pippa Whitehouse	GBR	29	Jon Duncan	GBR
63	Helen Winskill	GBR	35	Graham Gristwood	GBR
76	Helen Bridle	GBR	47	Oli Johnson	GBR
307	Sarah Rollins	GBR	101	Matthew Speake	GBR
380	Mhairi Mackenzie	GBR	111	Scott Fraser	GBR
			112	Matthew Crane	GBR
			1036	David Brickhill-Jones	GBR

07 World Ranking Points for Federations (for top 20 athletes) – 29th Nov 07

MEN	WOMEN
1 Sweden	1 Finland
2 Finland	2 Sweden
3 Switzerland	3 Norway
4 Norway	4 Switzerland
5 Denmark	5 Great Britain
6 Great Britain	6 Czech Republic

2008 World Competitions for GB Team

Senior Events		
26 May – 1 June	European Championships	Latvia
20 – 21 June	World Cup	Norway
13 – 20 July	World Championships	Czech Republic
22 – 24 July	World Cup	Sweden
30 July – 2 Aug	World University Championships	Estonia
4 – 5 Oct	World Cup	Switzerland
Junior Events		
30 June – 6 July	Junior World Championships	Sweden
30 Aug – 1 Sept	Junior European Cup	Belgium
10 – 12 August	European Youth Championships	Switzerland

2007 WORLD CUP HIGHLIGHTS

JON DUNCAN, Britain's highest placed man in 16th position overall, has had a great season. We caught up with Jon after the series to get his thoughts about the new format of the World Cup series

"It has been an exciting year of World Cups in the new format and, as always, I have enjoyed the challenge of different terrain and course styles that the World Cup presents. There remain some challenges for the IOF to sort out, but the standard of elite events is increasing all the time. A personal irritation with the system is that it is possible to win the World Cup without running for longer than 45 minutes. I'd propose a system where you must count 2 sprint, 2 middle & 2 long (like fell running). Also the points system has been too heavily skewed to top results this year, such that if you don't get a top 3 it is very difficult to compete for the top places. The World Cup should reward consistency - other races are there for the one-off performance.

Personally I am pleased with my season - possibly my best ever season, but I am ruing missed opportunities. In several races this year I have been well placed after 3/4 distance, only to miss close to the finish and lose a good result. I hope that I can put this right next season and continue to challenge for top results. 16th overall is good - but I can and should do better."

Changes to the 2008 World Cups

At a recent meeting in Helsinki, the IOF Council decided to implement a number of adjustments to the World Cup 2008. The decision was made on a proposal by a Project Group set down to evaluate the 2007 World Cup, with participants from the IOF Council, the Foot Orienteering Commission and the newly formed Athletes' Commission. The project group made its recommendations after extensive consultation, where national federations, team coaches and athletes were invited to provide input and ideas. For further information visit www.orienteering.org



End of Season

Report by Head Coach Dave Peel

The weekend of November 3rd/4th saw the annual team inaugural training weekend. The weekend was held at Hagg Farm in the Peak District, which gave the opportunity for two long sessions of running in the hills. The weekend is not really about the running but about reflecting on the season's success and making plans for next year. There have been some major changes for the orienteering squad, the main being a reduction in numbers - from 26 athletes down to 14. There are two main reasons for this: Firstly our budget has been reduced again and secondly to maintain a professional programme cuts were needed. The squad has been very large and not all athletes were striving for the same level of performance. The reduced squad will enable a greater focus on medal winning performances and providing the training and support required for this.

2007 has been the first season when I have felt the management of British Orienteering have shown a real interest in the team performance and have given their input into what we are trying to achieve. International orienteering is featured in British

Orienteering's vision statement - more people, more places, more podiums. I have had to present to British Orienteering's Management Committee and they have given their opinions on our performances. I welcome this - their message is clear - we want GB athletes to be winning medals - just what I believe and what motivates me to do my job. They, like me, are disappointed by the team performances this year. They were not a disaster and this disappointment reflects our high expectations. There are many performances that deserve our congratulations but we missed the icing on the cake - the medal that says job done, which lifts spirits and gives pride. All too often we look to the same athletes, our stars, for these performances and this expectation is tough. We all play our part, be it very small, in helping our stars perform and so we must ask what can we do better?

International sport is incredibly competitive and the margins between success and failure are very tight. To be on the right side of that margin we must strive for every half-second and leave no stone unturned in that pursuit. If British Orienteering truly

wants British athletes to win medals they must look at every aspect of the set up of our sport and ask: what can we do better? I believe there are many areas where we can make improvements - a fixture structure, which is pro active rather than reactive, where the requirements of the elite are at its heart rather than fitted around it as an after thought. Our top races need to be of a higher standard to show off our sport, to make us proud to be orienteers and make people want to be the best. Clubs must provide better training and coaching which help develop skills and performance - a benefit to all orienteers. We must do all this and not forget the other parts or our vision, more people, more places and we must not disgruntle the majority of people who orienteer every weekend. A tough job but one British Orienteering must not shy away from.





Jamie Stevenson Named Orienteer of the Year

Jamie Stevenson was named 2007 orienteer of the year at a special award ceremony in the Peak District last month. Jamie's 9th place in the long distance at the World Championships, secured him the trophy for the sixth time. The first time he was awarded the trophy was after winning Gold in the middle distance at the 2000 World Cup in Australia, since then he has become World Champion and won many more medals!

Each year this award is made to the British orienteer judged to have given the best performance at the World Championships. This is the Michael Wells-Cole memorial trophy in memory of Michael Wells-Cole who was British Champion in 1969 and 1970, and died, at the age of 32, in 1976.

Best Senior Improver

Graham Gristwood was awarded this trophy for his outstanding results this year. He finished 12th in the sprint and 7th in the relay at the World Championships. Graham ran a fantastic first leg in his debut WOC relay handing over to Jon Duncan only a couple of minutes down on the lead. He secured two 11th place finishes in the sprint event at the World Cup and Nordic Championships. He also helped the team to 6th place in the relay at the Nordics.

Jon Duncan was also congratulated in recognition of his improved individual results this year, which included finishing 16th in the sprint and 18th in the long at the World Championships. He also secured his best ever result in a World Cup with a 6th place in the sprint and an 11th place in the middle.

Doug Tullie Named Junior Orienteer of the Year

Doug Tullie was awarded the Silva statuette for his fantastic 16th in the middle distance at the Junior World Championships. He also finished 10th in the long at the Junior European Cup and posted the second fastest time on the 1st leg in the relay.

Best Junior Improver

Tessa Hill was awarded this trophy for her outstanding results this year at the Junior World Championships. She secured 26th in the long, 28th in the middle and posted one of the fastest times in the relay pulling the team up by three places.

Alice Butt was also congratulated in recognition of her excellent results at the Junior European Cup where she finished 9th in the long and at the European Youth Championships where she finished 14th in the long.

The World Class Start Squad was announced on the 5th September. It was a new look squad with smaller numbers and an emphasis on athletes who have the potential to win medals at future World Championships.

The entire World Class Programme is shifting its focus to giving greater support for the very best athletes and is aimed at winning medals at the Senior World Championships. The task of the Start Programme is to identify athletes with outstanding characteristics that mean they have the potential to be future World Championship medallists and to support them towards that goal.

currently on the track to becoming a World Class orienteer. It is natural that different athletes will move on and off the World Class pathway from year to year and squad selection will reflect that. New athletes who have shown improvement and increased potential will join the squad while other athletes who have moved away from the World Class pathway will leave the squad.

The World Class Start Squad is something for all our junior athletes to aspire to. Selection in the squad represents an acknowledgement that an athlete is

Congratulations to all the outstanding athletes selected in the 2008 Start Squad and good training to all the athletes striving for selection in the future.



M/W 17
Alasdair McLeod,
Ralph Street
Alice Butt,
Hazel Wright

M/W 16
Alan Cherry,
Matthew Halliday,
Peter Hodgkinson,
Kristian Jones

Rebecca Harding,
Alice Leake,
Jessica Orr,
Mairead Roche

M/W 15
Duncan Birtwhistle,
Thomas Butt,
Tom Fellbaum

Kirsty Coombs,
Fiona Claxton,
Abigail Longhurst,
Joanne Shepherd

M/W 14
Jack Barrett,
Michael Beasant,
Peter Bray,
Jonathan
Crickmore

Jenny Evans,
Alice Fellbaum,
Katrin Harding,
Aine McCann,
Charlotte Watson

Congratulations to all the athletes selected for the 2008 Senior and Junior Squads.

Senior Squad

Helen Bridle (WIM)
Rachael Elder (CLOK)
Mhairi Mackenzie (WCOC)
Sarah Rollins (BAOC)
Pippa Whitehouse (CLOK)
Helen Winskill (SYO)

David Brickhill-Jones (INT)
Matt Crane (WCH)
Jon Duncan (WAROC)
Scott Fraser (INT)
Graham Gristwood (OD)
Oli Johnson (SYO)
Matthew Speake (EBOR)
Jamie Stevenson (SYO)

Junior Squad

Alice Butt (SARUM)
Anne Edwards (TVOC)
Hollie Orr (CLYDE)
Catherine Taylor (CLOK)
Hazel Wright (MAROC)

Rhodri Buffett (SWOC)
Hector Haines (AIRE)
John Roche (LEI)
David Schorah (DEE)
Douglas Tullie (RR)

Thanks to UKSport and Sport England for funding our World Class Programme.

World Class Programme Targets

The 2008 target is to win a minimum of two medals and secure at least four top ten positions in either the European or the World Championships.



The Focus is to win medals

Jason Inman wins Coach of the Year Award

British Orienteering's Junior Lead Coach Jason Inman was the deserving winner in the Coach of the Year category at the ClubSport Stirling Awards. The Scottish Institute of Sport has its headquarters in Stirling and as a result the standard of these awards has become hugely impressive in recent years. Alongside this the ceremony itself has grown in stature into an increasingly glitzy and well-attended evening, and several hundred people were there to applaud Jason's success ahead of a number of other strong candidates.

Jason has been coaching orienteering for 20 years, having started at age 17 during the time when he was also the dominant force in British junior orienteering (British Champion four times in a row from M17-M20). Injury in the early part of his senior career saw him get more involved in coaching as a way of giving something back to the sport, and he has contributed significantly to the development and success of many British athletes who have come through the junior ranks since the mid 1990s. This year saw him as Lead Coach at his 10th Junior World Championships (JWOC), and many of those who have progressed to the senior team owe much to his coaching skills.

His success as Coach of the Year was in recognition of his contribution at local level

as well as at international level. Recently based in Edinburgh and now near Stirling, he has worked with the pool of talent at Edinburgh University and successfully managed the Scottish Senior Team to success in the home internationals in 2005 and 2006. Alongside this he is currently personal coach to Doug Tullie (Britain's top performer at this year's JWOC) and also to highly promising FVO junior Jamie Stevenson, already a Scottish international hill runner as well as orienteer. This year he has established a full weekly training regime for Forth Valley Orienteers and his energy and enthusiasm has helped ensure high levels of attendance right across the range of age classes.

As well as his impressive list of coaching success, the judging panel were particularly impressed with his commitment to helping athletes at all levels and that wherever he has lived he has involved himself in the coaching side locally. British Orienteering would like to join Forth Valley Orienteers in congratulating Jason on his well-deserved award, thanking him for all his efforts on their behalf, and wishing him much more coaching success in the future.

By Jon Cross



FUTURE CHAMPIONS CUP RACES 2008

The Future Champions Cup (FCC) competition is open to M & W 18s and M & W 20s who are British Orienteering National or Local members. The FCC consists of up to seven qualifying races and competitors count their best three scores. The top 15 qualifiers from each of the four classes (M & W 18 and M & W 20) will be eligible to compete in the final.

FCC Final (Pre Entry is required)

Saturday 3rd May - FCC Final Middle Race (EBOR)
Sunday 4th May - FCC Final Long Race (EBOR)

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

Full details of how to enter the events correctly for your age and the event rules and guidelines can be found at www.pgopage.btinternet.co.uk

Qualification Races

Date	Event	Classes	
		18's	20's
9th March	National Event (Sarum)	M/W18L	M/W20L
21st March	JK Sprint (SE)	M/W 18- 20E *	
22nd March	JK Middle (SE)	M/W 18- 20E *	
23rd March	JK Long (SE)	M/W 18-20E	
5th April	British Middle Champs (OD)	M/W 20	
6th April	British Sprint Champs (OD)	M/W 20	
19th April	**British Orienteering Champs (SOA)	M/W18L	M/W 20E

**National membership is required to enter the British Orienteering Championships.

For further information contact Pauline Olivant Tel: 01159 872083 or email pauline@britishorienteering.org.uk

British Orienteering currently has several funds for the support of different areas of orienteering. The monies were left as either a bequest, a legacy or as a grant from the sports councils. The funds are listed below:

- BERTIE AND ELSIE WARD FUND - Supporting juniors directly
- SPORT ENGLAND DEVELOPMENT FUND - Supporting the development of volunteers
- SCHOOL/CLUB LINKS - Supporting school/club link activities
- MULTI-DAY FUND - Supporting the sustained and overall development of orienteering.

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

Application Dates:

Application Deadline	31st January
Pre-assessment	by 8th February
Assessment	by 22nd February
Payment	by 3rd March

Application Deadline	31st August
Pre-assessment	by 7th September
Assessment	by 21st September
Payment	by 1st October

Volunteer Awards

2008 sees the launch of the Volunteer Awards that will be presented at the 2009 AGM. The awards will aim to acknowledge the achievements of the numerous individuals who work tirelessly to make orienteering events and activities happen.

