

*Orienteering*

# Focus

WINTER 2008/09

THE OFFICIAL VOICE OF BRITISH ORIENTEERING

Cover Photo: Nikolay Ryabkov outside the Gherkin at the London City Race



Photo by Chris Shaw

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More People, More Places, More Podiums (MP3)

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



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and Jamie Stevenson



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# WINTER 08/09 Welcome to FOCUS

Welcome to the last edition of Focus for 2008. It has been a packed year with lots of exciting events and new initiatives taking place. This year has mainly focused on developing our Whole Sport Plan (Page 24) and putting in place strategies to achieve our vision of "More Places, More People, More Podiums".

We have made a fantastic start to achieving these aims with more urban O events taking place this year (see the London City Race article), a growing membership (see the Buxton Satellite Club article) and of course more podiums which we all celebrated when Graham, Jon and Jamie won Gold at the World Championships.

Lastly, may I wish all our members a Merry Christmas and a Happy New Year from everybody at British Orienteering.

Caroline Povey  
Marketing Manager



## NOMINATIONS FOR THE SILVA AWARD FOR SERVICES TO ORIENTEERING 2009

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 Friday 30th January 2009. The Board will make the final decision on the successful candidate. The award will be presented at the AGM on the 11th April 2009.

## CLUB CONTACT UPDATE

British Orienteering are currently updating our records and would like to make sure we hold up-to-date information on all Club Officials. It is important we hold all the current names and contact details to ensure we send out relevant information to the most appropriate people within clubs. Please can each club submit the names of their Chair, Treasurer, Secretary, Membership Secretary, Fixtures Secretary, Welfare Officer and Publicity Officer to [info@britishorienteering.org.uk](mailto:info@britishorienteering.org.uk)

## FOCUS DELIVERY PROBLEMS

Apologies for the time it took for the last publication of Focus to be delivered to some of you. The materials for the mailing were all with the mailing house on time, unfortunately after that it becomes confusing – the mailing house do the collation, envelope filling and delivery to the posting service and then the posting service process it. We believe the delivery of the last Focus was spread over almost 4 weeks and we are unable to clarify where the issue was. Unfortunately using a posting service and 'pre-processing' the mailout saves almost £2,000 on each distribution of Focus so there is value in the service. We are currently discussing solutions to the distribution of Focus that will enable us to provide a better service to you, our members.

## British Orienteering Calendar

The 2009 British Orienteering Calendar is now on sale. The photos used in the calendar are the winning entries of our photo competition.

Congratulations to Peter Cull, Mark Jesson, Robert Johnson, Mark Cheesman, Rob Lines, Iain Smith Ward, Ben Chesters, Dave McCann, Jason Inman, Oliver O'Brien, Chris Branford and Soren Andersson for their winning photos.

Each month has listed the major orienteering events that are taking place that month and space for you to add your own events/special occasions.

The calendar costs £6.99 including P&P (please contact us for international postage). Orders can be placed via the National Office and cheques should be made payable to British Orienteering. Orders will be taken until the 16th January.





Mike Hamilton  
Chief Executive

## Whole Sport Plan and Funding

Since we prepared the last Focus publication, members of staff have spent a significant amount of time turning our Whole Sport Plan (WSP) into submissions for funding. You may wonder how these are different. The Whole Sport Plan represents the thinking about where orienteering is currently, where we would like it to be in the future, and how it will bring this about. The funding submissions are interpretations of the Whole Sport Plan into funding partner speak i.e. riddled with sports council jargon! Another difference is that our funding partners have their own targets from Government to meet and will only fund activities that align with their targets. There is more information on the Whole Sport Plan and the various interpretations of the plan on page 24.

As far as funding is concerned we are fortunate that the 'increasing participation' theme that is so strong within our WSP is echoed by the funding partners across the UK. The situation regarding confirmation of funding is different in the various countries that British Orienteering acts across:

- UK Activities: Our Performance Plan is currently funded by UK Sport and we should know if the funding they provide is to continue from the 1st April 2009 by the end of December; if not it will cause a significant hole in our budget for 2009 onwards.
- England: Sport England has a major commitment to Government to deliver against 3 targets; growth in participation, participant satisfaction and establishing strong talent pathways in sports. Fortunately all three align strongly with our WSP. We should be informed of our funding agreement by the end of December 2008 and the agreement will cover the 4 years from April 2009 to March 2013.
- Northern Ireland: A submission has now been made to Sport Northern Ireland and if successful funding will commence from April 2009. Philip Baxter has put some excellent work into the submission and British Orienteering staff, and Chair, have provided support where it's been appropriate. The British Orienteering Board has endorsed the submission and plan.
- Scotland: Scottish Orienteering Association have agreed, in principle, a 4 year strategy with Sport Scotland and SOA are now submitting for funding to be confirmed for 2009.
- Wales: Although some excellent work was done by Welsh Orienteering with the support of John Palmer in producing a Development Plan for Orienteering in Wales we have so far not been able to convince Sport Wales to provide financial support for the plan. British Orienteering has been closely involved in supporting this initiative and will continue to support the volunteers in Wales in trying to gain funding for the plan.

## Events

Closer to the hearts of many of you will be the competitions and events structure for 2009. On page 26 of this edition of Focus I have tried to pull together various documents to provide you with a simple guide to these changes and explain how they will be implemented.

## British Orienteering Website

The website is over a year old and we will be looking to review the site over the next few months. We will also be adding some functionality in January when the Events section will be significantly altered. The changes for many users will primarily be with the fixtures list about which there is more information in a later article. However there are other changes including:

- a) The ability for club fixtures secretaries to register events online via their member login. We are not bringing all fixture secretaries on to the system at once, the plan is to bring people into the system in a managed way with the first 4-8 club fixtures secretaries being trained and supported during December followed by batches of fixture secretaries probably in fortnightly intervals in the New Year. In that way we can provide the support that may be necessary for some. As the roll out of users commences we will gain experience and adjust the roll out accordingly.
- b) The map database used by mappers is being moved fully into the system; initially mappers will be able to look up maps but will not be able to register maps online – that should be rolled out during the late spring period.

The changes brought about to the event registration system should make the life of National Fixtures Secretary, Pat Martin, considerably easier as he currently spends many hours each week entering new registrations and modifying those already in; these tasks will now be performed by club and association fixture secretaries. I hasten to add that this should not be an increase in workload for these association and club volunteers who currently type registrations onto word forms. Once we are confident we have 'bedded in' the event registration system and fixture list into the website we will enable other aspects of the system including:

- a) An online entry system for clubs to use if they wish
- b) A results service which will enable members to track their performances through the member login section

- c) When the Ranking Workgroup report and recommendations are received and agreed the new version of the ranking system will be brought fully into the current website

Whilst mentioning the commitment of Pat Martin I should note the excellent services provided by other committed people who have helped British Orienteering significantly over the years in similar activities; Michael Napier whose membership system (and other software) has been the mainstay of British Orienteering and Mike Cumpstey who continues to provide excellent support to members who use his rankings software.

## Coaching

Having already mentioned the Whole Sport Plan and increasing participation I should follow this up by saying that we are aware a significant area of work over the next few years will have to be to increase the number of volunteers (and paid people) that can provide coaching and stage events.

There is a small group of people both staff and volunteers who have built the foundations for the new coaching structure and prepared the organisation for the challenges of the next few years. A big thank you to these people. As a consequence of their work, the new Teaching Orienteering courses were launched and 57 tutors have now been trained with over 800 teachers now delivering orienteering in schools since attending courses in 2008 – an amazing statistic.

During 2008 the UK Coaching Certificate Level 1 has been piloted and implemented. 20 tutors have been trained with another 16 working towards qualification. Another 11 have qualified as assessors, with 30 more working towards qualification.

In February I will be putting the Chief Executive 'hat' on the peg for a weekend and replacing it with my coaching hat to facilitate the Coaching Conference – it's going to be an interesting experience for me and hopefully will help the orienteering coaches attending the Conference consider what they coach, when they coach it and how they coach it. It should prove an interesting experience for all but definitely a 'one-off'!

# IOF KNOW YOUR IOF

## WHAT DOES IT MATTER TO US? AND WHAT DO WE MATTER TO THE IOF?

Briefly, without the IOF we would not have any common standards between orienteering in Britain and orienteering elsewhere in the world. Our maps are drawn to IOF standards, our control descriptions are those formulated by the IOF and our rules are based very firmly indeed on those of the IOF.

At the elite level, the IOF develops and co-ordinates the international programme of top races, ranging from World Ranking Events to the World Championships, not just for foot orienteering but also for ski, mountain bike and Trail orienteering too. The IOF Event Adviser scheme encourages the spread of good practice and ensures event quality too. At the same time, the IOF is developing orienteering in countries where no tradition of the sport exists and there are currently some 70 nations with Federations attached to the

IOF, this number is increasing year by year as development proceeds.

The IOF is run by an 11 member Council which oversees four main "discipline" Commissions and a series of service Commissions. These deal with areas such as Rules, IT, Environment, Mapping and Medicine and some 55 volunteers from 21 different countries serve on these Commissions.

In addition, current and recent elite runners serve on Athletes Commissions for foot, mountain bike and ski orienteering. The whole is served by a professional staff of three. It receives no sponsorship and is funded entirely by fees from member Federations and levies from IOF events.

British Orienteering has had a very high

profile in the IOF for some time now. Sue Harvey was its President for many years (and is now Honorary President for Life) and Brian Porteous (former British Orienteering Professional Officer) is now a Vice President. In addition, four other Brits do Commission work with David Rosen and Brian Parker chairing the Rules and Environment Commissions and David May and Erik Peckett serving on the Foot-O and Map Commissions.

With more IOF members than any country other than Finland, the British influence in the IOF is very strong. However, the current economic climate, coupled with the 2012 Olympics effect, means that external funding for such representation has become unpredictable and the future for this British influence is therefore somewhat uncertain.



## Recent IOF News

- IOF Honours list: David May and David Rosen were two of the four IOF delegates to be awarded the Silver Pin of Honour this year, becoming the third and fourth British holders of this rarely awarded honour.
- The Rules Commission is undergoing a reshaping as some of its work is being transferred elsewhere. David Rosen remains the Chair of the slimmed down group.
- Anne Braggins has recently stepped down as Chair of the Trail Orienteering Commission.
- Switzerland will host the 2012 WOC whilst the 2011 WMOC and JWOC were awarded to Hungary and Poland respectively.
- The 2009 World Cup Special Rules have been published. These rules have been improved from 2008 to include a qualification race for each World Cup. Therefore an athlete does not have to compete in the whole series to qualify for the A final.

For further information on the IOF visit [www.orienteering.org](http://www.orienteering.org)



## Official Notice of the 2009 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 28th Annual General Meeting of the British Orienteering Federation will be held on Saturday 11th April 2009 at The Blue Bell Hotel, Market Place, Belford, Northumberland, NE70 7NE 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 19th February 2009, 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 to the Board must be received in writing at the National Office at least 50 clear days before the meeting: that is, by Thursday 19th February 2009. 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 the 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 1st March 2009.

The posts for election at the AGM are for Directors to sit on the Board of the British Orienteering Federation. Three Directors will be elected; if the number of nominations is equal to or fewer than the number required e.g. three, 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  
1st December 2008

# Urban Orienteering Hits London

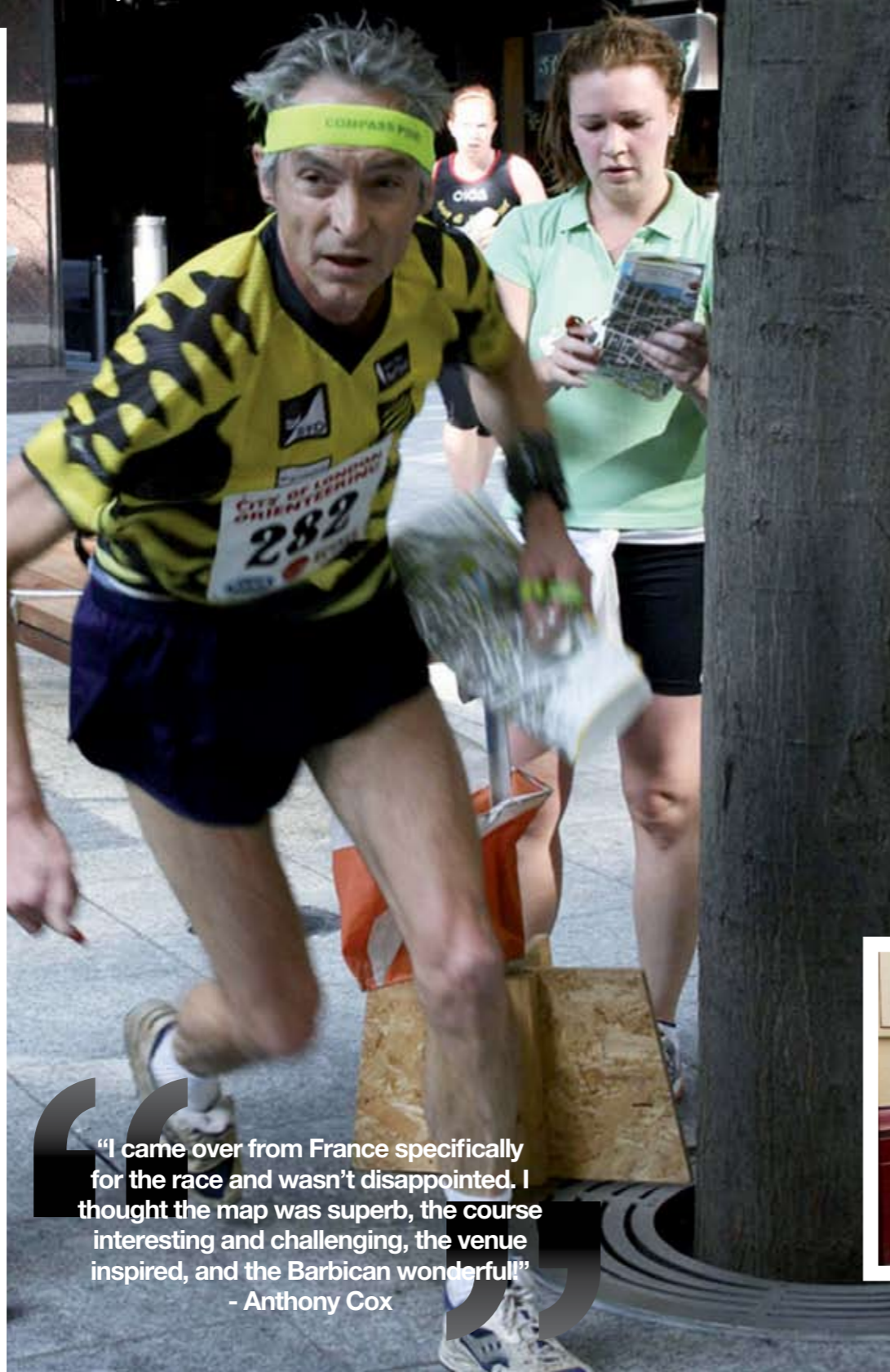
Report by Andrew Brown ~ Photos by Chris Shaw & Oliver O'Brien

At the inaugural City of London Orienteering Race Nick Barrable and Mhairi Mackenzie emerged from the Barbican complex relatively unscathed to take the honours in the open races, with close competition across the classes. Others emerged from the Barbican with mental scars, while for some competitors they emerged with cuts and grazes from some heroic crimefighting which interrupted their race.

Over the last few years the popularity of urban orienteering has grown rapidly, with the realisation that the complex and confusing urban terrain available on everyone's doorstep across the UK, regardless of season, can provide a significant challenge to all. Given this popularity, and with events having been staged in a wide variety of urban environments in Edinburgh, Glasgow, Lincoln, Oxford, Stirling, Stockport, Warwick and York amongst others, the opportunity to race around London was always going to offer a tantalising prospect to competitors.

With almost 400 entries from across the UK and Europe, the easy access to the city and promise of a spectacular sightseeing tour around the city was enticing to many. As has previously been seen with the popularity of the Oxford City Race, the prospect of running through historic alleyways and past dramatic architecture, is a big draw for competitors. For London it wasn't the famous college quadrants, but instead a range of buildings from the towering skyscrapers of major corporations to the labyrinthine walkways of the Barbican estate that attracted competitors, with the opportunity to run past iconic landmarks such as St Paul's Cathedral and the Gherkin.

On a glorious sunny day, with temperatures creeping up towards 20°C, the stunning amphitheatre like event arena at Broadgate Circle quickly filled with the buzz of competition as



**"I came over from France specifically for the race and wasn't disappointed. I thought the map was superb, the course interesting and challenging, the venue inspired, and the Barbican wonderful!"**  
- Anthony Cox



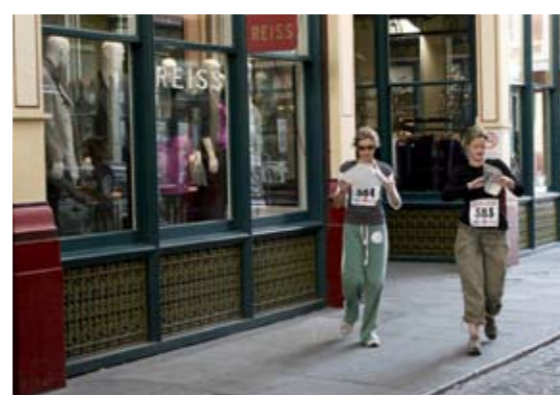
participants readied themselves for their runs. Most chose to follow the suggestions to leave the cars behind for the weekend, another major benefit of urban races, arriving by train or tube at Liverpool Street station which is located next to Broadgate Circle.

The wait to race seemed to be worthwhile, as competitors returned from their courses beaming to enjoy some free Clif bars while enthusing about everything from the complexity of the Barbican to the high quality of mapping and planning from Oliver O'Brien.