If you have any ideas for an award category please email a brief description to marketing@britishorienteering.org.uk. The award categories and details of the nomination and judging process will be published in the next edition of Focus.

'FUTURE OF ORIENTEERING' CONFERENCE

On Saturday 27th October 2007 British Orienteering held a 'Future of Orienteering' conference. All members were invited to attend and the day ended with the EGM. The conference addressed two topics, the 'Long-term direction of orienteering' in the morning session and the 'Events Structure Review' in the afternoon. Attendees were split into small groups and asked to address discussion topics and then report back to the group as a whole.

Long Term Direction Summary

The feedback fell into two distinct areas: "Increasing Participation" and "Increasing the Volunteer Workforce"

Increasing Participation

Groups thought that regular local events that varied in type e.g. Sprint-O, Park-O, Street-O would attract more participants. They thought by advertising the 'unusual' and adventurous side of orienteering it may encourage newcomers to try out the sport. Ensuring that events were frequent and there were minimal gaps between activities was noted. Although a drain on resources, the importance of creating an 'orienteering routine' was debated.

The lack of a 'clubhouse' or focal point was seen as a barrier to participation. Suggestions to overcome this were having events starting at a fixed point e.g. a leisure centre and then moving off to different areas each week. That would allow a central meeting point and increase the social aspects of the sport. It was noted that for newcomers it would be beneficial to use the same area as it increases confidence. Activities such as using POCs would develop skills that could be utilised in later events. It was noted that using the same areas wouldn't necessarily be suitable for experienced orienteers.

Possible target audiences to focus on were those already engaging in physical activity e.g. running clubs, people who like the outdoors e.g. ramblers/countryside associations, those who relish a mental challenge, families, educational groups etc. Focusing on particular areas such as the development of satellite clubs or clusters would help focus resources and attention on 'responsive' areas.

A possible workgroup focussing on retention of members was suggested. Its aim would be to understand why people 'drop-out' of orienteering. It could concentrate on

three main 'drop-out' times, from primary to secondary school, from secondary school to university and from university to work. The lack of resources to fulfil these expectations was stressed throughout.

Increasing Volunteer Workforce

A number of barriers to increasing the volunteer workforce were suggested. They included the demand for high standards, the level of work involved, the desire for volunteers to still participate in events and the perceived attitude of criticism.

Suggestions of how to tackle some of these issues were to break the volunteer roles down into manageable 'chunks' of work and try to encourage new members to volunteer from the start of their orienteering career. It was suggested that older volunteers should mentor those new to orienteering, therefore continuing to replenish the pool of volunteers. It was noted that this cycle could also help young orienteers to gain volunteer experience.

Many groups noted the need to minimise paperwork as this tended to 'put-off' potential volunteers. More structured training was also suggested as a way of standardising the quality and input of volunteers. It was suggested that local clubs could work together to provide this training.

Event Structure Summary

The Event Structure Review Group published a consultation document in September 2007 discussing potential options for changing the current event structure. The recommendations can be found at the British Orienteering website in the downloads section and should be read in conjunction with the feedback below from the conference. The feedback fell into distinct headings linked to the recommendations and British Orienteering's vision of 'More People, More Places, More Podiums'.

Increasing Participation

Some of the groups were unsure whether the recommendations would increase participation any more than the existing event structure. Others suggested some of the recommendations from the review would improve the ability of participants to progress through the different event levels. It was highlighted that the recommendations, if accepted, would need to be managed very carefully to ensure the needs of all were met.

Event Structure

Groups suggested that frequent local events could help attract newcomers to orienteering. Advantages of the new structure include making it simpler for newcomers to understand, more events would become C5 and a better progression for adult novices and volunteers would be created.

Ranking List

Groups suggested that they needed a better understanding of how the ranking lists worked to discuss the recommendations in-depth. However it appeared that the recommendations could meet the needs of established orienteers. Emphasis fell on making a 'simple' system that was more easily understood by orienteers as a whole.

Event Formats and Courses

Suggestions were made about showing the technical difficulty of colour coded courses. A possibility was to have, for example, a green short, green medium and green long course; this would accommodate people who required a specific technical difficulty but varying length. The possibility of using a variety of formats e.g. score on a fixture list at regional or higher level was discussed. Other examples given were using MTBO and Trail-O.

Major Events

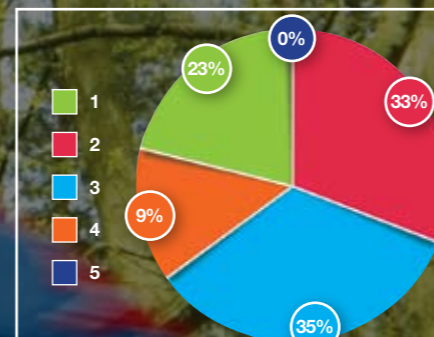
It was emphasized that good quality Major Events can be used to promote orienteering and it was appreciated that orienteering may not always be a good 'viewer experience'. The importance of quality competition at national level was emphasized.

Talent Pathway

The importance of a pathway of 'awards' or 'incentives' was stressed to encourage participants to progress. It was noted that it was important for juniors to experience good quality competition and possibly try out the different event formats. The importance of a domestic calendar of high quality events that supports those athletes striving to become world class was noted.

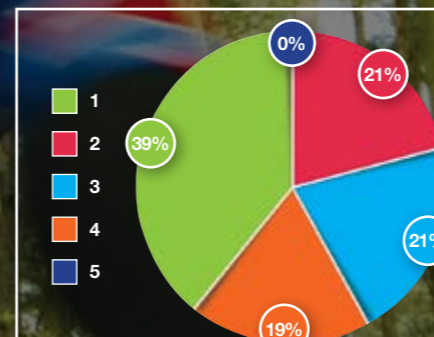
Attendees Feedback

Attendees were asked rate the sessions on a scale of 1-5 where 1 was excellent and 5 was very poor. A total of 44 people filled in the feedback form. **The results are as follows:**



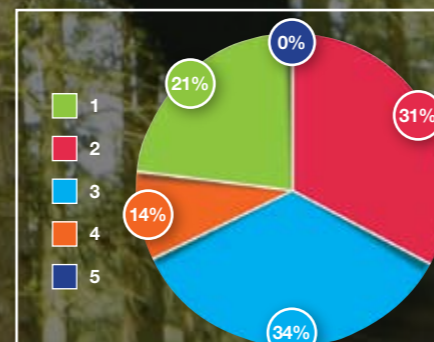
Value of session 1-Long-term direction of orienteering

Attendees commented on the thought-provoking nature of discussions and noted that some of the focus topics had overlapped suggesting many groups had come up with similar ideas relating to the long-term direction of orienteering.



Value of session 2-Events Structure

Attendees commented that there were many complex ideas to discuss within the time constraints. People would have liked longer to discuss and report back but most found it a useful opportunity to state personal views.



Value of whole conference

Overall attendees commented that the day had been useful and worthwhile. It was noted that few 'young people' attended and in future it would be beneficial to have them represented.

British Orienteering would like to thank everyone who attended for their contributions and we hope to have further conferences of this type in the future.

Laura Young
Executive Officer

Issue 4 - Winter 2007



FOR JUNIOR ORIENTEERS



Inside this Issue:

- British Schools' Champs
- School Score Champs
- World Schools' Selections
- Junior European Cup
- Alice Butt Profile

The British Schools' Orienteering Championships

18th November,
Dorset

Thomas at the School Champs

Thomas Orienteering

Hi. My name's Thomas Walker. I'm ten years old and I like orienteering. I enjoy orienteering for several reasons. Probably the best one is having the feel of freedom and fresh air all around you. Another great point is that most of my friends do it. It's good because you learn how to use a compass and a map. To be honest I'm not very keen on cross country running, but I still like orienteering. Why? I hear you ask. Well, it's because you need two skills to orienteer very well. Brain power and the ability to run cross country. Even if your brain power or cross country skills aren't amazing, you can still enjoy yourself and do reasonably well. At this year's School Champs it was very wet, windy and cold. Even so, everyone had a good time and enjoyed themselves. My partner, Nick Bolier, and I, braved it through the course and arrived at the finish line with every parent cheering us on. It's really nice at the school champs that the parents and spectators cheer anyone on, not just their sons and daughters.

I think we did really well to come 17th, in the B6 class and Nick and I are very proud of ourselves. I have a great time orienteering and we're all looking forward to our next opportunity, the amazing Christmas event that our school organisers

The event was organised by Chris Branford of WIM Orienteers, in conjunction with Sarum Orienteering Club and Wessex Orienteering Club. The weather conditions were awful with cold, wet weather but the children competing coped marvellously in the conditions and still managed to enjoy themselves! Great Britain Orienteer Helen Bridle attended the event and was available to sign posters for the children. Prizes and support were given by several companies including PGL, Capespan, Ultrasport, Discover Adventure, Christchurch Power Tools supported by Honda, EMIT UK and the BAOC. Full results and more photos can be found at www.bsoa.org. Photos Courtesy of David Olivant.

Why Go to BSOC?

By Merlyn Vyner, Burford School

When I was asked to write about the British Schools' Orienteering Championships and why we do it, I thought very hard as to what I should write.

I'm involved with a number of different sports, tag rugby, athletics, table tennis and of course, orienteering. Here, at Burford, we do orienteering because it's so very different. Throughout the summer and autumn we offer 40 or 50 children of all ages the chance to orienteer once a week, which helps to develop their confidence. We then send them off to their senior schools more than ready to meet the challenges that await them. Our results over the years show that our children consistently have the opportunities to develop a range of orienteering skills. However we don't consciously set out to do well in the Schools' Championships, we go to enjoy ourselves!

Our two weekends at the Championships, our Wednesday afternoons in the local woods, the outings to St Andrews at Pangbourne and trips to Horris Hill give the children experiences that simply can't be gained in the classroom. For the Championships we plan ahead and always stay away, even when they are on our own doorstep. We look on the overnight stay as an ideal opportunity for our older children to accept some responsibility for looking after our younger children. It's almost become a rite of passage that this will happen, while the staff seem to have a firm belief that there's nothing better than tucking into a well stocked cheeseboard, once the children are in bed.

Our mascot, a wily, old Norwegian moose named Jorgen Rostrop, may be the most photographed, if not the most photogenic of moose. "The official keeper, of the official moose," is not a title lightly bestowed! Even in winter we keep the pot simmering by holding little night events around the school and a bumper Christmas event, involving carol singing, together with lots of sausage and chips and special guests. Ultrasport, Compass Point and Compass Sport are always generous sponsors with little prizes. We enjoy wonderful financial support from Thames Valley OC, whose members often turn out to help with our special events.

We put together a fantastic team of helping adults, so it isn't simply one person, but great parents, teachers and helpers working together. This helps generate team spirit and to be honest, we end up simply enjoying each session of orienteering, wet or fine. This year Chris Branford and the organising team at the Schools' Championships somehow coped with the worst weather we've ever seen at such an event. The combination of cold, wet and wind can be so dangerous to children. However, suitably attired, our children still thoroughly enjoyed themselves and they're already looking forward to next year.

There is a great deal of good work being done throughout the country led by RDO's, dedicated teachers, clubs, club members and others. Despite the costs of travel and the distances involved the Championships are well worth going to. Only by supporting them and then thanking the people involved for all their hard work and dedication, will such events continue to flourish. See you in the East Midlands and South Central next year.

BSOC Team Results

Primary Schools (4 to count)	Points
1. Burford School	6
2. Kingswood Pre School	22
3. King Henry VIII Junior School	24
Middle-Preparatory (4 to count)	Points
1. Barnardiston Hall Prep School	10
2. Kings College School	23
3. Chetwynde School	38
Small Secondary (6 to count)	Points
1. Clayesmore School (Senior)	99
2. King's College Taunton	140
Large Secondary (9 to count)	Points
1. Ulverston Victoria High School	35
2. King Henry VIII Senior School	65
3. Bacup & Rawtenstall Grammar	67
Tertiary (3 to count)	Points
1. York College	22
2. Barrow Sixth form college	30
3. Lady Lumley's 6th Form college	43



British School Score Champs

Report by Christine Robinson
Photos by Robert Lines



Petworth Park in West Sussex provided a magnificent setting for Saturday's British Schools Score Orienteering Championships. Organisers, Guildford Orienteers, chose a superb location for the race arena, on top of a hill, with sweeping views over the start, finish and much of the open parkland.

There was a great buzz as the 340 competitors from 57 schools were cheered up the hill to the dramatic finish arch supplied courtesy of Emit UK.

On a glorious autumn day the runnable, open terrain with the occasional copse offered fast navigation and decision making, though few technical problems for the more experienced competitors. The challenge came from choosing the optimum route, as many of the older runners managed to visit all 30 controls within the time limit, with the top positions therefore decided by time. Julia Blomquist was a convincing winner in Year 12/13 Girls, 6 minutes faster than Alice Butt, whilst Peter Hodkinson stormed round in a super-fast 36.23, over 8 minutes clear of Liam Taylor in Year 12/13 Boys. Matthew Halliday and Sophie Kirk made it a double first for King Henry VIII Senior School, Coventry, in the Year 10/11 competition.