For those who don't know London, or the Barbican complex, it's a Grade II Listed 40 year old residential estate of thirteen terrace blocks on multiple levels, grouped around open spaces and linked by raised walkways. As Murray Strain said after the race, "I had looked at the Barbican on Google Earth and thought 'what's difficult about that?' - it's just going to be long lines of buildings and you'll just need to go left or right, I didn't fully expect the multiple levels and it took a while to get my head round that."

The Barbican was always going to be the focal point for this race, and so it proved in more ways than one, as it not only proved to be the undoing of many competitors clean runs but also the scene of some crimefighting by race participants.

While most of the competitors had to stop and think whilst finding their way around the Barbican with its multi-level complexity, two competitors were quick thinking enough to prevent a robbery. Neil Wearing of Saxons was running through the Barbican when he



**"What a fantastic race. The map was good, courses extremely technical and weather superb. You could not have found a better assembly area. Definitely my favourite race of the year. Roll on the next one."** - Mary Nixon

encountered a woman chasing two youngsters. Recognising that they had stolen her handbag, he gave chase and quickly caught both before pulling them to the ground with a rugby tackle, causing them to drop the bag. While restraining one, by sitting on him, the other youngster tried to escape but was spotted by Mike Bennett of Happy Herts. Despite a 50 metre headstart, and having already run several kilometres during the race in which he would have finished amongst the top 10, Mike managed to catch the other culprit and return to Neil to wait for the police to arrive.

Neil thought nothing of interrupting his race to prevent a robbery, saying: "It was particularly unlucky for them to run out in front of me because, before I took up orienteering, I was a keen rugby player who was often chasing down the opposition from behind - nice to know I haven't lost it completely!"

He continued: "It was great to have helped the poor lady and my standing with my young daughters has shot up - tackling robbers has made me a bit of a super-hero!"

Mike said of events: "I had actually run past the site of the incident and was just having a moment's indecision about whether I was on the right level of the Barbican when the commotion started. As I turned I saw the lads drop the bag and the unfortunate victim slip on the damp pavement as she ran to retrieve it. Neil had already tackled one and there was no one else to go after the other one. Despite a good headstart, I managed to catch him before he escaped into the maze of walkways."

Despite playing down their actions, both men deserve a great deal of praise for what they did, as do all the other orienteer's who either encountered problems with the youths in the Barbican or stopped to check that everything was alright while Neil and Mike held the young thieves whilst waiting for the police. It also garnered the event some publicity, both in the local press and the Times Business Section which mentioned it briefly - all publicity is good publicity!

Meanwhile, for those chasing glory rather than thieves, it was tight at the top, with those on the podium walking away with prizes courtesy of sponsors Clif and Nuun.

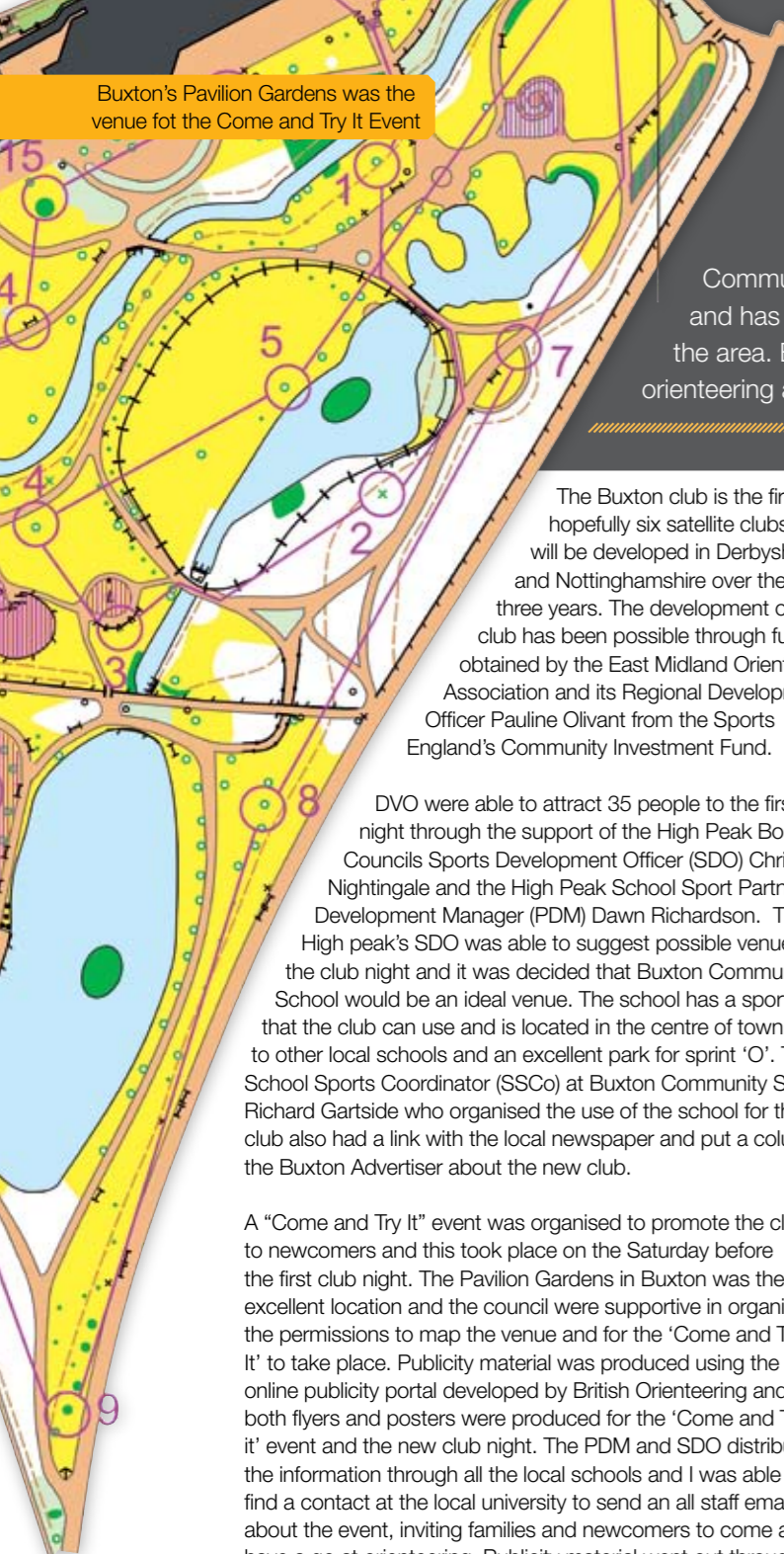
In the Women's Elite race her comparatively clean run through the Barbican gave Mhairi Mackenzie victory, ahead of Becky Carlyle and Ukrainian Galyna Petrenko. It could have been a very different top three had Oxford pair Alison Crocker and Amber Tomas not fallen foul of the multiple level complexities presented in the Barbican.

In the Men's Elite race it was a similar story, as a cleaner section through the Barbican gave Nick Barrable a victory of 70 seconds over Murray Strain, with Ant Squire a further couple of minutes adrift.

Elsewhere there were closely fought victories in the Men's and Women's Vet classes, with Martin Ward and Sarah Francis emerging victorious. Peter Bray of Southern Navigators comfortably won the Junior race as did Peter Gorvett in the Men's Super Vet course, while Sarah Brown of host club South London took the Women's Super Vet class.



Buxton's Pavilion Gardens was the venue for the Come and Try It Event



## Buxton and District Orienteers A Satellite Club of DVO

It is now two months since Buxton and District Orienteers launched their hugely successful first club night at Buxton Community School. The weekly club night runs from 6:30pm to 8pm and has proved to be really popular with newcomers and beginners in the area. Each week around 30 people turn up to join in with a range of orienteering activities organised by lead coach Dan Riley. The satellite club has already resulted in 59 new members for DVO.

The Buxton club is the first of hopefully six satellite clubs that will be developed in Derbyshire and Nottinghamshire over the next three years. The development of the club has been possible through funding obtained by the East Midlands Orienteering Association and its Regional Development Officer Pauline Olivant from the Sports England's Community Investment Fund.

DVO were able to attract 35 people to the first club night through the support of the High Peak Borough Councils Sports Development Officer (SDO) Chris Nightingale and the High Peak School Sport Partnership Development Manager (PDM) Dawn Richardson. The High Peak's SDO was able to suggest possible venues for the club night and it was decided that Buxton Community School would be an ideal venue. The school has a sports hall that the club can use and is located in the centre of town close to other local schools and an excellent park for sprint 'O'. The School Sports Coordinator (SSCo) at Buxton Community School Richard Gartside who organised the use of the school for the club also had a link with the local newspaper and put a column in the Buxton Advertiser about the new club.

A "Come and Try It" event was organised to promote the club to newcomers and this took place on the Saturday before the first club night. The Pavilion Gardens in Buxton was the excellent location and the council were supportive in organising the permissions to map the venue and for the 'Come and Try It' to take place. Publicity material was produced using the new online publicity portal developed by British Orienteering and both flyers and posters were produced for the 'Come and Try It' event and the new club night. The PDM and SDO distributed the information through all the local schools and I was able to find a contact at the local university to send an all staff email out about the event, inviting families and newcomers to come and have a go at orienteering. Publicity material went out through the

various networks around two weeks before the event to ensure people received the information in adequate time but also not too soon before the event. In addition to the flyers the SDO kindly put a news item on their website.

At the event DVO members wore 'Ask Me for Help' neon yellow bibs (available from British Orienteering) so newcomers knew exactly who to ask for advice. DVO used their own banners, signs and arrows to direct people to the registration



Val Johnson introduces children to orienteering

area in the park as well as the new 'Come and have a go at orienteering' banner available from British Orienteering that was designed by Rob Lines of Southdowns.

The DVO members organising the event were excellent at making people feel

welcome which I think is essential to an events success. They were happy to approach people to ensure participants gained a good, friendly experience from the event. The lead coach at Buxton and District Orienteers was there to introduce himself to potential new members and was also able to answer any questions regarding the weekly club night.

The weekly club has been a huge success so far and a lot of hard work has been put in by both DVO and the lead coach Dan Riley. Due to the location of the club it is hoped that both current DVO and MDOC members will also benefit from the regular activities taking place each week and this provides the potential for the clubs to work together in the future on events in the area. The club night has so far consisted of a combination of Street 'O' activities, indoor mapping exercises and basic physical training such as circuit training and running to give the new members a taste of all aspects of orienteering and to develop their skills in order to attend local events. Members are already travelling to local events and it is only a matter of time before we will be seeing some keen new faces at the JK!

Report by Steve Vernon, Participation Manager  
Photos by Stephen Kimberley



A very visible and prominent location generated lots of interest

# Benefits of Partnership Working with Local Schools.

By Pauline Olivant

I am sure Leicestershire Orienteering Club members would be the first to tell you they had very little involvement with either schools or even juniors until they started the Club Mark process.

They started out three years ago with a link with the South Charnwood Schools Partnership and provided a woodland festival day for over 100 primary children. This not only provided a great day for the children, but enabled the club to have much more of an insight into basic coaching techniques. Whilst Chris Bosley led for the club as a volunteer, Judith Holt, started her coaching qualification by attending a Level 1 course and has now moved on to qualify at Level 3. This link has not only promoted orienteering to many more people but is reaping rewards in terms of attracting more families to attend club events on a regular basis.

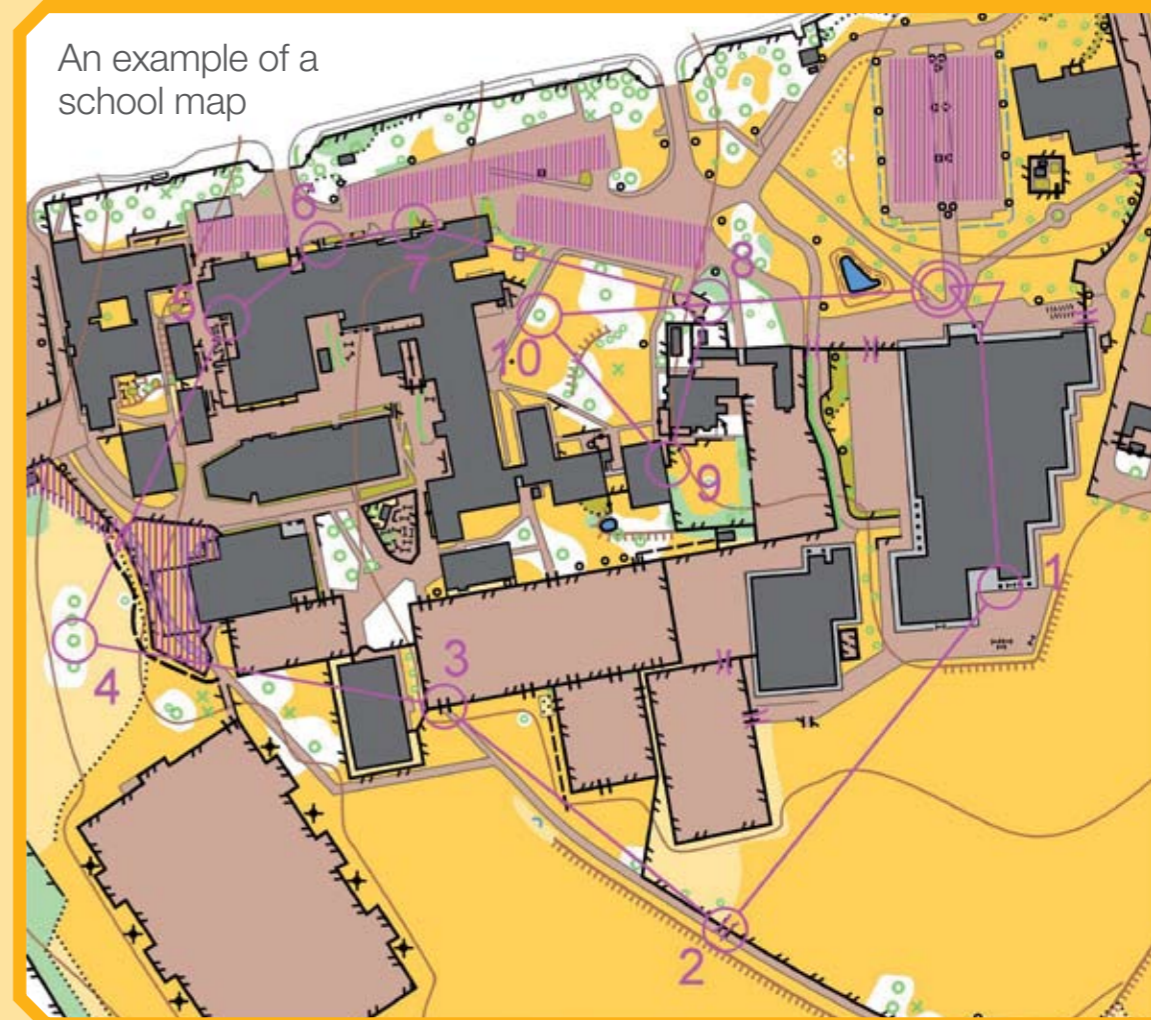
In summer 2007 the Oadby and Wigston Schools Partnership Development Manager then approached me to see if we could develop a series of after school competitions. I arranged a training course for all their secondary School Sport Co-ordinators (SSCo) and two club members, Roger Edwards and Roger Kelly, also attended to see what type of competition could be run. The Partnership organised most of the funding through their school club link project and it was agreed that LEI would map the secondary school campuses which often included a high school, primary school and community college.

It was agreed there would be a league of five after school competitions approximately once a month. Although the children were Year 8, the Head to Head Sprint format with pin punches was used, as this was the first time the majority of them had been involved in orienteering. Roger Kelly and I helped on the day, but the SSCO's ran the competition. The next two events were run by the teachers with a little help from Roger who armchair controlled their courses and used OCAD to place control circles on their map. With the practical experience gained the Partnership Development Manager has assisted me in re-developing the scoring work that accompanies

gained a very credible 6th place. One of the boys attended the regional round of the Yvette Baker Trophy and came 6th on the orange course. The East Midland coaches have got their eye on him for the squad! Chris then decided to do his Level 1 coaching qualification having gained valuable experience through the work. The South Charnwood Partnership is running seven after school clubs over the winter and a second ten week coaching course is planned for March/May 2009.

The improved exposure of orienteering in the county resulted in it being chosen as a focus sport for school competition, as the schools themselves are now interested in orienteering.

## An example of a school map



this type of event in our Teaching Orienteering resources.

The final two events used SI punching. The club only needed to provide very limited help for the school competition and in return has gained the use of two new areas for its evening summer league series, thus helping to relieve pressure on more traditional areas. Four Sprints are proposed for next year's summer programme to provide additional variety.