The Primary Schools Team Trophies were dominated by King Henry VIII Junior School, Coventry, and Burford School, each taking a win and a second place, with Kingswood Prep School, Bath, third in both girls and boys. Overwhelming winners in the Middle Prep category were Bramcote Lorne. King Henry VIII Senior School, Coventry, won both the Lower and Upper Secondary Girls team prize, with Nottingham High School and Bacup and Rawtenstall Grammar taking top honours respectively in Lower and Secondary Boys.

Results and pictures at: www.bsoa.org



ISF World Schools Championships Selections

Congratulations to all those selected for England to take part in the Championships next year in Edinburgh from the 21st-27th April 2008.

School Teams			
Junior Girls Ulverston Victoria High School	Senior Girls Ulverston Victoria High School	Junior Boys Ulverston Victoria High School	Senior Boys Nottingham High School

Junior Girls Select Teams	
Lucy Butt	South Wilts Grammar School †
Katrin Harding	Lancaster Girls Grammar School †
Zoe Harding	Lancaster Girls Grammar School †
Charlotte Watson	Keswick School *
Rosie Watson	Keswick School *
Reserve (*): Alice Hannah Campbell Witchford Village College	
Reserve (†): Elizabeth Parkinson Tuxford School	

Senior Girls - Select Teams	
Harriet Batten	King Henry VIII School
Julia Blomquist	Tomlinscote 6th Form College
Rebecca Harding	Ashlyns School
Sophie Kirk	King Henry VIII School
Alice Leake	York College
Reserve: Alison Fryer Barrow 6th Form College	

Junior Boys - Select Teams	
Jack Benham	The Burgate School †
Jonathon Crickmore	Downlands Community School *
Graham Hemingway	Cockermouth School †
Thomas Louth	The Perse School *
Carl Edmonds	St Bernard's RC High School †
Reserve (*): Peter Bray Amery Hill School	
Reserve (†): Sam Giles Bishop Wordsworth School	

Senior Boys - Select Teams	
Thomas Butt	Bishop Wordsworth's School †
Thomas Fellbaum	Fallbroom High School †
Peter Hodkinson	Bilborough College *
Matthew Halliday	King Henry VIII School †
Kristian Jones	Olechfa School *
Reserve (*): Stuart Thomson Bilborough College	
Reserve (†): David Maliphant Bristol Grammar School	

Junior European Cup



The British Junior team travelled to Nant in France to compete in the Junior European Cup in incredibly technical and detailed terrain. The weekend started with the Sprint race on Friday with half the course on open fields with small areas of thick vegetation and the second half around the old town of Nant.

fast and open areas and incredibly detailed rock corridors and outcrops. Many athletes coped well with the first part of the course, in the more open and faster area, but came unstuck in the tricky detailed terrain in the last two thirds of the course. For Great Britain the exceptions were Doug Tullie (10th in M20) and Alice Butt (9th in W18) who finished with good runs and great results. Many of our other athletes were ruing the missed opportunity for a top result after losing concentration on just one or two legs.

The terrain was quite different to the area the team had trained on in the morning but Vicky Stevens showed great adaptability to finish 12th in the W18 class, closely followed by Hollie Orr in 13th. The best performance in the men's team was Doug Tullie, 18th in M20 closely followed by John Rocke in 19th. Unfortunately Chris Smithard was forced to dnf after spraining his ankle at the end of the first half of the sprint whilst heading for a top twenty result. He was unable to take part in any more races. On Saturday the long race was held on a brand new map with a combination of



The women's team had high hopes after great results the previous day in the long race but unfortunately both Hazel Wright on the first leg and Alice Butt on the second leg lost time with big mistakes. Hollie Orr ran strongly on the last leg to pull them up several places to finish in 18th.

Gareth Candy

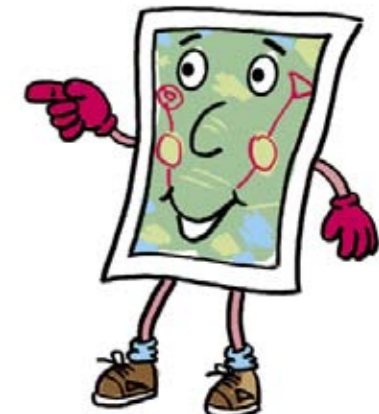
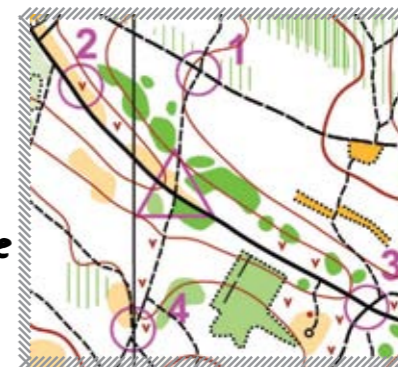
But in this terrain you were punished severely for even the smallest lapse in concentration.

The relay on Sunday was held in even more difficult technical terrain, with less large rock detail and corridors and much more thick vegetation. Any team with three runners who made only small mistakes was sure of a good result. Doug Tullie ran the first leg for our men's team and despite some significant mistakes managed to come back in second place, right with the leader Stephan Kodeda from the Czech Republic. In the tricky terrain Dave Schorah dropped some time to the leaders before John Rocke finished strongly on the last leg to finish in 9th place.

Ozone FACTS and FUN!



Jenny says...
I'm trying to find control number 2 but I'm not sure what the brown 'V' means in the centre of the circle.



Millie Map says...

If you want to learn about map symbols, you should play the 'match' up game on the Ozone website. Its great fun and will help to improve your orienteering. This game and many more can be found at www.britishorienteering.org.uk/ozone.

Test your Knowledge.

Use the five questions below to test your orienteering knowledge.

1. What distance on the map would 300m on the ground be at a scale of 1:10,000?
 A. 3cm
 B. 30cm
 C. 300mm
2. What colour is a marsh on an O-map?
 A. Green
 B. Blue
 C. Black
3. When "thumbing the map" the thumb should be kept where?
 A. At the last control.
 B. The next control.
 C. The place on the ground where you are now.
4. When should you orientate you map?
 A. Every time you change direction.
 B. When you stop.
 C. At every control.
5. If a series of contours are close together what does it depict?
 A. Flat
 B. Even slope
 C. Steep

Answers: 1A, 2B, 3C, 4A, 5C

PGL
Active Learning and Leisure
 Curriculum based activity courses, adventure holidays and ski trips in the UK, Europe and USA
 Challenge
 Opportunity
 Education
 Achievement
 For a brochure and enquiries call:
08700 551 551
www.pgl.co.uk

Ozone

Yvette Baker Trophy

Over 300 juniors from 11 clubs travelled to Normanby Park, nr Scunthorpe for this year's final of the Yvette Baker trophy.

After a close match Octavian Droobers (Pictured Below) won the trophy with Nottinghamshire in 2nd place and West Cumberland in 3rd.

Many teams had asked juniors from their formally associated schools to come and run for the club, whilst others had members coming back from university to compete. A great team effort was made by all the clubs involved but the environmental award must go to South London who came to the event via public transport.

Thanks must go to Humberside and Lincolnshire Orienteer's who organised the event and even managed to stop it raining during the main races and for the prize giving!

Final Scores:

1st	Octavian Droobers 890 points
2nd	Nottinghamshire 871 points
3rd	West Cumberland 869 points
4th	Walton Chasers 865 points
5th	Deeside 845 points
6th	Aire 818 points
Joint 7th	South London and West Anglia 813 points
9th	Lakeland 807 points
10th	Derwent Valley 805 points
11th	Cleveland 798 points

For full results visit the Humberside and Lincolnshire Orienteers website at www.halo-orienteeing.org.uk



Photo by David Olivant

www.britishorienteering.org.uk/ozone

Junior Profile:

Alice Butt

Age: 17

Club: Sarum

Age started orienteering: 6

Do your parents orienteer?

Yes, both

Why/Where did you start orienteering?

I started orienteering because my Dad had started orienteering and took the family along with him. My first event was at Inside Park, Blandford.

What do you enjoy about orienteering?

I enjoy the fact that it is not purely running, it also involves navigation. I love the feeling when you are running fast and the map and ground all fit and you know exactly where all the controls are going to be.

Do you have a coach?

I have a running coach – Phill Morris

If so, how has this helped you?

Phill Morris determines my training on a weekly basis. The training is planned to enable me to compete at selected orienteering events. A typical week involves interval sessions, runs of varying lengths and intensities and conditioning.

Where is your favourite place to orienteer?

I enjoy orienteering on all areas, though the areas in Sweden are the toughest.

What kind of training do you do?

Physical – running training and conditioning. Technical – orienteering events and coaching weekends.



What is your best result?

14th in the W18 Classic at the European Youth Orienteering Champs 2007.

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

Set yourself small goals; don't run before you can walk.

What do you enjoy doing outside of orienteering?

Football, Badminton and Reading.



As you are aware British Orienteering is committed to doing its best to ensure that all young people who participate in Orienteering have a fun, exciting experience in a safe environment.

O-Safe is available on the web site (About British Orienteering > Policies & Procedures) and is a reference guide that will provide you with answers to many of your questions about safeguarding children and guidance on how to deal with issues that may arise. As Lead Officer for safeguarding children I am also available to discuss issues or concerns. This article provides you and your club with good practice about what you should be doing to safeguard children at your club.

Firstly it is everyone's responsibility to safeguard children taking part in orienteering! However it is NOT our responsibility to determine if abuse has taken place – just to report concerns to the appropriate authorities.

Child abuse is a term used to describe ways in which children can be harmed by adults and other young people and often by those they know and trust. Abuse can include neglect, bullying, physical abuse, emotional abuse or sexual abuse,

How does safeguarding children affect my club?

Abuse can occur anywhere there are young people of any age. Sadly, there are children who will bully other children and there are people who will seek to be where young people are in order to abuse them; these things happen at orienteering clubs and events. It is therefore imperative that each and every club adopts and implements British Orienteering's Child Welfare Policy.

What does my club need to do?

Child welfare and protection will not be implemented overnight. It is a long-term process. It is the responsibility of the whole club to implement the Child Welfare Policy and procedures.

Club Checklist:

- Recruit a Club Welfare Officer (CWO) who will advise and ensure that your club implements good practice in the safeguarding of children.
- Ask the CWO to complete a self-disclosure form (provided in O-Safe) and obtain an Enhanced Disclosure through British Orienteering.
- Support the CWO and respond positively to suggestions the CWO makes.
- Inform club members that you have a CWO and how members can contact the CWO.
- Put up notices at any events or activities you stage letting participants know how they can contact the CWO if they have a concern – the notice should be in child friendly language!
- Provide O-Safe Cards to any juniors that require them or are new participants (cards were issued to all junior members with the autumn edition of Focus), if you need more O-Safe Cards let the National Office know.
- When you organise activities or events think through the issues that might concern children, for example:

- Where they have to get changed – is privacy/embarrassment an issue?
- Is there protection from the cold or poor weather?
- Is the activity in a public place and could children be 'isolated' by people?
- Do the children all have a whistle and know when to blow it?
- Is it possible for a child to become lost in a way that could be of concern?
- Could children around the site wander off? Is access to the site manageable?
- Has the risk assessment for the event been completed bearing in mind the risks to children? Are there points of danger for children around the course, ie running water, have the risks been assessed and managed?
- Do you have a mechanism to challenge people acting suspiciously around club activities?
- Are there clear procedures available to people responsible for activities to guide them if they have safeguarding concerns?
- Have you checked all the volunteers that may be dealing with children, particularly in unsupervised, situations? Checking must include a face to face meeting with them, completing a self-disclosure form (O-Safe), completing an Enhanced Disclosure and signing the British Orienteering Code of Conduct declaration.
- Have all volunteers dealing with children been 'inducted' into their role? Such induction should include a meeting to confirm their role, awareness of Safeguarding Children and particularly O-Safe, awareness of the Equality Policy, Health & Safety related to their role, the checking of their self-disclosure, the support the club and British Orienteering can offer.

More detailed support and information is available on the website in O-Safe and the 'Activities & Trips Away – Good Practice'.

Club Welfare Officers (CWO)

The core tasks for the CWO are:

- To be the first point of contact in the club for any concerns about the safety and welfare of children and vulnerable adult.
- To be able to report concerns to the appropriate authority.
- To help safeguard children and vulnerable adults by promoting and implementing O-Safe within the club and at activities staged by the club.
- To provide advice on the safety and welfare of children and vulnerable adults at a club level.
- To maintain confidentiality, as far as is practically possible, in all welfare matters.

When being recruited into the role of CWO you should expect to have a face-to-face meeting with a club official, complete a self-disclosure form, complete an Enhanced Disclosure and sign the British Orienteering Code of Conduct declaration.

Your 'induction' into the role will include:

- A meeting with a club official to confirm your role and understanding of what it entails
- A telephone discussion with the British Orienteering Lead Officer (Mike Hamilton)
- Awareness of safeguarding children and particularly O-Safe

- Awareness of the Equality Policy
- Awareness of any Health & Safety issues related to your role
- Confirmation that your self-disclosure and Enhanced Disclosure are satisfactory
- Awareness of the support the club and British Orienteering can offer.

Training

You will be expected to attend a 'Safeguarding & Protecting Children' (this workshop replaces 'Good Practice & Child Protection') course which is a three hour evening workshop that is put on by local authorities or your County Sports Partnership. This course will provide you with the basic information you need to recognise and deal with safeguarding children. The workshops are not expensive and your club should be willing to support the costs.