The club was then given the opportunity to apply for funding from the 'Sport Unlimited' pot to run ten weeks of "out of school" coaching to develop the children further. This included four Saturday morning events, where the children met and competed against club members. Four of the girls from Abington High attended the British Schools Score Championships and

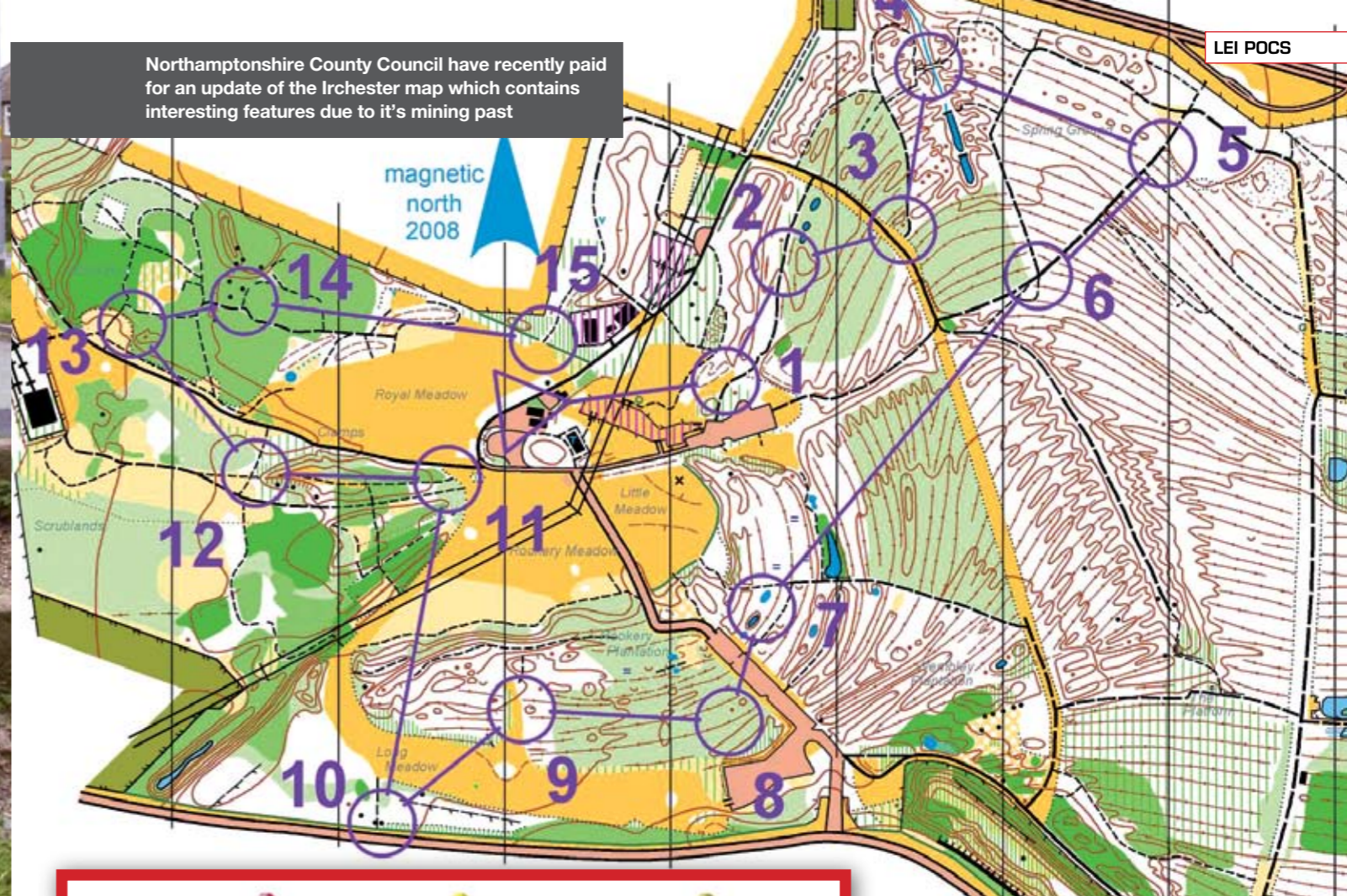
We agreed to provide very limited support for their initial events for school site competitions. Most of the organisation is done by the staff, co-ordinated by the County Competition Managers using the National Schools Competition Framework. Next June the club will help to run the first Leicestershire schools orienteering final. This will enable several hundred selected children to experience orienteering in a new area in a nearby part of the National Forest.

Finally, the club has been invited to share in a new County Council Sports celebration evening in 2009, giving an opportunity to showcase orienteering. The partnership working has not only promoted orienteering in the County, but it has already opened up other opportunities for the club for funding and outside support.

# LEI Permanent Orienteering Course Development

By John Marriott  
LEI POC Co-ordinator

Leicestershire Orienteering Club (LEI) is a relatively small club based in the East Midlands. During 2008 it will have organised 49 events, including a popular Summer League. In 2006 the club formulated a Development Plan to increase participation in the sport and attract more active members.



## Permanent Orienteering Courses

Like many clubs, LEI has some Permanent Orienteering Courses (POCs) but many were quite old and getting past their sell by date. Some had been vandalised or had been affected by map changes, so the position a year ago was that we only had four areas with some usable courses. As part of the development process, we decided that more could be done to make POCs a shop window for orienteering. This led to a review of courses at existing venues and a desire to create more POCs in popular locations rather than buried away in forests.

Getting things right in the "woods" is only part of the equation. POC participants also require at least a map and some control descriptions. Many POCs are located in country parks and some have Visitor Centres, but opening hours vary a lot. Where possible the club sold POC packs (map, descriptions and supporting information) through a Visitor Centre, and in some cases, local council offices. The club prepared the packs and sold them in bulk to the outlet at a discount creating a margin to cover handling costs. Sales were highest where the outlet was on-site, opened daily and attracted many visitors. At other locations with no outlet, the club sent map packs out by post on request in exchange for a cheque. This was all rather old fashioned and not particularly convenient for the club or attractive to the user.

## New Courses

Existing POC courses typically offered 2 or 3 courses ranging from Yellow to Green but these were not always planned to a particular standard.

It was clearly desirable to standardise these and it was felt that we should try to include a White course for beginners. In appropriate areas, we also wanted to facilitate simple training exercises, such as Stars (out and back) and Loops (visiting a small group of posts and returning to the start). We created some Teaching Packs to go with these.

The National Forest which was established 11 years ago is now providing some promising new venues. In 2007 the National Forest Company offered us funding to develop some new POCs in the Forest by April 2008. This came with a requirement for us to seek funding from other sources. With the help of the County Council, the Woodland Trust, the Forestry Commission and the sterling efforts of some members of LEI, new courses were planned and installed by the deadline. As a result of the National Forest funding five POC locations have been established or fully revised. We have also created or updated POCs at a further five locations outside the National Forest, with assistance from local authorities and volunteers.

## Computer Wizardry

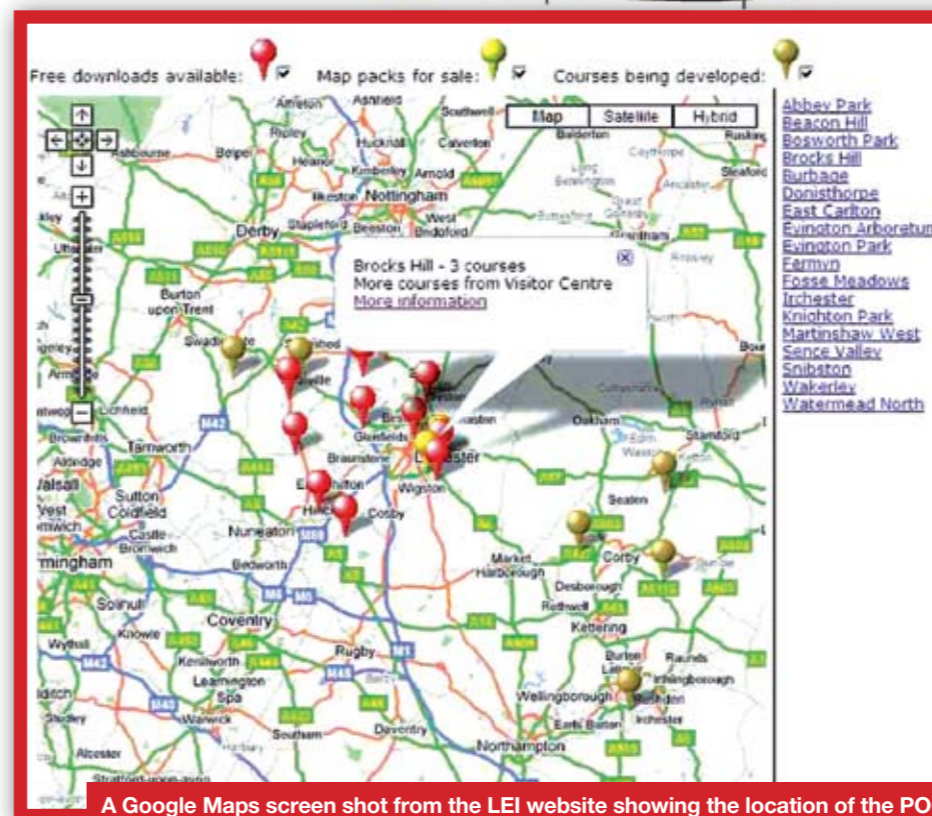
One day I trawled through all the 200+ POC locations listed on the British Orienteering website and discovered that some POC maps could be downloaded. This way seemed open for us to do something similar. We considered setting up an internet payment system so that we could sell the POC packs but eventually decided to try offering them as a free download to make them more accessible. We hoped that if we could attract more POC users, we might

encourage some to attend "proper" events. This could offset the loss of income from POC pack sales and with luck we might increase membership, with further benefits to the club.

This facility went live on the LEI website in August 08. We now have a form which allows people to select the POCs they want and specify an email address. This automatically generates an email with a zip file attachment containing the relevant maps in pdf format, with control descriptions on the map where space permits. It also includes instructions on what to do and a control "card" which people can use to write down check letters, as I feel it will be quite some time before electronic punching gets to POCs! Completing the pack is a pdf version of the British Orienteering "Adventure Sport For All" leaflet. This was chosen for its professional appearance and saved re-inventing the wheel with regards to explaining the intricacies of O-maps, route choice, courses, classes, descriptions, etc.

Over the last 3 months we have added some boxes to the web form to seek information about the people requesting the downloads and their proposed use, but the use of these is voluntary. This will help us with planning new courses. There is also a feedback facility so people can let us know if anything requires attention but this has seen little use.

The number of POCs on offer has steadily increased since we went live and there are now 10 locations with downloadable maps, another 2 where maps can be obtained locally and a further 4 are under development. The location



A Google Maps screen shot from the LEI website showing the location of the POCs

of all courses can be seen on the LEI website in a Google Map which provides access to the downloads. Over the last 3 months, 499 maps for 28 courses have been downloaded by 89 people.

## Other Publicity

We have developed some A4 tri-fold leaflets describing POCs and orienteering and these have been placed in plastic holders at some

POC locations. We have also created a small poster to go on noticeboards. These refer to the club website and the facility to download POC maps. A box has been added to the POC web form to ask how people learnt about the POC and feedback from this shows that the posters and leaflets have been quite effective. We have also increased publicity through termly newsletters to schools.

## Experience So Far

It is now clear that the work we have done to create more POCs and publicise them has increased awareness of orienteering. However, the work involved in setting them up has proved to be quite time consuming and ongoing maintenance can be a problem in some areas. In the area with highest loss of posts we have a partnership with a Community College where we pay for new posts and the pupils finish them off and install them. We are hoping this will reduce the losses of the high visibility posts.

Some club members visit POC locations regularly and we have sought volunteers to "Adopt a POC", which mainly involves a check of the POC posts. We are still trying to perfect the ideal POC post in terms of visibility, robustness and cost. The introduction of free downloads has been successful in terms of allowing people to try out POCs with minimum hassle and requires very little administration now that it is set up. The number of downloads is extremely encouraging and very much higher than we would have expected using our previous methods for distributing POC packs. Many downloads are being requested by people with limited or no experience of orienteering and they are now aware of our website and what we do. We now have the ability to gain an insight into how the POCs are being used which will assist us with their future development. Looking back, we have come a long way in the last year, and it appears to have been well worthwhile.



Havering and South Essex Orienteering Club (HAVOC) became the 28th English club to achieve Clubmark accreditation. Like other small clubs, HAVOC, does not have many junior members but has a development programme which has included training new coaches and running low key orienteering sessions to try to attract new families. The Clubmark accreditation requires clubs to have good management and programmes in place and as there are now almost 5,000 accredited clubs around the country in 25 sports the Clubmark branding is becoming more widely understood.

Many local authorities and schools make reduced charges to Clubmark clubs for facility hire and training course attendance. Here in British Orienteering we are also prioritising Clubmark clubs for development project funding and other benefits.

Recently, the Clubmark clubs were provided with a free banner for use at their local activity sessions so as to advertise that they are welcoming and provide help for new participants. A new grant from Sport England for innovative school/club links projects in the spring will only be available for Clubmark clubs in England.

Hilary Palmer  
Development Manager



EAOA Chairman, Caroline Louth, presents the HAVOC Clubmark certificate to Janet Biggs and other members of the club.

## Club of the Year Competition

All British Orienteering affiliated clubs are invited to enter the Club of the Year Competition. This year the emphasis is on how the club reaches out to the local community and how it develops all its members, whether as participants and/or volunteers. In support of your entry clubs should quote examples from 2008.

Application forms are available on the website or by email from Hilary Palmer. As in previous years we are using the CCPR Sports Club of the Year entry form so

that our top three clubs will automatically go forward into the national competition without having to re-write their forms.

The competition is sponsored by The Loughborough Building Society and prizes will be awarded at the AGM. The top three clubs receive a cheque to put towards their development projects.



## Development Committee Update

Below are some brief notes from the last two meetings held in June and September that may be of interest to members.

### Group discussion on 'quality clubs' and 'volunteers'

Two group discussions on 'what makes a quality club' and 'volunteer development' took place. These were an opportunity for the committee members to pinpoint key points to inform the Whole Sport Plan. It was agreed that:

- Quality Clubs are well managed; offer opportunities for everyone to develop themselves through the sport; need to meet regularly, frequently and ideally to have a definite club base; offer a wide range of activities and not just be event organising operations.
- Volunteer recruitment needs to be well managed in a club with roles clearly described and training/mentoring to give people confidence. It is essential to recognise / reward volunteers and a club will need a volunteer co-ordinator(s) to help volunteer development in the best possible way. Volunteer development in a club is part of developing the individual members and various methods to train volunteers such as online information for home learning, workshops, mentoring/ apprenticeship are needed.

### Development Fund Grant Applications

An application from the Barrow & District OC for £4,425 was approved. This project is to train / mentor new surveyors for urban maps and to produce new park and urban maps in and around Barrow in Furness so that the club can expand and have the ability to put on more local events for themselves. The project is to try to expand the numbers and age range in the club so as to appeal to more adults.

The committee is looking forward to receiving more applications at the end of

January 2009. Projects should have aims such as increasing:

- Sustained participation and club membership.** For example a club might apply for a grant towards a targeted publicity campaign in a localised part of their club area. This might be part of the build-up to a series of regular, frequent activity sessions to draw in new people.
- The numbers of trained/qualified officials and coaches** so as to provide more club activities and provide more 'satisfaction' from their membership. Pilot projects have shown that newcomers are more likely to stay in the sport if they feel welcomed, that they are improving and that the club offers more activities than just 'competitions'

Clubs and associations throughout the UK can apply for grants from this fund.

### Service Awards (to the sport of orienteering)

It was agreed that there should be national recognition of long and excellent service by volunteers to the sport. Using the BSOA awards for Service to Schools Orienteering and Outstanding Service to Schools Orienteering as a model, it was agreed that Development Committee should set up a system for nominations to be received and for a panel to consider the nominations and for the provision of money from the British Orienteering Development Fund to award specially designed, printed and framed certificates to those who are chosen by the panel.

Those who receive the award would be named on a Roll of Honour on the web site and this would be added to each year. Awards for up to 50 people could be made as appropriate. Nominations forms are available on the website and nominations should be received by the 31st January.

Look out for details of this and other Development Committee initiatives on the website.



## Funds Available

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

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

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

### APPLICATION DATES:

<b>Application Deadline</b>	<b>25th January 2009</b>
<b>Pre-assessment</b>	<b>by 8th February</b>
<b>Assessment</b>	<b>by 22nd February</b>
<b>Payment</b>	<b>by 3rd March</b>

<b>Application Deadline</b>	<b>31st August 2009</b>
<b>Pre-assessment</b>	<b>by 7th September</b>
<b>Assessment</b>	<b>by 21st September</b>
<b>Payment</b>	<b>by 1st October</b>

## THE 'O' FOUNDATION

In 2007 British Orienteering set up a registered independent charity called the 'O' Foundation. The 'O' Foundation has monies from bequests



and legacies and includes the Bertie and Elsie Ward fund. Grant applications can be made for the 'O' Foundation monies and are submitted twice yearly in line with the normal grant application procedure. For more information on the 'O' Foundation, contact Laura Young at the National Office.



# NORWAY TOUR 2008

Last year the North West Junior Squad applied for a grant of £975 from the Bertie and Elsie Ward Fund to pay towards a training camp to Norway. The grant was awarded and back in August thirty nine juniors from the North West made the journey to the Fredriksted club hut called Skihytta where they would be staying. Skihytta, as with a lot of places in Norway, is in the middle of a big forest so it is possible to go orienteering straight from the door.

The next morning we did some training in our groups around the hut to find out what Norwegian terrain was like. Every group started off with a map walk so we could see what different features look like on the ground. In Norway a crag on the map would be a crag taller than you on the ground, not just a bit of rock in the hillside as it can be in the Lakes sometimes. After the map walk we did a few more exercises before heading back to the hut for lunch. In the afternoon we went to a fjord to go swimming in the sea. The sea was really warm and there were diving boards you could jump off and a platform you could swim out to which was fun. After dinner in the evening we went into a part of the forest to do a clok relay in pairs.

On Sunday it was the Ostfold region Middle Distance Championship. This was held by Fredriksted SK on an area called Solbrekke. The area was really nice and full concentration was needed to have good runs. Despite having

only been orienteering in Norway for one day, the NWJS still managed to produce some good results. In H15-16 Lewis Taylor was 5th, Graham Hemingway was 6th and in D15-16 Charlotte Watson was 5th. Everyone enjoyed the event (especially the waffles that were on sale!) and the Norwegians made us feel very welcome. In the evening we did group debriefs on the race and thought about what we might like to work on for the rest of the week.

The format for the next 5 days was usually training in the morning and evening and being at the hut or going swimming in the afternoon. Monday we went to an area called Gaustad; here we did a star exercise and practised long legs. That evening we challenged some of the Norwegians to a two man sprint relay round the old Fredriksted town. This was really fun and the start area was good for spectating. Despite being against some fast Norwegians, the NWJS managed to dominate the top three places.

On Tuesday morning we went to an area called Gillingsrod where we had the option of doing a 5km or 7km course. For the first control you had the option of either climbing up a 10m cliff or running round on the track. Running round the track proved to be quicker but some people climbed the cliff for fun! This area was quite technical and very rough. We found out that if there's a cliff on a map in Norway it means there's a cliff! In the evening we went to the

Fredriksted SK training. This week it was hill reps, where you ran up the hill for about 2 minutes then orienteered down.