Within three years of becoming a CWO you will be required to attend 'Time to Listen' training which is a three hour workshop that will be put on by British Orienteering in your region.

Good Practice Guidelines for Volunteers Dealing with Children

You should demonstrate exemplary behaviour at all times in order to protect children and yourself from allegations.

The following are common sense examples of how to create a positive culture and environment within orienteering:

- Always be publicly open when working with young people;
- Situations may occur when it is necessary to make contact with the young person to keep them safe or deal with an injury, always inform the young person beforehand and ask if they have any objections;
- If groups are to be supervised in changing rooms always ensure that adults work in pairs, and that the gender is appropriate;
- Where mixed groups compete away from home they should always be accompanied by at least one male and one female adult;
- Coaches must place the well-being and safety of the participant above the development of performance.

You Should Avoid:

- Spending excessive amounts of time alone with young people away from others;
- Taking young people alone on car journeys, however short;
- Taking young people to your home.

You Should Never:

- Engage in inappropriate physical contact including horseplay
- Share a room with a young person unless a member of your own family;
- Permit young people to use unacceptable or explicit language unchallenged;
- Make sexually suggestive comments to a young person, even in fun;
- Agree to meet a young person on your own, outside the context of the normal coaching or mentoring process;
- Allow allegations made by a participant to go unchallenged, unrecorded or not acted upon.

Visit A Permanent Orienteering Course Near You

British Orienteering now has a comprehensive list and search facility on its website for all the Permanent Orienteering Courses in the UK. To find the user friendly listing go to the British Orienteering website home page, click on the 'New to Orienteering' button; then click on the 'Permanent Courses' button.

I am awaiting information from a number of clubs so if your club is not listed on the website please complete and email me the POC information form which may be downloaded from http://www.britishorienteering.org.uk/downloads/pocform_Oct-2007.doc

Alternatively send me an email at celia@britishorienteering.org.uk and I will send you the word doc.

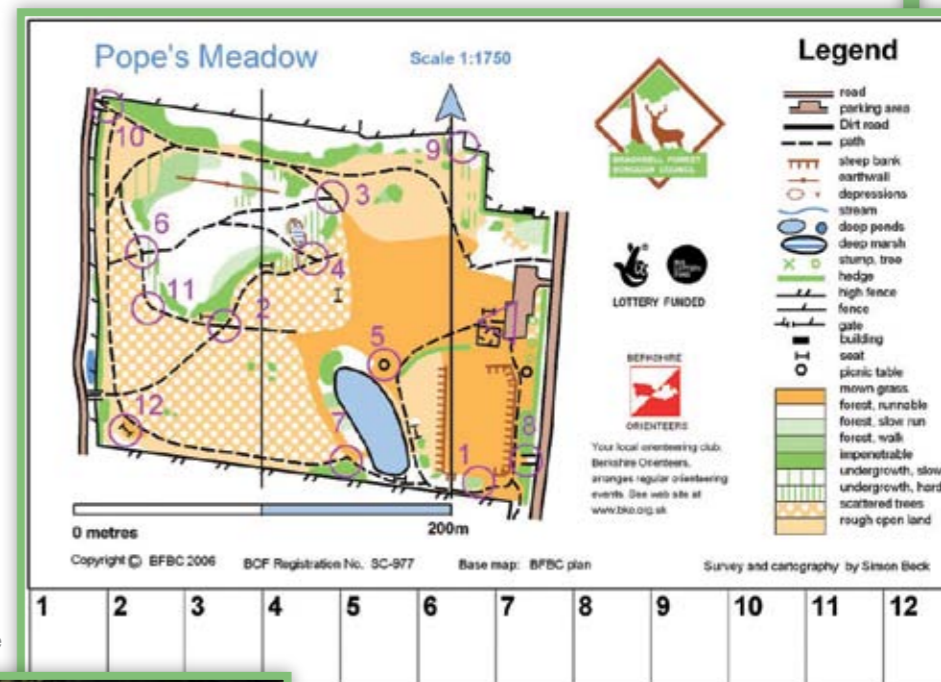
Celia Watkinson - Regional Development Officer (SW)

BRACKNELL FOREST OPENS ANOTHER POC.

Saturday 15th September saw the launch of the latest Permanent Orienteering Course in the Bracknell Forest district at Pope's Meadow, Binfield. The project is a collaboration between Berkshire Orienteers, and the council, with Canon providing regular volunteers who wanted to help the community and the environment to help with the installation. Money has been provided by the Big Lottery Fund. Borough Council ranger Marie-Anne Phillips said: "The people who attended our launch really enjoyed trying the course, trying out some map reading and exploring Pope's Meadow. We hope the course will encourage more people to visit the sites and to try orienteering."

The Council's ranger service has been working with BKO to develop orienteering courses in parks across their borough. It is hoped that once orienteering skills have been mastered at school, pupils and young people's groups will be able to extend their experience in the safe environment of the borough's parks – and hopefully beyond that through joining Berkshire Orienteers and participating in their events. With a course already installed at Lily Hill Park, and another planned at Ambarrow Court, there will be a POC close to all the 29 schools which have participated in the Bracknell Forest Orienteering Project.

The parks were chosen both to give a good geographical spread across the borough, and for their suitability for orienteering in terms of interesting terrain and as a manageable size for school groups first taste of off site orienteering. The courses have been planned specifically to permit simple star and short course orienteering which will allow maximum visibility of pupils from a central point and aid ease of supervision. Maps of the parks are available to schools free of charge electronically by emailing the rangers, thereby avoiding the need to hold a central stock.



The Bracknell project has been an excellent example of the different council departments working together. Education, Leisure, Parks and Countryside have all played their part to further the development of orienteering in the borough and with the added incentive of the British Schools Orienteering Championships taking place on the doorstep in 2008, the interest being displayed by local schools in orienteering is growing rapidly. Let's hope that this can be converted into increased participation in local events and junior club membership for BKO.

Denise Harper

Pictured: Denise Harper (L) with six year old Owen Hopkins and ranger Marie-Anne Phillips.

PHOTO COMPETITION



I am pleased to announce the launch of a photo competition that will culminate in the production of an orienteering calendar for 2009. Ideally I would like to use a photo that represents each month of the year. Therefore please submit your photos from November and December 2007 into the competition. Each month a winner will be chosen and will receive a prize from that month's sponsor. Please email your photos as a high resolution Jpg to marketing@britishorienteering.org.uk stating your name, membership number and a contact telephone number. Please also include the name of any people featured in the photo, the event (if applicable) and the month it was taken.

Caroline Povey

21st Club Awarded Clubmark

West Cumberland Orienteering Club achieved Clubmark accreditation earlier in the year and their certificate was presented at the Yvette Baker Trophy final on the 2nd December. WCO is a shining example to clubs of excellent good practice: the club has concentrated its efforts on having a full programme of local events for the club and school orienteers. WCO has links with local School Sports Partnerships and stages a series of over 15 events in the Spring culminating in school teams taking part in the Cumbria Youth Games.

Saxons Orienteering Club in Kent achieved Clubmark in October and South Yorkshire Orienteers became the 20th English club to achieve the award in November. Both clubs have worked hard to engage with local schools and to stage events on school sites. New families are coming into the clubs as the result of some very well produced advertising material by both Saxons and SYO. Congratulations to both these clubs and to their hard working club volunteers.

Just as we were going to print with this edition of Focus South London Orienteers completed their Clubmark accreditation and became the 21st club to become accredited. SLOW is another club which is now increasing the numbers of juniors and is now competing with the 'established' junior clubs in competitions such as the Peter Palmer Relays and the Yvette Baker Trophy.

If you would like further information about Clubmark please visit www.britishorienteering.org.uk/developing/clubmark.php



NEW RDO

I am delighted that John Crosby (NATO) and Mike Hardy (CLOK) have offered to share the Regional Development Officer role for the North East region. Both John and Mike have considerable experience in development work for their clubs and in the wider school communities. The RDO role will be an extension of their voluntary development work and hopefully, will enable to sport to have a higher profile with the County Sports Partnerships in the region.

Since Heather Monro left the RDO role last year we have not been able to fill the post and we welcome John and Mike to the Development Team.



PARTICIPATION INCREASING IN YORKSHIRE AND HUMBER

British Orienteering has won the Sport England (Yorkshire) award for "Building Capacity - Creating the pathways". The award will be presented on the 14th December at Sport England's "Yorkshire on the Move" Christmas lunch which is to be held at the English Institute of Sport in Sheffield.

This is in recognition of the fact that participation in Orienteering in Yorkshire and Humber has substantially increased. This has been done by working with School Sports Partnerships across the county to train up hundreds of teachers to be level 1 coaches and by getting hundreds of schools mapped so that thousands more school children can be introduced to orienteering on their own school grounds.

It is also in recognition of the work that Clubs have done to develop links with schools and School Sports Partnerships to encourage inter-school competition and of how clubs have adapted their own competition structure to make it easier for school children and others to orienteer locally. In all sorts of ways they have made orienteering far more accessible to all.

The award also recognises that orienteering clubs in Yorkshire and Humber are meeting the challenge of developing their workforce and ensuring high standards of organisation by working towards Clubmark - SYO has recently achieved Clubmark and three more orienteering clubs in Yorkshire and Humber are now on the way to achieving recognition. Clubs have also acknowledged the need to increase the number of volunteer officials in order to increase their capacity to widen their membership.

The Club and Coach initiative, funded by Sport England, is another challenge for British Orienteering. The initiative will create a clear pathway into club orienteering by employing high performance coaches to work with school children



and young adults outside the school day to develop their potential. Sheffield, York and Leeds will be the focus for this activity. There are actually other areas in Yorkshire and the Humber where similar initiatives actually pre-dated the Club and Coach award - in Scarborough and Ryedale where two School Sports Partnerships have been working on a similar project, and in the East Riding where the Humber Sports Partnership is showing its recognition of orienteering by employing community Sports coaches to develop orienteering in the community. Just another indication of the fact that orienteering is on the move in Yorkshire and Humber!

Colin Best
Regional Development Officer

New Orienteering DVD

The new website now has a section dedicated to promotional material and resources. Simply click on Developing Orienteering then Publicity. Here you can find photos of the leaflets and posters that are available to clubs as well as details about books, merchandise and DVD's.



A new DVD is now available which is ideal for people who want to find out more about orienteering, going to events and the skills required to progress. There is also a section dedicated to teaching group exercises, particular in schools. The DVD features five sections:

- What is Orienteering? A two minute snippet into the exciting world of orienteering. This can also be viewed on You Tube.
- Going to an Event - An introduction into what to expect at an orienteering event including what you need to wear and take with you, what courses are available at local events and how you complete a course.
- Basic Techniques - An explanation of the basic skills that will help you get started in orienteering and complete courses aimed at beginners. This section includes: how to

- orientate your map, the basic symbols and colours used on an orienteering map and how to navigate round simple courses.
- Advanced Techniques - An explanation of several advanced skills required to complete harder courses including how to use a compass, aiming off, attack points, pacing, route choice, basic contours and other land formations.
- Learning Exercises for Groups - This section is designed to support school teachers/group leaders who have attended British Orienteering training courses. It demonstrates a series of progressive exercises which can be used to teach the basic skills of orienteering to school children and groups.

The DVD is priced at £9.99 + £1.50 P&P. To order either download an order form from the website or email Nicole@britishorienteering.org.uk

Satellite Clubs - The Future?

Something which we will be watching with great interest is a new initiative in some regions of the country whereby Sport England funding for paid coaching staff will enable clubs to start satellite clubs with weekly activities. I use the word 'activities' rather than 'events' because, as a coach, this is something which I remember working very well for my club back in the 1990s with the county Sports Training Scheme and Champion Coaching. Newcomers are far more likely to be attracted to a club which puts on activities frequently and in a limited locality. South Yorkshire Orienteers have already piloted frequent club nights and plans are in place for the first of the Club and Coach programmes to take place in the Wisewood area of Sheffield from April 2008.

It has been said before but I make no apologies for repeating it here: clubs are discovering that more people prefer the friendly, less formal and lower key local events to the supposed money spinners of the Regional Events and clubs are finding that with much less effort in planning fewer courses they are attracting good numbers more regularly and still

making some money for new maps etc.

In the recent survey of all state schools in England 59% of schools said that they offer orienteering to their students but very few said that they have links with orienteering clubs. Now we all know that statistics should be taken with a pinch of salt but there are huge numbers of children experiencing orienteering who, along with their families, might be persuaded to come along to club activities IF those activities are well advertised and local to the keen orienteering schools.

James Purnell (Minister for Culture, Media and Sport) spoke at the recent School and Sport Partnership Conference about the need for a World Class Community Club network in our country to provide coaching and competition for the thousands of young people and their families so that they can experience what he called the 'joy of sport' - are we ready and willing to take up the challenge?

Hilary Palmer
Development Manager

SPORTident UK

SPONSORS OF THE GB ORIENTEERING SQUAD

PURCHASE ALL SI-CARDS ONLINE

- Lowest UK Prices if you order online
- Punching is now twice as fast with the SI-Card 6
- Choose your own memorable SI-Card Number
- Choose from dozens of high vis. Colours

You will be notified of your new SI-Card number immediately by email so you can enter your next event without delay. Purchase new SI-Cards and register your existing SI-Card online

NEW CONTROL STATIONS

New BSF7 and small & cool BSF8 control stations feature "Always On" technology and years of battery life. No need to prepare or switch them on, just site them at a control.

NEW TRAINING/SCHOOL KITS

New cost-effective bundle of BSF8 stations, a thermal printer and download station. No need for a computer or mains power. Instant results.

OUR SERVICES

- SALES** - All SPORTident equipment to the UK, USA & Ireland
- HIRE** - 2000 SI-Cards, 200 NEW controls & masterstations
- SUPPORT** - Major events, corporate / charity challenges, customised solutions for unusual events & website development.
- ATTENDANCE LOGGING** - Systems for automatically monitoring student attendance at lectures/seminars.

www.sportident.co.uk

Sleagill Head Farm, SLEAGILL, PENRITH, CA10 3HD
Tel/Fax: (+44) (0)870 766 1792, Mob: (+44) (0) 7836 384853
EMAIL: martin.stone@sportident.co.uk

Good Practice in Club Development

We all know that numerous clubs have excellent ideas for local events and below are a selection that have proved successful. Please send your examples of best practice to info@britishorienteering.org.uk

Lagan Valley Orienteers' Successful Summer Series

By Helen Baxter

Lagan Valley Orienteers have just completed a successful summer series known as the WEE (Wednesday Evening Event) series. These events were run weekly throughout May, June and August in three different parts of the club area. Each event consisted of two courses, a long and a short, with pre-marked maps. The short course was about 1.5km and Yellow standard and the long course was 3.5km and Light Green standard. The idea was to keep things easy for beginners but give the experienced a taste of Sprint O. Sport Ident was used for all of the events with a security system of wire strips and combination locks to prevent vandalism. In addition all the events were planned by novice planners with the organiser acting as controller.

A flat rate of £2.50 was charged at the May and June series but the club successfully applied for a grant from Belfast City Council for the August series. They used this to map three new parks and run free events in five different parks during August. The Belfast series was particularly successful with over 500 people taking part; but in the other areas there were usually 50 - 80 runners, numbers only fell on the evenings with torrential rain and mist! At the end of each series there was a BBQ with prizes for newcomers and old hands. The events were publicised through fliers in leisure centres and libraries and by an interview on the local radio station.



Map: Musgrave (LVO)



West Cumberland Orienteers had something exciting on offer in the woods with their annual Spook-O for Halloween. Cockshot Woods, beside Theatre by the Lake, in Keswick, had a number of specially dressed control points along the path network.

The narrow paths, low branches and leaves on the ground all produced the spooky atmosphere that kept the youngsters on tenterhooks. This year the Halloween style event attracted 300 participants, many of whom came dressed for the occasion. Low flying bats, cobwebs and sound effects certainly produced the right atmosphere and had many a parent's hand held very tightly!

Halloween Happenings at Basildon Park

by Denise Harper



BKO member and National Trust Volunteer, Anne Parker, was kept very busy over half term as one of the organising team of half term Halloween activities at Basildon Park, a National Trust property used in the 2005 filming of 'Pride and Prejudice'.

In conjunction with BKO members, Anne arranged for the gardens and shrubbery adjoining the house to be re-mapped and then devised a trail, based on the O map, which necessitated the use of the map to find the nine items lost in the grounds by the witch. Letters had to be collected and re-arranged to discover the name of the witch and this proved the most challenging task. Have you ever heard of a witch called Dotty Dora?

The activities, which also included an indoor trail, making witches hats and masks and demonstrations of pumpkin carving, were hugely popular with children, parents and grandparents alike and Anne was kept extremely busy for five days!

The outdoor trail was used as an introduction to orienteering in the few quieter moments and fliers were distributed for our beginners Saturday series. It would be wonderful if we could use this event to further develop orienteering for the public at Basildon Park but we'll have to see if Dotty Dora can wave her magic wand and make it happen...

BOK CHRISTMAS EVENT

BY KAYE DYER

Each year the Dyer family organise an informal Christmas event aimed at attracting families. Last years event was held at the Vaulted Café at Kings Weston House, Penpole, Bristol. The venue was good as people were able to buy food and drink at the Café and socialise with each other. The registration was set up on the patio, overlooking Avon and the Severn Estuary and a great atmosphere was created as people entered into the Christmas spirit by dressing up for the event. Several types of courses were offered including an "Easy" course for beginners and people with pushchairs and wheelchairs. A "Moderate" quiz course of two different lengths for people with a little orienteering experience and a "Difficult" tough blue course of two different lengths for runners. The quiz course proved most popular with 61 people taking part. 40 people entered the easy course and 28 people the difficult course. The organisers were pleased that people came from all over Bristol and the surrounding counties and all seemed to have a great day.

SROC NIGHT STREET LEAGUE

by Glenys Ferguson

SROC has a long history of holding night street events. For many years, this has taken the form of a series of ten events at fortnightly intervals on Wednesday evenings between October and March. These currently attract around 30 to 40 participants, including a few juniors. A hardcore of these are regulars, principally members of SROC although several other north-west O clubs are represented. The events also prove popular with local running clubs, whose members will turn out when an event is close to their base. We currently have about thirty mapped areas distributed across the whole SROC catchment, and slightly beyond. For instance, in the 2007-8 season, competitors will run around the streets of Morecambe, Leyland and North Bolton.

The results of each event and the league standings are published promptly on the SROC website. There are two leagues, based on a competitor's best five results. One league uses actual scores. In the other, the scores are standardised by applying an age and gender factor. This allows everyone to compete on an 'equal' basis. For 2007-8 these factors are based on age group world records for running 10000m. Routegadget is now available through the website and the street league has its own section on the club message board.

Objectives:

The street events offer a unique blend of training and socialising. More specifically, they provide opportunities for:

1. Training for all ages and abilities
2. Maintaining or developing fitness
3. Competition
4. Practice of orienteering skills – decision-making under pressure, simplification, route choice, timing, accuracy in 'punching'
5. Developing mapping skills, if desired
6. Enjoyment and fun, both whilst running and socialising afterwards. (Events are usually organised from pubs that will accept under 18s and offer the option of food and drink afterwards.)

Format:

The format is a score event – collect as many controls as possible within the time limit. There are penalties for returning late. Three courses are offered:

- 75 minutes
- 60 minutes
- 40 minutes

Competitors can choose whichever best suits their requirements and vary through the season if they wish, without penalising their league scores (which are calculated on a points per hour basis). Regulars who cannot make a particular event have the option of a self-timed run, but cannot score more than the winner on the actual night.

Planning:

- Maps are all specifically produced, at scales appropriate to the area in question. Some use colour. Increasingly maps are being produced on OCAD.
- Controls are 'street furniture' – fire hydrant numbers, telegraph pole numbers, words on signs and so forth.
- Controls usually have different weightings, signified by their number. Points are distributed about the map in such a way that it does not give an advantage to any particular length of course.
- Planning aims for a good 'flow' through the controls, minimising the number of dog-legs.
- Controls must not be on private property or tempt competitors to go onto private property in order to read properly.
- Controls must be easy to read by any competitor with a reasonable light.
- Control locations must be unambiguous, e.g. opposite a road junction, at the end of a road. The actual location is identified with a dot at the centre of the control circle.
- Beware of using clues whose answers can be guessed e.g. sequential lamppost numbers.

Safety:

- Street events are registered with British Orienteering and a risk assessment produced.
- At the start of the season a letter is written to the relevant Police Divisions informing them of events in their area. Individual organisers are requested to contact the local police station shortly before the event, to provide them with a map and to seek advice if 'dodgy' areas, best avoided when planning, are suspected.
- Organisers are reminded to consider safety issues as an integral part of the planning process. For instance, what routes are competitors likely to take in crossing busy roads? Might they be tempted to take a short cut across a railway line or a stream? Does the location of the Start/Finish expose competitors to heavy traffic when they may be giving greater concentration to other matters?
- An emergency telephone number is shown on the map.
- At registration, a map is displayed without controls but giving a warning of specific hazards, such as major roads or level crossings.
- Under 16s are allowed to compete if accompanied by an adult. 16 and 17 year olds can compete without an adult, but only if written consent from a parent/guardian has been obtained.
- Competitors are directed to wear high visibility clothing and there are reflective vests available for loan.

The events are proving very popular, why not organise a series for your club?



BRITISH ORIENTEERING COACHING DATES FOR YOUR DIARY

For further information visit the 'Coaching' pages on the British Orienteering website under 'Developing Orienteering' - 'Coaching' - 'Coaching Courses'

COACHING DAY for Club groups and individual British Orienteering members.

Saturday 12th April South Lakes - Haverthwaite or Bouth Woods (TBC)

Sunday 13th April SROC Regional Event - Hampsfell, Grange-over-Sands

THE ANNUAL COACHING CONFERENCE

is open to all British Orienteering members. The theme this year is "Coaching and the Development of British Orienteering". The conference is from the 1st to 3rd February 2008 at Lilleshall National Sports Conference Centre near Newport to the West of Birmingham.

With the introduction of two new British Orienteering Teaching Orienteering Courses and the launch of UKCC Level 1 set to happen in 2008 this is an exciting time in the development of coaching. There will be speakers from different backgrounds present to ensure that an entertaining and wide range of topics are covered. Book early to avoid disappointment. The application form is now available on the website - visit 'coaching courses'.

COACHING DAY for Club groups and individual British Orienteering members.

Saturday 1st March Dumfriesshire (area to be confirmed)
Sunday 2nd March ScotGalopen - Scottish League Event 1

COACHING DAY for Club groups and individual British Orienteering members.

Saturday 7th June West Midlands (Area to be confirmed)

Sunday 8th June HOC National Event - Brown Clee, Bridgnorth.



2007 Regional Squads Course
YMCA LAKESIDE
23th to 25th November 2007 ~ By James Taylor (NOC - M16)

Our exciting weekend began with a true test of endurance - a four-hour journey in a cramped and very noisy minibus - not something I would wish on most people. Yet the hardy East Midlands squad survived unscathed and by the time we arrived, we only just had time for a quick game of table football before lights out.

Waking up on our first morning at YMCA Lakeside was to be much more difficult than first anticipated, as the warmth of our bunks proved too tempting to leave. Empty stomachs prevailed though and we trudged bleary-eyed towards the dining hall through the cold, only to realise that due to our late start, we faced a significant wait in the queue for breakfast. Breakfast was worth the wait though and after numerous visits to the hot chocolate machine, we were wide-awake and ready for a day's tough training. Our first training area was High Dam - a personal favourite of mine, and we made quick progress in getting to the start, overtaking the welsh squad along the way. Our feet were already damp, after trawling through a number of streams, but spirits were high, as we began our energetic, but rather unorthodox warm-up - masterfully lead by Peter Hodkinson.

Richard Robinson (Lead coach EMOA) had planned some technical exercises to begin the morning's training, but all

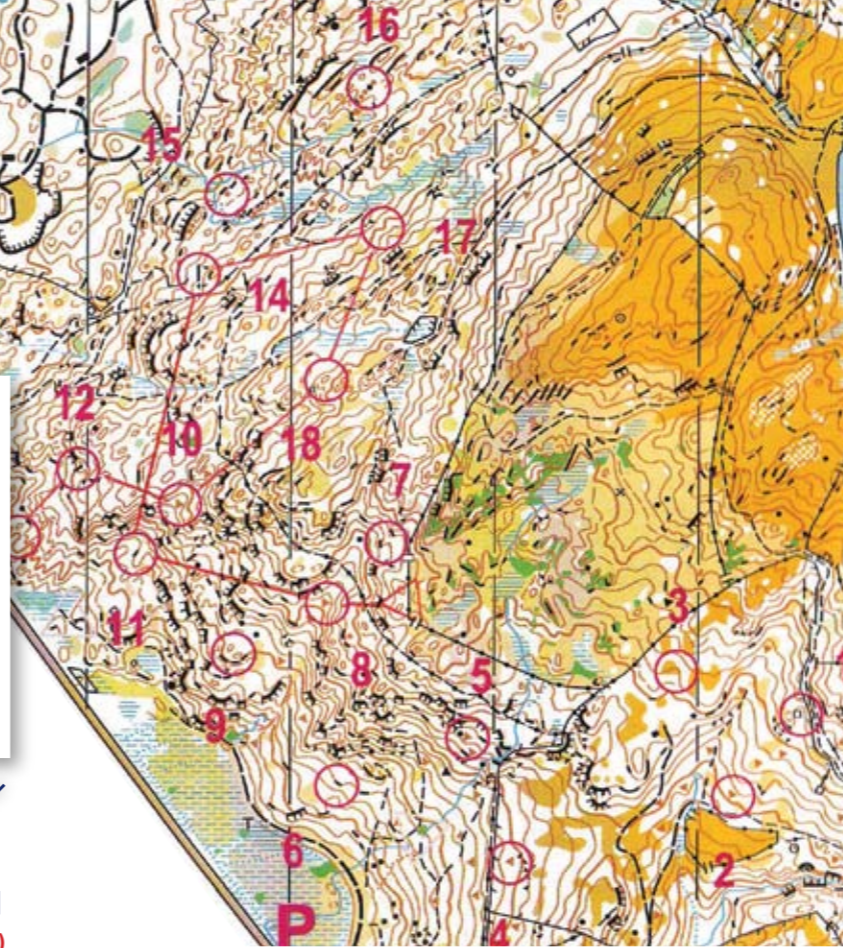


members of the squad seemed to find their feet reasonably quickly and enjoyed taking advantage of the bramble-free, technical terrain (something of a rarity in Nottinghamshire!!) As the rain began to pour down upon us, the sprint course, a feature started at last year's Lakeside training weekend, was initially met with anticipation, but upon their return, everyone seemed to have smiles on their faces and despite a few hiccups with the smaller scale, the squad was reasonably pleased with their runs. Peter Hodkinson in particular seemed to have enjoyed the race and as we found out later, had run the fastest time of the day.