On Wednesday we all went to Oslo. We found out pretty much straight away that there isn't much to do in Oslo, so after a morning of aimlessly wandering round we all met up at TGI Fridays for lunch. We then went to an event organised by a club in Oslo. The event was situated by a lake and there was a control hanging on a log in the middle of the lake – it looked like we were going to have to do some swimming! The Norwegians explained the format of the event but it was clear they were hiding something from us. After a half hour jog to the start, in which we saw some good views of Oslo, they threw the maps in the air and there was a mad rush to grab them. When you looked at the map there were bits of proper map and also bits of hand drawn map and the course went between the two, however the north lines didn't match up so if you tried to take a bearing you ended up getting horrendously lost!

On Thursday we got up late and did some training from the hut, then went to the FSK training evening which was on a really nice area by the sea and you could either do a 3.5km or 7km course.

The tour champs were on Friday on the north part of Gillingsrod. It was very challenging

terrain as there were no paths and it was complete wilderness. Everyone enjoyed the courses and found they had to concentrate the whole time. There were lots of coaches out in the forest and the reason, which we found out afterwards, was that wolves had been seen in the forest! Luckily they thought not to tell us before hand!

The Ostfold region Long Distance Championship was on Saturday. This area had lots of knolls and quite a lot of us were out for considerable amounts of time. In the evening we played marsh football, which was something everyone had been looking forward to. Basically we found a marsh and played football in the marsh, however it more resembled rugby at times!

On the last day we went to the Ostfold region Relay Championship. This area was really nice and the relays were very exciting. This year's World Champion, Anne Margerethe Hausken was there and some of the boys went and got their chests signed by her! NWJS had some good results with the D13-16 team coming 2nd and the H13-16 team coming 3rd.

Everybody fully enjoyed the trip, had lots of fun and gained a lot from the experience. Thank you for helping fund our trip.

## REPORT BY THE NORTH WEST JUNIOR SQUAD

## ORIENTEERING DEVELOPMENT AT KYLE OF LOCHALSH

Orienteering reached a remote corner of the UK recently with the completion of a major development project near Kyle of Lochalsh. Perhaps best known to many as the "gateway to the isles", former ferry terminal and now one end of the Skye Bridge, and the town near the much-photographed Eilean Donan castle.

Many years ago an area known as Balmacara was mapped, but there wasn't enough local interest to make good use of it, and the map wasn't kept up to date. Now the Lochalsh Woodland Park (LWP), a group which includes the National Trust for Scotland, Forestry Commission Scotland, private landowners and land managers, teachers, parents and various other local residents have started to take an interest in the sport.

rock and contour detail. Tim has set up "semi-permanent" markers for a range of courses, with controls being moved every 2 or 3 months.

The project was supported by a grant from Scottish Orienteering and a £2000 grant from the British Orienteering Development Fund; this led to subsequent lottery funding being awarded. LWP are hoping to host a big event there soon, but if you're up there on holiday, do get a map and sample Tim's courses.

Further information can be obtained via the National Orienteering Centre. Tel: 01479 861374 or email [hilary@scottish-orienteering.org](mailto:hilary@scottish-orienteering.org)

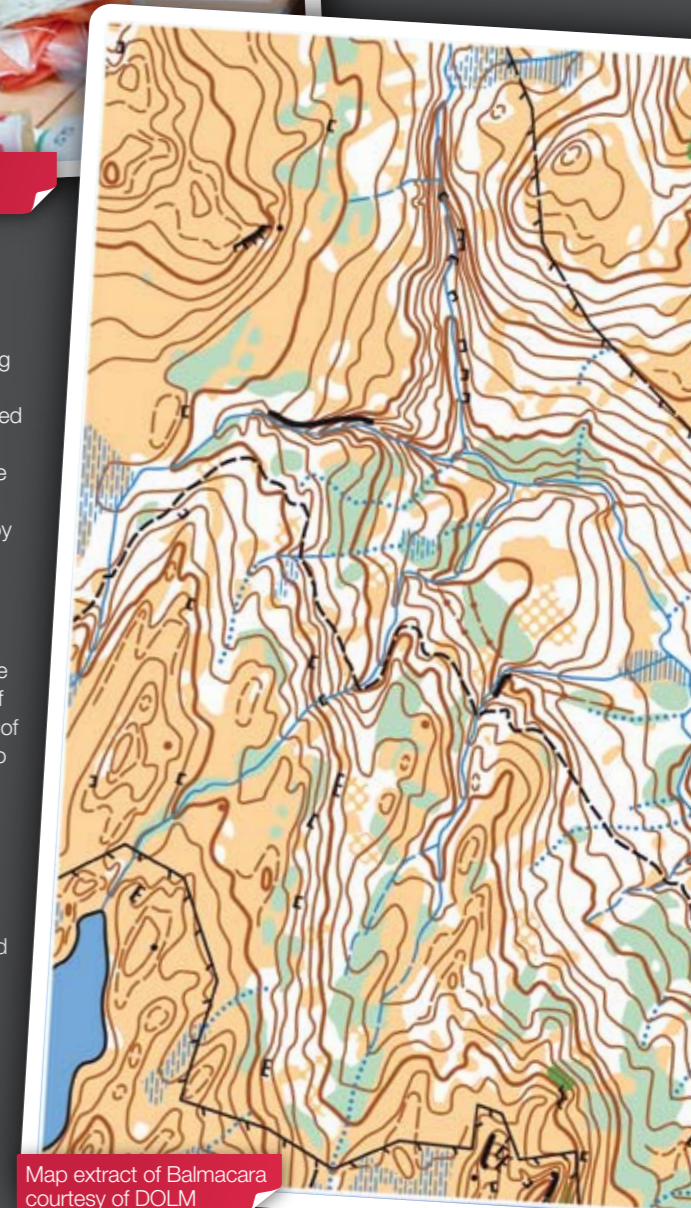
Hilary Quick



Participants on the Teaching Orienteering course

The area has now been completely re-mapped by Deeside Orienteering and Leisure Maps, 10 people have attended the Teaching Orienteering Part 1 course and one person has qualified as a British Orienteering Level 1 coach. Most of the schools in the area have had their grounds or nearby woods mapped, and they are keen to set up inter-schools competitions next year. None of this would have happened without the vision and determination of Tim Sowood, an orienteer of many years, who moved to the area 4 years ago.

This central area is ideal to introduce young children to orienteering and has attracted huge interest from local schools. Around it are slopes of natural forest, a small village and agricultural land, leading to higher slopes of mixed forest and open land with ruins of military guard posts, and the icing on the cake is a vast area of open hillside with excellent



Map extract of Balmacara courtesy of DOLM

## NOTICE BOARD

Since the new Teaching Orienteering courses were introduced earlier in the year over 800 people (mostly teachers) have attended the Part 1 course and 150 the Part 2 course

Club of the Year Competition and Young Volunteer Award - get your entry in!

British Orienteering's new range of flyers and posters have now been launched and used by a number of clubs to attract people to club activity nights and 'Come and Try It' events.

Southdowns Orienteers now have their 'Club Night' up and running from Blatchington Mill School in Hove. The club night runs from 7:45pm - 8:45pm and now has over 20 people attending every week for a range of indoor and outdoor activities.

West Cumberland Orienteering Club have set up a 12 week series of both indoor and outdoor physical and mental challenges for orienteering. The activities will be based at Cockermouth School on Tuesday evenings (7:30 - 8:30pm) throughout the winter months.

Five UKCC Level 1 Coach courses have taken place so far and there will be a full programme of courses in 2009 around the country - look for details on the Developing Orienteering > Coaching > Courses

The DVO satellite club at Buxton has resulted in 59 new members for DVO. The weekly club night (6:30pm - 8pm) has been running for nearly 3 months now at Buxton Community School in the centre of Buxton with newcomers enjoying a range of orienteering and physical training activities.

Walsh Sports generously provided World Champions Graham Gristwood, Jon Duncan and Jamie Stevenson with a pair of celebratory Walsh shoes.



## THE YOUNG VOLUNTEER AWARDS



The award scheme aims to offer an incentive for young people to get involved with volunteering within clubs. By volunteering, juniors will develop vital skills that will help them in the future and be seen positively by higher education and potential employers.

PGL are the award sponsors and each winner we be awarded with a glass trophy and a cheque for £150. The Club will also receive a cheque for £50 to spend on junior development. The closing date for nominations is the 31st January. Nomination forms can be found on the website.

### There will be two awards:

1. Outstanding Contribution at Club Level
2. Outstanding Contribution at National Level

### British Orienteering are looking for young people who have:

- Shown innovation or creativity in their volunteering
- Demonstrated leadership within their role as a volunteer
- Volunteered with energy, commitment and enthusiasm
- Demonstrated a willingness to develop their talents into new areas

### Additional Guidelines:

- Volunteers must be unpaid
- Must be members of British Orienteering
- Anyone can nominate a person for an Award

## ONLINE PUBLICITY PORTAL

British Orienteering has now launched a new online publicity portal for clubs to access professional and affordable flyers and posters for their events and activities.

It is hoped that the flyers will reduce volunteer time in producing them and ensure that all clubs can access professional flyers at an affordable rate. The flyers are delivered within 72 hours and all the specific details and information about your club event or club night can be edited within the design. These flyers and posters have already been trialled for a number of 'Come and Try it' events with immediate success...

Derwent Valley Orienteers recently launched their new Satellite Club - Buxton and



District Orienteers through a 'Come and Try it' event in Buxton's Pavillion Gardens.

The new flyers were used to publicise the event and promote the new weekly club night.

Over 100 complete novices attended the event and 38 people came to the first

**For further information please contact Caroline Povey. Tel: 01629 734042 or Email [caroline@britishorienteering.org.uk](mailto:caroline@britishorienteering.org.uk)**

club night on the following Tuesday.

In addition to this event, the flyers have been used to promote 'Come and Try it' events at Markeaton Park, Derby and West Park, Wolverhampton. Both events attracted over 100 participants.

# WORLDCLASS

## SUN, SNOW AND STADIUMS

by Jenny Thornton and Julia Blomquist

An invitation from the Club Orientació Catalunya, Spain meant that a team of six had the opportunity to take part in the "Trofeu Ciutat de Barcelona". David Brickhill-Jones, Matt Speake, Jon Roche, Alice Butt, Julia Blomquist and Jenny Thornton made up the team and we soon found ourselves in the Catalanian sun, heading into the Pyrenees for some pre-race training.

The areas we went training on were very physical and also technical in certain places. We were given contour only maps to train on which ensured we would need accurate navigation and to put height judgment into practice. My favorite training session had to be using a contour only map in snow which proved to be rather challenging.

For the individual race we headed back to the hills surrounding Barcelona, where the terrain comprised of steep spurs, hills and valleys. When combined with the thorn bushes (which I now know have no problem growing on very steep slopes!) this made for physically tough, but very rewarding courses.



Matt Speake in the Relay  
Photo Credit: Club Catalunya

The final day was the highlight of the weekend - an urban sprint relay around the Olympic Stadium hill! The grand setting made it an exciting race; fast and furious all the way through, with a great atmosphere that made for good spectating as well as running. In the end, both races were very close, with the girls managing to hold onto their lead and the boys just running out of time to catch up the leaders.

Our Catalan hosts were extremely welcoming and accommodating. They looked after us for the whole trip and it was great to have the opportunity to meet orienteers from another country. They made the whole experience fun and memorable and I hope the link with them and this race continues in the future.

## JON MUSGRAVE DEPARTS

In February, Jon Musgrave informed me that in 2009 he would step down from his British Orienteering Development Coaching role as he planned to direct his coaching enthusiasm to helping the MAROC juniors.

Jon has been part of the British Team as either an athlete or staff for many years. His debut in the World Championship's was as a member of the Silver medal winning relay team in 1993 along with Martin Bagness, Steve Hale and Steven Palmer.

Jon is passionate about his orienteering and coaching; he has been an immense supporter of the squad and he has helped many young athletes over the years passing on his experience of both training and international racing. Jon always makes time to help athletes and his advice is always considered and well thought out.

Jon has attended many International Competitions and Training Camps as a Team Coach including the World Championships and World University Championships. Jon has also been one of the main drivers of the O Skills questionnaire and he is currently very involved in the development of the

technical aspects of the Elite Athlete Development Pathway.

Although Jon has been in a paid role; he has always worked far more than we have ever paid him. Jon has been a friend and colleague for almost 20 years and I would like to thank him on behalf of many athletes and staff for his contribution to the International Programme. Our loss is MAROC's gain!

**Derek Allison  
Performance  
Director**



## WORLD RANKINGS

Congratulations to Jamie Stevenson, Scott Fraser, Graham Gristwood, Oli Johnson and Sarah Rollins who are all ranked in the top 50.

### IOF World Rankings (as of the 8th Nov 2008)

MEN			
1	5645	Daniel Hubmann	SUI
2	5541	Thierry Gueorgiou	FRA
3	5513	Andrey Khramov	RUS
18	5330	Jamie Stevenson	GBR
30	5240	Scott Fraser	GBR
44	5171	Graham Gristwood	GBR
47	5158	Oli Johnson	GBR
73	4982	Jonathon Duncan	GBR

WOMEN			
1	5698	Heli Jukkola	FIN
2	5678	Minna Kauppi	FIN
3	5671	Anne Margrethe Hausken	NOR
30	5024	Sarah Rollins	GBR
59	4752	Pippa Whitehouse	GBR
60	4747	Rachael Elder	GBR
79	4532	Helen Bridle	GBR
82	4512	Mhairi Mackenzie	GBR
85	4455	Jenny Johnson	GBR

### Federation League Table

One possible measure of national orienteering strength is to examine the performances of the leading 20 runners in each country in terms of their World Rankings points. Some countries are disadvantaged by this as their access to WREs may be limited, but it remains a useful table nevertheless. Great Britain comes in at a solid fifth place for both men and women. Not surprisingly, the leading four nations (Finland, Norway, Sweden and Switzerland) have a clear lead over the rest.

### World Ranking Points Total by Federation for top 20 athletes as of the 2nd December 2008

MEN			WOMEN		
1	SUI	95753	1	SWE	89369
2	NOR	95391	2	FIN	87630
3	SWE	92056	3	NOR	84141
4	FIN	91057	4	SUI	83058
5	GBR	80830	5	GBR	65759
6	DEN	78937	6	AUS	63669
7	ITA	75935	7	GER	51521
8	AUS	72772	8	LAT	50614
9	NZL	67748	9	CZE	49936
10	RUS	67338	10	NZL	47292

### 2009 World Competitions for Team GB

#### Senior Events

6th-10th June - Nordic Championship/World Cup - Finland  
26th-27th June - World Cup - Norway  
15th - 20th July - World Games - Taiwan, China  
7th-9th August - Euromeeting - Switzerland  
14th - 23rd August - World Championships - Hungary  
26th - 27th September - World Cup - Switzerland

#### Junior Events

2nd - 5th July - EYOC - Serbia  
6th - 11th July - Junior World Championship - Italy  
22nd -25th October - Junior European Cup - Germany



Issue 8 - Winter 20

FOR JUNIOR ORIENTEERS

Photo by Rob Lines



*Inside this Issue:*

- British Schools Championships
- British Schools Score Championships
- European Youth Orienteering Championships
- Junior Selections

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

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



# British Schools Orienteering Championships

Photos by Rob Lines

The British Schools Orienteering Championships took place on the 15th/16th November at Hawley and Hornley near Camberley. Over 1000 children made the journey to enjoy a weekend packed full of fun and orienteering. The weather held for most of the day and everybody was in great spirits.

World Champion Graham Gristwood attended the event and the competitors had the opportunity to be photographed with his Gold Medal and have their map signed by the superstar! GB Squad member Sarah Rollins and British Orienteering Director Ed Nicholas were also on hand to distribute the prizes and congratulate the competitors.

Congratulations to all the children that took part, especially those from the winning teams:

	Primary	Middle-Preparatory	Small Secondary	Large Secondary
1st	Burford School	Barnardiston Hall Prep	Clayesmore School	Ulverston Victoria High School
2nd	King Henry VIII Junior School	King's College	Chetwynde School	King Henry VIII School
3rd	Fleetville Junior School	St Andrew's School, Pangbourne	Biggar High School	Lancaster Girls Grammar School

A special thank you to Bryce Gibson, Alain Wilkes and Phil Beale along with BKO and SN club members. Many thanks to the events sponsors Capespan, PGL, Buff, Ultrasport, EMIT, Wilfs and SCOA.

Full results can be found at [www.bsoa.org](http://www.bsoa.org)



## Barnardiston Hall Prep School won their school category at BSOC and many of the pupils won individual prizes. Below some of the pupils share their thoughts on the event:

"We go orienteering most Sundays before the British Schools Orienteering Championships. Sometimes, I don't want to get out of bed, especially if it's raining but when I get on the bus with all my friends, we have fun. I like going to all the different places we visit each week. Sometimes, we go to parks, other times we go to forests. I like orienteering because I like cross-country running, but I like orienteering more because the map-reading part makes it more interesting. When we come home on the bus, we often have snacks and a sing-song. I enjoyed the British Schools Orienteering Championships because I won the G6 race and it gave me a very special feeling. Here is what some of my friends have to say".  
*Scarlet Simmons Year 6*

"I like orienteering because I like to see my progress in the Schools' League"  
*Phoebe Howe age 11*

".....because I like doing well and winning a medal. I also like running"  
*Gabriella Jones age 10*

"I enjoyed BSOC because I got to be with my friends and the experience sleeping on the floor of a school gym with lots of other schools"  
*Jack Gilbey age 10*

"I enjoy orienteering because I love running in woods and following a map. I do it because my Godfather represented England. His name is Chris Hirst"  
*Kit Phillips age 11*

"I enjoy orienteering because you need skills and you don't just run around a course; you need a map and you have to run in all weather"  
*Gregory age 11*

"I enjoy orienteering because I like going out to places with my friends and running together"  
*Rachael age 12*

"I enjoyed the British Schools because I love going up and down hills. Also, the new dibbers were so cool! Even though it was wet and it rained, it was still so much fun"  
*Matilda Selby age 11*



Sponsored by



# EYOC

## OCTOBER 9-12, 2008

REPORT BY GARETH CANDY  
PHOTOS COURTESY OF EYOC

M/W18	
Matthew Halliday	Julia Blomquist
Peter Hodgkinson	Alice Butt
Kristian Jones	Mairead Rocke
Ralph Street	Hazel Wright
Reserve: Alisdair McLeod	Reserve: Alice Leake

M/W16	
Duncan Birtwistle	Kirsty Coombs
Jonathon Crickmore	Sophie Kirk
Tom Fellbaum	Abigail Longhurst
Jamie Stevenson	Charlotte Watson
Reserve: Peter Bray	Reserve: Aine McCann

M/W 20 Junior Match	
Hector Haines	Anne Edwards
Dave Schorah	Hollie Orr
Doug Tullie	Catherine Taylor
Reserve: Mikey Hopkins	Reserve: Victoria Stevens

Great Britain sent a full team to EYOC with our M/W 16s competing there for the first time. We also sent a team of M/W 20s to the associated Junior Match.