A welcome break followed the sprint race and as we wolfed down the hearty packed lunches

available, the sky seemed to clear ready for our afternoon training on Haverthwaite. However, finding the start on Haverthwaite was not as easy as it first looked and Richard demonstrated exactly how not to keep map contact, by taking us "the scenic route" to the start - even the best coaches get lost sometimes!

As darkness descended upon Lakeside, we were back in the warmth of the accommodation and once again queuing - this time for the last of the hot water in the showers though. A squad debrief soon followed and after some more words of wisdom from Rich and discussion about the day's events, we hit the table football table again, this time with newfound skill and precision passing.



Dinner was another favourite time of mine, and the food tasted great! A lucky few even got to sit in the side room, away from the rival squads. My highlight of the weekend by far though, was the evening talk by GB superstar Jon Duncan on Speed: Precision: Endurance. He really captivated the audience with an impressive talk and despite early reluctance from juniors, a number of good questions were asked at the end. The evening wound to an end with more games of table football, interspersed with walking to the lake and frolicking with glow-sticks!

As we rose for breakfast on our last day at Lakeside, the rain was pouring down again. We managed to get in the queue slightly earlier than the previous day though and didn't have to wait in the cold for too long before we managed to fill our stomachs once more. Packed lunches were made, and certain members of the East Midlands squad took good advantage of the unlimited bread and fillings before we headed out to Bigland for our final training session of the weekend.

We were joined on Bigland by former East Midlands squad member Matt Dickinson and split into groups for some relocation exercises. Relocation is clearly a skill that some people need to work on though, as this exercise gave us the funniest moment of the weekend. About mid-way through the exercise, after being dropped off first by

Richard, I headed off to control 8 whilst the other three in my group were being dropped off in slightly different places. Richard forgot to mention to them that they were going to control 8 not 10 though and there was a big misunderstanding with Richard, Peter H, Peter Lynas and Craig Woods sitting by control 8 wondering what was taking so long for the others to arrive. After about half an hour of waiting and checking other control sites, we eventually found each other and were able to laugh off the mistakes made. The session ended in slightly less dramatic fashion, with a one-man relay back to the minibus and some obligatory posing at the last control before we left.

After that, it was just time for a quick shower back at Lakeside and last-minute packing before we got on the bus again for another tedious journey back home. This was a great weekend, and after three years at Lakeside I feel somewhat of an authority on the subject when I recall the anecdotes of previous visits and recommend the weekend to younger juniors in the squad. My thanks though must go to all our coaches who helped make the weekend as enjoyable as it was, and all those who helped behind the scenes; after all it's thanks to them that the weekend always runs so smoothly.

Photos by Richard Robinson

Peter Palmer Coach of the Year

This year we hope to receive even more nominations for this prestigious award that will be presented at the Annual Coaching Conference in February.

Nominations:

If you wish to nominate a coach for this award then please email your nomination to vicky@britishorienteering.org.uk by the 18th January 2008 with the Peter Palmer British Orienteering Coach of the Year Award as the title.

We need to know your name, the name and club of the coach you are nominating, your reasons for nominating them with a summary of their coaching activities, who they have been coaching as well as anything else which might be of interest to the judges.

Notes for Nominators:

A definition of a Coach is 'one who helps an individual to realise their sporting excellence or potential'. In order to be considered the candidate must be a British Orienteering Licensed Coach from Level 2 to Level 5.

The nominator should highlight the candidate's success in the following areas;

- his/her success in upholding the principle above
- his/her success in developing those around him (parents,

helpers, coaches as well as athletes)

- his/her ability to work in the context of the development aims of the organisation (club, region etc) for whom he/she is coaching
- his/her cognisance of the wider context within orienteering rather than a purely coaching view
- his/her recognition and use of the athlete development pathway (e.g. for juniors from club to Regional squad to GB squad) as appropriate

Consideration will also be given to the following aspects;

- the coach's work must uphold the British Orienteering code of conduct
- all sessions must be held within the British Orienteering safety guidelines
- use must be made of all necessary rules and guidelines (event registration etc)
- the coach must be sufficiently qualified for the work they are undertaking
- the coach should be involved in coaching on a frequent basis
- the coach should be aware of modern coaching theory and developments

National Orienteering Centre – The Sometimes Forgotten Jewel in Scotland's Orienteering Crown

Although it's well known to most Scottish orienteers, those of you south of the border could be forgiven for not knowing we have a National Orienteering Centre. It's a grand title, in keeping with our important status and grand aims, though as a physical entity NatCen is very modest (NatCen, to avoid confusion with Nottingham OC). Appropriately, NatCen is based at Glenmore Lodge, probably the best known outdoor activities centre in the UK.

Largely run through the Scottish Orienteering Association, our aim is quite simply to be the centre of excellence for everything relating to orienteering. We run coaching weekends for anyone from absolute beginners to elite squads, and we run courses for coaches, controllers, planners and organisers. There's a basic schedule for these, but that's only the starting point. Almost as many courses are arranged at different venues according to what people want.

We also arrange access, maps and facilities for club groups, squads or individuals who want to do their own training. Maps can be supplied as OCAD files or with courses pre-printed on waterproof paper – not that it rains much up here of course! Charges are modest, and structured so you simply pay for the elements you want us to do.

Our areas include several stunning Speyside forests with enough technical difficulty to keep you amused for hours on end (intentionally or otherwise); several of the areas have been used for 6-Day events in recent years. But we also have some delightful little areas that provide plenty of fun and not quite as much relocation practice for the less competent orienteer.

We have equipment available for loan or hire, including kites (standard ones and the smaller training ones if you want to make it a bit harder), Emit controls, brikkes, printer etc., and a selection of different compasses for you to try before you commit yourself to a radical change.

As well as the "bespoke" side, we have our "off-the-peg" range – the Map of the Month. It's a slight misnomer but no-one's suggested a better name. At the beginning of each month about 20 controls are put out in one of our top quality areas, to provide TD5 training. Map packs (which include suggested courses and training exercises) are available from Glenmore Lodge or by post (see contact info below), and the controls remain in place until the end of the following month. So at any time, you can do some top quality training in two areas with no special preparation or planning.

The area around Aviemore is well served with a variety of accommodation options for groups or individuals, and you can get here by train, car or plane (the infamous orange airline connects Luton with Inverness Airport, which is about an hour's drive from Aviemore). Although we can't arrange travel and accommodation for you, we can certainly gather information and advise you.

Full details of NatCen's activities, schedule and costs are on the website: www.nationalorienteeringcentre.org or to discuss your particular requirements do please get in touch with Hilary Quick – tel. 01479 861374 or 01467 629022 or e-mail nationalocentre@scottish-orienteering.org

By Hilary Quick



Jetting Off to the British Champs!

Jet setting takes on a new perspective for the country's elite as they compete for the British Championship titles in 2008. With the venue set for Culbin on the Moray coast in NE Scotland some will surely jet into Inverness Airport, some 15 miles away. Low cost airlines operate from Bristol, Belfast, Midlands, Gatwick, Luton, Manchester, Southampton and Yorkshire making the trip a possibility for most orienteers. But that's just run of the mill, almost old-hat jet setting. Britain's 2008 Champions will be breaking new ground in the pastime as they take over the all-but-actual controls of an RAF Tornado for a stomach raising "jet flight" to remember. From accelerating down the runway, through a high speed tour of the Scottish countryside, until returning to base for a nerve tingler of a landing, both head and heart will be put to the test.

Championships organiser Jon Musgrave reports that he has teamed up with local RAF orienteer Mike Rodgers to land what are in fact, flights of fancy. The pair have negotiated

two slots - not in a Tornado - but in a Tornado flight simulator, where all round cinema style screening linked to cockpit controls, creates a mind fooling impression of high speed flight. David Bolsolver the local rep for the company that runs the simulators for the RAF says, "The winner will have a one hour session in the Tornado Full Mission Simulator, either in the front or rear cockpit depending on their wishes. The cockpit is a full replica of a Tornado GR4 and it is the nearest you can get to flying the real thing. It has an almost complete dome around it which gives a full visual picture of the world around you, not unlike an I-Max cinema."

Current British men's Champion Oli Johnson welcomes the news of such a fantastic prize. "That sounds pretty fantastic, a great prize," he says, while admitting, "I get a bit scared flying so to fly a Tornado, experience all the thrills, without having to get off the ground would, he says, be a bonus. Oli, also the JK title holder and winner of both the long and middle distance British titles last year, is no

British Orienteering
Championships
2008

19 - 20 April
Culbin Forest, Moray



stranger to Culbin. He ran there on his way to Scottish Six Day success last summer.

He had gone north nursing the disappointment that came with missing out on World Championship selection. "I was running to show I was fit enough to go to the Worlds. I wanted to prove to myself I was good enough." Three wins in three days over Denmark's former World Champion Allan Mogensen certainly did that, proving it to himself and everyone else. But at Culbin on day four, he finished 4th - his worst result of the week. "It wasn't a bad run. I just didn't put it together," he says. "It was different from the other days. I made a couple of mistakes." He won't want to do that in April and Tornado flights will be far from his mind as he hoofs it through Culbin's conifer covered dunes. "It will certainly make the event more exciting," he says, "but if that pops into my mind out in the forest I won't be concentrating enough on the job."

Article by Bill Melville

For further information about the British Championships please visit www.boc2008.co.uk

Join us for a Great Easter weekend at the JK

The 2008 JK will be held in the South East of England using some of the same areas as the World Cup 2005. The event centre will be at the Army Training Camp in Crowborough and a large amount of accommodation is available. Surrey and Sussex contain some of the finest countryside in England so why not bring the whole family for an Easter break?

Fri 21st Mar 08

Day 1 – Sprint Race – University of Surrey, Guildford. A complex university generally regarded as one of the most technical Sprint terrains in the country.

Sat 22nd Mar 08

Day 2 – Individual Race (Part 1) – Leith Hill. Mixed, mainly fast woodland with sections of very high technical complexity. The undulating slopes include the highest point in Surrey.

Sun 23rd March 08

Day 3 – Individual Race (Part 2) – Ashdown Forest. Combines areas of runnable woodland,

rough heath and open land, presenting challenging terrain with multiple features, large valleys and extensive views.

Mon 24th March 08

Day 4 – JK Relays – Eridge Old Park. A traditional English Country estate with large blocks of detailed woodland with many ancient trees scattered around extensive parkland.

Entries are now open and you are encouraged to enter online at www.jk2008.org.uk

JK:2008

INTERNATIONAL ORIENTEERING

SEOA are pleased to announce that they have secured the exclusive use of the Crowborough Army Training Camp in East Sussex for the JK 2008 Village/Event Centre.

Bookings are now being taken for a variety of accommodation types:

- 2/3/4 bedded rooms
- Family rooms (4 persons) – limited availability
- 16 bedded dormitories
- Floor space
- Camping/campervans



Further details of the accommodation are available at www.jk2008.org.uk

Meals can be supplied and facilities for making your own hot drinks & cold breakfasts will also be available. There is a bar on site and a full social programme is being arranged.

The JK Village is within a reasonable travelling distance of Gatwick Airport, all events and is particularly close to the Relay venue on day 4. If there is sufficient interest, coach transport will be arranged from the JK Village to Days 2, 3 & 4.

In addition to the Sprint Race at Guildford University a JK training event is being arranged on Day 1 at Hindleap Warren on Ashdown Forest which is 25 minutes drive from the JK Village.

Accommodation booking forms can be downloaded from www.jk2008.org.uk or obtained from Sarah Howes at Green Westons, Pearsons Green, Brenchley, Tonbridge, Kent TN12 7DE. Please send an SAE.

Trail O

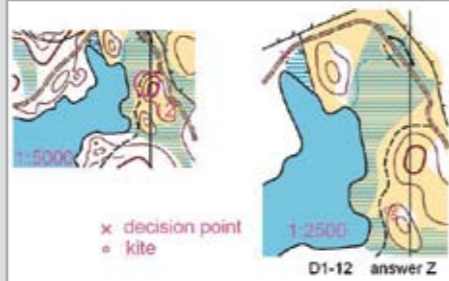
British Trail Orienteering Championships 2007

By Christine Robinson

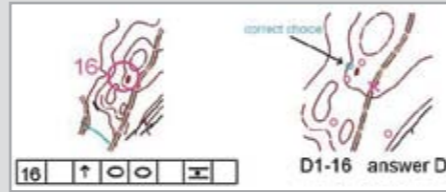
On a wonderfully warm and sunny Saturday at the beginning of September Dave Gittus beat all comers to win the British Trail Orienteering Championships. His quick decisions at the timed controls gave him the edge over challengers John Kewley and Beryl Blackhall who had the same score. The contestants travelled from far a field, coming from Cornwall to Scotland and Ireland to East Anglia.