It proved to be a very successful weekend with our youngest athletes adapting very quickly to international competition. In the first race (M16) Jonny Crickmore finished on the podium in equal 5th place with Duncan Birtwistle only seven seconds behind in 7th place, our top female performers were Charlotte Watson (26th) and Abi Longhurst (27th) in W16.

In the relay both the M16 (5th) and M18 (6th) teams finished on the podium. Jonny Crickmore impressed with the fastest leg time of the day for M16, our W18 team finished in 10th and our W16 team finished in 16th. The Junior Match teams competed in the Senior Elite class at the Swiss Relay Championships and our M20 team narrowly missed out on 3rd place in the Swiss Championships and 1st place in the Junior Match in a sprint finish with Norway.

The weekend finished on the best possible note as Kris Jones won the gold medal in the M18 Sprint race. Jamie Stevenson also impressed in M16 with 7th place along with Mairead Rocke (=21st) and Julia Blomquist (23rd) in W18.



Kris Jones

Congratulations to Kris Jones on winning Gold in the EYOC Sprint Race. We caught up with Kris to see how it feels to win a Gold Medal.

### How does it feel to be a European Youth Champion?

Feels pretty good but strange as I wasn't expecting anything even in the top 10 after my long result.

### How did you feel before the race, how did you get in to the right frame of mind and focus for such a great performance?

I felt quite relaxed. We had a long time in quarantine so I just sat there listening to music and reading the most motivational book ever (Ultra Marathon Man by Dean Karnazes). I then had a good long warm up with Jamie so I felt pretty good.

### How did you feel during the race, did you know that you were having a great run?

It felt good especially on the last few controls where I was trying to reel in the Finnish guy who started in front of me, but I had no idea how good it was as I had heard nothing on the commentary going through the spectator control.

### Were you happy with your preparation for EYOC? Did you do any special preparation for EYOC and if so what was it?

Physically I felt good and I had done a lot of geeking on swiss maps so I hoped I was as well prepared as I could have been.

### You have had some great sprint race results this year, is there anything different you need to do to be good at sprint races as opposed to the long, middle or relay?

I think sprint racing puts a lot of emphasis on quick decision making and good route execution more than the long route choice legs you may get in a long or relay. You could have the best route but if you ran it poorly and took a while to see the route then you might have been better off sticking to a worse route but making the decision quickly.

### Have you always been so fast? What have you done to develop such blistering speed?

Speed is something I've had to work on quite hard, I wasn't the smallest child, which I get the mick taken out of me for



Kris in action

now, but slowly I've got faster bit by bit and I hope to continue to improve my fitness and speed. I think having other people around to motivate me to improve has helped a lot, first to beat some of the other Welsh juniors at local events and then on from there really.

### What are your dreams in orienteering, in twenty years time what would you like to have achieved?

I want to take it as far as I can, wherever that may be. I don't want to look back and think I could have taken it further if I had tried harder.

### What are your goals for 2009? What do you want to improve and how are you going to do it?

My goals for 2009 focus around JWOC in Italy, where the sprint and relay are my main aims, but I'd also like to continue racing cross country and track races and see what I can do with those.

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ADVENTURE HOLIDAYS 2008

WHAT'S IT ALL ABOUT?



Kris on the podium

## Future Champions Cup Races 2009

Competition is open to M & W 18s and M & W 20s who are British Orienteering National or Local members.

### QUALIFYING RACES - BEST 3 SCORES TO COUNT FROM 7 RACES

Date	Event	Classes	
		* Include your actual age class when entering.	
		18's	20's
Sat 21st Feb	JOK Chasing sprint	M/W18	M/W20
Sun 22nd Feb	Southern Championships (HH)	M/W 18E	M/W20E
Sat 28th Feb	British Orienteering Champs (SC)	UK Cup/FCC race (elite course)*	
Fri 10th Apr	JK Sprint (NE)	M/W 18E	M/W20E
Sat 11th Apr	JK Middle (NE)	M/W 18E	M/W20E
Sun 12th Apr	JK Long (NE)	M/W 18E	M/W20E
Sun 19th Apr	Northern Championship (LOC)	M/W 18E	M/W20E

At any event where there is an elite course those running the M/W18L or 20L will be eligible for 'lower' FCC points. At all of these events the 18E and 20E classes will run the same course. At the JOK chasing sprint, the BOC UK Cup/FCC race, the JK Sprint and JK Middle races, the 18E and 20E course will be the same as the 21E course.

**Scoring:** Each age class will score separately, even though competing on the same course. Scoring for each race will be 1st-60, 2nd-55, 3rd-51, 4th-48, 5th-46, 6th-45, 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 18 or 20E or 18 or 20L 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.

Each competitor will count their 3 best scores. If a race is cancelled or voided the following will apply: best 3 scores from 6 races (if 1 is lost), best 2 from 5 races (if 2 of the 7 are lost).

The Final – The best 15 qualifiers from each of the four classes: M & W 18 and M & W 20 will be eligible to compete in the Final.

Athletes who wish to compete in the 2009 FCC Final must enter in advance as for any pre-entry event. The start list will be compiled according to the guidelines with any non-competitive runners starting before the FCC Finalists on either or both days. The start times on Sat May 2nd will not be before 12 noon.

Sat 2nd May	FCC Final Middle Race (NGOC)
Sun 3rd May	FCC Final Long Race (BOK)

For information contact Pauline Oliviant  
Tel: 01159 872083  
Email: [pauline@britishorienteering.org.uk](mailto:pauline@britishorienteering.org.uk)

# Service to Schools Orienteering Awards

BY PETER BYLETT / PHOTOS BY RAY BARNES

The purpose of this award is to acknowledge the tremendous contribution that volunteers make to the development of schools' orienteering within the UK. The award is a joint BSOA/British Orienteering initiative.



Graham Gristwood presented Mrs Batten with her Award at BSOC

## THE BSOA CERTIFICATE FOR SERVICE TO SCHOOLS ORIENTEERING

**Mrs Jo Batten – Nominated by the Senior and Junior Heads of King Henry VIII School**  
Mrs Batten supports Jane Halliday with the organisation of orienteering within the school and at weekends and has done so for the last 8 years. Duties include driving mini buses, organising entries and encouraging the "less sporty" pupils to get involved thereby gaining in self confidence.

## THE BSOA TROPHY FOR OUTSTANDING SERVICE TO SCHOOLS ORIENTEERING

**Joanna Foster – Nominated by Bristol Orienteering Klub (BOK)**  
Jo has been actively involved in the administration of Avon Schools Orienteering (ASO) and coach for the Bristol Grammar School orienteering team for over 10 years. She is currently the Secretary of Avon Schools Orienteering and helps at orienteering events for schools in the area. In her role as team coach for Bristol Grammar School she co-ordinates the school entry to events, takes pupils to events and actively encourages them to organise and run at least one ASO league event per year.

**Piers Angliss – Nominated by Bristol Orienteering Klub (BOK)**  
Piers has also been actively involved in orienteering for schools for over 10 years. Throughout this period



John Lewis presented Jo and Piers with their award at the Leigh Wood Event

he has held the posts of Secretary, League Scorer and Webmaster for Avon Schools Orienteering. He recently relinquished the post of Secretary but continues to be league scorer and webmaster. Piers uses his I.T. expertise by assisting with electronic punching preparation, data input and collation of results. After each ASO league event he collates the scores for schools and individuals and puts them on the web. The BOK committee felt that both Jo and Piers have had a major impact on the continuation of the ASO schools league in the Bristol area over the years.

## Gill Brown – Nominated by the ex Head of Ulverston Victoria High School

The school has had much success in orienteering over the years. This has included many team and individual podium places at the British Schools Orienteering Championships and the World Schools Orienteering Championships in which the school has represented England at every event held since 1997. This would not have been possible without the support of a team of parents assisting Clare Evans to run the school orienteering club. Gill is one of that team and has focused her efforts on the training of the younger students.

## Tom Gray - Nominated by Pendle Forest Orienteering Club

For the last 15 years Tom has devoted many hours of his own time to the introduction and development of orienteering within the Baccup and Rawthenstall Grammar School. The school competes regularly at North West Schools events and at many mainstream orienteering events including the Easter JK event for the last 5 years. Pupils do not just compete



Graham Gristwood presents Gill Brown with her Award at BSOC

but are encouraged to plan and organise some of the PFO events. He also encourages parents to compete at events and some are now coaches. Tom has contributed hugely to the development of Schools orienteering in the North West.

## Jackie Hallett - Nominated by the Avon Schools Orienteering (ASO) committee

For 15 years Jackie worked tirelessly to promote orienteering within the Royal High School, Bath. She encourages pupils to not only compete at ASO events but also other mainstream orienteering events.

As a Bristol Orienteering Club coach she puts on training events for juniors and travels away to events such as the Peter Palmer relays. Juniors benefit not just from her experience as an international athlete but her sense of fun makes training sessions a great success. Jackie has recently moved to Kingswood School and we are sure that they will benefit from her orienteering knowledge and enthusiasm.



Jackie Hallett is presented with her award by Graham Gristwood at BSOC

## Want to nominate someone?

Any individual, school, club or region can nominate a person for the awards. Full details are on [www.bsoa.org](http://www.bsoa.org) – Advice for teachers – Appreciation Awards. The next closing date is the 31st January 2009

## Thank you from the BSOA

We would like to thank all the officials, volunteers, teachers, team leaders, parents and students for making the recent British Schools Score Championships (BSSC), the World Schools Trials and British Schools Orienteering Championships (BSOC) such wonderful events. The pictures on the BSOA website speak for themselves.

## BSOA Membership Renewals

Schools and Colleges membership renewals will be mailed early in 2009. Please renew promptly to ensure that you continue to receive your copy of "Focus".

A	T	S	I	U	Q	M	O	L	B	A	I	L	U	J
N	A	T	L	N	H	A	R	W	C	L	M	I	R	E
O	R	S	H	E	C	T	O	R	H	A	I	N	E	S
S	M	H	D	T	I	T	G	I	R	N	L	T	N	E
N	O	A	S	R	P	H	Y	A	I	C	D	E	B	N
I	A	Z	I	R	A	E	N	J	W	L	E	E	M	O
K	L	E	A	R	E	W	M	F	U	A	H	R	I	J
D	I	L	G	R	E	H	D	L	E	Z	X	T	A	S
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E	T	T	U	O	B	A	Z	P	Y	I	K	R	S	E
P	E	H	I	H	S	Y	D	F	G	W	R	E	A	H

## Squad Search

- Julia Blomquist
- Alice Butt
- Anne Edwards
- Hector Haines
- Matthew Halliday
- Peter Hodkinson
- Kris Jones
- Hollie Orr
- Mairead Rocke
- Ralph Street
- Hazel Wright

# Junior Programmes

On the 8th of September the selections for the 2009 Junior and Start Squads were announced and there has been plenty of action since with the European Youth Orienteering Championships (EYOC) and a Lake District training camps for both the Junior Squad and Start Squad.

## Junior Squad 2008/9

Hector Haines (AIRE)	Julia Blomquist (BAOC)
Matthew Halliday (OD)	Alice Butt (SARUM)
Peter Hodkinson (NOC)	Anne Edwards (TVOC)
Kris Jones (SBOC)	Hollie Orr (CLYDE)
Ralph Street (SLOW)	Mairead Rocke (LEI)
Hazel Wright (MAROC)	

## Start Squad 2008/09

James Taylor (NOC)	Rebecca Harding (HH)
Stuart Thompson (FVO)	Alice Leake (EBOR)
Duncan Birtwistle (CLARO)	Kirsty Coombs (MAROC)
Tom Fellbaum (MDOC)	Sophie Kirk (OD)
Jamie Stevenson (FVO)	Abigail Longhurst (FVO)
Peter Bray (SN)	Jenny Evans (NOC)
Jonathon Crickmore (SO)	Alice Fellbaum (MDOC)
Finlay Langan (MAROC)	Katrin Harding (SROC)
Ciaran Allen (ERYRI)	Aine McCann (LVO)
Jack Benham (SARUM)	Charlotte Watson (WCOC)
Thomas Louth (WAOC)	Lucy Butt (SARUM)
Chris Owens (DEE)	Zoe Harding (SROC)
Chris Young (HH)	Lucy Thraves (SO)

The Start Squad training camp was held at the Hawkshead Youth Hostel on the infamous OMM weekend. Luckily the squads training activities were unaffected by the heavy downpours which led to the cancellation of the Mountain Marathon. Having all the different age athletes training together as one group for the weekend was a great success with the younger athletes learning a lot from the older athletes and in many cases vice versa.

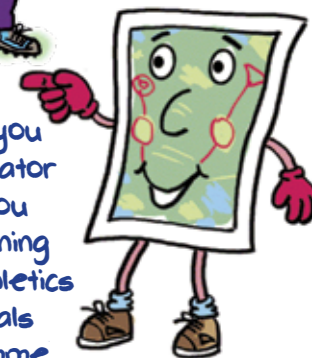
The training weekend included a mix of practical and theoretical sessions and was aimed at improving the athlete's knowledge in a range of the key areas of elite athlete development. This included leg planning, physical training and intervals, understanding your brain, performance analysis, core stability, race preparation and technical skills.

Gareth Candy  
Junior Programmes Manager

Susan asks,  
What skills do you need to be a great orienteer?



millie map says,  
To be a great orienteer you need to be a great navigator and a great runner. If you want to improve your running why not join your local athletics club or incorporate intervals into your training programme.



## British Schools Score Championships

PHOTOS BY DAVID OLIVANT AND RAY BARNES

Over 500 school orienteers from as far away as Devon and Durham, Lancashire and Essex took part in the British Schools' Score Championships at Sherwood Pines Forest Park on Saturday 11th October. The event was organised by Nottinghamshire Orienteering Club on behalf of the British Schools Orienteering Association and full results and photos can be found at [www.bsoa.org](http://www.bsoa.org)

### Individual Winners

	1st Girl	1st Boy
Year 5	Louise Adams	Euan Tebbutt
Year 6	Sarah Bedford	Harrison McCartney
Year 7	Penny Oliver	Michael Adams
Year 8	Rachel Emmerson	Hamish Rogers
Year 9	Jessica Appleton	Zac Field
Year 10 & 11	Elizabeth Parkinson	Duncan Taylor
Year 12 & 13	Alice Leake	Alex Roberts



The boys teams are Torquay Boys Grammar School, Nottingham High School and Bacup and Rawtenstall Grammar School

### Team Winners

	Girls	Boys
Primary Schools	Oakridge Primary School	Burford School
Middle/Prep Schools	Bramcote Lorne School	Bramcote Lorne School
Lower Secondary Schools	Kenilworth School	Kenilworth School
Upper Secondary Schools	King Henry VIII School	Nottingham High School



Medal winning teams in the Upper Secondary Classes Years 10 to 13 Left to right the girls teams are Fallibroome High School, King Henry VIII School and Bemrose Community School

### JUNIOR PROFILE:

## Kristian Jones

**Age:** 17

**Club:** Swansea Bay Orienteering Club

**Age started orienteering?** 12

**Do your parents orienteer?**  
My dad does

**Why/where did you start orienteering?**  
I got taken along to summer leagues by my dad.

**What do you enjoy about orienteering?**  
The range of different experiences you can get and the places you can see. Every time you go out it is different.

**Do you have a coach?**  
Yes, Mark Saunders.

**If so, how has this helped you?**  
He gives me a lot of encouragement and support and also gets me out doing long runs up big hills!

**Where is your favourite place to orienteer?**  
There are so many. In Britain, any open or really fast areas, sand dunes in particular. Culbin was my favourite of last year. Also city/sprint orienteering. Abroad my favourite areas are some of the areas around Halden and also some of the places in Italy.

**What kind of training do you do?**  
I train twice a week with Swansea Harriers in Track sessions and I try to get in 1 or 2 orienteering sessions each week and do a long run and a faster run on weekends when I'm not at events.

**What is your best result?**  
Gold in the Sprint at the European Youth Championships, 1st in the middle event at the World Schools Championships, 1st in JHIs twice (2007, 2005) and 1st in JIRC's 2008.



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

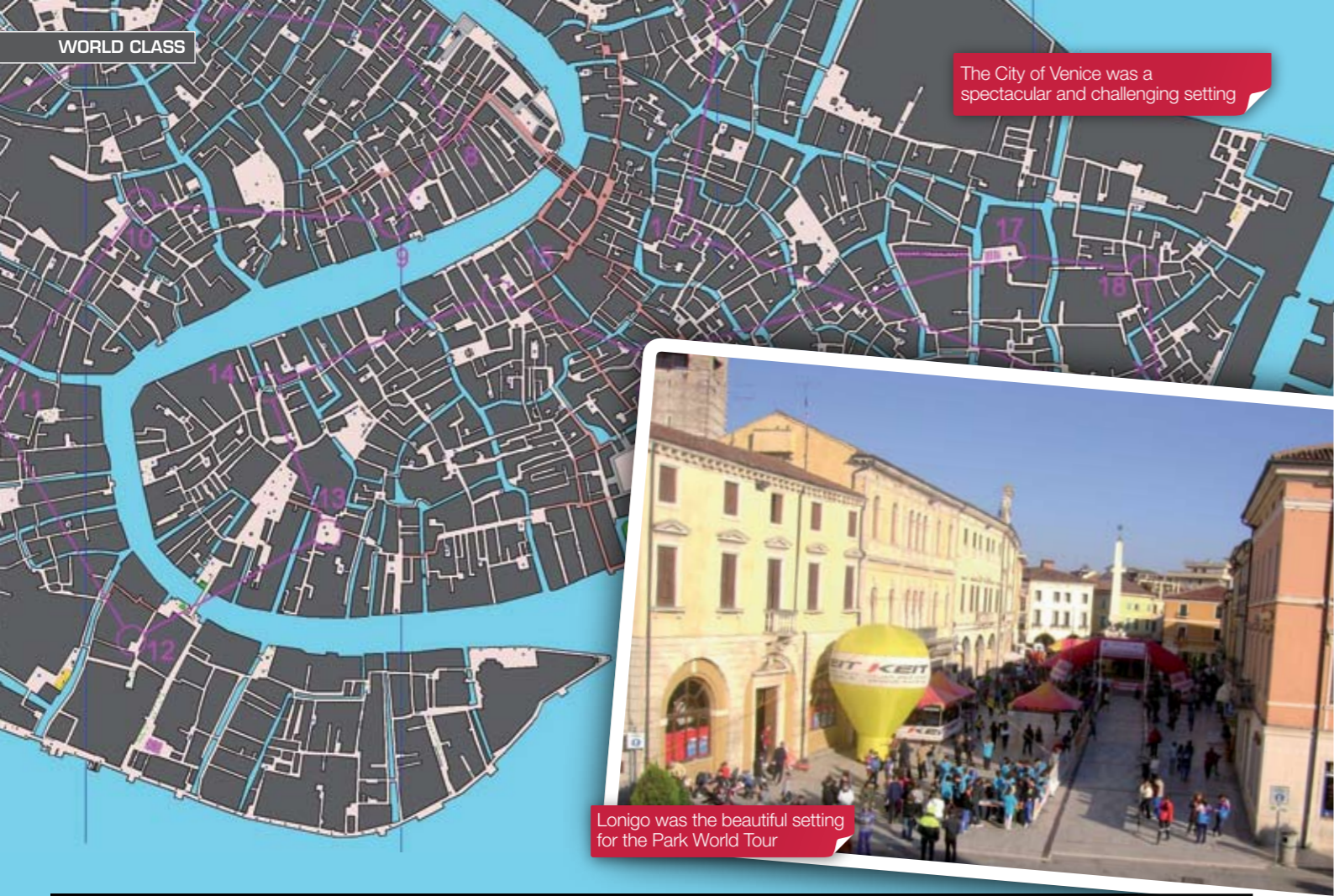
Know your strengths and improve your weaknesses. Map geek for big competitions. Also know that if you miss out on selection one year that it doesn't make a difference. You can still go out the next year and prove the selectors wrong.

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

Cross country, fell races, I'm a running kind of guy. Also just relaxing, the times where you can just sit back and do nothing for hours.



Orienteering Great Britain



Lonigo was the beautiful setting for the Park World Tour



# URBAN ORIENTEERING IN ITALY

Report & Photo by Pippa Whitehouse



Mid-November saw 3500 orienteers, including many of the world's elite, head to north-eastern Italy for a weekend of urban orienteering. The warm, sunny weather was an attractive selling point, but it was the reputation of the Venice street race, this year coupled with the 2008 Park World Tour (PWT), that drew people in their thousands!

## Park World Tour

Friday saw the world's best sprint-racers, including three 2008 WOC medalists, gather in the small town of Lonigo to battle it out for the 2008 PWT title. This series of elite races was set up in 1996 to visibly showcase orienteering around the world, with previous races held in China and Japan as well as throughout Europe. Great Britain sent a small team of myself, Hollie Orr, Hector Haines, and Scott Fraser, and we were joined in the final by Nick Barrable and Sarah-Jane Gaffney who each secured one of the 10 qualification slots available in the open-entry qualification race.

Saturday's final had all the razzamatazz of previous PWT races, starting with a presentation of the finalists on a stage in the centre of the town square beforehand. The town seemed to be crammed with enthusiastic school children who'd just finished a shorter course which kept

them in the bounds of the old town. They were kept entertained by the start and finish within the square, while we raced around the course, which was a tricky mixture of winding streets, vineyards and parkland surrounding a 16th century villa.

The course terrain presented the common dilemma of whether to go for trail shoes or O shoes. The jury's still out; as I was mumbling about skidding round the streets in my dobs (I used lampposts to swing round corners) and Scott returned bemoaning his lack of grip in the vineyards. My race went ok. I was happy with my route choices but due to a series of colds in the Autumn I didn't have the fitness to power round the hilly course which was disappointing and I finished in 15th place. Scott had a solid race and finished 5th, once again confirming his reputation as one of the world's best sprinters. However he felt he wasn't fast enough through the hilly sections to battle for a top spot. With JWOC to be held in similar terrain in 2009, juniors Hollie and Hector gained vital experience and enjoyed the chance to compete against the world's best.

## Venice City Race

A quick boat ride on Sunday morning landed us in another world. Adding 3500 orienteers didn't seem to dilute the crowds in Venice and I was afraid I would spend the whole race frustrated. I sought out Matthias Mahr (SLOW), who has now run 13 of the 29 Venice races, and asked why he

keeps coming back. "I enjoy every race as much as the first. There are endless options for good legs, and I still get a kick from running through the small alleys and past startled tourists! It's more than just the race itself, the whole weekend is really enjoyable."

My fears were unfounded, I loved it! Much of the course takes you to the hidden corners of the city, through tiny covered alleys and deserted campos. The busiest streets are marked darker to give you some warning as to where you will hit the crowds, and despite occasionally resorting to barging my way through (and some head-on impacts with other orienteers) I never heard a cross word. The course can only be described as a maze, the key being to work out where the 'hinge points' are; the bridges that you have to cross to get to the next control. The hardest part is keeping track of your location since I averaged one bridge per minute in the 8.7km race! I made it simple by picking routes which gave your brain a short respite, where you could run straight until you hit something obvious like a T-junction, square, or bridge. This paid off and my smooth navigation was rewarded with 4th place in the women's elite.

The Venice street race is held every November, and in the words of Matthias, "everyone should definitely make the trip at least once – it is the best orienteering event, ever."



Scott Fraser in action

# SCOTT FRASER

## AT THE WORLD CUP, SWITZERLAND

Scott Fraser has had a fantastic year finishing 4th in the Sprint at the European Championships, winning a Bronze medal in the Sprint at the World University Championships and finishing with an overall World Cup position of 21st. We caught up with Scott after the final World Cup races in Switzerland.

### Middle Distance – Finish Position 24th

My preparation went well for this competition so I went into it feeling pretty confident. My goal was to climb into the top 20 in the overall World Cup rankings.

I knew this race was going to be full-speed 'knife edge' orienteering and that mistakes would be costly. I started very offensively but pushed the pace too much early on where I lost focus and made a parallel error. I realised what I was doing at the last minute so the outcome was not as bad as it could have been. A mistake half way round of 45 seconds was again caused by trying to run faster than I could orienteer. I was kicking myself! The rest of the course went well apart from a few wobbles and being caught by the Czech orienteer Michal Smola who finished 10th.

On reflection, I was on the wrong side of the knife-edge during the first part of the course caused by trying to be better than I was. Additionally, although I had prepared well technically and physically, I had not run a significant race since the World University Championships in August so I lacked some race discipline. It definitely is important to get race practice in, as competing under pressure is a totally different skill mentally, than general technique training.

### Sprint Distance – Finish Position 11th

My goal was to get a top 3 position in this race. In the warm up I was being troubled by a niggle on the knee, after bashing it in the middle race but luckily the adrenaline got rid of it as soon as the race started and I was feeling confident.

I started the race offensively as usual but the difference today was that I was in control. I was in second place at control number 5 just one second behind Swiss runner Mattias so I had achieved my first goal of getting off to a



Scott's route is shown on the map

good start. The speed was not there on the next few controls but I came through the spectator control in contention.

At the map exchange, which was at the entrance to an 'under ground building', we were supposed to run up the stairs in the under ground building to the top of the hill where the subsequent start triangle was. However, I missed the yellow tapes and ran back outside the building rather than going up the stairs. Feeling pretty stressed at this point I had no idea what on earth was going on. Thankfully a marshal came running out and pointed me back inside the building. Looking at the splits I didn't lose much time as I ran full-speed up the stairs to try and get some time back. However, time was lost on the next few legs as I was running way over the lactic threshold.

I had a pretty good race from here on in and finished slightly off medal pace by 19 seconds.

This is what I love about sprint orienteering. You never know what to expect and there are always surprises. The athletes that win medals are the ones who get the key decisions right under pressure in front of the cameras. In most cases it's not the mistakes themselves that lose most time, but the response to them i.e. it was my response to stress at the map exchange (running too fast up the stairs and getting into oxygen debt) that lost a top 6 result and not the mistake itself.



## ANNUAL COACHING CONFERENCE

Open to all British Orienteering members - 6th to 8th February 2009

Venue: Lilleshall National Sports Conference Centre near Newport, TF10 9AT

The Conference will consider a number of the skills of orienteering, the technical coaching points that they consist of, the progressions of these skills when developing beginner through to potential national squad, the coaching methods that will help to develop these skills and how these skills will form part of an athletes personal development plan.

The sessions will be informative, practical in nature and challenging - you will be expected to make considerable input into the discussions and exercises.

The Conference will develop themes across the weekend starting with an 8pm session on the Friday night and concluding at 3pm on Sunday.

The sessions are integrated and progress through the weekend. It is required that candidates attend all sessions of the Conference; if you are unable to commit to all sessions please leave the space available for another coach!

The Conference will count as part of your Continuous Professional Development as a coach and will be invaluable for Tutors and UKCC Coach Educators.

An application form is now available on the coaching website - visit 'coaching courses': [www.britishorienteering.org.uk/developing/coaching.php](http://www.britishorienteering.org.uk/developing/coaching.php)

If you've not been to Lilleshall before take a virtual tour of this magnificent conference centre - complete with it's own orienteering map! [www.movingeye.com/leisureconnection/lilleshall/out3.html](http://www.movingeye.com/leisureconnection/lilleshall/out3.html)

Book early to avoid disappointment - only 50 available beds. The British Orienteering office is taking bookings NOW

**COACHING - A GREAT ROUTE CHOICE!**

# Teaching Orienteering

by Vicky Thornton, Pauline Olivant and Celia Watkinson



## TEACHING TRAINING IN PRACTICE

In 2007-8 the Oadby and Wigston School Sport Partnership (SSP) were looking to add some new and exciting activities to our competition calendar. We were particularly interested in sports that could be adapted to suit various age groups that were sustainable and could be easily integrated into the school curriculum. When orienteering was suggested there were some concerns regarding the specialist skills required to deliver, the cost of the equipment and maps as well as the danger of losing children! We decided therefore to start with a day of teacher education and training aimed at secondary PE colleagues.

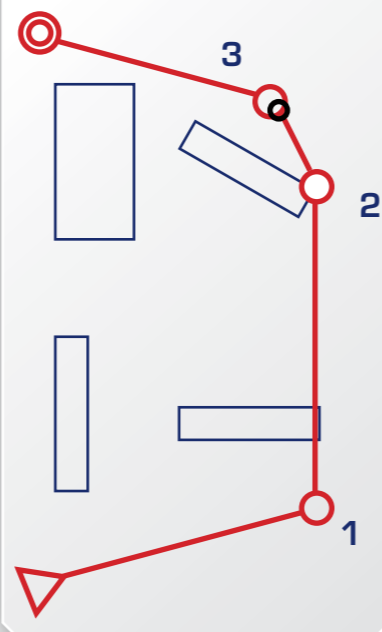
The course took place in one of the SSP's High Schools and included staff from all secondary schools. Initial concerns were soon allayed as Pauline Olivant, Regional Development Officer, begun by emphasising the importance of the basics of map orientation through simple table top, gym based and court games. The potential for the development of the cross curricular

skills of communication, team work and organisation were also featured and received positive feedback from staff.

By the afternoon the group were constructing their own courses and were also considering the layout and format that would be suitable for their own pupils. The SSP plan had been to hold an event at each of the five school sites and now, with the support of the local club, this seemed more of a reality. The resources CD was also warmly received by those who were charged with writing the school's schemes of work. Overall the secondary school teachers left the course feeling confident about the sport and methods which they could use to deliver.

Following the day all five High Schools and both Colleges entered teams in the league and five events were successfully hosted by the SSP with assistance from Leicestershire Orienteering Club. The programme received positive

Sample Gym Map used on Teaching Orienteering Courses



feedback from both pupils and staff and is due to be repeated in 2008-9.

**Suzanne Woods**  
Oadby and Wigston School Sport Partnership

**British Orienteering is currently restructuring its coaching awards and training courses to create two linked pathways.**

The first pathway is aimed at teaching beginners and consists of three British Orienteering courses:

- Young Leader Award
- Teaching Orienteering Part 1
- Teaching Orienteering Part 2

The second pathway is being created by the introduction of the United Kingdom Coaching Certificate (UKCC) awards and will ultimately encompass four levels of endorsed awards. The UKCC pathway is aimed mainly at orienteers, who want to achieve a professional qualification and who may want to further their coaching skills in order to assist others in developing their orienteering.

### Teaching Orienteering Courses

The initial work to develop the UKCC Level 1 award quickly identified that teachers, outdoor instructors, youth workers etc wanted the knowledge of how to introduce orienteering in a fun and exciting way, but didn't necessarily want to proceed to an assessment of their coaching skills. To meet the needs of this group it was clear that they would be better provided for with a 'skills' based learning programme which would provide lots of ideas on how to introduce orienteering to groups within a safe and enclosed area. Celia and Pauline were consequently asked to work on the development of two new British Orienteering courses to meet these requirements.

### Teaching Orienteering Part 1 (TO 1)

This course introduces the candidates to the basic skills required to introduce orienteering using a set of progressive sessions which start with a map to explain a bird's eye view on a table top, followed by gym maps, outdoor courts, though to normal orienteering maps of a school site. The sessions include the importance of using star courses, then short loops and simple competitions. The emphasis is on showing progression but with lots of ideas on how to make orienteering fun on a school or similar small site. It is very practical in delivery to enable those taking part to experience and learn from the exercises themselves. The course covers the delivery programme for the Orienteering Young Leader Award and enables candidates to deliver the award to young people aged 14 to 19. The course has a 6 hour delivery time and is a prerequisite to attending Part 2.

### Teaching Orienteering Part 2 (TO 2)

This is aimed at introducing the more advanced skills, such as those required by the exam boards for 16 year olds. Candidates are given the opportunity to develop their personal skills further on a small area with clear boundaries, as well as learning how to plan programmes to include the use of compass, scale, distance understanding, basic contours and similar techniques whilst still on a school site. Again the course is delivered in a very practical way, involving the candidates in planning exercises for the others to take part in. This course has a 6 hour delivery time.

Since the launch of the courses in February fifty seven of our existing licensed coaches (and 'old' Level 1 tutors) have been trained to deliver the courses. Over 800 candidates have attended the Teaching Orienteering Part 1 course and over 150 candidates have attended the Teaching Orienteering Part 2 course.

Anybody interested in becoming a British Orienteering qualified Teaching Orienteering Tutor should visit the Tutor and Assessor section on the website. Click on 'Developing Orienteering' then 'Coaching' then 'Tutors and Assessors'. If you want to employ a qualified tutor to run a course the standard tutor fee is £200/day plus the cost of the candidate resources. Please contact the National Office for a list of qualified tutors.

**For more information on Coaching and Teaching Orienteering courses visit:**  
[www.britishorienteering.org.uk/developing/award-scheme.php](http://www.britishorienteering.org.uk/developing/award-scheme.php)



## MEMBERS COACHING DAY

Saturday 18th April 2009

For both British Orienteering Groups and Individual Members

Why not make a weekend of orienteering in the Lake District National Park by attending the Members Coaching Day on Saturday 18th April followed by the National Event to be held at Graythwaite on Sunday 19th April? It is hoped that the venue for the Coaching Day will be Bouth Woods, pending confirmation of parking arrangements.

The day is open to individual applicants (orange standard upwards) who are members of British Orienteering who will be coached by some of Britain's most experienced coaches. Groups that are affiliated to British Orienteering may attend with their own British Orienteering qualified and licensed coach (minimum Level 3). Groups may be regional, club, squad, school, university, scouts etc.

Registration/map collection and coaching will commence from 10am when all controls will have already been put out in the forest for your use and the day will finish at 4pm when the controls will be collected.

The Planner will be Carol McNeill (Level 5 coach) and exercises and maps will be provided. Alternatively the lead coach of a group will be able to obtain an OCAD file (showing the location of all control sites) in advance in order to plan their own exercises for their group.

This day will be great preparation for the National Event so come along and practice relocation skills, making quick route choice decisions and improve your ability to plan ahead to enhance control flow.

Apply through your region or club if they are planning to attend as a group or apply as an individual using the Application Form on the website [www.britishorienteering.org.uk/developing/coaching.php](http://www.britishorienteering.org.uk/developing/coaching.php)

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# MTBO

World Championships - Poland

By Charlotte Somers-Cocks

The Masuria Lakes area of Poland was the venue for the 2008 MTBO WOC/JWOC and GBR sent a team of women. The first JWOC proved to be highly competitive, as MTBO is a vibrant sport in many of the European countries and it is evident that this is producing strength in depth with some really talented junior riders. Britain has a bit of catching up to do in getting the sport to this level.