Viewing from the recently improved track around Tarn Hows, Peter Roberts of Eborienteers set the competitors challenges that tested contour interpretation, distance judgement, compass work and mental alertness. From sites that were viewed across the water to sites immediately adjacent to the trail, concentration was paramount.

Only half the competitors correctly selected the answer to number 12 shown here. From the viewing point at the end of the inlet the line of sight to the circled position was through a wooded marsh and across a fence. It was very easy to concentrate on and make a selection from the 3 kites that could be seen on a parallel knoll where the view was unimpeded.



The majority of competitors made the correct choice for number 16. The decision is made using information from both the circle and the description. The description 'between hills' rule out those between the dot knoll and a hill. The position of the circle and the 'northern' description arrow confirm the choice.



Results and information are available on www.trailo.org. The next opportunity to try your hand at this aspect of orienteering that concentrates on map interpretation will be at JK2008. Look out for details of both 'tempo' (making decisions at speed) and traditional trail-o on the event information and the website.



EVENT OFFICIALS UPDATE

REMOVING LEG SPLITS

Removing splits when a control is missing / misplaced is an ongoing source of debate. In the case of a problem with a single control the organiser is often keen to avoid voiding the course. The availability of split times means that it is technically feasible to remove the legs either side of the affected control. Many federations are grappling with this question as to whether this is a practice to be encouraged, discouraged or forbidden. The International Orienteering Federation (IOF) Rules Commission will consider this question at its meeting in January, and British Orienteering Rules Group will be awaiting its outcome with interest. Any new rule / guidance arising from this meeting will be incorporated into the relevant British Orienteering documents.

UNCROSSABLE FENCES - OR ARE THEY?

Contrary to popular belief the IOF map symbol for a fence which has pairs of tags on it does NOT mean it is an 'Uncrossable Fence'. It means a 'High Fence', not crossable to the average orienteer. Consequently a competitor may attempt to cross it during the course of the competition. The same applies to the 'High Stone Wall' symbol with the pairs of dots. If the fence or wall is not to be crossed then it should be overprinted with a solid red line which indicates an 'uncrossable boundary'. Crossing a fence or wall overprinted as such should lead to disqualification.

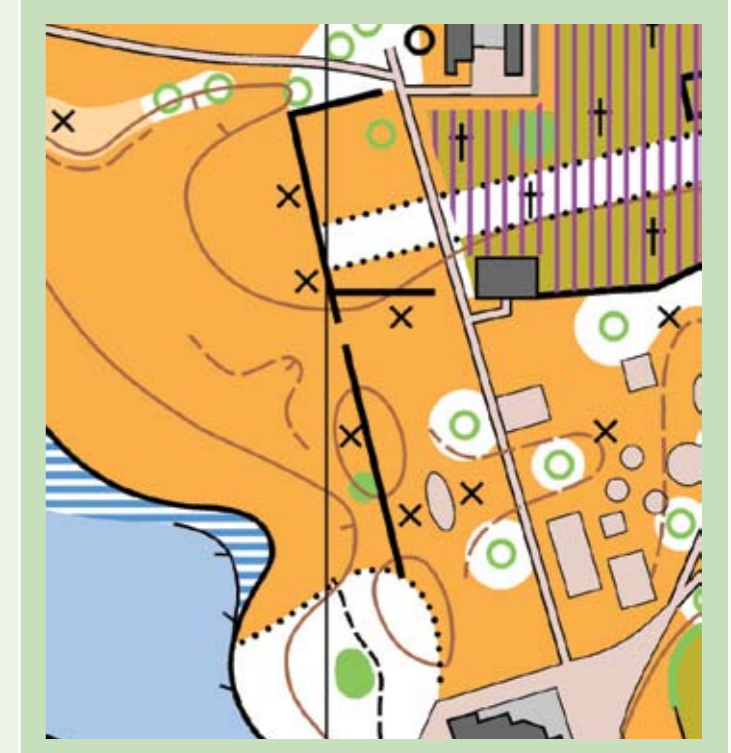


a) High Fence



b) High Fence which is not to be crossed

Unfortunately, just to confuse things, the rules for Sprint Maps are different. On these map a fence / wall is either 'crossable' or 'impassable - forbidden to cross'. There is no different symbol to distinguish whether a fence or wall is high or low, but if it is 'impassable - forbidden to cross' then it means just that. Even if you can see a way to get over or through it this is against the rules and you should be disqualified.



c) The solid black lines indicate walls which it is forbidden to cross

ELIGIBILITY TO RUN FOR A CLUB

This question has been raised on several occasions, so this seems an appropriate place to try and provide a simple answer. An individual joins a club and British Orienteering. Under the new membership scheme British Orienteering has no concept of 'local' club only members. An orienteer is either a member of British Orienteering or not a member of British Orienteering.

The British Orienteering membership form allows an individual to specify an Open and/or a Closed club. These are the only Open and/or Closed clubs for which that British Orienteering member can compete. Unlike athletics there is no concept in British Orienteering of first and second claim clubs. The competitor has the choice at any time; of running for either their Open or their Closed club, and neither of these clubs has any claim on that person if they want to run for the other one.

British Orienteering will also only collect one set of club fees, for whichever club the person identifies. This money is passed on to that club. However you can join as many clubs as you want (e.g. in order to receive their newsletters) - just pay the appropriate membership fee to the club treasurers who will no doubt be pleased to register you as some form of social member. But remember, you can still only compete for the clubs shown on your membership form.

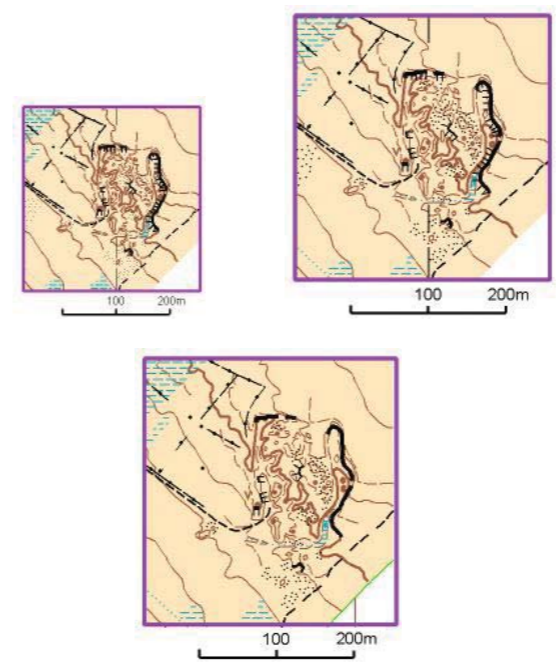
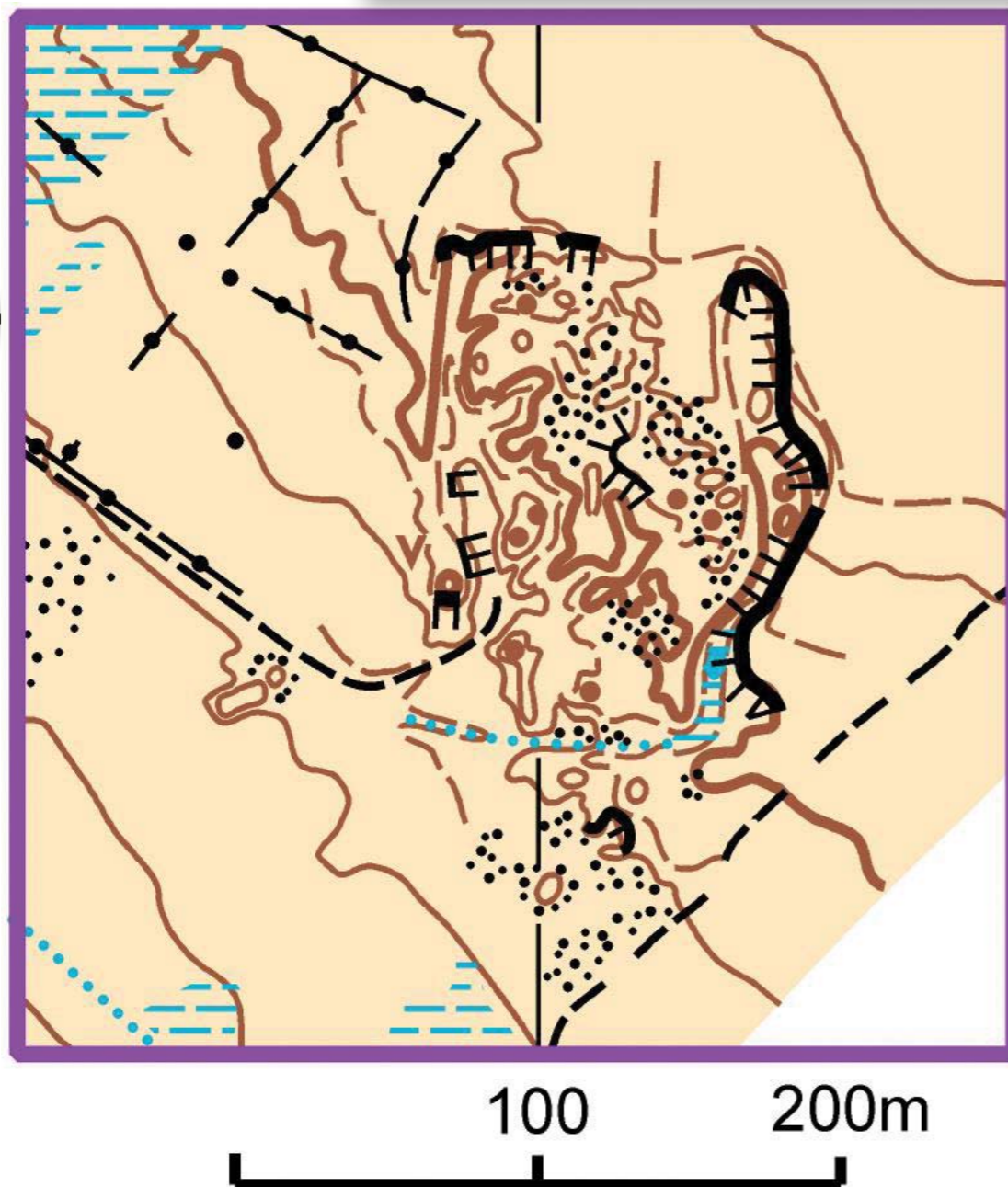
The current Rules themselves are clear on this. Any confusion tends to arise from people trying to bring in concepts from other sports which are not mentioned anywhere in the British Orienteering Rules.

ANY CONTRIBUTIONS, COMMENTS OR QUESTIONS SHOULD BE SENT TO: RULESGROUP@BRITISHORIENTEERING.ORG.UK

Are Computers Making Maps Difficult to Read?

by Colin Spears, Chairman of Map Group

At BOC2007, this small quarried area of Pwll Du, was used for two control sites. In the image below, which has been blown up four times to 1:1250, it is easy to identify plenty of potential control sites. Using OCAD for the cartography, further expansion up to 32 times is possible. This enables the mapper to make small adjustments to clarify details and tidy the map improving the appearance without destroying the accuracy of the survey.

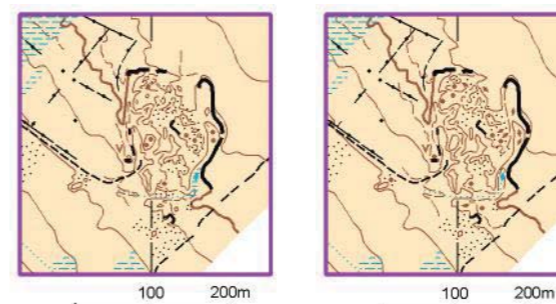


However, there is a temptation to only work on the map using the image on the computer screen and not to view the end product. The images above are the area as presented at 1:15000 and 1:10000 as used at BOC2007 and the 1:10000 version used at the Welsh 5-Day 2004.

The not too easy to read map from 2004 has become almost impossible to use in this area by 2007 due to the addition of crag tags and stony ground and boulder symbols. Black symbols will always obscure contour and other details in weaker colours. It is vital that mappers check prints of the map at final scale at regular intervals throughout the cartography to ensure they are producing a map that can be read on the run.

Planners, given the map file containing the above, will load it into OCAD or a similar planning program and having planned legs to this quarry will blow it up on the screen to look for control sites. No doubt, they will check the sites on the ground using an enlarged map, ensuring they get their tapes in the right place. It is quite possible that the controller will then check the tapes also using an enlarged map. Consequently the first people to navigate into the quarry using a map at the competition scales of 1:15000 or 1:10000 will be the competitors.

Below are two versions of the quarry produced by map group members, just relying on the information on the 2007 map, using ISOM2000 symbols and without visiting the quarry. It is suspected that a visit would result in the reduction in the number and length of form lines and the removal of some knolls.