The first event was the sprint with technically challenging courses on the University Campus of Olsztyn. Fast riding on a variety of surfaces including steps and controls tucked into the corner of buildings meant you needed to be accurate as often the control was not visible until you were within a few metres.

Emily Benham finished 9th, 3 minutes off the leader which was a reflection on just how fast you had to read and interpret your map. Try making good route choices whilst riding up or down steps, avoiding pedestrians and not running into other cyclists - especially those with shopping in their front basket. The women had a close fight (amongst themselves) with Charlotte Somers-Cocks in 37th and Sarah Bayliss in 38th just 7 seconds behind.

Tuesday was the Middle race and for most of us it was a relief to be back in the forest. Emily had a good ride, finishing in 7th place out of 45 riders. All the women made errors on the complex network of indistinct tracks. Charlotte finished in 47th, with Sarah just a minute behind in 48th. Angela Brand-Baker finished another 5 minutes behind in 50th place.

In the Long event Charlotte finished the best out of the women in 41st with Angela 12 minutes behind; Sarah unfortunately made a parallel error on some new logging roads and finished outside of the cut off time. In the juniors, Emily was hoping that her hard work in training over the past winter would pay dividends. Emily rode really well, making just one route choice error and eventually finished 4th. A fantastic result to end her week.

In the relay 18 teams contested the medals. Sarah made amends for her previous day and got the team off to a good start, staying with some really good riders. Charlotte managed to hold this position and handed over to Angela who had a clean ride bringing the team back in 12th place.

## Future World MTBO Races:

MTBO WOC ISRAEL - 9th - 16 August  
MTBO EOC/JWOC - DENMARK - 22nd - 28th June



## MTBO MEDALS

Emily Benham (SARUM) has had a fantastic year at the MTBO Junior Europeans (Lithuania) and World Champs (Poland) bringing home three medals from the Europeans. Emily is studying physiotherapy at Sheffield Hallam University and has been awarded a TASS grant to help with her training for MTBO. We caught up with Emily to find out more about the European medals and what she has planned for 2009.

### Three medals in three races how does that feel?

It's a strange achievement because on one hand I've got 3 medals at a European Champs (one bronze and 2 silvers) but on the other hand, I know I can do so much better. For the middle race, I was 6 mins behind Gaëlle Barlet from France, because I couldn't make route choice decisions fast enough and subsequently took the wrong ones. It took me a while to get into the map, and looking back after the race, I wasn't good enough. I don't feel that the bronze is a commendable achievement because I raced far from my best and it was poor performance.

In the sprint race, I lost gold by one second, having been leading from early on by 40 seconds. It was most disappointing to have lost this race by a total of 4 seconds over two years and on both occasions my mistakes have been in the last 1/3 of the course.

The long race is the medal that I am most pleased with as I had a fantastic race and I didn't let my early start put me off. I knew my time would be hard to beat, but my route choice error on the long leg, lost me a little too much time.

### Which is your strongest discipline?

I would say that I am best at the long races as I finished 4th at JWOC and 2nd at EOC. It was my weakest discipline last year in Italy where I finished 5th but a long way down on the leader. I realised this and worked hard on my endurance over the winter and it is now evident that it is one of my better disciplines.

However, I still have an allegiance to the sprint races as I love the fast pace on the bike and having to think at that speed. It is the race where you have to ride slightly slower but accuracy is rewarded by good results.



### Which race was the most satisfying?

The long race was my favorite of the week. The hills were big and in many places steep, which, having been in Sheffield all year, suited me really well as I can power up the hills without slowing down and getting really tired. It was the race where I was as close to being technically perfect as possible. I was planning ahead and considering all the route choice options and making the decision well in advance of the control. Except for me missing the optimum route on the long leg, it was a brilliant race. I was one of the first finishers and just sat on the seafront in quarantine in the sun for a few hours, feeling really pleased to have done a full year of training and to have achieved my goals of medalling at the Europeans.

### What training did you do for JWOC and EOC?

The 2008 season has been my first year of training on the bike, so although I have a good knowledge of training principles from my years in the GB start squad and coaching on summer tours and Start weekends, I struggled to get to grips with how to structure my year. I mainly focused on endurance over the winter, doing some mega long rides at the weekends. In the spring and summer I had planned to do some intervals on my road bike, but I became busy with Uni work, and ended up just going for some longer faster rides. All-in-all, my preparation wasn't the best, but I made the most out of what was available to me.

### What bike do you ride?

I currently train on a Merida Matts TFS 800-D, and race on a Scott Scale 15. I also have a Sunday (now Sabbath) silk road pro.

### Do you race in the National Points Series (XC mountain biking)?

At the moment, I am not racing in the NPS, but I do have a British Cycling racing license. To help me build up my speed on the bike and technical riding, I am starting to go to XC races at the weekends and will do the NPS series in 2009. (Emily's best 10 mile time trial is 24.30)

### Will you change anything for 2009? How will your TASS grant help you to train?

My TASS grant was the best thing I had last year (except for my new race bike!) as once I had got into the flow of Uni life and understood the TASS system more, I got a lot from it. I had psychology sessions and started to set myself goals each week and for each session. I found it incredibly useful to talk through with someone how I perform, and it helped me to work out why in two day races, such as the JK, I have a great race and a bad race. From there, once I had discovered that I need to be relaxed and listen to music before a race as well as getting to an event 90 minutes before my start, everything came

### Emily Benham in action

Photos by Ian Nixon



together. For 6 out of my 7 MTBO races this year, I was in the perfect mind set; focused, motivated, concentrating and knowing exactly what I had to do. This was something which I had only experienced on occasion before, and I am grateful to Becky Wood for helping me with this.

Since 2005 I had been doing core strength work, but once at Hallam, I used TASS to have Strength and Conditioning sessions with Dave Hembrough. I have found that over the last seven months I have become stronger and more stable in my core and around my joints. I feel that because of my S&C regime it has made me less prone to injury (I haven't been injured all season) and acts as an incentive to stretch after a session

In 2009, I am going to do my training properly; I already know what training I am doing at what time of day and how it fits into my timetable until April. I am keeping variety in my training alternating intervals between road and mountain bike but also putting in some hills, spinning, circuits, fitball and my S&C sessions. I am doing a 10 mile time trial every month and physiology testing every 3 months to keep track of my fitness and give me an idea on how to improve further. I want to get so fast on the bike, that I can ride through any mistakes, but I also intend to get better at navigating so I will be going abroad to the WRE events and racing the top seniors.

### I understand you will be attending a training camp in Denmark next year in preparation for JWOC - what sort of training will you be doing there?

A lot of my competitors will be there, so it will be a great opportunity to talk to them and find out how they ride and train, but also, to see the elites training and racing. I will be able to get a lot from the camp; new training ideas, more motivation and practice on the maps and terrain relevant to JWOC. Last year, the camp involved a race in the morning and a training session in the afternoon along with some talks by the elites.

### The Danes are taking MTBO very seriously as they scooped many of the medals this year - how do you think Team GBR can improve?

The Danes certainly have had a large medal haul this year, most notably from Lasse Brun Pedersen, multiple World and European Champion. Team GB unfortunately has no juniors except for Chris Brand-Barker and myself. A lot of orienteers do not like riding bikes and so are never motivated to come along and try the sport. The other problem that we have is the lack of races in this country.

### MTBO 2009 League

Nigel Benham is planning a series of races next year in the south and we are currently waiting for confirmation of events to be held in the north. We are hoping that there will be a decent series of races for people to come and participate in and get that all important racing experience.

**WE ALL WISH EMILY LUCK IN 2009 AS SHE RACES FOR THE LAST TIME AS A JUNIOR FOR THAT ELUSIVE GOLD MEDAL. FOR FURTHER INFORMATION ABOUT MTBO AND FUTURE EVENTS VISIT [WWW.TRAILQUEST.CO.UK](http://WWW.TRAILQUEST.CO.UK)**

# Whole Sport Plan

**UPDATE**

By Mike Hamilton

As you will be aware from previous articles in Focus, the Whole Sport Plan 2009/13 (WSP) has been developed over the last 18 months and is based primarily on the views expressed by members and clubs. These views have been supported by evidence from our database, results, surveys/questionnaires and direct contact with members, clubs, associations and key volunteers.

There is almost unanimous agreement that increasing participation is the primary focus for the next 4 years and that will only be possible if we can increase the numbers of volunteers (coaches, event volunteers, etc) and the 'welcoming' role of clubs.

It must be luck but it seems as though the Orienteering WSP anticipated the requirements of our funding partner! The targets that they have are very similar to ours and translating our WSP into sports council jargon was relatively easy – *thank goodness!*

## BRITISH ORIENTEERING – VISION

**'More People, More Places, More Podiums'**

### ENGLAND TARGETS:

- Grow – By an average of 100 new participants at each club over the 4 years to 2013.
- Sustain – Maintain participation by improving the enjoyment and satisfaction of participants when taking part in orienteering activities.
- Podiums – Modernise the talent pathway in orienteering so that it will identify and develop athletes in a systematic manner from community/club, through a regional structure into the international squads.

### SCOTLAND – VISION

**"More smiling faces in the forest"**

### SCOTLAND TARGETS:

- To provide a sport that encourages a responsible attitude to the use of the countryside and the environment
- To provide a sport for all; increasing the public awareness and participation in orienteering in Scotland
- To increase involvement and participation within the club structure, schools, universities and youth organisations
- To provide a top class competitive programme in Scotland, which attracts the best orienteers in the world
- To win team and individual medals on the International stage

### NORTHERN IRELAND - VISION

NI Orienteering intends to be the leading adventure sport association, against which others are benchmarked. Dynamic, modern and fit for purpose, it will enable effective and efficient delivery of the sport by clubs, schools and other providers, therefore increasing participation and improving performance by bringing together a strong volunteer ethos, a rapidly improving infrastructure and new professional coaching and development staff.

## NORTHERN IRELAND TARGETS

- Participation: To increase membership by 5% year on year
- Performance: To achieve at least 4 representatives on GB or Irish teams at World and European Championships annually
- Governance and Management: To deliver a fully modernised and fit for purpose governing body, restructured and manned to provide leadership and support to members and clubs alike
- Championships and Major Events: To deliver a full programme of NI Championships annually
- Infrastructure: To establish a roster of 6 terrain areas capable of sustaining National Level 1 events
- Marketing: To develop a marketing plan by 2009

## WALES

The following were targets for WOA in the last development plan and are subject to funding:

- Four open clubs with a combined membership of 450
- Two clubs having the British Orienteering "Clubmark" accreditation
- Clubs at two Welsh Universities
- A new club in the early stages of development based in Wrexham and covering the North East of the principality
- Two Regional Development Officers in post
- A total of 20 active controllers including at least one at Grade 1
- Four new qualified Club Coaches at Level 2 or above
- New officials in all clubs mentored by experienced officers
- A Planned Mapping programme in place to support development and competition
- Annual District events in all Welsh club areas
- Programme of local events linked to RDO promotional activities
- WOA Junior Squad with a membership of 35, a strong coaching programme and team of 5 coaches
- WOA Squad to finish 6th or better in Junior Inter-Regional Championship
- An effective communication and promotional system using email and a website for members, schools, other youth organisations and the general public.

The following highlight the British Orienteering Whole Sport Plan.

### MORE PEOPLE, MORE PLACES

Increase participation by, on average, 100 new regular participants per club over the next 4 years. In orienteering terms, our target is to increase participation by 20% by 2013 and relates to an increase from 200,000 participant runs to 240,000.

'Community O' is the primary way in which new participants will be introduced into the sport and is a programme of weekly orienteering activities, based at a single, local, accessible venue. The programme provides newcomers with an opportunity to learn orienteering skills in a non-competitive environment. Newcomers will experience orienteering in a multi-sport environment e.g. a leisure centre and this will encourage people to combine orienteering activities with other sports training.

The principles behind this programme have been adopted from highly successful orienteering initiatives in Scandinavia and other successful sports in the UK. They are currently being piloted via the 'Increasing Participation' initiative.

Aspects of the Community O programme include: Satellite Centres, facility based (Café or leisure centre) and Club Activity programmes led by coaches

### PARTICIPANT SATISFACTION

A Participant Satisfaction Survey will be used during 2009 to establish the baseline level of satisfaction of participants in orienteering. Once we understand the current level of satisfaction we will agree a percentage increase in satisfaction that orienteering will achieve by 2013.

Evidence from surveys, club questionnaires and from an independent orienteering blog demonstrates that key factors in keeping participants in the sport and increasing their satisfaction are:

- For newcomers and local participants; regular, local club activities and events; a welcoming, social club environment and a provision of competent coaching to improve personal performance.



b) For regular orienteers who travel widely; quality events on quality terrain.

Underpinning and delivering this will be modern clubs whose role it will be to meet participant needs. Clubs should work strategically to recruit new participants and maintain their involvement whilst developing volunteer capacity through recruiting, training (initial and continuous) and supporting them in their work. Both club development and volunteer development are key to growing participation and sustaining it.

To improve the quality of events and provide support in gaining access to high quality terrain it is proposed that a new position, Events Manager, is created. Evidence demonstrates that improving

the organisation at events and improving the quality assurance of the courses and support mechanism will bring about a considerable increase in participant satisfaction at regional and national events.

### VOLUNTEERS

Volunteers are key to supporting the increase in participation and the increase in levels of satisfaction amongst participants. The programme to increase volunteers will require an increase in training and, where appropriate, accreditation of volunteers.

All 'Local' Level training and accreditation schemes will be reviewed, updated and converted into training that can be delivered at local club level.

Over the next four years a total of 45 Focus Clubs will be selected through an open application and British Orienteering will work closely with them. We will try to:

- Establish trained Volunteer Coordinators at each of the 45 'Focus' Clubs by 2013
- Work with each Focus Club to agree individual targets for the number of volunteers they will support to be trained
- To have a minimum of three UKCC accredited coaches at each of the 45 'Focus' clubs by 2013

Increasing the number of volunteers will be the most important of all the programmes. Although orienteering has a well established culture of volunteering and a high quality volunteer workforce; the challenge is to encourage people to 'have

a go' at event organisation or coaching and to support them in developing the knowledge and skills necessary to succeed. In this context many young people are beginning to appreciate the enjoyment in helping others to enjoy the sport and how evidence of such skills can help make them more attractive to future employers.

Key aspects of the programme to increase volunteers will be; effective induction, home learning, workshops, apprenticeships (working with a mentor at the club), recognition and status. These should reduce costs of training, and make access to training easier for a diverse range of participants.

### CLUB DEVELOPMENT

The level of enjoyment participants will get from orienteering will be increased by improving the quality and variety of services offered by clubs and by improving the quality, frequency and opportunity to take part in orienteering activities. We will be helping clubs to provide a service that meets the needs of a diverse participant base and motivates participants to continue to take part in orienteering.

### EXCEL

During the period to March 2013 the talent pathway will be modernised. The talent pathway will identify and develop athletes in a systematic manner from community/club, through the regional structure into the international squads.

The key aspects of this programme include; developing a 'skills curriculum' that will enable athlete and coach development to be delivered and monitored more effectively across the talent pathway; increasing athlete/coach contact time and the quality of coaching athletes receive; increasing the number of athletes and coaches in the pathway; establishing personal development programmes for athletes and coaches.

### BY 2013 THE TALENT PATHWAY SHOULD INCLUDE:

2008	2013
<b>GB</b>	
14	14
<b>National</b>	
35	35
<b>Regional</b>	
271 Mixed Ability	250 Known Ability
<b>Club/Community</b>	
No Talent Squads	450 30 Clubs

# Changes to Events in 2009

## By Mike Hamilton

As you are aware, the new three tier event structure will be introduced on the 1st January 2009. Hopefully most of your questions about the practical implications of the new structure should be answered in this article. Only now, after a great deal of work behind the scenes, are we in a position to release information about the new scheme. Most of the issues have been addressed and we are now able to clarify the situation. If you have queries after reading this article, please contact [info@britishorienteering.org.uk](mailto:info@britishorienteering.org.uk)

One of the main reasons for changing the structure was to try to simplify events so that the workload on clubs and event officials could be reduced. The second major reason for change is to free clubs to stage events and courses that meet the needs of participants. Events and courses should fit into the general framework which should encourage clubs to put on what their participants want.

### CHANGES TO THE 2009 FIXTURES

Whilst 2009 will be a year of transition into the new competition structure there are changes which need to be made in the run up to 2009. The Competitions Structure will, from the 1st Jan 2009, be a 3 level structure of Local, Regional and National events. In order to reflect this within the Fixture list we have adopted a two staged process that can best be shown diagrammatically.

Current	From 24th Nov (There are no changes to 2008 events)	Jan 2009
Level 1 – Championship		
Level 2 – National	Level 2 – National	National Events (Level 1)
Level 3 – Regional	Level 3 – Regional	Regional Events (Level 2)
Level 4 – District		
Level 5 – Local	Level 5 – Local	Local Events (Level 3)

The biggest change for most participants will be that the current Level 4 District Events will become Local Events in 2009. In order to make this change, all the Level 4 District Events being staged in 2009 and onward that have already been registered in the Fixture list have been re-labelled as Level 5 Local Events. This is purely a name change and makes no difference to the actual staging of the event. Clubs can apply to upgrade them to a Regional Event by approaching their Association Fixtures Secretary in the normal manner.

### COURSE FRAMEWORK FOR 2009

Currently British Orienteering has courses that can be confusing to newcomers and difficult to explain. Courses are defined using a variety of parameters, technical difficulty, adjusted distance (adjusted to take into account climb), physical difficulty and expected finish times. A series of courses that follow the colour coded incentive scheme are offered primarily at district events while regional events have courses based on age classes, which the event structure review group considered were a barrier to progression of adult novices. We must make it easy for new participants to make the step from club activities and local events into regional events – it is vital to the future of our sport and a key phase in the 'participation pathway'. At the same time, courses offered need to meet the needs of current orienteers.

An expanded colour-coded structure was recommended for both regional and local events in the new structure. Feedback suggests that this was confusing to existing orienteers and no more user friendly for newcomers. The fact that courses are described as colours creates a situation where clubs and event volunteers are encouraged to stage these specific courses. In reality there is little flexibility in the courses offered. To meet the needs of experienced orienteers and newcomers alike, event organisers should have the option and be encouraged to put on courses that can be tailored to suit their participation base.

So, how can the courses offered within the new, 2009 competition structure be made more user friendly and provide a framework that encourages clubs and event volunteers to put on courses that meet the needs of participants, both experienced and less experienced? At the Club Conference, held in conjunction with the EGM in October 2007, the Event Review recommendations were discussed and two of the groups suggested adopting a course framework similar to the grid shown below:

Navigational Difficulty	Course Length				
	XS 0-2.5km	S 2.6-5.0km	M 5.1-7.5km	L 7.6-10.0km	XL 10.1+km
Very Easy					
Easy					
Medium					
Hard					
Very Hard					

This Course Framework appears to have many advantages including: A wide variety of courses can be staged whilst maintaining a consistent naming method – clubs can now stage courses that meet the needs of the anticipated participants from within the Framework. If additional courses need to be staged to allow greater entry numbers than an 'A' and 'B' course can be added. There is a clear link between navigational difficulty and adjusted distance with easily followed nomenclature. The descriptors are easy to explain to newcomers.

The framework allows newcomers and experienced participants to develop at their own pace i.e. there is a pathway for people wishing to take greater navigational challenges whilst only running shorter courses, equally there is opportunity for runners wishing to run greater distances whilst being less challenged navigationally. The courses offered from within the Framework can still be the same courses that are currently offered to participants i.e. no change to the courses offered is necessary there are just a few naming changes.

Courses offered at an event could be displayed as follows with descriptors to explain the nomenclature.

Navigational Difficulty	Course Length				
	XS 0-2.5km	S 2.6-5.0km	M 5.1-7.5km	L 7.6-10.0km	XL 10.1+km
Very Easy	✓				
Easy		✓			
Medium			✓		
Hard				✓	
Very Hard		✓		✓	✓

British Orienteering plan to develop a 'dry-wipe-board' of the Course Framework that clubs can use at events to indicate which courses they are providing.

The current courses link to the colour-coded incentive scheme and can be 'mapped' onto the framework.

Navigational Difficulty	Course Length				
	XS 0-2.5km	S 2.6-5.0km	M 5.1-7.5km	L 7.6-10.0km	XL 10.1+km
Very Easy	✓ (White)				
Easy		✓ (Yellow)			
Medium		✓ (Orange)			
Hard		✓ (Light Green)			
Very Hard		✓ (Green)	✓ (Blue)	✓ (Brown)	✓ (Black)

Similarly clubs could mark the 'mapping' of age class, making it obvious to experienced orienteers which course they should select to compete against their own age class.

Navigational Difficulty	Course Length				
	XS 0-2.5km	S 2.6-5.0km	M 5.1-7.5km	L 7.6-10.0km	XL 10.1+km
Very Easy					
Easy		✓ M10, W10			
Medium		✓ M12, W12	✓		
Hard		✓ M14, W14			
Very Hard	✓ M75-85 W65-85	✓ M65, 70 W16-20, 45-60	✓ M16, 55, 60 W35, 40	✓ M18-50, W21	✓ M21

The Course Framework outlined above should resolve some of the underlying issues and arguments about colour-coded versus age-class, namely:

- Both age-class and colour coded incentives are catered for.
- It provides a framework of courses and course descriptors that will be easier to explain to newcomers – hence supporting the vision of increasing participation in orienteering.
- It provides a framework of courses and course descriptors from which a club will be free to select courses to include in an event to meet the needs of participants
- The Guideline should now define the quality an event should be required to meet rather than the courses offered.
- It provides clarity that it is the club that has responsibility to meet the needs of the majority of their participants to the best of their ability.

## COMPETITION STRUCTURE FOR 2009 – FAQs FOR PARTICIPANTS

### Will events continue to be called "District" and "Regional", with the latter having age-class courses?

No. The term "District" will disappear. It had little meaning to non-orienteers and most orienteers continued to call C4 events colour-coded. All new Regional Events (Level 2) will be called Regional Events and if they are cross-country long distance events, will offer colour-coded courses. Courses described solely by age-class will only be available at National Events (Level 1).

### How can I race against my peer group when there are no age classes?

A table mapping current C3 badge classes to the new Regional Event (Level 2) colour-coded courses is included in the guidelines. You can use this to choose which course to enter and if your peer group do the same, you will still be able to compete against each other.

### How can we hold our Regional Association Championships without age-classes?

The guidelines referred to above can be used to nominate competitive courses for each class for which there are trophies. Runners entering lower courses will still be considered competitive but will be ineligible for trophies. This is already done at C4 events by many Associations for local leagues.

### Will pre-entry have to be offered at Regional Events?

The choice of pre-entry or entry on the day will be the choice of the hosting club and will be influenced by the anticipated number of runners. C3 events became pre-entry as a matter of practice, but it has never been compulsory.

### What constitutes a Local Event (Level 3)?

Local events will encompass a wide range of events with the key objective being to provide competition for people local to the event. Events could range from those with a range of colour-coded courses though to limited events with only two or three courses. Events could also be 'Come and Try It', score or urban/street O events, etc. Clubs will have the freedom to select the format to suit the needs of their members and prospective participants.

### How will the ranking scheme work?

Currently a workgroup is considering the purpose of the ranking scheme within British Orienteering. There is no intention to get rid of the ranking list but rather to expand the relevance of the list to a greater number of orienteers. The group will report in early 2009. The current ranking list will continue to be maintained using National Events (Level 1) and Regional Events (Level 2). The table mapping current C3 badge classes to the new Regional Event (Level 2) colour-coded courses will be used to select the courses for inclusion in the ranking list for a given age-class.

### What about the Junior ageless badge scheme?

The new structure for Regional Events (Level 2) is in many ways an extension of the Junior ageless scheme. The scheme was intended to allow juniors to be competitive on whichever course they ran. The new structure allows them to do this and so there is no longer a need for these classes.

### In the new Guideline B, the very short TD5 course has disappeared. A number of competitors run this course as they are no longer able to cope physically with longer courses, but still want the Technical Difficulty. What should they do?

The guidelines published on the web are draft only and are not intended to be prescriptive. If the nature of the terrain is sufficiently physically demanding, then clubs should consider planning a shorter TD5 course to satisfy the need for older competitors.

Any contributions, comments or questions should be sent to: [rulesgroup@britishorienteering.org.uk](mailto:rulesgroup@britishorienteering.org.uk)

**SAMPLE CONTROL SITE**

For newcomers to the sport it is important to have a demonstration control near registration or enquiries at every event. Ideally in exactly the same configuration as the controls on the course: i.e. a stake stuck in the ground, with a full-size kite hanging from it and the appropriate punching method system - EMIT unit, SI box (with pin-punch backup), or even the old fashioned pin-punch. A lot of events don't seem to bother with them any more, but it doesn't take a lot of effort to provide and makes it so much easier when taking people to their first event if you can actually show them what they'll be looking for, and what they should do when they find it, rather than trying to explain it to them.

**CONTROL CIRCLE SIZES**

One subject that has been raised recently is the use of expanded circles (9mm) and other course overprint markings when 1:10,000 maps are being used at events. When a map is printed at 1:10,000 the lines, line screens and symbol dimensions on the map should be 50% greater than those specified

in ISOM for use on 1:15,000 scale maps. However, the size of the course overprinting symbols used for 1:10,000 maps should be the same as those specified for 1:15,000 maps. The only exception to this is in multi-age class competitions in which both 1:10,000 and 1:15,000 maps are being used at the same event. In this case the size of the course overprint markings on the 1:10,000 maps may be 50% greater than on the 1:15,000. This avoids the potential problem of needing different control descriptions for the two scales.

**ROAD CROSSINGS**

Ideally orienteering competitions would not cross roads. However, due to the finite number of available areas in the UK it is sometimes desirable to do this. So when orienteering competitions do cross roads the primary concern has to be competitor safety. The introduction of electronic punching gives a ready method of removing the time taken for a road crossing leg, so this facility can be used to run a competition effectively in two parts. Either on two areas or

by allowing a competitor to cross a major road, or minor road with significant traffic, safely during a timed-out leg. Charles Daniel (BOK) prompted by his experience of planning for the JK in the Forest of Dean has written a useful article on the problems encountered when courses have to cross a busy road. This is now available on the British Orienteering website under the Event Information / Planners section.

**RULES, APPENDICES AND GUIDELINES**

From January 2009 the labelling of the Rules, Appendices and Guidelines will be changed to better fit the new event structure. All the Rules, Appendices and Guidelines are available on the British Orienteering website under Event Information / Rules and Guidelines. Information will be presented as:

- **British Orienteering Rules** - these are the rules that apply to all Foot-O events held in Great Britain and Northern Ireland by British Orienteering and all affiliated clubs.
- **Event Rules** will provide specific information about the staging of a particular event. All of the new National (Level 1) events will have a set of Event Rules associated with them - for example the British Championships, the JK Sprint, etc. A small number of Regional (Level 2) events will also have a set of Event Rules provided e.g. the Harvester Relays, the Yvette Baker Trophy Final. Where an item in the Event Rules varies or supplements the main British Orienteering Rules, (e.g. more restricted age classes; prescription of map scales to be used) then the Event Rules shall take precedence.
- **Event Guidelines** will provide generic information about the staging of a particular type of event. These will not be prescriptive but provide examples

**NEW FIXTURES LIST**

Both the new event structure and the new fixtures list has been designed to make events more attractive and friendly to newcomers whilst still meeting the needs of orienteers. The new fixtures list aims to remove jargon and acronyms that are meaningless to newcomers and improve the search facility.

The layout of the fixtures list has been simplified to provide the fundamental event information on the initial screen with a "details" button to click for further information such as the grid reference and the organisers contact details.

**Search:** To benefit newcomers in particular, you can now search the fixtures list by your region and by using a postcode search. The search facility also enables you to search for events suitable for newcomers. For current orienteers they can now search by club, region and by event type and level. The date parameters allow for an open ended search or a date specific search. We hope that this

comprehensive search will meet the needs of all participants.

**Symbols:** We have created a range of symbols that show on the initial fixtures list screen. The symbols provide an easy to understand and quick reference to what the event offers. E.g. suitable for newcomers, coaching available, dogs allowed etc



**British Orienteering Championships 2009**

British Orienteering and the clubs of the South Central Orienteering Association welcome competitors to a weekend of orienteering in the New Forest on the 28th February - 1st March 2009.

The British Orienteering Long Distance Championships will take place on the Saturday using the heathland of Hampton Ridge, the mixed conifer and deciduous woodland of its adjacent inclosures, and an intricate area of ponds, pits, depressions and knolls of a WW2 practice bombing range. Generally the whole area is very runnable and high speeds are anticipated - it should be a joy to run across the terrain in the New Forest at this time of year with the bracken having died down.

The British Orienteering Relay Championships will take place on the Sunday on Beaulieu Estate, an area new to orienteering, with the longer courses extending on to Beaulieu Heath. The terrain is gently undulating and the vegetation consists of a mixture of deciduous and coniferous trees, with areas of rhododendrons and a series of historic fisheries built by the Beaulieu Abbey monks.

For Elite competitors there will be a UK Cup and Future Champions Cup race on the Saturday. The winning time for the M18/20/21 course will be about 60 minutes and for the W18/20/21 course about 50 minutes.

Further information, classes, entries fees and closing dates can be found at [www.boc2009.org.uk](http://www.boc2009.org.uk)



Kirsty Staunton running on the BOC 09 terrain. Photo by Dave Currie

**British Elite Long Championships**

The British Elite Long Distance Orienteering Championships will take place in conjunction with the "Mike Nelson BOKTrot" National Event on the 3rd May at New Beechenhurst. The event will have 18E, 20E and 21E classes to determine British Champions. The 18E and 20E classes will also be the FCC long final.

**Hilly to Sponsor British Champs**

Hilly Clothing have been announced as the primary sponsor for the British Championships. Hilly would also like to congratulate to the competition winners from the last edition; Michael Wood of Dewsbury, Robin Wilson of Horsham, Julie Laver of Alresford, Kathy Dale of Aboyne, Cat Taylor of Edinburgh, Louise Price of Bury St. Edmunds, Ian Wainwright of Sheffield, John Dennis of Spalding, Jackie Barnes of Ripon and Julia Ferguson of Barnt Green

**TRAIL O NEWS**

**Trail Orienteering at National Trust**

Following the successful British Trail Orienteering Championships at Tarn Hows in September 2007 the National Trust has set up a permanent course. The path around the lake, newly surfaced with compressed shale, provides a route for wheelchair users and buggies as well as walkers. The trail orienteering course provides an additional interest to visitors using the path.

Neil Cameron opened the course on a sunny morning in late October. Peter Roberts planned the thirteen control course with options for standard and extension skill levels. Regular trail orienteers were on hand to test out and provide feedback on the course and visitors to Tarn Hows were invited to have a go.

Maps are available at the NT landrover at the Tarn Hows car park and there will be a down load facility available shortly. The Trail O course has been made possible

by the Tarn Hows and Monk Coniston Project, which is run by the National Trust with support from the Heritage Lottery Fund. For further information please visit the National Trust website [www.nationaltrust.org.uk](http://www.nationaltrust.org.uk)

**British Trail O Champs**

A number of competitors braved the cold weather for the British Trail O Championships in Northumberland. Congratulations to Margaret Crosby (NATO) who won both classes. Dave Gittus (WRE) came second, Beryl Blackhall (SELOC) came third in the Open class and Peter Roberts came third in the Paralympic class.

**World Champs Selection**

Anybody interested in being selected for WTOC09 for either of the classes, Open or Paralympic



The New Trail O Course at Tran Hows was opened by Chairman Neil Cameron

(with an authenticated eligibility certificate that will be current until the end of August 2009) must declare an interest to Anne Braggins by the end of January. Those interested should compete in the Trail O at the JK (9/13th April) and Irish TOC (25/26th April), plus the BTOC sometime in May.

Report by Christine Roberts & Anne Braggins [Anne.braggins@trailo.org](mailto:Anne.braggins@trailo.org)

**BADGE AWARDS TO MID NOVEMBER 2008**

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

Gold	
JW1	Agnes Sadler KSODA
JM1	Joseph Wright MAROC
JW2	Rosie Getliff MAROC, Abigail Mason MAROC
JM2	James Errington HH
JW3	Evelyn Mason MAROC, Jessica Mason MAROC, Jennifer Ricketts MAROC
JM3	Paul Eaton WCOG, Ewen Kerridge MAROC
JW4	Rhona McMillan MAROC
JW5S	Lucy Thraves SO
JM5M	Joab Matthews MAROC

M12	Tom Birkett SOS
W16	Kirsty Coombs MAROC
M18	Ben Windsor LEI
W45	Erica Pilkinton WAOC

Silver	
JW1	Megan Harrison EPOC
JM1	Alex Birkett SOS
JW2	Megan Ricketts MAROC
JM2	Alistair Walker MAROC
JW3	Megan Getliff MAROC, Mariel Phimister MAROC
JW4	Frances Wright MAROC
W10	Megan Harrison EPOC, Abigail Mason MAROC
W14	Jessica Mason MAROC, Rhona McMillan MAROC
M16	Finlay Langan MAROC
M20	Calum Coombs MAROC
W35	Dawn Figg HH

Bronze	
JW1	Harriet Parker KSODA
JW3	Catriona Walker MAROC
M10	Joseph Wright MAROC

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

**Details required:**

- Name and age class of claimant
- The organizing club and dates of the three events, which must be within a two year timespan. 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.

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



## TAY 2009 SCOTTISH 6 DAYS

2nd - 8th August 2009  
[www.scottish6days.com](http://www.scottish6days.com)

Get ready for another fantastic Scottish 6 Day event in 2009. A lot of hard work is being put in by the 6-day committee to ensure that competitors get to sample some of Scotland's best orienteering terrain whilst enjoying the exciting social programme that's in store.

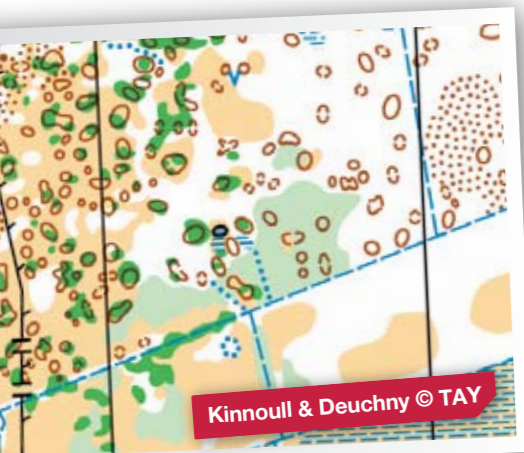
The campsite/event centre will be based at Perth Race Course ([www.perth-races.co.uk](http://www.perth-races.co.uk)) and the orienteering areas will range from the mountains of Perthshire to the coastal dunes of Angus and Fife. When selecting the areas we wanted to provide participants with some of the best orienteering in Scotland with an emphasis on variety. The travel to some areas is something we would have liked to have avoided but we felt that by having the Event Centre in Perth there will be less

total travelling than the previous few 6-Days, assuming most people will be coming from the South.

The racecourse has bars, cafe, function room facilities and loads of hard-standing car parking. There will also be shower facilities available. Plenty of live entertainment is in store such as local folk, ceilidh and rock bands, a quiz, 5-aside football, whisky tasting and a pipe band for the final day. Last but not least, why not stay until the Sunday when Perth will hold their annual Scottish Highland Games. The combination of the social programme and the usual world class orienteering makes TAY 2009 an event you don't want to miss out on.

Online entries open on 1st December

Scott Fraser  
 Scottish 6 Days Organising Committee



# Scottish 6-Days Orienteering



[www.scottish6days.com](http://www.scottish6days.com)

2-8 August 2009

Entries open Dec 08



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