Badge Awards to November 2007

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

Gold

JW1	Emily Cooper EBOR, Evelyn Elmes DEE, Yasmin Field EBOR
JM1	Liam Marsh SO
JM2	Thomas Hemingway WAOC, Edward Lines SO, William Parkinson NOC
JM3	Jake Field EBOR, Alexander Lines SO
JM4	Zachary Field EBOR, Craig Nolan ESOC
JM4/M14	Carl Edmonds BARRO, Ben Maliphant BOK
JM5M/M16	David Maliphant BOK
M12	Alexander Lines SO
M14	Matthew Nash SROC, John Ockenden SROC
M65	Ernie Williams LEI

Silver

W10	Anne Ockenden SROC
JM1	Cameron Owens KSODA
JM2	Kieran Marsh SO
M14/JM4	Carl Edmonds BARRO

Bronze

W12	Hazel Browne SROC
W16	Rebecca Quickfall SROC
M10/JM1	Miles Gilleard AIRE
M16	Ben Selby SROC

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

Details required:

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

Please note that year flashes have been withdrawn, as there were not enough claimants. Junior ageless class flashes (e.g. JW1) are now available, as well as all age flashes (from M/W 10 to M/W 75)

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

British Orienteering Addresses and Contacts



National Office:

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

National Office Staff:

Chief Executive:
Mike Hamilton
e-mail: mike@britishorienteering.org.uk

Executive Officer, Admin:
Laura Young
e-mail: laura@britishorienteering.org.uk

International Programme Director:
Derek Allison,
Newton Hall Farm, Newton in Cartmel, Grange-over-Sands, Cumbria, LA11 6JJ.
Tel/Fax: 01539 531167.
e-mail: derek@britishorienteering.org.uk

Marketing Manager:
Caroline Povey
e-mail: caroline@britishorienteering.org.uk

International Programme Manager:
Hilary Bloor
e-mail: hilary@britishorienteering.org.uk

Start and Junior Potential Manager:
Gareth Candy
e-mail: gareth@britishorienteering.org.uk

Coaching Programme Manager:
Vicky Thornton
e-mail: vicky@britishorienteering.org.uk

Accounts Manager:
Jannette Blunden
e-mail: jannette@britishorienteering.org.uk

Office Administrator:
Nicole McKenna
e-mail: nicole@britishorienteering.org.uk

Councillors:

Chris James, Dalcross, The Manse Lane, Gorsley, Ross-On-Wye Herefordshire HR9 7SJ. Tel: 01989 720122
e-mail: chrisjames@dalcross.plus.com

Ed Nicholas, Edinburgh University Sports Union, 48 The Pleasance, Edinburgh, EH8 9TJ
Tel: 07725 912593
e-mail: ednicholas@gmail.com

John Morris, South House, The Street, Clapham, Worthing, West Sussex, BN13 3UU.
Tel: 01903 871286
e-mail: johnmorris@britishorienteering.org.uk

Roger Hargreaves, 7 Coldrose Court, Truro, Cornwall, TR1 2LE. Tel: 01872 277320
e-mail: roger@hargreaves9999.freemove.co.uk

WEBSITE:
www.britishorienteering.org.uk

Useful Addresses:

British Orienteering Website:
e-mail: webmaster@britishorienteering.org.uk

Badge Claims: Chris Boycott,
13 Dawlish Avenue, Stafford, ST17 0EU
Tel: 01785 612825
e-mail: badges@britishorienteering.org.uk

Hon. Records Officer: TBC

Trail Orienteering: Anne Braggins,
90 High Street, Meldreth, Royston, Herts, SG8 6LB
Tel: 01763 260333
e-mail: anne@trailo.org

The National Orienteering Centre
c/o Glenmore Lodge, Aviemore, Inverness-shire PH22 1QU
Tel: 01479 861374
e-mail: NationalOCentre@scottish-orienteering.org

British Schools' Orienteering Association Membership Secretary:
Peter Bylett, 55 Bruce Road, Kidderminster, Worcs, DY10 2TY
Tel: 01562 631561
e-mail: info@bsoa.org

Trail Cyclists Association:
John Houlihan, 98 Main St, Menston, Ilkley, West Yorkshire LS29 6HY
Tel: 01943 876393
e-mail: tca@witness.co.uk

Hon. Officers:

Chairman: Neil Cameron, Chestnut House, Gannaway Lane, Tewkesbury, Glos. GL20 8DA
Tel: 01684 294791 (before 10pm)
e-mail: chairman@britishorienteering.org.uk

Vice Chairman: Peter Christopher, Brackendale, Brook Lane, Brocton, Stafford ST17 0TZ
e-mail: vicechairman1@britishorienteering.org.uk

Vice Chairman: Lyn West, Grove Hill House, Dedham, Essex, CO7 6DX. Tel: 01206 322905
e-mail: vicechairman2@britishorienteering.org.uk

Treasurer: Jenny Peel, 20 Riverdale Road, Sheffield, S10 3FB
Tel: 0114 2663169
e-mail: treasurer@britishorienteering.org.uk

Committee Chair:

Chair of Council & Management:
Neil Cameron, Chestnut House, Gannaway Lane, Tewkesbury, Glos. GL20 8DA
Tel: 01684 294791 (before 10pm)
e-mail: chairman@britishorienteering.org.uk

Coaching: Keith Marsden, 24 Glen Way, Watford, Herts, WD17 3JL
e-mail: keith@familymarsden.org

Development: Chair TBC

Events: Lyn West, Grove Hill House, Dedham, Essex, CO7 6DX. Tel: 01206 322905
e-mail: vicechairman2@britishorienteering.org.uk

International: Dave Harrison, Maunsell House, Home Farm, Hopton, Wirksworth, Derbyshire, DE4 4DF
Tel: 01629 540779
e-mail: david@maunsell.fsnet.co.uk

Development Team - England:

Development Manager:
Hilary Palmer
Tel: 0115 9820651
e-mail: hilarypalmer@britishorienteering.org.uk

EA (Bedfordshire, Cambridge, Essex):
Helen Errington
Tel: 01727 842 883
e-mail: helenerrington@britishorienteering.org.uk

EA (Norfolk, Peterborough, Suffolk):
Michael Chopping
Tel: 01553 841 669
e-mail: michael@britishorienteering.org.uk

EM: Pauline Olivant
Tel: 0115 9872083
e-mail: pauline@britishorienteering.org.uk

NE (Durham, Tees Valley):
Mike Hardy
Tel: 01287 624521
Email: mikehardy@britishorienteering.org.uk

NE (Northumberland, Tyne and Wear):
John Crosby
Tel: 01670 736242
Email: johncrosby@britishorienteering.org.uk

NW: Sarah Watkins
Tel: 01524 844915
e-mail: sarah@britishorienteering.org.uk

SE (Hertfordshire & N. London):
Helen Errington
Tel: 01727 842 883
e-mail: helenerrington@britishorienteering.org.uk

SE (Kent, Surrey, Sussex & S. London):
Christine Robinson
Tel: 020 8255 7176
email: chris@britishorienteering.org.uk

SC: Denise Harper
Tel: 0118 9482934
e-mail: denise@britishorienteering.org.uk

SW: Celia Watkinson
Tel: 0117 9688627
e-mail: celia@britishorienteering.org.uk

WM: Tony Callow
Tel: 01743 884219
e-mail: tony@britishorienteering.org.uk

YH: Colin Best
Tel: 0114 2302621
e-mail: colin@britishorienteering.org.uk

Development Team - N. Ireland:

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

Development Team - Scotland:

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

Schools' Orienteering Liason - Wales:

North Wales: Mair Tomos
Tel: 01286 830 142
e-mail: mairtomos@btinternet.com

Make Your Escape with British Orienteering @



THE Ordnance Survey® OUTDOORS SHOW

14-16 MARCH 2008 NEC BIRMINGHAM

With new and exciting features, more celebrity speakers and the latest gear on display the NEC is the place to be from 14-16 March 2008. Whether you're a serious orienteer or you're just getting in to the sport you'll find something to fuel your passion at The Ordnance Survey Outdoors Show.

Ordnance Survey will again be sponsoring the show. Visit their Navigation Theatre to improve your map-reading skills, learn about the latest navigation technology and listen to talks from their experts.

You're Never Too Old Try Something New

As ever The Ordnance Survey Outdoors Show will be THE place to try your hand at a new outdoors pursuit. Impress your friends and family by trying a new activity for the first time. Learn to dive with PADI, tackle the Trespass High Ropes Experience, learn bushcraft skills in the Wilderness Camp or have a go at mountain biking to name a few.

...and relax

Take a seat in the World Theatre to hear tales of adventure from the UK's most famous outdoors celebrities - confirmed already for the 2008 show are:
Simon King
BBC Presenter of Spring Watch, Autumn Watch and Big Cat Diaries
Johnny Kingdom
Star of the BBC2 series Johnny Kingdom, A Year on Exmoor
Kate Silverton
BBC Newsreader and star of Ultimate Wild Water
The full line-up of speakers will be

Other exciting events planned for The Show include:



BaseCamp

Whether you enjoy travelling light or can't leave home without the kitchen sink, there will be a tent on display in BaseCamp to suit your needs.

Skymasters Challenge

The "must see" climbing competition of the year.



Regatta Perfect Spot

Learn how to get the most out of your camera and never miss that perfect shot.



2 Tickets
for £20
Quote OT1

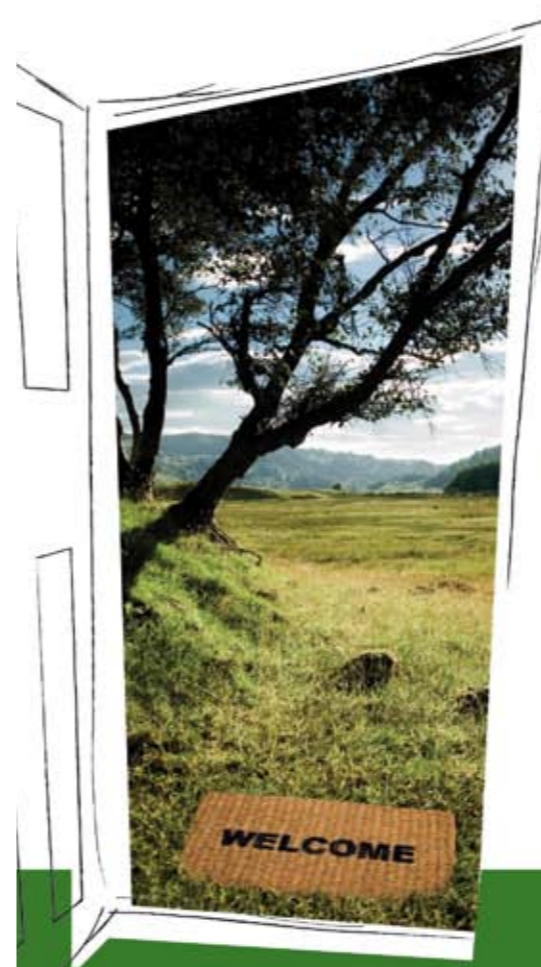
confirmed soon, so please visit the show website for updates - www.TheOutdoorsShow.co.uk

There is so much going on at the show it's impossible to squeeze it all in to this article, so for a complete programme of activities, speakers and exhibitors visit www.TheOutdoorsShow.co.uk and begin planning your next escape today! And don't forget to visit British Orienteering at the Show!

SPECIAL OFFER

Book your tickets now at a special discounted price of **£20 for two tickets**, saving £12 on door prices. Or why not visit the show with your club mates and save 15% when booking 10 or more tickets! To take advantage of these special offers visit www.TheOutdoorsShow.co.uk and book your tickets online before 1st March. Quote OT1 when prompted. Or call 0844 415 4418

Book Now @ www.TheOutdoorsShow.com





www.compasspoint-online.co.uk

Compass Point, 10 Market Square, Lytham, Lancashire FY8 5LW. ENGLAND
Telephone: +44 (0) 1253 795597 Fax: +44 (0) 1253 739460 Email: rick@compasspoint-online.co.uk

Official Sponsors of the JK Festival of Orienteering 2008

PB Ultra (wide fit)



£59.99 Sizes 4-13 inc 1/2

PB Elite Trainer



£55.00 Sizes 4-13 inc 1/2

New

PB Elite Racer



£55.00 Sizes 4-13 inc 1/2

New

PB Ultra X'treme (wide fit)



£65.00 Sizes 4-13 inc 1/2

PB Elite X'treme



£59.99 Sizes 4-13 inc 1/2

New

PB Junior



£40.00 Sizes 1-3 3 1/2-5 1/2 inc 1/2

New

Made in England



Please note on all off road footwear it is recommended to purchase 1/2 size bigger than normally required.

Your details: (PLEASE USE BLOCK CAPITALS)

Name: (Mr, Mrs, Miss, Ms) _____

Address: _____

Post Code: _____

Phone number: (DAY) _____

(EVENING) _____

Cheque card number: (IF PAYING BY CHEQUE) _____

Issue number: _____ Expires: _____

Security number

Card number

Description

Size

Qty

Price

P&P Standard

£2.50

UK only next day +£2.50

International +£5.00

TOTAL £

Post to
Compass Point
10 Market Sq., Lytham,
Lancashire FY8 5LW
Tel: 01253 795597
Fax: 01253 739460

Payment

Cheques made payable to COMPASS POINT. Please ensure your cheque guarantee number and expiry date is written on the back or your order could be delayed. Postal orders made payable to COMPASS POINT.

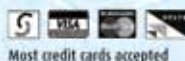
Delivery

We aim to despatch all goods within 48 hours should any item be delayed for more than fourteen days we will inform you of expected despatch date.

Availability

All goods are offered subject to availability and we reserve the right to withdraw any item without notice. In the event that any item is not available and we do not have a suitable alternative for you, a full refund will be made. Prices in this catalogue are correct at the time of printing and supersede all previous prices. Please note Colours may vary due to printing.

If you do not wish to receive further information on our products please tick this box



Most credit cards accepted

Ref: 251